



SLOPE

- 1-3
- 1-6
- 1-9
- 1-12

MTN3

1. SUE-STEP (20) + RUN
2. SWAGGIN 1:1
3. TYSONS

4. MT. CLIMB (20) + RUN
5. KAMIKAZE 4-3-4-2-4-1-4-1
6. STIGMATA (10) + RUN

7. DGRE (10) + TZN
8. SAWED OFF (10) + TZN
9. F. LUNGE

10. TURKEYS
11. REV VIPER
12. SLING SHOT 3-2-4-2-3-1

- 12131415
- 232425
- 3435
- 45

EQUALIBRIOUS

1. RAMBO (10) + RUN
2. 0-PINNED 2-1-3-1-4-1
3. JUNKIE JUMP (8) + RUN
4. MONGOOSE
5. POTTY SHOT

VENOM, TASK...
VENOM, TASK

VENOM

GAUNTLET

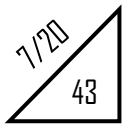
1. STAT HALO (18) + TZN
2. NO GIMMIES
3. CRAISE (20) + TZN
4. C.H.B.
5. JIGGY (20) + RUN
6. PETRA

- 1-4, 4-1, 5A
- 1-4, 4-1, 5B
- 1-4, 4-1, 5C

U-TURN REPTILIAN

1. BONSAI 3-1-4-2-4-1
2. ALI 22+
3. GARGOYLE
4. SLAP JACK

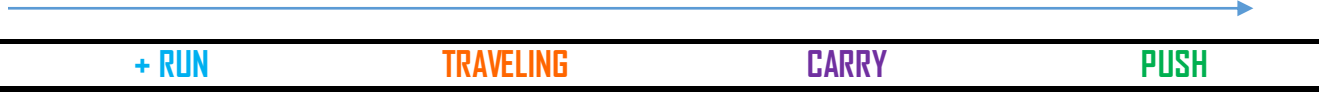
- 5A. HAMSTRUNG
- 5B. SUCK UPS
- 5C. SLUSKI



SLOPE

TO DO, MUST DO

PERFORM THE WARM-UP CHECKLIST FIRST. THEN, MOVING RIGHT TO LEFT, PICK ONE TASK FROM EACH CATEGORY TO PERFORM. CONTINUE IN A CHECKLIST MANNER UNTIL ALL TASKS HAVE BEEN PERFORMED; NO REPEATING TASKS. ONCE THE PICK YOUR OWN PATH HAS BEEN COMPLETED, RETURN TO THE BEGINNING (QUICK FT) TASK AND PERFORM EACH TASK IN THE EXACT ORDER LISTED.



+ RUN

TRAVELING

CARRY

PUSH

1. QUICK FT. (20) + RUN
2. SUE-STEP (20) + RUN
3. TWO-STEP (20) + RUN
4. MT. CLIMB (20) + RUN
5. V-STEP (10) + RUN

1. EN GARDE
2. STAMPEDE
3. TAUNTAUN
4. TURKEYS
5. SKATES

1. PLATE SHAKE 9+
2. TRUMPET 9+
3. CURL WALK 6+
4. TALL ORDER 6+
5. ROW STROLL 6+

1. CRAZY LEGS
2. GIMPY DOG
3. VENOM
4. TWISTED
5. ENFORCER

WARMUP CHECKLIST

1. BONSAI 3-1-4-2-4-1
2. TYSONS
3. TOES (20) + RUN
4. BANDIT (20) + RUN



CRAWL

THROW

+ TZN

DRAG

1. REV BEAR
2. GROWLER
3. REV HYDRA
4. REV BULLDOG
5. VIPER

1. BUCKS
2. YIKES!
3. TORO
4. 3 PT. STANCE
5. SPIKES

1. SL DGRE (10) + TZN
2. BENCHED (30) + TZN
3. KNEEL SWAG (15) + TZN
4. RDL (8) + TZN
5. B.O.R. (15) + TZN

1. DIABLO
2. INCH WORM
3. ARACHNID
4. PABLO
5. JACKAL



1-12, 1-12 **A** CHECKLIST(2)

1. SUICIDE 2-1-3-1-4-1
2. COALITION (10) + TZN
3. EN GARDE
4. TIP-TOES (20) + RUN
5. SWAGGIN 1:1
6. V-STEP (10) + RUN
7. MOGUL (20) + RUN
8. CURL PRESS 5+
9. SKY-HIGH 4-1
10. HIKES
11. SABRE (8) + RUN
12. SL GORGON (8) + RUN

B ANDI

1. MIEL'S WHEELS
2. STAT TRIFECTA (6) + TZN
3. CHIMP (8) + RUN
4. KITCHEN SINK (10) + TZN

11,22,33... **C** CENTAUR2

1. O-B.O.R. (10) + TZN
2. POTTY SHOT
3. MOWGLI (12) + RUN
4. 90° (10) + TZN
5. TWO-STEP (20) + RUN
6. TROG
7. MONGOOSE
8. KOBOLD

1A, 1B, 1C
2A, 2B, 2C
3A, 3B, 3C
4A, 4B, 4C

D CROSS-FIRE

1. JAGGER (12) + RUN
2. HOT COALS (10) + RUN
3. ZOOKEEPER
4. SA PP

- A. PUSH UP (10) + RUN
- B. MASTODON
- C. NEAPOLITAN

1
112
111223
1111222334



SLOPE

1-2
1-4
1-6
1-8
1-10

MTN2

1. QUICK FT. (20) + RUN
2. SHUTTLE RUN 3-2-4-2-3-1

3. SQUONQ
4. PLATE SHAKE 9+

5. K-STEP (20) + RUN
6. HIKES

7. BAYOK (6) + RUN
8. STATARASQ (16) + RUN

9. JACKALOPE
10. THRASHER

1-3
2-4
3-6
4-7
5-8
6-9
7-10

MESA

1. DENSER 2-1-3-1-4-1
2. REV MASTODON
3. KAMIKAZE 4-3-4-2-4-1-4-1
4. SL BRDG SKULLS (10) + TZN
5. V-STEP (10) + RUN
6. BULLY
7. AMAROK
8. GBD (15) + RUN
9. CYCLONE (12) + TZN
10. REV GARGOYLE

1-10
2-9
3-8
4-7
5-6

SHRINKING

1. INCH WORM
2. LOWLY (10) + RUN
3. STACK SHOT
4. INFINITY (20) + RUN
5. MUGGER (12) + RUN
6. VEXUM
7. GRYPHON (8) + PUSH
8. PARATROOP (10) + RUN
9. BUCKS
10. VOODOO Ⓛ



SLOPE

PERFORM EACH SECTION AS
A CHECKLIST AND IN THE
FOLLOWING PATTERN:

1A, 1B, 1C
2A, 2B, 2C
3A, 3B, 3C
4A, 4B, 4C
5A, 5B, 5C

1. EN GARDE
HOT COALS (10) + RUN
VIP (10) + RUN
ALI 22+

2. BANDIT (20) + RUN
KOBOLD
REV BEAR
B.O.R. (15) + TZN

3. TWISTED
JAGGER (12) + RUN
W. LUNGE
PRIMATES 4-1-3-1-2-1

4. SUPP 10
SQUIBBLE
OFFERING
TWEAKER

5. RIBBITS (10) + RUN
SKY-HIGH 4-1
PIRATE
TURKEYS

A. STAT CURL (6) + TZN
BONSAI 3-1-4-2-4-1

B. PISTON (10) + TZN
HIKES

C. GREGORIAN (8) + RUN
VEXUM



EVEN FLOW

1. BONSAI 3-1-4-2-4-1
2. COALITION (10) + TZN
3. TYSON
4. RAMBO (10) + RUN

-
- A1. STAMPEDE
 - A2. W. GREMLIN
 - A3. LYCAN (10) + RUN
 - A4. SAWED OFF (10) + TZN

-
- B1. POTTY SHOT
 - B2. TYPHON
 - B3. CALF-IN-ATOR
 - B4. VEXED (10) + RUN

-
- C1. ARACHNID
 - C2. MONGOOSE
 - C3. BENCHED (30) + TZN
 - C4. OZARK

-
- D1. RDL (8) + TZN
 - D2. TARASQ
 - D3. NEAPOLITAN
 - D4. APE SHOOT!

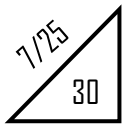
-
- E1. CYCLONE (12) + TZN
 - E2. GBD (15) + RUN
 - E3. MANTIS (8) + RUN
 - E4. YETI

1. A1, 2. A2, 3. A3, 4. A4
1. B1, 2. B2, 3. B3, 4. B4
1. C1, 2. C2, 3. C3, 4. C4
1. D1, 2. D2, 3. C3, 4. C4
1. E1, 2. E2, 3. E3, 4. E4

- 1-14
- 1-12
- 1-10
- 1-8
- 1-6
- 1-4
- 1,2

REV MTN2

1. SHUFFLE
 2. EXPLOSIONS
-
3. SA P.P.
 4. TALL ORDER 6+
-
5. TWO-STEP (20) + RUN
 6. INCH WORM
 7. PARATROOP (10) + RUN
 8. ROW STROLL 6+
-
9. REV VIPER
 10. SWASHBUCKLER
-
11. KAMIKAZE 4-3-4-2-4-1-4-1
 12. STAT SWAG (20) + TZN
-
13. DELAURA
 14. REV GATOR



SLOPE

P.Y.P. GAUNTLETS

IN EACH SECTION, CHOOSE WHICH TASK YOU WANT TO "GAUNTLET".
PERFORM THAT TASK ONCE BEFORE EVERY LISTED TASK IN THAT
SECTION. YOU MUST STICK WITH THE TASK THAT YOU CHOOSE, NO
SWITCHING TASKS MID-SECTION. MOVE LEFT TO RIGHT (A-H).
SCORES USE THE FIRST PYP OPTION OF EACH SECTION.

WARM UP MTN

1. QUICK FT. (20) + RUN
2. GALLOW 2-1-4-3-4-1
3. TAUNTAUN
4. BULLY

A

B

C

D

PLATE PUSH or XPP

3 PT STANCE or HYDRA

B. LUNGE or YAK

SHWAGGIN 1:1 or SLALOM

1. ALT SQUONG
2. TWINKLE TOES (30) + TZN
3. POTTY SHOT
4. JIGGY (20) + RUN
5. PEG LEG (8) + RUN

1. TORO
2. TOES (20) + RUN
3. SKY HIGH 4-1
4. CRAISE (20) + TZN
5. BOVINE

1. W. STAT SQUAT (10) + TZN
2. SUICIDE 2-1-3-1-4-1
3. MIEL'S WHEELS
4. DGRE (10) + TZN
5. W. CROOK

1. O-PINNED 2-1-3-1-4-1
2. HANG (10) + RUN
3. MOGUL PUSH
4. TURKEYS
5. MASTODON

E

F

G

H

BULLDOG or YIKES

TROG or APE SHOOT

B.N.C. or BUCKS

JACKAL or GARGANTUAN

1. RAMPANT (10) + RUN
2. STAMPEDE
3. RAMP UP (8) + RUN
4. HALO 2-1-3-1-4-1
5. CROAKIN

1. KOBOLD
2. SLAP JACK
3. BUTT KICKS
4. KNEELING CURL (6) + TZN
5. AMAROK

1. SLUSKI
2. STORK (20) + TZN
3. ALI 22+
4. BUZZARD
5. INCH WORM

1. MONKEY
2. TIPPY-TAP
3. SKUFFLE
4. SPD SKATES (20) + RUN
5. GIMPY DOG

MATTER HORN

PERFORM AS A CHECKLIST AND DO EACH TASK THE NUMBER OF TIMES INDICATED.

7/26

29

SLOPE

2 SUE-STEP (20) + RUN

1 KAMIKAZE 4-3-4-2-4-1-4-1

3 MT. CLIMB (20) + RUN

2 SWAGGIN 1:1

1 BEAR

3 TAUNTAUN

2 CHICKIN 2-1-3-1-4-1

1 POGOTO (6) + TZN

3 VEXED (10) + RUN

2 STIGMA (10) + RUN

1 STATARASQ (16) + RUN

3 TURKEY

2 SL BRDG SKULLS (10) + TZN

1 POTTY SHOT HOPS

3 TIP-TOES (20) + RUN

2 SLAP JACK

1 JOHNNY APPLESEED

3 CURL WALK 6+

2 MIEL'S WHEELS

1 COBRA (10) + PUSH

3 PRIMATES 4-1-3-1-2-1

2 PUSH UP (10) + RUN

1 DECALF

3 QUICK FT. (20) + RUN

2 F. LUNGE

1 WICCA

3 HIGH Xs

2 OGRE (10) + TZN

1 GROWLER

3 INFINITY (20) + RUN

2 TRIFECTA! 6+

1 SABRE (8) + RUN

3 VENOM

2 CYCLONE (12) + TZN

1 BOVINE

3 MUGGER (12) + RUN

2 DEATH ROW 2-3-1-4-1

1 JOUNCE 2-1-3-1-4-1

3 TWISTED

2 SCALAWAG

1 THRASHER

3 REV BEAR



1,10
1,2,9,10
1,2,3,8,9,10
1,2,3,4,7,8,9,10
1-10

FILLING

1. BONSAI 3-1-4-2-4-1
2. W. GREMLIN
3. TWINKLE TOES (30) + TZN
4. 3 PT. STANCE
5. C.H.B.
6. GBD (15) + RUN
7. HALO 2-1-3-1-4-1
8. CRAZY LEGS
9. VIP (10) + RUN
10. TWO-STEP (20) + RUN

1-12
12-1

U

1. EN GARDE
2. K.O.D. (20) + TZN
3. MASTODON
4. BUCKS
5. SWAGGIN 1:1
6. MANTIS (8) + RUN
7. 45°
8. VIPER
9. SKULLS (10) + TZN
10. TOES (20) + RUN
11. APE SHOOT!
12. SWASHBUCKLER

1,22
1,22,3,44
1,22,3,44,5,66
1,22,3,44,5,66,7,88

1,2 PUNCH

1. BAYOK (6) + RUN
2. HIKES
3. JIGSAW
4. ALI 22+
5. O-PINNED 2-1-3-1-4-1
6. REV GROWLER
7. DEVASTATOR 6
8. ALT SQUONQ



SLOPE

5,6
4-7
3-8
2-9
1-10

EXPANDING

1. **PETRA**
2. **DEATH ROW 2-3-1-4-1**
3. **LYCAN UP (10) + RUN**
4. **W. CROOK**
5. **MT. CLIMB (20) + RUN**
6. **SHUTTLE RUN 3-2-4-2-3-1**
7. **VIP (10) + RUN**
8. **SQ. JUMP (10) + RUN**
9. **GRIFTER (8) + SA PP**
10. **THRUST TO FROG**

1-10
1-10

CHECKLIST(2)

1. **SQUANTOES (20) + RUN**
2. **VEXED (10) + RUN**
3. **SCORPION TO 3/BACK**
4. **SCALAWAG**
5. **MONKEY**
6. **SKY-HIGH 4-1**
7. **WALRUS**
8. **TWO-STEP (20) + RUN**
9. **CRAISE (20) + TZN**
10. **THRASHER**

1,2,1,3,1,4,1,5
5,4,5,3,5,2,5,1
2,3,2,4
4,3,4,2
3,3

EQUALATERAL

1. **GALLOW 2-1-4-3-4-1**
2. **COALITION (10) + TZN**
3. **PLATE PUSH**
4. **MONTAUK**
5. **HIKES**

THE PLUMBER

1. TOES (20)
+ RUN

2. CURL
PRESS 5+

3. YETI

4. SL OGRE
(10) + TZN

5. WARRIOR

6. SL INCH

7. RDL (8)
+ TZN

8. GORGON PUSH
UP (8) + RUN

9. D-PINNED
2-1-3-1-4-1

10. ALI 22+

1. ABCD, 10
1.2, ABCD, 9,10
1.2.3, ABCD, 8,9,10
1.2.3.4, ABCD, 7,8,9,10
1-10

A. MOWGLI (12) + RUN
B. RAMBO (10) + RUN
C. JAGGER (12) + RUN
D. MUGGER (12) + RUN

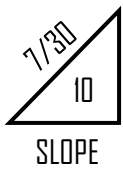
1-20, 1-20 CHECKLIST(2)

1. POTTY SHOT
2. BULLY
3. TORO
4. MONGOOSE
5. TARZAN
6. K.O.D. (20) + TZN
7. 45°
8. PABLO
9. TYSON
10. FROZEN CROOK8
11. TAUNTAUN
12. PROWLER 
13. W. GREMLIN
14. INFINITY (20) + RUN
15. ROOTED GROOT (8) + PUSH
16. KAMIKAZE 4-3-4-2-4-1-4-1
17. SHALO 1:1
18. SPIKES
19. TYPHON
20. CRAZY LEGS

7/29

44

SLOPE



1-10. **CENTAUR2**, 11-20
1-10. **MESA**, 11-20
1-10. **MTN**, 11-20
1-10. **CHECKLIST**, 11-20

1. **KAMIKAZE 4-3-4-2-4-1-4-1**
2. **EN GARDE**
3. **HOT COALS (10) + RUN**
4. **MOGUL (20) + RUN**
5. **SWAGGIN 1:1**
6. **KOBOLD**
7. **ROW STROLL 6+**
8. **HIKES**
9. **MONKEY**
10. **W. GREMLIN**

11,22,33

A. CENTAUR2

1. **VENOM**
2. **VIPER**
3. **VEXUM**

1-3, 2-4

B. MESA

1. **STORK (20) + TZN**
2. **MASTODON**
3. **BENCHED (30) + TZN**
4. **PUSH UP (10) + RUN**

1,1,2,1,2,3

C. MTN

1. **ARACHNID**
2. **SUPP (10)**
3. **WALRUS**

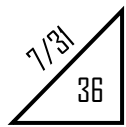
1-3

D. CHECKLIST

1. **PETRA**
2. **GRECO**
3. **SPARROW** 

**ALTERNATING
SPEED BUMPS**

11. **TIP-TOES (20) + RUN**
12. **SKY HIGH 4-1**
13. **JIGGY (20) + RUN**
14. **XPP**
15. **F. LUNGE**
16. **YETI**
17. **SUICIDE 2-1-3-1-4-1**
18. **BUCKS**
19. **SLAP JACK**
20. **V-STEP (10) + RUN**



FETCH

SLOPE

AFTER EACH CIRCUIT YOU'LL PLAY FETCH FOUR TIMES!

1 FETCH =

ANY THROW TO LINE 4. USING ANY 'LIKE' CRAWL AFTER EACH INDIVIDUAL THROW TO GET TO THE PLATE. ONCE YOU GET TO LINE 4, PLATE PUSH BACK TO LINE 1. THE THROW CANNOT CHANGE DURING A SINGLE FETCH, BUT THE CRAWLS CAN CHANGE OR BE REPEATED IF DESIRED.

THROWS & 'LIKE' CRAWLS:

FORWARD - POTTY SHOT, SHOT PUT...ANY FORWARD CRAWL

REVERSE - HIKES, BUCKS...ANY REVERSE CRAWL

LATERAL/SIDWAYS - APE SHOOT, SLAP JACK...ANY SIDWAYS CRAWL (MONKEY, YETI, AND FOR THIS TASK MONGOOSE WILL BE CONSIDERED A SIDWAYS CRAWL, NOT TO BE USED WITH FORWARD THROWS)

1 FETCH EXAMPLE:

BUCK, REV BULLDOG, BUCK, REV BEAR, BUCK, REV HYDRA (REACHED LINE 4) PLATE PUSH BACK TO 1.

A TASK CALLED FETCH CREATED FOR SCORING PURPOSES

A.

1-5, 5-1
2-4, 4-2
3,3

EL CYCLE

1. GALLOW 2-1-4-3-4-1
2. TURKEYS
3. SPD SKATES (20) + RUN
4. PLATE SHAKE 9+
5. LYCAN (10) + RUN

FETCH 4X

1-5
2-5
3-5
4,5
5

C.

FADED

1. SABRE (8) + RUN
2. CYCLONE (12) + TZN
3. W. CROOK
4. JAGGER (12) + RUN
5. SLUSKI

FETCH 4X

B.

1-4, 5A
1-4, 5B
1-4, 5C

REPTILIAN

1. BANDIT (20) + RUN
2. RIBBITS (10) + RUN
3. TROG
4. CHICKIN 2-1-3-1-4-1

5A. BUZZARD

5B. DEVIL

5C. CROAKIN

FETCH 4X

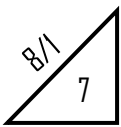
D.

RIPPLED

1233
2344
3455
4566

1. SCORPION TO 3/BACK
2. HANG (10) + RUN
3. 90° (10) + TZN
4. SCALAWAG
5. INFINITY (20) + RUN
6. AMAROK

FETCH 4X



SLOPE

1,2
1,2,33,44
1,2,33,44,555,666
1,2,33,44,555,666,7777,8888

ZENITH

- 1. SUICIDE 2-1-3-1-4-1 1X
- 2. STAMPEDE 1X

- 3. TWO-STEP (20) + RUN 2X
- 4. W. GREMLIN 2X

- 5. VIP (10) + RUN 3X
- 6. POTTY SHOT 3X

- 7. SWAGGIN 1:1 4X
- 8. PRIMATES 4-1-3-1-2-1 4X

1,3,5,7,9,11
2,4,6,8,10,12
1-12

ODDS, EVENS, CHECKLIST

- 1. NEAPOLITAN
- 2. CYCLONE (12) + TZN
- 3. B. LUNGE
- 4. CHICKIN 2-1-3-1-4-1
- 5. CRAISE (20) + TZN
- 6. SAWED OFF (10) + TZN
- 7. KITCHEN SINK (10) + TZN
- 8. SL PUSH UP (10) + RUN
- 9. DGRE (10) + TZN
- 10. SKULLS (10) + TZN
- 11. JUNKIE JUMP (8) + RUN
- 12. TALL ORDER 6+

PERFORM AS A CHECKLIST AND DO EACH TASK
THE NUMBER OF TIMES INDICATED.

MATTERHORN

- 1 ARACHNID
- 1 DEVIL
- 2 KAMIKAZE 4-3-4-2-4-1-4-1
- 4 APE SHOOT!

- 1 TYPHON
- 1 SA PP
- 2 BUCKS
- 4 W. CROOK

- 1 SL INCH
- 1 REV PLATE PUSH
- 2 TWINKLE TOES (30) + TZN
- 4 MONGOOSE

- 1 TURKEYS
- 1 MT. CLIMB (20) + RUN
- 2 KOBOLD
- 4 PLATE PUSH

THE SYPHER

THE SYPHER IS THE SYPHUS TRAINING CODE OF CONDUCT. TAP IN. TAME IT. LET IT OUT.

FORM FIRST

PERFORM EACH TASK TO THE BEST OF YOUR ABILITY. DON'T CHEAT YOURSELF.

COMPETITION SECOND

COMPETITION IS THE HEART OF SYPHUS BUT SECONDARY TO FORM. YOU ARE YOUR GREATEST COMPETITION.

NO SCORE? LET US KNOW BEFORE

NOT ALL WORKOUTS NEED TO COUNT FOR A SCORE. TO PREVENT STAT PADDING, LET YOUR PRO KNOW BEFORE GAMETIME THAT YOU WISH TO OPT OUT.

AVOID THE FORBIDDEN 4

1. NEVER STOP SHORT OF THE END ZONE
2. NEVER SWITCH PLATES MID-WORKOUT
3. NEVER PERFORM A + RUN/TZN TASK OUTSIDE OF THE END ZONE
4. NEVER INTENTIONALLY SKIP A TASK

FOLLOW THE BOARD, NOT THE HERD

YOU'LL NEVER LEAD THE PACK IF YOU'RE ALWAYS FOLLOWING. AIM TO COMMIT TASKS AND PROGRESSIONS TO MEMORY. SYPHUS IS MEANT TO ENGAGE THE MIND AS WELL AS THE BODY.

THE PRO IS YOUR COACH, NOT A REFEREE

ANY CRITICISM FROM YOUR PRO IS FOR YOUR SAFETY AND BETTERMENT OF YOUR WORKOUT.

STUPIDITY IS NEVER REWARDED

- A TASK PERFORMED OUT OF ORDER IS NOT GIVEN CREDIT
- IF YOU PERFORM A TASK OUT OF ORDER, CALL IT OUT TO THE PRO AND THE JUNKIE NEXT TO YOU
- REDEEM ANY TASKS PERFORMED OUT OF ORDER
- IF YOU'RE UNSURE WHAT REP YOU'RE ON; DO ANOTHER

LET IT OUT

PROFANITY AND PRIMAL OUTBURSTS ARE PERMITTED, IF NOT ENCOURAGED.

EMBRACE THE HANGOVER