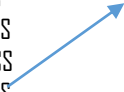




1 DOWN, 1 ACROSS  
 2 DOWN, 2 ACROSS  
 3 DOWN, 3 ACROSS  
 4 DOWN, 4 ACROSS

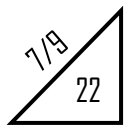


5 DOWN, 5 ACROSS  
 6 DOWN, 6 ACROSS  
 7 DOWN, 7 ACROSS  
 8\*, 8 ACROSS

\* DO THE 8 "DOWN" AND ALSO 8 ACROSS, WHICH IS UNLIKE HOW WE TRADITIONALLY END A DENALI.

# DENALI

1.	SUICIDE 2-1-3-1-4-1	TOES (20) + RUN	BULLY	POTTY SHOT	RAMPANT (10) + RUN	W. GREMLIN	CYCLONE (12) + TZN
2.	TURKEY	APE SHOOT	REV HYDRA	MIEL'S WHEELS	STORK (20) + TZN	JAGGER (20) + RUN	PINNED 2-1-3-1-4-1
3.	SWAGGIN 1:1	OGRE (10) + TZN	XPP	CROAKIN	HALO 2-1-3-1-4-1	TWO-STEP (20) + RUN	KNEELING CURL (6) + TZN
4.	MT. CLIMB (20) + RUN	F. LUNGE	SL BRIDGE SKULLS (10) + TZN	GROWLER	VIPER	RDL (8) + TZN	INFINITY (20) + RUN
5.	KOBOLD	V-STEP (10) + RUN	3 PT. STANCE	PLATE PUSH	REV INCH	BONSAI 3-1-4-2-4-1	C.H.B.
6.	HIKES	BANDIT (20) + RUN	TORD	SKY HIGH 4-1	BOVINE	ABD. PUSH UP (8) + RUN	TROG
7.	RIBBIT (10) + RUN	TRUMPET 9+	RAMPAGE (12) + RUN	B. LUNGE	REV BULLDOG	SL BUCKS	SUPP (10)
8.	PRIMATES 4-1-3-1-2-1	DENSER 2-1-3-1-4-1	B.N.C.	STROW 1:1	TAUNTAUN	MATTADOR	YAK



SLOPE

1-12, 12-1

U

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

MTN3

1. GALLOW 2-1-4-3-4-1
2. SKATES
3. MT. CLIMB (20) + RUN
4. PLATE SHAKE 9+
5. V-STEP (10) + RUN
6. ALT. SQUONQ
7. COALITION (10) + TZN
8. MONKEY
9. SQ. JUMP (10) + RUN
10. STAT TYSON (20) + RUN
11. 45°
12. RAMP UP (8) + RUN

1. CURL PRESS 5+
2. HOT COALS (10) + RUN
3. ALI 22+

---

4. ENFORCER
5. RAMBO (10) + RUN
6. CHICKIN 2-1-3-1-4-1

---

7. SHOT PUT
8. BONSAI 3-1-4-2-4-1
9. REVIVAL

---

10. B.O.R. (15) + TZN
11. JABBERWOCKY
12. CRAISE (20) + TZN

PICK EITHER THE RED OR THE PURPLE TASK; PERFORM IT TWICE. YOU CAN ALTERNATE BETWEEN COLUMNS BUT ONCE YOU PICK A TASK FOR A NUMBER, YOU MUST STICK WITH IT.

PYP CENTAUR2

- |                             |                         |
|-----------------------------|-------------------------|
| 1. APE SHOOT!               | VIP (10) + RUN          |
| 2. TWO-STEP (20) + RUN      | QUICK FT. (20) + RUN    |
| 3. KAMIKAZE 4-3-4-2-4-1-4-1 | TWINKLE TOES (30) + TZN |
| 4. KNEELING CURL (6) + TZN  | LYCAN (10) + RUN        |
| 5. SA DIABLO                | REV PLATE PUSH          |
| 6. SWAGGIN 1:1              | W. GREMLIN              |
| 7. AMAROK                   | MOGUL PUSH              |
| 8. SPD SKATES (20) + RUN    | INFINITY (20) + RUN     |
| 9. NO GIMMIES               | TAKE OFF!               |
| 10. SUE-STEP (20) + RUN     | TROG                    |
| 11. MONTAUK                 | MIEL'S WHEELS           |
| 12. YETI                    | FROGS                   |
| 13. TAUNTAUN                | STAMPEDE                |
| 14. BEAR                    | NEAPOLITAN              |
| 15. VEXUM                   | TWISTED                 |
| 16. HANG (10) + RUN         | STAT TYPHON (10) + RUN  |
| 17. M.F.T.                  | SL INCH                 |
| 18. MONGOOSE                | XPP                     |



SLOPE

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

## EL CYCLE

1. ALI 22+
2. GARGOYLE
3. MOWGLI (12) + RUN
4. FLAMINGO (6) + TZN

## 1-8, 1-8, 1-8 CHECKLIST(3)

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. APE SHOOT!
3. W. CROOK
4. BENCHED (30) + TZN
5. NEAPOLITAN
6. SAWED OFF (10) + TZN
7. AMAROK
8. MANTIS (8) + RUN

1122334455  
11223344  
112233  
1122  
11

## REV HYBRID2

1. CRAZY LEGS
2. JIGGY (20) + RUN
3. VIPER
4. STAMPEDE
5. QUICKSAND (L)

## MESA

1. SHUTTLE RUN 3-2-4-2-3-1
2. TYSON
3. SUE-STEP (20) + RUN
4. BANDIT (20) + RUN
5. TROMBONE 6+
6. MIEL'S WHEELS
7. RAMPANT (10) + RUN
8. TRIFECTA! 6+
9. TROG
10. DEVIL

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



SLOPE

123454321  
1234321  
12321  
121  
1

### DOWNSHIFT

1. TWO-STEP (20) + RUN
2. SQUONQ
3. W. GREMLIN
4. KNEELING SWAG (15) + TZN
5. CHIMP (8) + RUN

1. AAA  
12. BBB  
123. CCC  
1234. DDD  
12345. EEE

### XION3

1. TWINKLE TOES (30) + TZN
  2. SCALAWAG
  3. FLYING JACKAL
  4. BAYOK (6) + RUN
  5. OFFERING
- A. PLATE SHAKE 9+
  - B. VENOM
  - C. POTTY SHOT
  - D. F. LUNGE
  - E. XPP

1-10  
3-10  
5-10  
7-10  
9,10

### FADED2

1. SL BUCKS
2. GRECO

---

3. STORK (20) + TZN
4. MONGOOSE

---

5. ROW STROLL 6+
6. BANDIT (20) + RUN

---

7. SPIKES
8. MIEL'S WHEELS

---

9. B.N.C.
10. BULLDOZER



SLOPE

1-3  
1-3  
4-6  
4-6  
1-3  
4-6  
4-6  
7-9  
7-9  
7-9  
1-3  
4-6  
4-6  
7-9  
7-9  
7-9  
10-12  
10-12  
10-12  
10-1

## MT. NEVERLIST

- 1. BONSAI 3-1-4-2-4-1
- 2. TIP-TOES (20) + RUN 1X
- 3. VIP (10) + RUN

---

- 4. TYSON
- 5. TALL ORDER 6+ 2X
- 6. PLATE PUSH

---

- 7. CYCLONE (12) + TZN
- 8. SLAP JACK 3X
- 9. REV VIPER

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- 10. JUNKIE JUMP (8) + RUN
- 11. SL OGRE (10) + TZN 4X
- 12. CRAY-CRAY

1-12  
12-1  
1-12



- 1. BUZZARD
- 2. MASTODON
- 3. COALITION (10) + TZN
- 4. 3 PT. STANCE
- 5. MT. CLIMB (20) + RUN
- 6. O-B.O.R. (10) + TZN
- 7. ANACONDA
- 8. PINNED 2-1-3-1-4-1
- 9. TYPHON
- 10. SHOT PUT
- 11. SUICIDE 2-1-3-1-4-1
- 12. TAKE OFF!

# 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