



SLOPE

1-12

12-1

U

1-5, 6A1 6A2, 6A1 6A2

1-5, 6B1 6B2, 6B1 6B2

1-5, 6C1 6C2, 6C1 6C2

## REPTILIAN N+N

1123

2234

3345...

## FLIPPED

1. TIP-TOES (20) + RUN
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. MT. CLIMB (20) + RUN
4. ALT. SQUONQ
5. MIEL'S WHEELS
6. SQUANTOES (20) + RUN
7. PINNED 2-1-3-1-4-1
8. INFINITY (20) + RUN
9. GORGON (8) + RUN
10. TYSON
11. CYCLONE (12) + TZN
12. GROWLER

1. HAG 1:1
2. YIKES!
3. PEG LEG (8) + RUN
4. TAKE OFF!
5. TRUMPET 9+

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6A1. CRAY-CRAY

6A2. SHALO 1:1

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6B1. PABLO

6B2. BOULDER

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6C1. THRASHER

6C2. ARACHNID

1. SCALAWAG
2. LYCAN (10) + RUN
3. COALITION (10) + TZN
4. BONSAI 3-1-4-2-4-1
5. XPP
6. BUZZARD
7. CHICKIN 2-1-3-1-4-1
8. SLAP JACK
9. BULLDOG
10. SKATES



SLOPE

1  
12  
123  
1234

## B.W. WARM UP MTN

1. SUICIDE 2-1-3-1-4-1
2. TWO-STEP (20) + RUN
3. JAGGER (12) + RUN
4. GORGON (8) + RUN

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

## EL CYCLE

1. PLATE SHAKE 9+
2. SWAGGIN 1:1
3. HIKES
4. PLATE PUSH

# PLATONIC

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

## SHRINKING

1. KITCHEN SINK (10) + TZN
2. CURIOUS GEORGE
3. O-B.O.R. (10) + TZN
4. CRAZY LEGS
5. TWINKLE TOES (30) + TZN
6. STAT ROW (6) + TZN
7. SLUSKI
8. DENSER 2-1-3-1-4-1

12131415  
54535251  
2324  
4342  
33

## EQUALATERAL

1. MIEL'S WHEELS
2. SKULLS (10) + TZN
3. SHOT PUT
4. MOGUL PUSH
5. SKY HIGH 4-1

11,22,33,44,55,66,77,88  
1-8

## C2 TO CHECKLIST

1. CRAISE (20) + TZN
2. GRECO
3. XPP
4. OPA! (8) + TZN
5. RDL (8) + TZN
6. CURL WALK 6+
7. TAKE OFF!
8. ROOTED GROOT (8) + PUSH

8/31  
13

SLOPE

ORDER:

1-2

1-4

1-6, MESA

1-8, C3

1-10, REPTILIAN

1-12

# INTERRUPTED MTN2

1. BONSAI 3-1-4-2-4-1

2. TYSON

3. TOES (20) + RUN

4. MOGUL (20) + RUN

5. PLATE SHAKE 9+

6. TROG

7. REV BALL N CHAIN

8. SLAP JACK

9. MOWGLI (12) + RUN

10. THRASHER

11. PRIMATES 4-1-3-1-2-1

12. PLATE PUSH

## MESA

1. GROWLER

2. PISTON (10) + TZN

3. PARATROOP (10) + RUN

4. 0-PINNED 2-1-3-1-4-1

5. POTTY SHOT

6. JANGLE LEGS

1-3

2-4

3-5

4-6

III

222

333...

## CENTAUR3

1. KOBOLD

2. SPD SKATES (20) + RUN

3. BUCKS

4. ROW STROLL 6+

5. TWISTED

6. PUSH UP (10) + RUN

## REPTILIAN

1-4, 5A

1-4, 5B

1-4, 5C

1-4, 5D

1. SUICIDE 2-1-3-1-4-1

2. ABD. FLAMINGO (6) + TZN

3. MANTIS (8) + RUN

4. BULLDOG

5A. 313

5B. CROAKIN

5C. OZARK

5D. SABRE (8) + RUN



## JACOB'S LADDER

5. MONGOOSE

4. DECALF

3. SPIKES

2. SLIGER

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5.1. TROG

4. SPD SKATES (20) + RUN

3. JACK BOX

2. MUGGER (12) + RUN

---

5.1. BENCHED (30) + TZN

4. ALI 22+

3. SL BUCKS

2. F. LUNGE

---

5.1. BOVINE

4. SHWAGGIN 1:1

3. ABD. MANTIS (8) + RUN

2. GALLOW 2-1-4-3-4-1

---

5.1. RAMBO (10) + RUN

4. RIBBITS (10) + RUN

3. KOBOLD

2. ROW STROLL 6+

---

5.1. VIPER

4. HOT GOALS (10) + RUN

3. W. GREMLIN

2. EN GARDE

1. TOES (20) + RUN

1  
12  
123  
1234  
12345  
12  
123  
1234  
12345  
12  
123  
1234  
12345  
12  
123  
1234  
12345  
12  
123  
1234  
12345



- 1, A1 A2
- 12, B1 B1
- 123, C1 C2
- 1234, D1 D2
- 12345, E1 E1
- 123456, F1 F2

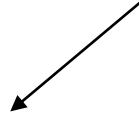
### XION N+N

- |                         |               |                   |
|-------------------------|---------------|-------------------|
| 1. QUICK FT. (20) + RUN | A1 TURKEYS    | A2 BUTT KICKS     |
| 2. SWAGGIN 1:1          | B1 SKUFFLE    | B2 SQUIBBLE       |
| 3. MT. CLIMB (20) + RUN | C1 SQUONQ     | C2 SCALAWAG       |
| 4. HIKES                | D1 F. LUNGE   | D2 B. LUNGE       |
| 5. HANG (10) + RUN      | E1 BULLDOG    | E2 REV BULLDOG    |
| 6. MONTAUK              | F1 PLATE PUSH | F2 REV PLATE PUSH |

1-12, 12-1

### U

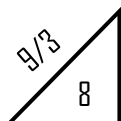
1. SWASHBUCKLER
2. YETI
3. STORK (20) + TZN
4. GBD (15) + RUN
5. MONGOOSE
6. APE SHOOT!
7. SUPP 10
8. VEXED (10) + RUN
9. SQ. JUMP (10) + RUN
10. TIP-TOES (20) + RUN
11. MR. ATLAS to 3/back
12. W. GREMLIN



### FILLING

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

1. INFINITY (20) + RUN
2. PEG LEG (8) + RUN
3. TRIFECTA 6+
4. TAUNTAUN
5. PIRATE
6. PETRA
7. REV BEAR
8. TOES (20) + RUN
9. LYCAN UP (10) + RUN
10. DELAURA



SLOPE  
899 OK

1-3  
2-4  
3-5  
4-6...

## MESA

1. EN GARDE
2. TURKEYS
3. TWO-STEP (20) + RUN
4. BULLY
5. HIKES
6. CYCLONE (12) + TZN
7. MOGUL (20) + RUN
8. O-PINNED 2-1-3-1-4-1
9. MONKEY
10. F. LUNGE
11. SLING SHOT 3-2-4-2-3-1
12. CHIMP (8) + RUN

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

## EXPANDING

1. JESTER
2. AMAROK
3. STORK (20) + TZN
4. BULLDOG
5. BONSAI 3-1-4-2-4-1
6. RAMBO (10) + RUN
7. APE SHOOT!
8. TWINKLE TOES (30) + TZN
9. PUSH UP (10) + RUN
10. M.F.T.

1  
122  
122333  
1223334444  
122333444455555

## MT. NEVEREST

1. PETRA
2. KOBOLD
3. SKY HIGH 4-1
4. MIEL'S WHEELS
5. PLATE PUSH



2 SUICIDE 2-1-3-1-4-1

4 SHUFFLE

1 MT. CLIMB (20) + RUN

---

2 BONSAI 3-1-4-2-4-1

4 SWAGGIN 1:1

1 GORGON (8) + RUN

---

2 APE SHOOT!

4 XPP

1 PINNED 2-1-3-1-4-1

---

2 RAMBO (10) + RUN

4 HIKES

1 ROOSTER (10) + TZN

---

2 BULLDOG

4 MIEL'S WHEELS

1 SAWED OFF (10) + TZN

2 TYSON

4 MONKEY

1 W. LUNGE

---

2 BOBBI SHOT NEW TASK

4 SQUONK

1 OGRE (10) + TZN

---

2 INCH WORM

4 SA PP

1 SHALO 1:1

---

2 YETI

4 TAUNTAUN

1 DENSER 2-1-3-1-4-1

---

2 ARACHNID

4 ROW STROLL 6+

1 M.F.T.

2 CYCLONE (12) + TZN

4 TWO-STEP (20) + RUN

1 TARASQ

---

2 PIRATE

4 VEXUM

1 TYPHON

---

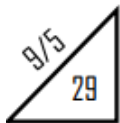
2 MONGOOSE

4 STIGMATA (10) + RUN

1 JACK ASS

## MATTERHORN

PERFORM AS A CHECKLIST AND DO EACH TASK THE NUMBER OF TIMES INDICATED. PATTERN REMAINS CONSISTENT THROUGHOUT THE ENTIRE WORKOUT.



SLOPE

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

## CROSS-FIRE

1. EN GARDE
2. PLATE PUSH
3. KNEELING CURL (6) + TZN
4. YETI
5. KITCHEN SINK (10) + TZN

1. CHICKIN 2-1-3-1-4-1
2. JIGGY (20) + RUN
3. W. CROOK

1. VIP (10) + RUN
2. BONSAI 3-1-4-2-4-1
3. SCORPION TO 3/BACK

- A. SUE STEP (20) + RUN
- B. SWAGGIN 1:1
- C. YIKES!

1  
12  
123  
1  
12  
123..

## MOLE HILLS

1. HOT COALS (10) + RUN
2. RDL (8) + TZN
3. INCH WORM

1. TROMBONE 6+
2. SCALAWAG
3. SHALO 1:1

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

## REPTILIANZ

1. TALL ORDER 6+
2. REV BULLDOG
3. SUICIDE 2-1-3-1-4-1
4. MIEL'S WHEELS

- 
- 5A. REV B.N.C.
  - 5B. BULLDOZER
  - 5C. PARATROOP (10) + RUN
  - 5D. OZARK

1. GIMPY DOG
  2. ALI 22+
  3. HACK-IT
- 
1. MT. CLIMB (20) + RUN
  2. VIPER
  3. 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