

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

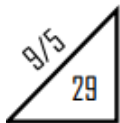
2 MONGOOSE

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!

9/6 & 7
VARIES

YOUR FATE LIES IN HOW QUICKLY YOU CAN COMPLETE THE 1ST CIRCUIT, EARTH CYCLE. THOSE THAT COMPLETE ALL 40 TASKS WITHIN 30 MINS WILL BE REWARDED BY GOING TO "HEAVEN" (MINI-DENALI). THOSE THAT DO NOT COMPLETE IT WITHIN 30 MINS WILL BE BANISHED TO HELL (C² + EL-CYCLE).

WE'LL BE DOING THIS WORKOUT ON 9/6 AND 9/7 HOWEVER HELL IS SCHEDULED ON SUNDAY AND HEAVEN ON MONDAY FOR SCORING PURPOSES. IF SOMEONE DOES IT BOTH DAY, ROUND THEIR SCORE TO THE NEAREST 100 ON THE WORKOUT THEY HAVEN'T BEEN ENTERED IN YET.

1 DOWN, 1 ACROSS
2 DOWN, 2 ACROSS
3 DOWN, 3 ACROSS
4 DOWN, 4 ACROSS
5 DOWN, 5 ACROSS
6 DOWN

JUDGEMENT DAY

EARTH CYCLE

1-15, 15-1
6-10, 10-6

BY JEN DEMERCURIO

1- SUICIDE^{2|3|4|}

2- MT. CLIMB (20) + RUN

3- TOES (20) + RUN

4- V-STEP (10) + RUN

5- SKUFFLE

6- SWAGGIN'^{1|1}

7- STIGMATA (10) + RUN

8- XPP

9- CURL PRESS⁵⁺

10- GRECO

11- POTTY TO BULLDOG

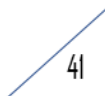
12- BUTT KICKS

13- JAGGER (12) + RUN

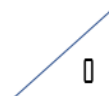
14- HALO ^{2|3|4| 36+}

15- RESURRECTION

HEAVEN - MINI DENALI



112233445566665544332211
2233445555443322
33444433



HELL-CYCLE
(C² + EL-CYCLE)

1- PUSH-UP (10) + RUN

2- LEPRECHAUN

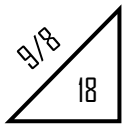
3- COALITION (10) + TZN

4- BULLY

5- W. CROOK

6- KAMIKAZE ^{43424|4|}

1	TROMBONE ⁶⁺	ROW STROLL ⁵⁺	BULLY	TALL ORDER ⁶⁺
2	BALL N' CHAIN	BUCKS	SA DIABLO	CURIOUS GEORGE
3	QUICK FT (20) + RUN	FROGS	MOGUL PUSH	ALI ⁴⁴⁺
4	PRIMATES ^{4 3 2 1}	YAK	DECALF	GATOR TO 3
5	STAT. TYSON (20) + RUN	MIEL'S WHEELS	JIGGY (20) + RUN	TUCKS (10) + RUN
6	CRAZY LEGS	ENFORCER	JIGSAW	VENOM



SLOPE

12
123344
123344555666
12334455566677778888

ZENITH

1. BONSAI 3-1-4-2-4-1
2. MOGUL (20) + RUN

3. TOES (20) + RUN
4. SWAGGIN 1:1

5. XPP
6. HIKES

7. RIBBITS (10) + RUN
8. PRIMATES 4-1-3-1-2-1

12
1-4
1-6
1-8

MTN2

1. MIEL'S WHEELS
2. JIGGY (20) + RUN

3. TALL ORDER 6+
4. TYPHON

5. REV GROWLER
6. INCH WORM

7. GATOR TO 3
8. ALI 22+

1X

2X

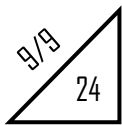
3X

4X

1233
2344
3455
4566
5677
6788...

RIPPLED

1. TWEAKER (L)
2. MOWGLI (12) + RUN
3. 90° (10) + TZN
4. BOVINE
5. 45°
6. DENSER 2-1-3-1-4-1
7. RAMPANT (10) + RUN
8. SAWED OFF (10) + TZN
9. HANG (10) + RUN
10. SA PP



SLOPE

ABBC
ABBCCDEEF
ABBCCDEEFGHHI
ABBCCDEEFGHHIJKKL

1,2,1 PUNCH

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

B. TOES (20) + RUN

C. SWAGGIN 1:1

D. MT. CLIMB (20) + RUN

E. W. CROOK

F. F. LUNGE

G. REV BOVINE

H. BOBBI SHOT

I. GRIFTER (8) + SA PP

J. BANDIT (20) + RUN

K. CHICKIN 2-1-3-1-4-1

L. ANACONDA

1
122
12333
1234444

VERTEX

1. STACK SHOT

2. RDL (8) + TZN

3. TWINKLE TOES (30) + TZN

4. YETI

1-10
10-1
1-10

N

1. BENCHED (30) + TZN

2. REV BEAR

3. TROG

4. 3 PT. STANCE

5. TRIFECTA! 6+

6. TURKEYS

7. VIPER

8. CURL WALK 6+

9. JACKALOPE

10. TAKE OFF!



U-CHAOS

PERFORM AS A U-TURN WHICH IS A CHECKLIST THROUGH JAWBREAKER AND BACK HOWEVER DO EACH TASK THE NUMBER OF TIMES INDICATED. PERFORM JAWBREAKER TWICE ON THE TURN.

2 SHUFFLE

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

2 PLATE SHAKE 9+

1 MT. CLIMB (20) + RUN

3 SQUONK

3 TIP-TOES (20) + RUN

1 VEXED (10) + RUN

2 NEAPOLITAN

3 YIKES!

1 BUZZARD

4 MONTAUK

1 SCALAWAG

2 HALO 2-1-3-1-4-1

1 SL BUCKS

3 CRAY-CRAY

1 RDL (8) + TZN

1 CUJO (L)

2 MUGGER (12) + RUN

3 W. CROOK

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

2 SQ. JUMP (10) + RUN

1 GRIFTER (8) + SA PP

2 COBRA (10) + PUSH

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

2 GORGON + PUSH UP (8) + RUN


3 STAMPEDE

1 JAWBREAKER



1 A
12 B
123 C
1234 D
12345 E
123456 F

XION

1. QUICK FT. (20) + RUN
 2. SUE-STEP (20) + RUN
 3. BANDIT (20) + RUN
 4. W. CROOK
 5. B.O.R. (15) + TZN
 6. PROWLER 
- A. SHUFFLE
B. SWAGGIN 1:1
C. RIBBITS (10) + RUN
D. HALO 2-1-3-1-4-1
E. KAMIKAZE 4-3-4-2-4-1-4-1
F. DEVIL

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

EL CYCLE

1. DEATH ROW 2-1-3-1-4-1
2. RAMPAGE (12) + RUN
3. TYSON
4. JACKAL

VENOM, VENOM, TASK
VENOM, VENOM, TASK...

DOUBLE VENOM GAUNTLET

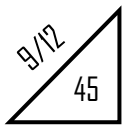
1. ALI 22+
2. MONKEY
3. RDL (8) + TZN
4. SAWED OFF (10) + TZN
5. OGRE (10) + TZN
6. BENCHED (30) + TZN

MATTER HORN

CHECKLIST - PERFORM EACH
TASK AS MANY TIMES NOTED

- 3 GALLOW 2-1-4-3-4-1
- 1 PONCER (10) + RUN
- 1 BUCK UPS
- 2 F. LUNGE
- 3 REV MASTODON
- 1 MUGGER (12) + RUN
- 1 JOUNCE 2-1-3-1-4-1
- 2 B.N.C.

- 3 CURL WALK 6+
- 1 TROG
- 1 V-STEP (10) + RUN
- 2 OZARK
- 3 APE SHOOT!
- 1 TOES (20) + RUN
- 1 MT. CLIMB (20) + RUN
- 2 PRIMATES 4-1-3-1-2-1



SLOPE

1.A
12.B
123.C
1234.D
12345.E

XION

1. BONSAI 3-1-4-2-4-1
2. QUICK FT. (20) + RUN
3. HIKES
4. VIP (10) + RUN
5. SUPP 10

- A. EN GARDE
- B. TAUNTAUN
- C. RIBBITS (10) + RUN
- D. B.O.R. (15) + TZN
- E. CHICKIN 2-1-3-1-4-1

1
122
122333
1223334444

MT. NEVEREST

1. JESTER
2. INFINITY (20) + RUN
3. KOBOLD
4. PLATE PUSH

RAPTURE

ORDER

XION, U

REPTILIAN, U

MT. NEVEREST, U

=IBRIDIOUS, U

1-3, 3-1 **U**

1. OZARK
2. PUSH UP (10) + RUN
3. SHOT PUT

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

REPTILIAN

1. SUICIDE 2-1-3-1-4-1
2. STAT TYPHON (10) + RUN
3. SKUFFLE
4. GBD (15) + RUN

5A. THRASHER

5B. CYCLONE (12) + TZN

5C. W. LUNGE

12131415
232425
3435
45

=IBRIDIOUS

1. COALITION (10) + TZN
2. STIGMA (10) + RUN
3. SKULLS (10) + TZN
4. PRIMATES 4-1-3-1-2-1
5. B.N.C.



SLOPE

MULTI-TASK GAUNTLETS

QUICK FT, INFINITY, TASK
QUICK FT, INFINITY, TASK...

QUICK FT. (20) + RUN
INFINITY (20) + RUN

1. SQUONQ
2. TROMBONE 6+
3. RIBBITS (10) + RUN
4. MANTIS (8) + RUN
5. FLAMINGO (6) + TZN
6. K.O.D. (20) + TZN
7. BUCKS
8. SCORPION TO 3/BACK

YIKES, NEAPOLITAN, MONTAUK, TASK
YIKES, NEAPOLITAN, MONTAUK, TASK...

YIKES!
NEAPOLITAN
MONTAUK

1. CURL PRESS 5+
2. BOULDER
3. BALL N CHAIN
4. OZARK
5. GALLOWS 2-1-4-3-4-1
6. W. CROOK
7. SL INCH
8. THRUST TO FROG

SKUFFLE, MONGOOSE, TASK
SKUFFLE, MONGOOSE, TASK...

SKUFFLE
MONGOOSE

1. KNEEL. SWAG (15) + TZN
2. SL OGRE (10) + TZN
3. VIP (10) + RUN
4. JACK ASS
5. SUICIDE 2-1-3-1-4-1
6. REV BEAR
7. FLYING JACKAL
8. LOWLY (10) + RUN
9. SQ. THRUST (10) + RUN
10. JACK BOX

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