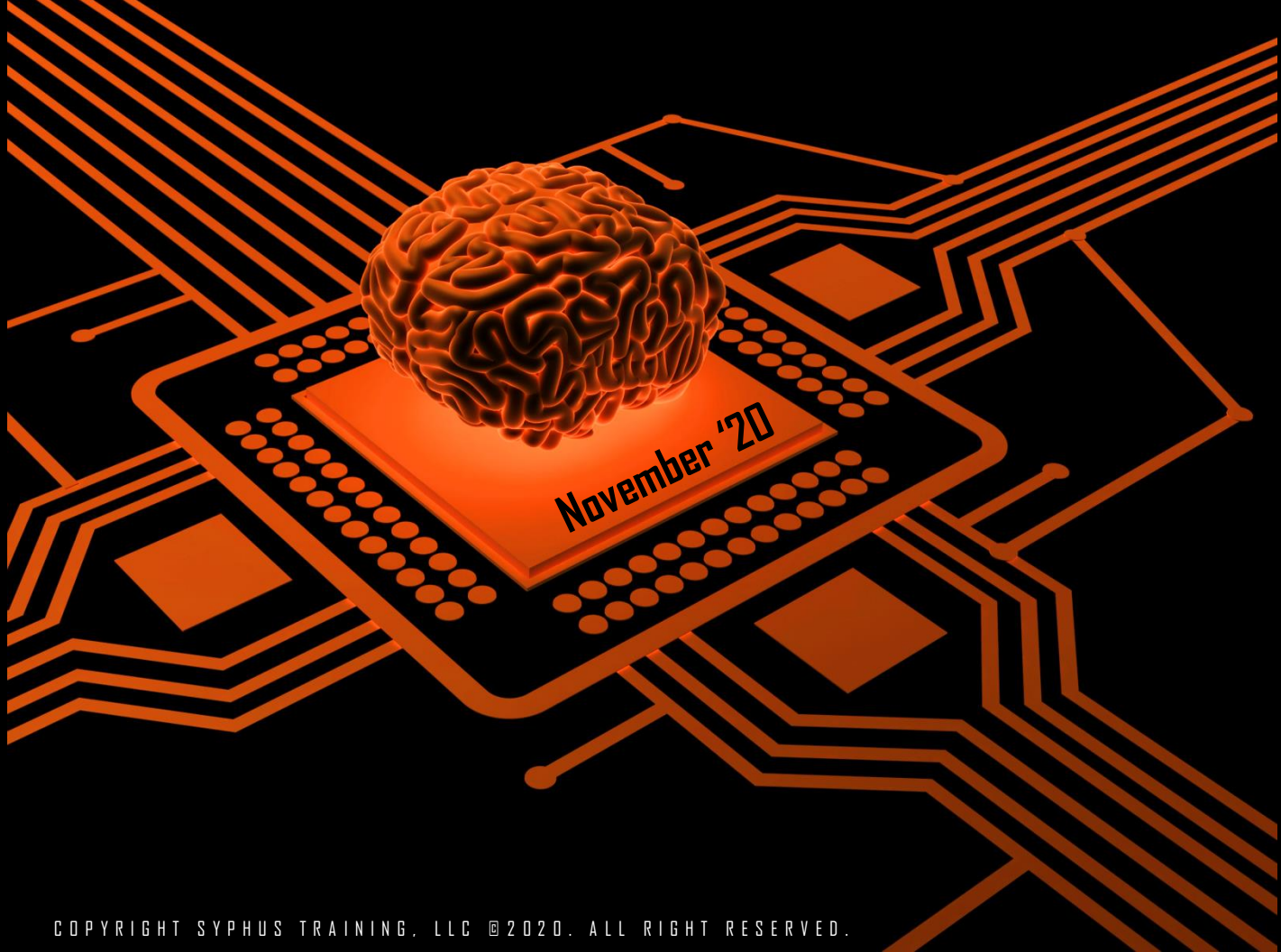
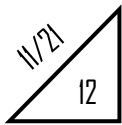


M
O
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R
B
O
A
R
D



November '20



SLOPE

FILLING PEAKS

FROM LEFT TO RIGHT PERFORM:

1,8 OF EACH SECTION

1,2,7,8 OF EACH SECTION

1,2,3,6,7,8 OF EACH SECTION

1-8 OF EACH SECTION

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

2. POTTY SHOT

3. GBD (15) + RUN

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

5. SPD SKATES (20) + RUN

6. KOBOLD

7. TORO

8. TOES (20) + RUN

1. EN GARDE

2. HAG 1:1

3. SABRE (8) + RUN

4. STAMPEDE

5. F. LUNGE

6. CYCLONE (12) + TZN

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

8. PLATE SHAKE 9+

1. HIKES

2. KNEEL CURL (6) + TZN

3. BULLDOG

4. ALI 22+

5. CURL PRESS 5+

6. INCH WORM

7. MONTAUK

8. JIGGY (20) + RUN

1. COALITION (10) + TZN

2. DELAURA

3. LOWLY (10) + RUN

4. STACK SHOT

5. BUTT KICKS

6. TYPHON

7. QUICK FT. (20) + RUN

8. YETI

1. SQ. JUMP (10) + RUN

2. MONKEY

3. REVIVAL

4. SHUFFLE

5. GARGOYLE

6. SLUSKI

7. TRIFECTA! 6+

8. VEXED (10) + RUN



MATTERHORN

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

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

1 TAUNTAUN

2 EN GARDE

3 KOBOLD

2 TOES (20) + RUN

1 MOGUL (20) + RUN

2 HIKES

3 ROW STROLL 6+

2 TARASQ

1 LYCAN UP (10) + RUN

2 TALL ORDER 6+

3 V-STEP (10) + RUN

2 MONGOOSE

1 STORK (20) + TZN

2 CRAISE (20) + TZN

3 POTTY SHOT

2 SHWAGGIN 1:1

1 GBD (15) + RUN

2 TURKEYS

3 XPP

2 LUMBERJACK (8) + RUN

1 TAKE OFF!

2 ARACHNID

3 BULLY

2 STAMPEDE

1 RDL (8) + TZN

2 GORGON PUSH UP (8) + RUN

3 RAMPAGE (12) + RUN

2 ALT SQUONQ

1 YAK

2 TYSON

3 REV BEAR

2 B. LUNGE

1 APE SHOOT!

2 TRUMPET 9+

3 INFINITY (20) + RUN

2 ANACONDA

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

2 HYDRA

3 SKIPS

2 SA PP

1 COBRA (10) + PUSH

2 MONKEY

3 VENOM

2 JAGGER (12) + RUN

1 M.F.T.

2 MOWGLI (12) + RUN

3 SWASHBUCKLER

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/SIDEWAYS - APE SHOOT, SLAP JACK...ANY SIDEWAYS CRAWL (MONKEY, YETI, AND FOR THIS TASK MONGOOSE WILL BE CONSIDERED A SIDEWAYS 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

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

REPTILIAN

B.

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

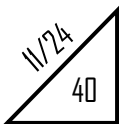
D.

RIPPLED

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

FETCH 4X

1233
2344
3455
4566



PICK YOUR RAPTURE

MTN

SLOPE

1. EN GARDE
2. HOT COALS (10) + RUN
3. MT. CLIMB (20) + RUN
4. PLATE SHAKE 9+
5. XPP
6. GORGON (8) + RUN

1
12
123
1234
12345
123456

ORDER
MTN
PYR
REPTILIAN
PYR
REV MTN2
PYR
CAVITY
PYR

WHENEVER YOU ARRIVE AT A PICK YOUR RAPTURE SECTION CHOOSE ANY 2 TASKS AND PERFORM EACH AS A CENTAUR2.

ONCE TO YOU RETURN TO THE P.Y.RAPTURE LATER IN THE ROUTINE, YOU MAY NOT CHOOSE A RAPTURE TASK THAT YOU'VE ALREADY DONE.

REV MTN2

1. SPIKES
2. 45°
3. STORK (20) + TZN
4. SQUANTOES (20) + RUN
5. YETI
6. BUCKS
7. STAMPEDE
8. C.H.B.

1-8
1-6
1-4
1.2

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

REPTILIAN

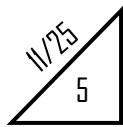
1. BANDIT (20) + RUN
 2. BONSAI 3-1-4-2-4-1
 3. TARASQ
 4. BEAR
-
- 5A. GRIFTER (8) + SA PP
 - 5B. COBRA (10) + PUSH
 - 5C. JUNKIE JUMP (8) + RUN
 - 5D. PABLO

REV BOVINE	90° (10) + TZN	GARGANTUAN
SL PUSH UP (10) + RUN	D-PINNED 2-1-3-1-4-1	HAG 1:1
JACKAL	WARRIOR	SWASHBUCKLER

CAVITY

1-6
1,2,5,6
1,6

1. CYCLONE (12) + TZN
2. ALI 22+
3. SL INCH
4. SHOT PUT
5. VENOM
6. KAMIKAZE 4-3-4-2-4-1-4-1



SLOPE

STARTING AT THE BOTTOM OF THE BOARD, IMAGINE YOU ARE FACING THE SYPHUS TRAINING FIELD. PERFORM EACH LIST OF TASKS IN THAT PATTERN OF THE RUN THAT IS LISTED. THE PATTERN IS ULTIMATELY MULTIPLE U-TURNS BLENDED TOGETHER. ALWAYS DOUBLE UP ON THE TURNS.

PLAYING THE FIELD

4				4
I H G	BUCKS	LUMBER JACK (8) + RUN	SKIPS	
	SHWAGGIN 1:1	SLAP JACK	VIPER	
	SQUONQ	QUICK FT. (20) + RUN	GIMPY DOG	
3				3
F E D	TROMBONE 6+	BULLY	SKULLS (10) + TZN	
	LYCAN (10) + RUN	M.F.T.	MIEL'S WHEELS	
	HANG (10) + RUN	TOES (20) + RUN	SQUANTOES (20) + RUN	
2				2
C B A	TURKEY	ROW STROLL 6+	BENCHED (30) + TZN	
	V-STEP (10) + RUN	BULLDOG	SHOT PUT	
	BONSAI 3-1-4-2-4-1	GALLOW 2-1-4-3-4-1	SHUTTLE RUN 3-2-4-2-3-1	
1				1
	BONSAI 3-1-4-2-4-1	GALLOW 2-1-4-3-4-1	SHUTTLE RUN 3-2-4-2-3-1	

11/25

42

SLOPE

START WITH THE CHECKLIST(3) WARM UP. PICK ONE TASK FROM EACH CATEGORY AND PERFORM IT ONCE. GO IN ORDER BY CATEGORY (A-I).
 SECOND TIME THROUGH CHOOSE A DIFFERENT TASK IN EACH CATEGORY, DO IT TWICE. REPEAT 3X PER TASK. REPEAT 4X PER TASK.
 EXCEPT FOR TURKEYS, REPEATING A TASK LATER IN THE WORKOUT IS PROHIBITED.



1

12

123

1234

WARM UP MTN

1. TOES (20) + RUN
2. SUICIDE 2-1-3-1-4-1
3. MT. CLIMB (20) + RUN
4. SWAGGIN 1:1

A. CRANBERRY SAUCE

1. ROW STROLL 6+
2. ALI 22+
3. CURL WALK 6+
4. STAT TRIFECTA (6) + TZN

B. MASHED POTATOES

1. TARASQ
2. POTTY SHOT
3. PARATROOP (10) + RUN
4. KNEELING CURL (6) + TZN

C. CORN

1. GIMPY DOG
2. 45°
3. REV BULLDOG
4. DENSER 2-1-3-1-4-1

D. YAMS

1. YETI
2. SLAP JACK
3. AMAROK
4. STAT TYSON (20) + RUN

E. STUFFING

1. GRIFTER (8) + SAPP
2. REV B.N.C.
3. SL BUCKS
4. PIRATE

F. GRAVY

1. TIPPY-TAP
2. W. GREMLIN
3. SKY-HIGH 4-1
4. TAUNTAUN

G. GREEN BEANS

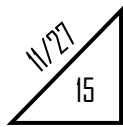
1. REV BOVINE
2. WARRIOR
3. O-PINNED 2-1-3-1-4-1
4. DELAURA

H. PUMPKIN PIE

1. DEVASTATOR 6
2. ROOTED GROOT (8) + PUSH
3. SL INCH
4. SL RESURRECTION

I. TURKEY

1. TURKEY
2. TURKEY
3. TURKEY
4. TURKEY



SLOPE

START WITH THE CHECKLIST(3) WARM UP. IN REVERSE ORDER OF YESTERDAY'S FEAST, PICK ONE TASK FROM EACH CATEGORY AND PERFORM IT 4X. GO IN ORDER BY CATEGORY (A-I). SECOND TIME THROUGH CHOOSE A DIFFERENT TASK IN EACH CATEGORY AND DO IT 3X. REPEAT 2X PER TASK. REPEAT 1X PER TASK. EXCEPT FOR TURKEYS AND PLATE PUSH, REPEATING A TASK LATER IN THE WORKOUT IS PROHIBITED.



1
12
123
1234

WARM UP MTN

1. TOES (20) + RUN
2. SUICIDE 2-1-3-1-4-1
3. MT. CLIMB (20) + RUN
4. SWAGGIN 1:1

A. CRANBERRY SAUCE

1. ROW STROLL 6+
2. ALI 22+
3. CURL WALK 6+
4. STAT TRIFECTA (6) + TZN

B. MASHED POTATOES

1. TARASQ
2. POTTY SHOT
3. PARATROOP (10) + RUN
4. KNEELING CURL (6) + TZN

C. CORN

1. GIMPY DOG
2. 45°
3. REV BULLDOG
4. DENSER 2-1-3-1-4-1

D. YAMS

1. YETI
2. SLAP JACK
3. AMAROK
4. STAT TYSON (20) + RUN

E. STUFFING

1. GRIFTER (8) + SAPP
2. REV B.N.C.
3. SL BUCKS
4. PIRATE

F. GRAVY

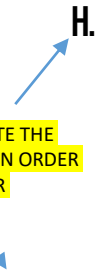
1. TIPPY-TAP
2. W. GREMLIN
3. SKY-HIGH 4-1
4. TAUNTAUN

G. GREEN BEANS

1. REV BOVINE
2. WARRIOR
3. O-PINNED 2-1-3-1-4-1
4. DELAURA

H. TURKEY

1. TURKEY
2. TURKEY
3. TURKEY
4. TURKEY



PROS NOTE THE CHANGE IN ORDER FOR YOUR BOARDS

I. THE PUMPKIN PIE IS ALL GONE, PUSH THE PLATE AWAY

1. PLATE PUSH
2. PLATE PUSH
3. PLATE PUSH
4. PLATE PUSH



SLOPE

- 1-3
- 1-3
- 4-6
- 4-6
- 1-3
- 4-6
- 4-6
- 7-9
- 7-9
- 7-9

ZEN-LISTS

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

4. RAMBO (10) + RUN
5. MIEL'S WHEELS
6. YIKES!

7. BENCHED (30) + TZN
8. JUNKIE JUMP (8) + RUN
9. PRIMATES 4-1-3-1-2-1

1X

2X

3X

EL CYCLE

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

1. CRAISE (20) + TZN
2. ROW STROLL 6+
3. SKY-HIGH 4-1
4. VITRIOL (L)

111
222
333...

CENTAUR3

1. TYSON
2. BOULDER
3. KOBOLD
4. BULLY
5. JACKAL
6. JIGGY (20) + RUN
7. LUMBERJACK (8) + RUN
8. TORO

REV HYBRID2

11223344
112233
1122
11

1. SWASHBUCKLER
2. YETI
3. 90° (10) + TZN
4. SLING SHOT 3-2-4-2-3-1

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