

10/17



PERFORM  
EACH CIRCUIT  
AS WRITTEN  
AND IN THE  
FOLLOWING  
ORDER:

V-LIST

V-LIST

MTN<sup>2</sup>

V-LIST

MTN<sup>2</sup>

MESA

V-LIST

MTN<sup>2</sup>

MESA

TWISTED

GAUNTLET

TWIST,

YAK,

TWIST,

YAK...

TWISTED GAUNTLET

1. SKULLS (10) + TEN

2. YAK

3. CRAWL (20) + TEN

U

1-3

3-1

1. HALF BLANKED (2)

2. SHWAGGIN 1:1

3. BUCKS

# Mt. Olympus

1-3

V-LIST

213141

1. SUICIDE (20) + RUN

2. MOUL (20) + RUN

3. TWINKLE (30) + TEN  
TOES

1,2

1-4

MTN<sup>2</sup>

1. POTTY SHOT

2. V. STEP (10) + RUN

3. BEAR

4. SPIRES

1-3

2-4

MESA

1. KOD (20) + TEN

2. SAWED OFF (10) + TEN

3. JACKAL

4. RDL (8) + TEN

TWIST,

YAK,

TWIST,

YAK...

10/18 

✓-LIST, DO EACH  
TASK # OF TIMES  
INDICATED

1-10  
1-10  
1-10

1-10 → 7-10  
3-10 → 9-10  
5-10

### MATTER HORN

- 1 BONSAI 314241
- 2 MT. CLIMB (20)+RUN
- 1 SWAGGIN 1:1
- 1 QUICK FT. (20)+RUN

---

- 1 HIKES
- 2 LYCAN (10)+RUN
- 1 XPP
- 1 TROMBONE 6x

---

- 1 SKUFFLE
- 2 BOVINE
- 1 ROW STROLL 6x
- 1 VEXED (10)+RUN

---

- 1 ALI 22'
- 2 WARLOCK
- 1 DENSER 213141
- 1 REV. P. PUSH

### ✓-LIST (3)

- 1. GIMPY DOG
- 2. HALO 213141 36x
- 3. TURKEY
- 4. SQUANTOES (20)+RUN
- 5. AMAROK
- 6. ARACHNID
- 7. B.O.R. (15)+TUN
- 8. BOULDER
- 9. PUSH UP (10)+RUN
- 10. FROGS

### FADED 2

- 1. PABLO
- 2. STORK (20)+TUN
- 3. JUNKIE (8)+RUN
- 4. COBRA (10)+PUSH
- 5. W. CROOK
- 6. TAUN TAUN
- 7. STAT. TYSON (20)+RUN
- 8. PRIMATES 413121  
43424141
- 9. KAMIKAZE
- 10. TAKE OFF!

- 1 SUE-STEP (20)+RUN
- 2 SL BUCKS
- 1 VIPER
- 1 SUICIDE 213141

10/19

27

SLOPE

1-3  
1-6  
1-9  
1-12**MTN3**

1. TWO-STEP (20) + RUN
2. EN GARDE
3. SWAGGIN 1:1

---

4. BANDIT (20) + RUN
5. TROMBONE 6+
6. POTTY SHOT

---

7. VEXED (10) + RUN
8. NEAPOLITAN
9. HALO 2-1-3-1-4-1

---

10. APE SHOOT!
11. CURL PRESS 5+
12. MONKEY

XPP, TASK (ODDS)  
MONTAUK, TASK (EVENS)  
XPP, TASK  
MONTAUK, TASK....**ALTERNATING GAUNTLET**

1. CYCLONE (12) + TZN
2. BUCKS
3. FROZEN CROOK8
4. BONSAI 3-1-4-2-4-1
5. PUSH UP (10) + RUN
6. GBD (15) + RUN
7. REV PLATE PUSH
8. O-PINNED 2-1-3-1-4-1
9. RDL (8) + TZN
10. SKULLS (10) + TZN

1-12  
1-5, 8-12  
1-4, 9-12  
1-3, 10-12  
1,2,9,12  
1,12**CAVITY**

1. SUICIDE 2-1-3-1-4-1
2. FLAMINGO (6) + TZN
3. REV BULLDOG
4. TARASQ
5. DEATH ROW 2-1-3-1-4-1
6. PEG LEG (8) + RUN
7. WARLOCK
8. 3 PT. STANCE
9. SAWED OFF (10) + TZN
10. DENSER 2-1-3-1-4-1
11. V-STEP (10) + RUN
12. B.N.C

10/20



11, 22, 33, 4A

11, 22, 33, 4B

11, 22, 33, 4C

## CEPTILIAN

2

1. BONSAI <sup>314241</sup>
2. MT. CLIMB (20) <sub>+ROW</sub>
3. HIKES

4A. MONTAUK

4B. GIMPY DOG

4C. YETI



1-4, 4-1

2, 3, 3, 2

## EL CYCLE

1. ENFORCER
2. APE SHOOT!
3. HANG (10) + 2UN
4. BULLY

1, 6

1, 2, 6, 7

1, 2, 3, 6, 7, 8

1, 2, 3, 4, 6, 7, 8, 9

1-10

## SPLIT PEAK

1. SKY HIGH <sup>4-1</sup>

2. VEXED (10) + ROW

3. SL OGRE (10) + TEN

4. BENCHED (30) + TEN

5. OBLITERATOR

6. RAMBO (10) + ROW

7. SKULLS (10) + TEN

8. SUICIDE <sup>213141</sup>

9. SWASHBUCKLER

10. BULLFROG

1-10

10-1

1-10



1. TWO-STEP (20) <sub>+ROW</sub>

2. BUSTARD <sup>1TT</sup>

3. STORK (20) <sub>+TEN</sub>

4. MONKEY

5. PINNED <sup>213141</sup>

6. ALI <sup>221</sup>

7. G.B.Q. (15) + ROW

8. TORO

9. JIGGY (20) <sub>+UN</sub>

10. NEAPOLITAN



SLOPE

# THE BEANSTALK

A TAKE ON JACOB'S LADDER. START AT THE BOTTOM MTN AND WORK YOUR WAY UPWARDS. ONCE YOU GET TO THE NEXT RUNG THE CIRCUIT WILL CHANGE. PERFORM TASKS IN ACCORDANCE WITH THE KEY ON THE RIGHT OF THIS PAGE.

## WARM UP

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

1. QUICK FT. (20) + RUN
2. SHUFFLE
3. SWAGGIN 1:1
4. BONSAI 3-1-4-2-4-1
5. RAMBO (10) + RUN

## 6. TWEAKER

5. RAMPAGE (12) + RUN

4. HAMSTRUNG

3. 90° (10) + TZN

2. RDL (8) + TZN

5.1. TRUMPET 9+

4. TARASQ

3. STAT HALO (18) + TZN

2. MT. CLIMB (20) + RUN

5.1. PRIMATES 4-1-3-1-2-1

4. APE SHOOT

3. 45°

2. BOR (15) + TZN

6.1. MR. ATLAST TO 3/BACK

5. SHUTTLE RUN 3-2-4-2-3-1

4. TYPHON

3. JIGGY (20) + RUN

2. ALI 22+

5.1. QUICKSAND

4. FLYING MONKEY

3. CRAISE (20) + TZN

2. FLAMINGO (6) + TZN

1. VENOM

MTN3

1-6

1-3

11,22,33,44,55

11,22,33,44

11,22,33

11,22

1-5

(1)-5 -&gt; DON'T PERFORM MR. ATLAS 2X BACK TO BACK

HYBRID2

CHECKLIST (2)

1-6

1-4

(1)-2

ONLY PERFORM QUICKSAND ONCE ON THE WAY TO 2.

12345

1234

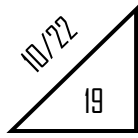
123

12

1

MTN2

MTN



SLOPE

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

## MTN2

1. GALLOW 2-1-4-3-4-1
2. TIP-TOES (20) + RUN

---

3. VIP (10) + RUN
4. BULLY

---

5. ALI 22+
6. JIGGY (20) + RUN

---

7. SA PP
8. PARATROOP (10) + RUN

---

9. SKULLS (10) + TZN
10. QUICKSAND Ⓛ

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

## SHRINKING

1. JACKAL
2. HALD 2-1-3-1-4-1
3. MONGOOSE
4. CYCLONE (12) + TZN
5. MT. CLIMB (20) + RUN
6. APE SHOOT!
7. SL PUSH UP (10) + RUN
8. INFINITY (20) + RUN
9. GARGANTUAN
10. DEVIL

- 12131415
- 54535251
- 2324
- 4342
- 3

## EQUALATERAL

1. F. LUNGE
  2. MOWGLI (12) + RUN
  3. TWISTED
  4. PRIMATES 4-1-3-1-2-1
  5. TWINKLE TOES (30) + TZN
- 1-5
- ## CHECKLIST
1. SUE-STEP (20) + RUN
  2. SLALOM
  3. TORO
  4. SHUTTLE RUN 3-2-4-2-3-1
  5. VENOM



**MTN4**

- 1. QUICK FT. (20) + RUN
- 2. MT. CLIMB (20) + RUN
- 3. BULLY
- 4. SQUONQ

---

- 5. V-STEP (10) + RUN
- 6. BULLDOG
- 7. HIKES
- 8. SL PUSH UP (10) + RUN

---

- 9. ALI 22+
- 10. STORK (20) + TZN
- 11. VENOM
- 12. INCH WORM

---

- 13. CYCLONE (12) + TZN
- 14. TROG
- 15. RDL (8) + TZN
- 16. QUICKSAND (L)

1-4  
1-8  
1-12  
1-16

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

**UPLIFT**

- 1. TYSON
- 2. INFINITY (20) + RUN
- 3. KOBOLD
- 4. TWO-STEP (20) + RUN
- 5. WICCA

**XION**

- 1. SQUANTOES (20) + RUN
- 2. VIP (10) + RUN
- 3. SKULLS (10) + TZN
- 4. SL BUCKS
- 5. MOGUL PUSH

1.A  
1,2,B  
1,2,3,C  
1,2,3,4,D  
1,2,3,4,5,E

- A. DELAURA
- B. SHOT PUT
- C. DEVIL
- D. REV MASTODON
- E. OZARK

**U**

1-8  
8-1

- 1. SHUTTLE 3-2-4-2-3-1
- 2. B.N.C.
- 3. MUGGER (12) + RUN
- 4. YIKES
- 5. PISTON (10) + TZN
- 6. RAZOR
- 7. SQ. JUMP (10) + RUN
- 8. JACKALOPE



# TURF WARS '20

ANNUAL TURF-WIDE COMPETITION

OCT. 24<sup>th</sup> - NOV. 1<sup>st</sup>

REPRESENT YOUR HOMETURF IN THIS TEAM-LIKE EVENT



# TURF WARS 2020

## WHAT

Our 7<sup>th</sup> annual intra-location competition known as Turf Wars.

## WHO

All members. All turfs.

## RESTRICTIONS

Only one score per person per day. If for some reason you run twice in a day, only your first score will be kept.

## WHEN

Sat. October 24<sup>th</sup> to Sun. November 1<sup>st</sup>

## HOW

Just show up and workout! This tournament doesn't have a sign-up process or special trial workouts like March Mayhem. Newer members who've never experienced Turf Wars before, might not notice anything's all that different from a typical day's workout except for the turf environment seems a little more intense and their turf-mates are taking an interest into how they're scoring.

The tournament takes place automatically by tallying all the scores from each turf and comparing them against your Seasonal Boulder to see which turf has the best week-long performance.

## THE STAKES

Winners of Turf Wars get their turf's name etched on the Turf Wars Plate Trophy which remains at their turf until next year's Turf Wars. The winning turf also creates a "Wager Workout", which includes a carefully curated playlist, for the other turfs to endure. This year's Wager Workout will take place on Sunday November 1<sup>st</sup>. ***Wager Workouts and playlists must be submitted to [hackett@syphustraining.com](mailto:hackett@syphustraining.com) PRIOR to the first day of Turf Wars.***

# TURF WARS HANDICAPPING

## ROQ +/- OVER SEASONAL BOULDER

We'll take your **ROQ** for the day and subtract it from your **Seasonal Boulder** to find a **+/- score**.

Name	Home Turf	ROQ	30	S	C	+/-	CAP
Tim O'Halla	SCS	855	780	818	782	37	37
Love Bagga	Shelby	855	801	817	717	38	38
Elizabeth ...	Harrison	855	693	691	684	164	100
Jessica Ga...	Brownstown	831	776	808	727	23	23

### ACCUMULATIVE TURF +/-

A running total will be kept for all the +/- scores registered at each turf. The turf with the best score at the end of the week wins Turf Wars!

### 100 POINT CAP

A CAP is placed 100 points above and below your Seasonal Boulder. The MAX points you can score/lose for your turf is 100 points. Using the above example Elizabeth scored a 164 but only 100 points of that will be used for Turf Wars. Her 164 will still count for her individual stats and be reflected on her dashboard.

10/24  
43  
SLOPE

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

(A)

# RAPTURE

(B)

- REPTILIAN
1. BONSAI 314241
  2. TAUNTAUN
  3. TYSON
  4. SWAGGIN 1:1
- 5A. CURL WALK 6+
- 5B. HIKES
- 5C. MONTAUK
- 5D. RESURRECTION

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

- MESA
1. BANDIT (20) + RUN
  2. APG SHOOT
  3. XPP
  4. VIPER
  5. KAMIKAZE 43424141
  6. YETI
  7. DEATH ROW 21341

TURF WARS I

- 1-3, 3-1 U
1. SHOT PUT
  2. BUCKS
  3. CRAZY LEGS

ORDER

- A, U-TURN  
B, U-TURN  
C, U-TURN  
D, U-TURN

1  
12  
123  
1234  
12345

(C)

- MTN
1. B. LUNGE K77
  2. SPIKES
  3. HOT COALS (10) + TEN
  4. SHUFFLE
  5. ANACONDA

(D)

1-4, 1-4, 1-4

- ✓-LIST (3)
1. MONGOOSE
  2. DEVIL
  3. STIGMATA (10) + RUN
  4. TROG



**TURF WARS 2  
CUL-DE-SACS**

1-10  
CENTAUR3  
10-1

- 1 SUB-STEP (20)<sup>+ RUN</sup>
- 2 EN GARDE
- 3 SKIPS
- 4 MOWGLI (12)<sup>+ RUN</sup>
- 5 LYCAN (10)<sup>+ RUN</sup>
- 6 W. GREMLIN
- 7 QUICK FT. (20)<sup>+ RUN</sup>
- 8 F. LUNGE <sup>KAT</sup>
- 9 REV. B.N.C.
- 10 SUICIDE 213141

CENTAUR 2

1. MOGUL PUSH
2. JACKAL
3. REV. P. PUSH

11  
22  
33

1  
12  
123  
1234

1-10  
MTN  
10-1

- 1 SWAGGIN 11
- 2 MIEL'S WHEELS
- 3 PATTY SHOT
- 4 AMAROK
- 5 REV MASTODON
- 6 COALITION (10)<sup>+ TEN</sup>
- 7 INCH WORM
- 8 TYPHON
- 9 BUCKS
- 10 BONSAI <sup>314241</sup>

MTN

1. HIKES
2. GRECO
3. TURKEY
4. PETRA

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

1-10  
EL CYCLE  
10-1

- 1 STAMPEDE
- 2 PLATE PUSH
- 3 SCORPION + 3/BACK
- 4 SKY HIGH 4-1
- 5 3 PT.
- 6 SA PP
- 7 SQUONK
- 8 DIABLO
- 9 SPEED SKATES (20)<sup>+ RUN</sup>
- 10 GALLOW 214341

EL CYCLE

1. VIPER
2. SHOT PUT
3. TROG
4. GROWLER

10/25

45

SLOPE

TURF  
WARS 3

PERFORM EACH SECTION AS A GAUNTLET. THE TASK LISTED NEXT TO EACH LETTER HEADING IS THE TASK YOU PERFORM BEFORE EACH TASK IN THAT SECTION.

## GAUNTLETS

## A SHUFFLE

1. GALLOW <sup>214341</sup>
2. TOES (20)<sup>2</sup> RUN
3. SWAGGIN 1:1
4. BANDIT (20)  
+ RUN
5. MONGLI (12)  
+ RUN
6. RIBBITS (10)  
+ RUN

## B PLATE PUSH

1. TYSON
2. SLUSKI
3. V-STEP (10)<sup>2</sup> RUN
4. WARRIOR <sup>KTT</sup>
5. MONGOOSE
6. SQUONK

## C HIKE

1. BULLY
2. MIEL'S WHEELS
3. TAUNTAUN
4. CRAY-CRAY
5. APE SHOOT
6. NICCA

## D TROG

1. CURL WALK <sup>6+</sup>
2. GARGOYLE
3. TIPPY-TAP
4. SAWED OFF (10)<sup>1</sup> TEN
5. GARGANTUAN
6. W. GREMLIN

## E TORO

1. VEXUM
2. JAGGER (12)  
+ RUN
3. BULLDOG
4. FROGS
5. BUNYAN <sup>KTT</sup>
6. BONSAI <sup>314241</sup>

## F SA DIABLO

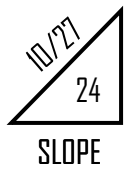
1. AMAREK
2. B.N.C.
3. STACK SHOT ~~2~~  
<sup>213141</sup>
4. DEATH ROW
5. YAK
6. GRECO

## G TWISTED

1. KAMIKAZE <sup>4342441</sup>
2. C.H.B.
3. STAMPEDE
4. REVIVAL
5. TROMBONE <sup>6+</sup>
6. COALITION (10)  
+ TEN

## H JACKALOPE

1. DENSER <sup>213141</sup>
2. 3 PT.
3. VEXED (10)<sup>4</sup> RUN
4. SA PP
5. 313
6. DELAURA



1-3  
1-6  
1-9

**A.**  
**MTN3**

1. BONSAI 3-1-4-2-4-1
2. SHUTTLE RUN 3-2-4-2-3-1
3. V-STEP (10) + RUN

---

4. SWAGGIN 1:1
5. LYCAN (10) + RUN
6. SQUANTOES (20) + RUN

---

7. KOBOLD
8. B.N.C.
9. DELAURA

1233  
2344  
3455

**B.**  
**RIPPLED**

1. BENCHED (30) + TZN
2. YIKES!
3. GARGOYLE
4. MIEL'S WHEELS
5. BUCK UP

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

**C.**  
**FILLING**

1. JIGGY (20) + RUN
2. TURKEY
3. OFFERING
4. RAMP UP (8) + RUN
5. HALF BLAKED (L)
6. SUICIDE 2-1-3-1-4-1
7. KNEEL CURL (6) + TZN
8. BUZZARD

1  
122  
12333  
123444

**D.**  
**VERTEX**

1. DEVIL
2. REV GREMLIN
3. QUICK FT. (20) + RUN
4. PRIMATES 4-1-3-1-2-1

1A, 2-4  
1B, 2-4  
1C, 2-4

**E.**  
**INVERTILIAN**

- 1A. KAMIKAZE 4-3-4-2-4-1-4-1
- 1B. 313
- 1C. FLYING JACKAL

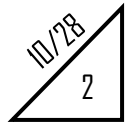
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2. XPP
3. CURL PRESS 5+
4. JUNKIE JUMP (8) + RUN

112233  
1122  
11

**F.**  
**REV HYBRID2**

1. REV GROWLER
2. TROG
3. ANACONDA



SLOPE

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

# TURF WARS 4

213141

2 SUICIDE

1 TURKEY

4 HIGH Xs

1 STAT TYPHON (10)  
+RUN

2 KNEEL SWAG (15)  
+TRN

3 QUICK FT (20)  
+RUN

1 GARGOYLE

1 MONKEY

3 STAMPEDE

2 ENFORCER

# CHAOS (2)

1 TROMBONE<sup>6+</sup>

3 POTTY SHOT

4 SKY HIGH<sup>4-1</sup>

1 BUCK UPS

2 INCH WORM

1 BONSAI<sup>314241</sup>

3 KOBOLD

4 YETI

1 PETRA

1 TARZAN

1 VENOM

2 DECALF

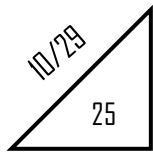
3 HIKES

4 NEAPOLITAN

1 KNEELING CURL (6)  
+TRN

1 SL INCH

1 THRUST TO FROG



SLOPE

**TURF WARS 5**

## 4 SQUARE

EACH SECTION CHANGES ITS PROGRESSION THROUGHOUT THE WORKOUT. PERFORM EACH SECTION IN THE FOLLOWING ORDER:

**A - CHECKLIST** (2) [1-6, 1-6]

**D - CENTAUR2** [11,22,33,44,55,66]

**B - MTN2** [1,2, 1-4, 1-6]

**A - CAVITY** [1-6, 1,2,5,6, 1,6]

**C - U-TURN** [1-6, 6-1]

**D - FADED2** [1-6, 3-6, 5,6]

**FINISH BY CHECKLISTING ALL SECTIONS**

**IN THE ORDER OF A,B,C,D**

**A.**

1. BONSAI 3-1-4-2-4-1
2. STAMPEDE
3. VIP (10) + RUN
4. SWAGGIN 1:1
5. KOBOLD
6. TOES (20) + RUN

**C.**

1. CURIOUS GEORGE
2. MT. CLIMB (20) + RUN
3. CROAKIN
4. SUICIDE 2-1-3-1-4-1
5. BOVINE
6. TAKE OFF!

**B.**

1. BUZZARD
2. SKY HIGH 4-1
3. SWASHBUCKLER
4. KNEEL CURL (6) + TZN
5. JACK-ASS
6. PABLO

**D.**

1. GORGON (8) + RUN
2. BOULDER
3. POTTY TO BULLDOG
4. ROW STROLL 6+
5. VENOM
6. MONTAUK





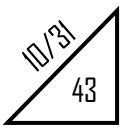
SLOPE

TURF WARS 6

1-4, 29-32  
1-8, 25-32  
1-12, 21-32  
1-32

# FILLING<sup>4</sup>

- |                         |                                    |
|-------------------------|------------------------------------|
| 1. SUICIDE 213141       | 17. VIPER                          |
| 2. MT. CLIMB (20) + RUN | 18. CURIOUS GEORGE                 |
| 3. SQUONK               | 19. TYPHON                         |
| 4. <u>SWAGGIN 1:1</u>   | 20. <u>M.F.T.</u>                  |
| 5. F. LUNGE RTT         | 21. W. GREMLIN                     |
| 6. POTTY SHOT           | 22. VENOM                          |
| 7. STAMPEDE             | 23. KAMIKAZE 43424141              |
| 8. <u>AMAROK</u>        | 24. <u>REV. SCORPION to 3/BACK</u> |
| 9. REV HYDRA            | 25. <u>MATTADOR</u> (L)            |
| 10. COBRA (10) + RUN    | 26. <u>SL BUCKS</u>                |
| 11. JABBERWOLLY         | 27. <u>MONTAUK</u>                 |
| 12. <u>TAUN TAUN</u>    | 28. <u>SLINGSHOT</u> 324231        |
| 13. HELLION             | 29. HIKES                          |
| 14. YETI                | 30. SQ. JUMP (10) + RUN            |
| 15. MASTODON            | 31. GROWLER                        |
| 16. BOWSAI 314241       | 32. PLATE PUSH                     |



# TRICK-OR-TREAT

SLOPE

PERFORM WARM UP  
CHECKLIST (2).

MOVE BY COLUMNS STARTING  
FROM TOP TO BOTTOM, PICK  
ONE TASK FROM EACH  
TREAT CATEGORY.

PERFORM AS FOLLOWS:

- 1<sup>ST</sup> REVOLUTION - 1X EACH
- 2<sup>ND</sup> REVOLUTION - 2X EACH
- 3<sup>RD</sup> REVOLUTION - 3X EACH
- 4<sup>TH</sup> REVOLUTION - 4X EACH

NO TASKS CAN BE  
REPEATED LATER IN THE  
ROUTINE.

NO "BARN BURNING" TASK  
IN THIS PARTICULAR  
CIRCUIT.

## WARM UP CHECKLIST (2)

### A SNICKERS

1. TROMBONE 6+
2. ROW STROLL 6+
3. K-STEP (20) + RUN
4. STAT. CURL (6) + TZN

### B SWEET TARTS

1. TYPHON
2. JUNKIE JUMP (8) + RUN
3. KOD (20) + TZN
4. NO GIMMIES

### C MILKY WAY

1. BOVINE
2. STORK (20) + TZN
3. GARGOYLE
4. MIEL'S WHEELS

## 1. SHUFFLE 2. QUICK FT. (20) + RUN

### D STARBURST

1. INCH WORM
2. BUNYAN
3. POTTY TO BULLDOG
4. MASTODON

### E REESE'S

1. OFFERING
2. ALI
3. TRIFECTA
4. JIGGY (20) + RUN

### F TWIX

1. VEXED (10) + RUN
2. HOPSCOTCH
3. SQUIBBLE
4. SQUANTOES (20) + RUN

## 3. HIGH Xs 4. BULLY

### G CRUNCH

1. SWAGGIN 1:1
2. BONSAI 3-1-4-2-4-1
3. STAMPEDE
4. GREMLIN

### H TOOTSIE ROLL

1. REV PLATE PUSH
2. ATTACK-IT
3. JOUNCE 2-1-3-1-4-1 |
4. SA GRECO

### I SKITTLES

1. MOGUL MADNESS 10
2. DENSER 2-1-3-1-4-1
3. OGRE (10) + TZN
4. SL MANTIS (8) + RUN



# ***WAGER WORKOUT***

A WORKOUT CREATED BY THE WINNING TURF OF TURF WARS.

ALL OTHER TURFS WILL DO THIS WORKOUT AS "PUNISHMENT"  
ALONG WITH THE SPECIAL PLAYLIST SUBMITTED BY THE  
WINNING TURF VIA SPOTIFY.

# 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