



SLOPE

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

MTN2

1. SUICIDE 2-1-3-1-4-1
2. MT. CLIMB (20) + RUN
3. TWINKLE TOES (30) + TZN
4. SWAGGIN 1:1
5. SQ. JUMP (10) + RUN
6. MONTAUK
7. D-PINNED 2-1-3-1-4-1
8. STORK (20) + TZN
9. JACKAL
10. REVIVAL

1
121
12321
1234321
123454321
12345654321

UPLIFT

1. STAMPEDE
2. HOT COALS (10) + RUN
3. MONKEY
4. VEXED (10) + RUN
5. INCH WORM
6. BUNYAN

1-3
2-4
3-5
4-6
5-7
6-8
7-9
8-10
9-11
10-12

MESA

1. BONSAI 3-1-4-2-4-1
2. TOES (20) + RUN
3. HIKES
4. BULLFROG
5. RDL (8) + TZN
6. ALI 22+
7. SL BRD BENCH (15) + TZN
8. TARASQ
9. GARGOYLE
10. HALO 2-1-3-1-4-1
11. YETI
12. QUICKSAND Ⓛ



1. AA
12. BB
123. CC
1234. DD
12345. EE

XION2

1. SUE-STEP (20) + RUN
2. SHWAGGIN 1:1
3. APE SHOOT!
4. TYSON
5. MANTIS (8) + RUN

- A. SUICIDE 2-1-3-1-4-1
- B. MOGUL (20) + RUN
- C. KNEEL CURL (6) + TZN
- D. SCALAWAG
- E. REV BEAR

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

REV MTN 3

1. SAWED OFF (10) + TZN
2. BANDIT (20) + RUN
3. TIPPY-TAP

4. SL GORGON (8) + RUN
5. KIT SINK (10) + TZN
6. SL BUCKS

7. CYCLONE (12) + TZN
8. JAGGER (12) + RUN
9. TALL ORDER 6+

10. JOUNCE 2-1-3-1-4-1
11. VIPER
12. REV GATOR TO 3

1-14,
1,3,5,7,9,11,13,
2,4,6,8,10,12,14

CHECKLIST, ODDS, EVENS

1. XPP
2. BULLY
3. BULLDOZER
4. W. CROOK
5. PLATE PUSH
6. TRIFECTA 6+
7. GIMPY DOG
8. O-BOR (10) + TZN
9. GRECO
10. ROW STROLL 6+
11. TWISTED
12. SKY-HIGH 4-1
13. SUPP 10
14. OFFERING

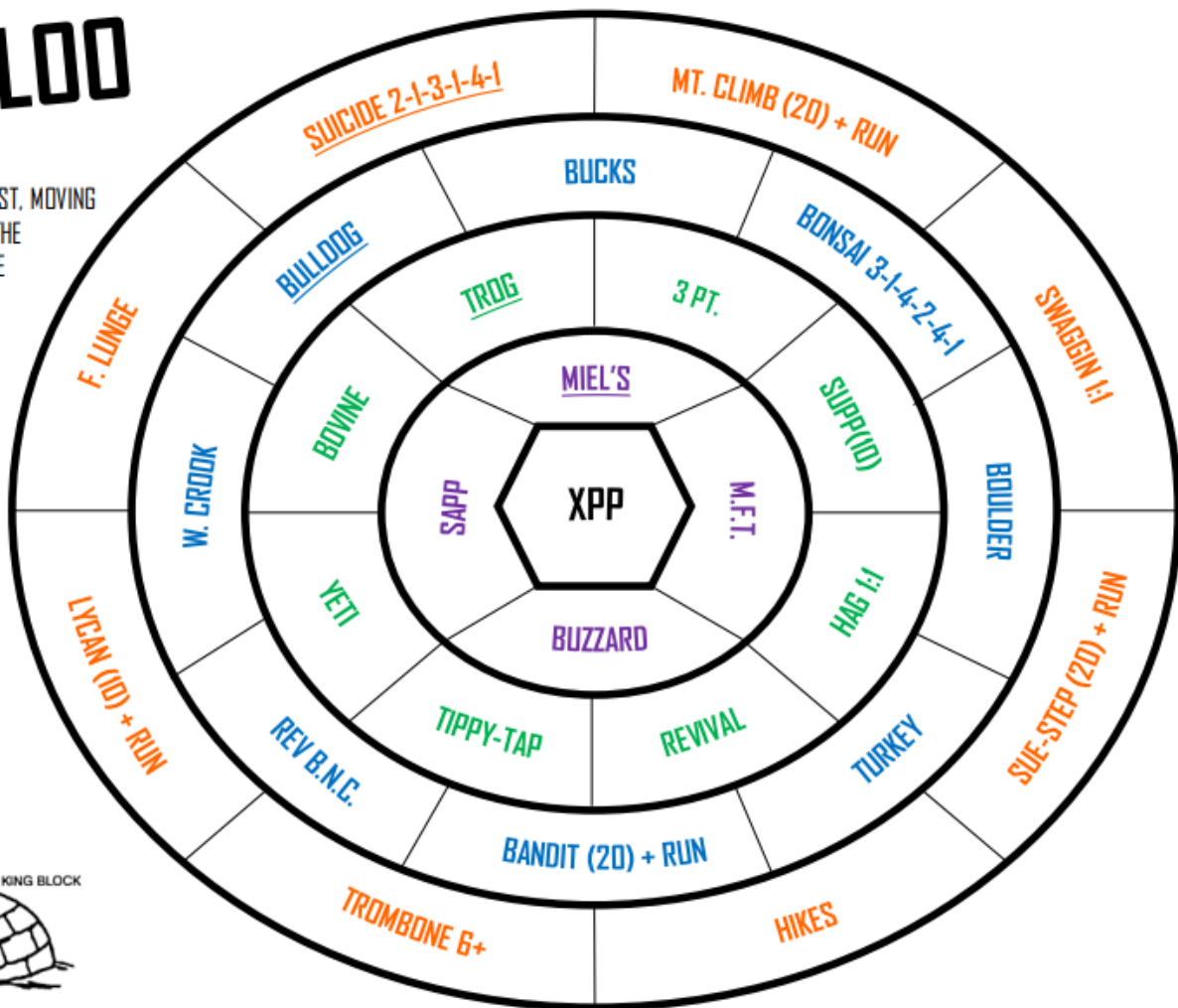
12/1
25

SLOPE

IGLOO

PERFORM EACH AS A CHECKLIST, MOVING CLOCKWISE, STARTING WITH THE UNDERLINED TASK, AND IN THE FOLLOWING ORDER:

- ORANGE
- ORANGE
- BLUE
- ORANGE
- BLUE
- GREEN
- ORANGE
- BLUE
- GREEN
- PURPLE
- ORANGE
- BLUE
- GREEN
- PURPLE
- XPP

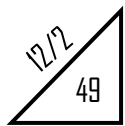


SIDE VIEW



KING BLOCK





SLOPE

CROSS LISTS

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

1. BONSAI 3-1-4-2-4-1
V-STEP (10) + RUN
TURKEY
PLATE SHAKE 9+

2. SAWED OFF (10) + TZN
JIGGY (20) + RUN
F. LUNGE
TYPHON

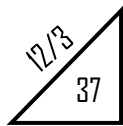
3. GROWLER
TROG
OGRE (10) + TZN
SA PP

4. SKULLS (10) + TZN
REV PLATE PUSH
SHOT PUT
TAKE OFF!

A. KNEEL SWAG (15) + TZN
XPP
RIBBITS (10) + RUN
MOWGLI (12) + RUN

B. CURIOUS GEORGE
YIKES
MOGUL PUSH
CURL PRESS 5+

C. DIABLO
DEATH ROW 2-1-3-1-4-1
SQUONQ
REV MASTODON



SLOPE

CHECKLIST to C2

1. BONSAI 3-1-4-2-4-1
2. QUICK FT. (20) + RUN
3. SHUFFLE
4. W. CROOK
5. VEXED (10) + RUN
6. ROW STROLL 6+
7. MONGOOSE
8. PUSH UP (10) + RUN
9. SUPP 10
10. B. LUNGE

1-10
11
22
33
44
55
66
77
88
99
10.10

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

SHRINKING MTN

1. STAT TYPHON (10) + RUN
2. DEVIL
3. INFINITY (20) + RUN
4. 90° (10) + TZN
5. GALLOW 2-1-4-3-4-1
6. TWO-STEP (20) + RUN
7. BOVINE
8. JOHNNY APPLESEED
9. FLAMINGO (6) + TZN
10. OZARK

TWISTED, TASK
TWISTED, TASK...

TWISTED GAUNTLET

1. 3 PT. STANCE
2. RAMBO (10) + RUN
3. OFFERING
4. JIGGY (20) + RUN
5. PINNED 2-1-3-1-4-1
6. POTTY SHOT
7. PABLO
8. AMAROK
9. CRAISE (20) + TZN
10. RDL (8) + TZN
11. TROG
12. GROWLER



SLOPE

CHECK 5, PICK 4

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

1. SUICIDE 2-1-3-1-4-1
2. TYSON
3. SUE-STEP (20) + RUN
4. TAUNTAUN
5. PICK A CARRY FROM LIST
6. SQ. JUMP (10) + RUN
7. 3 PT. STANCE
8. RIBBITS (10) + RUN
9. JAGGER (12) + RUN
10. PICK A CRAWL FROM LIST

11. BUCKS
12. SWAGGIN 1:1
13. HALD 2-1-3-1-4-1
14. MIEL'S WHEELS
15. PICK A PUSH FROM LIST
16. STACK SHOT
17. STIGMATA (10) + RUN
18. SL OGRE (10) + TZN
19. F. LUNGE
20. PICK A "TOUGH" TASK

CARRY

TRIFECTA 6+
ROW STROLL 6+
CURL WALK 6+
TRUMPET 9+
TALL ORDER 6+

CRAWL

GARGOYLE
BULLDOG
BOVINE
REV BEAR
VIPER

PUSH

ENFORCER
RAZOR
SWASHBUCKLER
BULLDOZER
CRAY-CRAY

"TOUGH" TASK

DIABLO
C.H.B.
GRYPHON (8) + P. PUSH
PIRATE
BOULDER

12/5

31

SLOPE

MOLE-HILLS

1. TOES (20) + RUN
2. SKATES
3. SWAGGIN 1:1

1

12

123

1

12

123

1. GALLOW 2-1-4-3-4-1
2. MOGUL (20) + RUN
3. STORK (20) + TZN

1. EN GARDE
2. PUSH UP (10) + RUN
3. 45°

1. QUICK FT. (20) + RUN
2. XPP
3. REV BOVINE

1. VIP (10) + RUN
2. TROG
3. KITCHEN SINK (10) + TZN

1-10

1-4, 7-10

1-3, 8-10

1,2,9,10

1, 10

CAVITY

1. B.O.R. (15) + TZN
2. COBRA (10) + PUSH
3. KOBOLD
4. KAMIKAZE 4-3-4-2-4-1-4-1
5. M.F.T.
6. CUJO (L)
7. W. CROOK
8. DEATH ROW 2-1-3-1-4-1
9. RAMPANT (10) + RUN
10. SKULLS (10) + TZN

1,2

1-4

1-6

1-8

1-10

MTN2

1. MIEL'S WHEELS
2. HIKES
3. MONGOOSE
4. BUCKS
5. TWO-STEP (20) + RUN
6. HALO 2-1-3-1-4-1
7. GRIFTER (8) + SA PP
8. LYCAN UP (10) + RUN
9. REVIVAL
10. GIMPY DOG

12/6

42

SLOPE

PERFORM AS A CHECKLIST.
DO EACH TASK THE NUMBER OF TIMES LISTED.
PATTERN REMAINS CONSISTENT THROUGHOUT.

MATTERHORN**2 SUICIDE 2-1-3-1-4-1****1 TURKEYS****2 SKIPS****2 W. CROOK****1 HALO 2-1-3-1-4-1****2 GORGON (8) + RUN****2 F. LUNGE****1 TROMBONE 6+****2 RDL (8) + TZN****2 CHICKIN 2-1-3-1-4-1****1 MONGOOSE****2 FROGS****2 B.O.R. (15) + TZN****1 OGRE (10) + TZN****2 JAGGER (12) + RUN**

1A, 1B
2A, 2B
3A, 3B
4A, 4B

CROSS-FIRE**1. BENCHED (30) + TZN****2. BONSAI 3-1-4-2-4-1****3. ANACONDA****4. SKULLS (10) + TZN****A. REV BEAR****B. GIMPY DOG**

1

MTN

1,2

1,2,3

1,2,3,4

1,2,3,4,5

1. HOT COALS (10) + RUN**2. ALT. SQUONO****3. CURL WALK 6+****4. DEVIL****5. JACKASS**

1233

2344

3455

4566...

RIPPLED**1. PLATE PUSH****2. BULLDOG****3. POTTY SHOT****4. GREMLIN****5. LYCAN (10) + RUN****6. TORO****7. NEAPOLITAN****8. SL BUCKS**

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