



SLOPE

A

SYPHON

PERFORM ALL TASKS IN CHECKLIST FASHION (DISREGARD NUMBERING 1-5 FOR NOW, THESE NUMBERS COME IN TO PLAY AFTER THE CHECKLIST OF 20 TASKS.)

2020 YEARBOOK: REVISIT EXCERPTS FROM 2020'S WORKOUTS THAT WERE VOTED "MOST POPULAR"

CHECKLIST

1. GALLOW 2-1-4-3-4-1
2. STAMPEDE
3. TIP-TOES (20) + RUN
4. STAT SWAG (20) + TZN
5. RAMBO (10) + RUN

1. POTTY SHOT
2. CRAZY LEGS
3. BANDIT (20) + RUN
4. SCALAWAG
5. JUNKIE JUMP (8) + RUN

1. PUSH UP (10) + RUN
2. MONGOOSE
3. CYCLONE (12) + TZN
4. APE SHOOT!
5. GBD (15) + RUN

1. B.N.C.
2. TYPHON
3. RDL (8) + TZN
4. NEAPOLITAN
5. TORO

1
12
123
1234

MTN OF I'S

1. GALLOW 2-1-4-3-4-1
2. POTTY SHOT
3. PUSH UP (10) + RUN
4. B.N.C.

B

1 FETCH = ANY THROW TO LINE 4, USE 'LIKE' CRAWL TO GET TO PLATE AFTER EACH THROW, PLATE PUSH BACK TO LINE 1. PERFORM FETCH 4X, REPTILIAN, 4X AGAIN.

FETCH 4X

REPTILIAN

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

1-3, 4A
1-3, 4A, 4B, 5A
1-3, 4A, 4B, 4C, 5A, 5B, 6A

C

VOYAGE

1. SUE-STEP (20) + RUN
2. MT. CLUMB (20) + RUN
3. SWAGGIN 1:1

4A. STAT TYSON (20) + RUN

4B. GORGON (8) + RUN

4C. GROWLER

5A. VEXED (10) + RUN

5B. NEAPOLITAN

6A. FLYING JACKAL

D

PERFORM TASKS IN THE LADDER SEQUENCE THEN FINISH THE WORKOUT BY PERFORMING THE LADDER TASK CUJO.

"LADDY"

2132434-3423121

1. RAMPANT (10) + RUN
2. SKULLS (10) + TZN
3. KOBOLD
4. REV BULLDOG

CUJO