

HELIX

PERFORM THE WARM-UP CHECKLIST(3), MTNS AND FADEDS ALL ACCORDING TO TYPICAL PROGRESSION, FINISH THE WORKOUT IN ZIG-ZAG CHECKLIST BETWEEN THE ODDS IN THE MTNS AND EVENS ON THE FADEDS. THE WORKOUTS ENDS ON #15 ON THE MTNS

1-5
1-5
1-5

WARM-UP CHECKLIST(3)

1. SUICIDE 2-1-3-1-4-1
2. TOES (20) + RUN
3. TYSONS
4. SPD. SKATES (20) + RUN
5. RAMBO (10) + RUN

1-5
1-10
1-15

MTNS

1. SWAGGIN 1:1
2. BANDIT (20) + RUN
3. GORGON (8) + RUN
4. INFINITY (20) + RUN
5. YIKES!

6. SUE STEP (20) + RUN
7. CYCLONE (12) + TZN
8. VEXUM
9. BUZZARD
10. PUSH UP (10) + RUN

11. JUNKIE JUMP (8) + RUN
12. TWINKLE TOES (30) + TZN
13. INCH WORM
14. ALI 22+
15. SLING SHOT 3-2-4-2-3-1

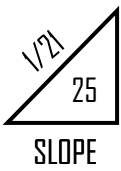
1-15
6-15
11-15

FADEDS

1. TYPHON
2. STORK (20) + TZN
3. SKY HIGH 4-1
4. B. LUNGE
5. BULLDOG

6. OZARK
7. W. CROOK
8. SHOT PUT
9. MANTIS (8) + RUN
10. MUGGER (12) + RUN

11. YETI
12. GALLOW 2-1-4-3-4-1
13. PINNED 2-1-3-1-4-1
14. NEAPOLITAN
15. ARACHNID



1-12
12-1

U

1. BONSAI 3-1-4-2-4-1
2. MT. CLIMB (20) + RUN
3. SKATES
4. TRUMPET 9+
5. QUICK FT. (20) + RUN
6. KOBOLD
7. COALITION (10) + TZN
8. V-STEP (10) + RUN
9. PLATE PUSH
10. SQ. JUMP (10) + RUN
11. LYCAN (10) + RUN
12. TORO

1 AA
12 BB
123 CC
1234 DD
12345 DD
123456 FF

1. TWO-STEP (20) + RUN
2. MONTAUK
3. KAMIKAZE 4-3-4-2-4-1-4-1
4. MOWGLI (12) + RUN
5. KITCHEN SINK (10) + TZN
6. HALO 2-1-3-1-4-1

XION2

- A. BUCKS
- B. RAZOR
- C. COBRA (10) + PUSH
- D. WICCA
- E. OGRE (10) + TZN
- F. GRECO

1234444
12333
122
1

REVERTEX

1. SA PP
2. BULLY
3. SAWED OFF (10) + TZN
4. SQUONQ

11
22
33...

CENTAUR2

1. TALL ORDER 6+
2. STATROG (10) + RUN
3. JACKALOPE
4. TOES (20) + RUN
5. BENCHED (30) + TZN
6. HIGH XS
7. REV BEAR
8. STAMPEDE
9. SCURL 1:1
10. GARGANTUAN



PERFORM EACH AS A
CHECKLIST AND IN THIS ORDER:
A,B,A,C,A,D,A,E
A,E,A,D,A,C,A,B,A

PENDULUM

A.

1. SHUFFLE
2. QUICK FT. (20) + RUN
3. V-STEP (10) + RUN
4. ROW STROLL 6+

B.

1. KOBOLD
2. W. GREMLIN
3. RAMBO (10) + RUN

C.

1. XPP
2. RDL (8) + TZN
3. PRIMATES 4-1-3-1-2-1

D.

1. CURL PRESS 5+
2. VIPER
3. REV PLATE PUSH

E.

1. JIGSAW
2. BOVINE
3. JOUNCE 2-1-3-1-4-1

1-5, 6A1, 6A2, 6A1, 6A2
1-5, 6B1, 6B2, 6B1, 6B2
1-5, 6C1, 6C2, 6C1, 6C2
1-5, 6D1, 6D2, 6D1, 6D2

REPTILIAN 2N+N

1. LYCAN (10) + RUN
2. JAGGER (12) + RUN
3. TALL ORDER 6+
4. YIKES!
5. VENOM

- 6A1. B.N.C.
- 6A2. TORO
- 6B1. ARACHNID
- 6B2. THRASHER
- 6C1. ANACONDA
- 6C2. SHOT PUT
- 6D1. SLUSKI
- 6D2. STRANGLEHOLD