



1,22
1,22,3,44
1,22,3,44,5,66
1,22,3,44,5,66,7,88

1,2 PUNCH

1. SUE-STEP (20) + RUN
2. TURKEYS
3. SWAGGIN 1:1
4. INFINITY (20) + RUN
5. BEAR
6. HIKES
7. STORK (20) + TZN
8. VENOM

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

CAVITY

1. BONSAI 3-1-4-2-4-1
2. REV BOVINE
3. SAWED OFF (10) + TZN
4. KIT. SINK (10) + TZN
5. JACKALOPE
6. DELAURA
7. SL INCH
8. GBD (15) + RUN
9. RAMPANT (10) + RUN
10. TROG

1-10
1-10
1-10

CHECKLIST(3)

1. POTTY SHOT
2. BANDIT (20) + RUN
3. TORO
4. STAT TYPHON (10) + RUN
5. YETI
6. SCURL 1:1
7. MOGUL MADNESS 10
8. COALITION (10) + TZN
9. SL BUCKS
10. XPP



SLOPE

PERFORM WARM UP EL CYCLE, THEN DO EACH TASK IN A CHECKLIST PATTERN LEFT COLUMN DOWN, CENTER COLUMN DOWN, RIGHT COLUMN DOWN AND DO EACH TASK THE NUMBER OF TIMES INDICATED. PATTERN REMAINS 2,1,3,1 THROUGHOUT.

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

WARM UP EL CYCLE

1. BONSAI 3-1-4-2-4-1
2. TOES (20) + RUN
3. STAMPEDE
4. W. GREMLIN

2 CURL WALK 6+

1 BALL N CHAIN

3 V-STEP (10) + RUN

1 SPIKES

2 O-BOR (15) + TZN

1 W. LUNGE

3 BOVINE

1 CYCLONE (12) + TZN

2 JIGGY (20) + RUN

1 TARASQ

3 SA P.P.

1 AMAROK

2 OGRE (10) + TZN

1 BUCKS

3 TWO-STEP (20) + RUN

1 TALL ORDER 6+

2 HANG (10) + RUN

1 JACK-ASS

3 MIEL'S WHEELS

1 SLUGER

2 VEXED (10) + RUN

1 COBRA (10) + PUSH

3 MT. CLUMB (20) + RUN

1 STACK SHOT

2 DIABLO

1 CURIOUS GEORGE

3 BULLY

1 REVIVAL

2 GALLOW 2-1-4-3-4-1

1 SLUSKI

3 SQUONQ

1 SCORPION TO 3/BACK

2 PARATROOP (10) + RUN

1 DENSER 2-1-3-1-4-1

3 SKY HIGH 4-1

1 CRAISE (20) + TZN

2 KOBOLD

1 APE SHOOT!

3 VIPER

1 TAKE OFF!

2 GARGOYLE

1 FLYING JACKAL

3 TAUNTAUN

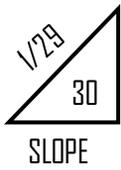
1 M.F.T.

2 HIKES

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

3 MUGGER (12) + RUN

1 SLAP JACK



MTN3

1. BONSAI 3-1-4-2-4-1
2. HOT COALS (10) + RUN
3. SWAGGIN 1:1

4. HIKES
5. MOGUL (20) + RUN
6. EN GARDE

7. MONKEY
8. PUSH UP (10) + RUN
9. SUPP 10

10. B. LUNGE
11. VIP (10) + RUN
12. BOULDER

13. TYPHON
14. MILLIPEDE (L)
15. DEVIL

1-3
1-6
1-9
1-12
1-15

AND1

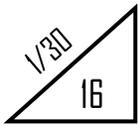
1. RIBBITS (10) + RUN
2. ROW STROLL 6+
3. BULLDOZER
4. C.H.B.

1
112
111223
1111222334

CHECKLIST(2)

1. PEG LEG (8) + RUN
2. YAK
3. RDL (8) + TZN
4. D-PINNED 2-1-3-1-4-1
5. MONTAUK
6. SLALOM
7. RAMPAGE (12) + RUN
8. POTTY SHOT
9. RESURRECTION
10. WARLOCK

1-10
1-10



SLOPE

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

MTN4

1. HIGH XS
2. EN GARDE
3. BANDIT (20) + RUN
4. HOT COALS (10) + RUN

5. GALLOW 2-1-4-3-4-1
6. STAMPEDE
7. V-STEP (10) + RUN
8. LYCAN UP (10) + RUN

9. HIKES
10. INFINITY (20) + RUN
11. VENOM
12. TORO

13. YETI
14. STROW 1:1
15. PETRA
16. INCH WORM

PUSH, TASK
PUSH, TASK...

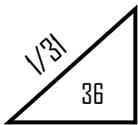
GAUNTLET

1. F. LUNGE
2. BENCHED (30) + TZN
3. RDL (8) + TZN
4. PUSH UP (10) + RUN
5. OGRE (10) + TZN
6. STORK (20) + TZN
7. B. LUNGE
8. K.O.D. (20) + TZN
9. SL BOULDER
10. BULLSHIT!

1233
2344
3455
4566...

RIPPLED

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. TWO-STEP (20) + RUN
3. JAGGER (12) + RUN
4. BOVINE
5. SCALAWAG
6. CURIOUS GEORGE
7. AU 22+
8. CYCLONE (12) + TZN
9. TAUNTAUN
10. JACK-BOX



SLOPE

MTN3

1. HOT COALS (10) + RUN
2. STAMPEDE
3. SWAGGIN 1:1

4. POTTY SHOTS
5. JIGGY (20) + RUN
6. STORK (20) + TZN

7. VENOM
8. SKUFFLE
9. MONGOOSE

10. TYPHON
11. REV B.N.C.
12. SUICIDE 2-1-3-1-4-1

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

BUCKS, TASK
BUCKS, TASK...

BUCKS GAUNTLET

1. CRAISE (20) + TZN
 2. GARGOYLE
 3. CHICKIN 2-1-3-1-4-1
 4. 45°
 5. LYCAN (10) + RUN
 6. SKATES
 7. CURL WALK 6+
 8. TYSONS
- U 1-6
6-1
1. ALI 22+
 2. RDL (8) + TZN
 3. SHOT PUT
 4. RAMBO (10) + RUN
 5. SKY HIGH 4-1
 6. DIABLO

1-10
3-10
5-10
7-10
9-10

FADED2

1. TWO-STEP (20) + RUN
2. B.O.R. (15) + TZN

3. KOBOLD
4. COBRA (10) + PUSH

5. 3 PT. STANCE
6. MOWGLI (12) + RUN

7. BULLDOG
8. KAMIKAZE 4-3-4-2-4-1-4-1

9. CRAY-CRAY
10. GATOR TO 3