

SLOPE

123454321
1234321
12321
121
1

A

DOWNSHIFT

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN
3. BULLY
4. BANDIT (20) + RUN
5. REV MASTODON

B

EQUALIBRIOUS

12131415
232425
3435
45

1. DELAURA
2. AMAROK
3. SKULLS (10) + TZN
4. ROW STROLL 6+
5. DGRE (10) + TZN

C

U-TURN

I-II
II-I

1. JAGGER (12) + RUN
2. HAG 1:1
3. VEXED (10) + RUN
4. ALI 22+
5. SL GORGON PUSH UP (8) + RUN
6. TWEAKER Ⓛ
7. KAMIKAZE 4-3-4-2-4-1-4-1
8. HIKES
9. PINNED 2-1-3-1-4-1
10. TORD
11. TOES (20) + RUN

D

CENTAUR3

III
222
333...

1. BULLDOG
2. CURL WALK 6+
3. GARGOYLE
4. HOT COALS (10) + RUN
5. JUNKIE JUMP (8) + RUN
6. REV BEAR CRAWL
7. TURKEYS
8. BONSAI 3-1-4-2-4-1
9. INCH WORM



SLOPE

MINI GAUNTLETS

PERFORM THE TASK LISTED IN THE HEADING OF EACH GROUPING BETWEEN EACH TASK IN THE GROUPING.
(ie. SPRINT, 1, SPRINT, 2, SPRINT, 3, SPRINT, 4, SPRINT, 5, SPRINT, 6)

SPRINT

1. SHUFFLE
2. TOES (20) + RUN
3. MOGUL (20) + RUN
4. PLATE SHAKE 9+
5. W. CROOK
6. COALITION (10) + TZN

KOBOLD

1. FLAMINGO (6) + TZN
2. XPP
3. ALI 22+
4. MUGGER (12) + RUN
5. PUSH UP (10) + RUN
6. BUCKS

MONTAUK

1. INFINITY (20) + RUN
2. HAG 1:1
3. 45°
4. APE SHOOT!
5. GIMPY DOG
6. INCH WORM

YIKES!

1. GALLOW 2-1-4-3-4-1
2. BULLY
3. MIEL'S WHEELS
4. SCORPION TO 3/BACK
5. SQUANTOES (20) + RUN
6. JOHNNY APPLESEED

TWISTED

1. SKIPS
2. PEG LEG (8) + RUN
3. SL BRD BENCH (15) + TZN
4. REV BEAR
5. PINNED 2-1-3-1-4-1
6. LYCAN (10) + RUN

SWAGGIN 1:1

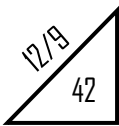
1. UNLEASHED
2. SWASHBUCKLER
3. GRYPHON (8) + PUSH
4. TURKEY
5. TALL ORDER 6+
6. JACKAL

VIPER

1. OFFERING
2. LUMBERJACK (8) + RUN
3. RDL (8) + TZN
4. SLALOM
5. SPIKES
6. KOD (20) + TZN

REV ARACHNID

1. WARLOCK
2. V-STEP (10) + RUN
3. EN GARDE
4. STORK (20) + TZN
5. POTTY SHOTS
6. STAMPEDE



SLOPE

1-3,3-1
1-6,6-4
1-9,9-7

UTN

1. SHUFFLE
2. QUICK FT. (20) + RUN
3. MOGUL (20) + RUN

4. STAMPEDE
5. HANG (10) + RUN
6. MONKEY

7. MIEL'S WHEELS
8. BUNYAN
9. ARACHNID

1
1,22
1,22,333
1,22,333,4444

MT. NEVEREST

1X GRECO

2X HIKES

3X BULLY

4X VEXUM

1234
1234
1234
1234
1234

1. REV MASTODON
2. EXPLOSIONS
3. SKY HIGH 4-1
4. TOES (20) + RUN

DARK SIDE

- WICCA**
TAKE OFF!
HALO 2-1-3-1-4-1
SQUANTOES (20) + RUN

1-8
8-1
1-8

W

1. BONSAI 3-1-4-2-4-1
2. VIP (10) + RUN
3. WIZARD
4. BENCHED (30) + TZN
5. TIPPY-TAP
6. JACKALOPE
7. JIGGY (20) + RUN
8. PRIMATES 4-1-3-1-2-1



SLOPE

MATTER HORN

- 1 KAMIKAZE 4-3-4-2-4-1-4-1
- 2 QUICK FT. (20) + RUN
- 3 TURKEYS
- 2 PLATE SHAKE 9+
- 1 GORGON (8) + RUN

- 1 CYCLONE (12) + TZN
- 2 HANG (10) + RUN
- 3 EN GARDE
- 2 SAWED OFF (10) + TZN
- 1 SUPP (10)

- 1 COBRA (10) + PUSH
- 2 B.O.R. (15) + TZN
- 3 KOBOLD
- 2 GBD (15) + RUN
- 1 MASTODON

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

REV MTN4

- 1. BUTT KICKS
- 2. BUZZARD
- 3. MOGULS (20) + RUN
- 4. SUE-STEP (20) + RUN

- 5. STAT TYSON (20) + RUN
- 6. SQ. JUMP (10) + RUN
- 7. SL PUSH UP (10) + RUN
- 8. VIP (10) + RUN

- 9. REV GROWLER
- 10. 45°
- 11. TAUNTAUN
- 12. HAMSTRUNG

- 13. APE SHOOT!
- 14. TARASQ
- 15. GRECO
- 16. RDL (8) + TZN

1233
2344
3455
4566...

RIPPLED

- 1. JACK-ASS
- 2. MANTIS (8) + RUN
- 3. YIKES!
- 4. CRAISE (20) + TZN
- 5. PLATE PUSH
- 6. BUCKS
- 7. HALO 2-1-3-1-4-1
- 8. VEXUM
- 9. BONSAI 3-1-4-2-4-1
- 10. PRIMATES 4-1-3-1-2-1

PERFORM AS A
CHECKLIST DO EACH
TASK AS MANY TIMES
INDICATED.



EQUALIBRIOSITY

PERFORM EACH SECTION AS A CHECKLIST AND IN THE ORDER OF AN EQUALIBRIDUS.

A,B,A,C,A,D,A,E

B,C,B,D,B,E

C,D,C,E

D,E

A

1. EN GARDE
2. MT. CLIMB (20) + RUN
3. SUE-STEP (20) + RUN
4. STAMPEDE
5. SWAGGIN 1:1

B

1. SQ. JUMP (10) + RUN
2. APE SHOOT!
3. KAMIKAZE 4-3-4-2-4-1-4-1
4. VIPER
5. STAT ROW (6) + TZN

C

1. TYSON
2. BULLDOZER
3. ABD PUSH UP (8) + RUN
4. YETI
5. RDL (8) + TZN

D

1. REVIVAL
2. SKATES
3. FLAMINGO (6) + TZN
4. TYPHON
5. CYCLONE (12) + TZN

E

1. MOGUL (20) + RUN
2. YIKES!
3. JACKAL
4. W. CROOK
5. ROOTED GROOT (8)
+ PUSH



IN SITE AS "OPA" BUT
PERFORM CYCLONE

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