



EVEN UP

PERFORM EACH MTN2 [1,2,1-4,1-6] THEN PERFORM A SINGLE MTN OUT OF THE EVEN TASKS [1,12,123]. PRO'S, WRITING OUT EACH MTN NEXT TO THE MTN2'S MAY NOT BE NECESSARY IF YOU COLOR CODE YOUR BOARDS, I JUST SHOWED THEM HERE FOR THE VISUAL.

MTN2

1. SUICIDE 2-1-3-1-4-1
2. MOGUL (20) + RUN
3. MT. CLUMB (20) + RUN
4. TOES (20) + RUN
5. STAT SWAG (20) + TZN
6. B.O.R. (15) + TZN

MTN

- A. MOGUL (20) + RUN
- B. TOES (20) + RUN
- C. B.O.R. (15) + TZN

MTN2

1. REV GARGOYLE
2. HANG (10) + RUN
3. SKY HIGH 4-1
4. CYCLONE (12) + TZN
5. MOGUL PUSH
6. TYPHON

MTN

- A. HANG (10) + RUN
- B. CYCLONE (12) + TZN
- C. TYPHON

MTN2

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. YETI
3. F. LUNGE
4. BEAR
5. STAT HALD (18) + TZN
6. GRYPHON (8) + PUSH

MTN

- A. YETI
- B. BEAR
- C. GRYPHON (8) + PP

MTN2

1. V-STEP (10) + RUN
2. SHUTTLE RUN 3-2-4-2-3-1
3. REV HYDRA
4. ALI 22+
5. GRECO
6. AMAROK

MTN

- A. SHUTTLE RUN
- B. ALI 22+
- C. AMAROK

MTN2

1. SUPP (10)
2. CROOK
3. TIP-TOES (20) + RUN
4. SA PP
5. JUNKIE JUMP (8) + RUN
6. BULLY

MTN

- A. CROOK
- B. SA PP
- C. BULLY

MTN2

1. VEXED (10) + RUN
2. STAMPEDE
3. ANACONDA
4. JIGGY (20) + RUN
5. MIM 3-2-4-2-3-1
6. BALL N CHAIN

MTN

- A. STAMPEDE
- B. JIGGY (20) + RUN
- C. B.N.C.



CENTAUR2 + CAVITY8

PERFORM EVERY TASK
AS A CENTAUR2 FOR
THE WHOLE WORKOUT
BUT STRIP AWAY 8
TASKS AT A TIME
SIMILAR TO A CAVITY
CIRCUIT.

ORDER

11,22,33,44...24,24

11,22,33,44,55,66,77,88
17,17,18,18,19,19,20,20,
21,21,22,22,23,23,24,24

11,22,33,44,
21,21,22,22,23,23,24,24

1. SUE-STEP (20) + RUN
2. GALLOP 2-1-4-3-4-1
3. SWAGGIN 1:1
4. W. GREMLIN

5. TAUNTAUN
6. RAMBO (10) + RUN
7. HALO 2-1-3-1-4-1
8. XPP

9. KOBOLD
10. TRIFECTA 6+
11. SHOT PUT
12. MIEL'S WHEELS

13. CURL WALK 6+
14. BULLDOG
15. HIKES
16. SAWED OFF (10) + TZN

17. WARRIOR
18. YAK
19. WIDE PISTON (10) + TZN
20. TROG

21. GARGANTUAN
22. JACK-ASS
23. SUICIDE 2-1-3-1-4-3
24. DEVL



REPTILIAN

1-5, 6A

1-5, 6B

1-5, 6C

1-5, 6D

1. SUICIDE 2-1-3-1-4-1

2. MT. CLIMB (20) + RUN

3. TYSONS

4. VEXED (10) + RUN

5. PLATE SHAKE 9+

6A. MONTAUK

6B. NEAPOLITAN

6C. JACKAL

6D. REV INCH

12131415

232425

3435

45

EQUALIBRIOUS

1. CURL WALK 6+

2. 3 PT. STANCE

3. B. LUNGE

4. VIPER

5. HOT COALS (10) + RUN

1-8

8-1

U

1. BULLFROG

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

3. KOBOLD

4. BULLDOZER

5. MUGGER (12) + RUN

6. JABBERWOCKY

7. DENSER 2-1-3-1-4-1

8. CRAISE (20) + TZN

5,6

4-7

3-8

2-9

1-10

EXPANDING

1. OZARK

2. TOES (20) + RUN

3. FLAMINGO (6) + TZN

4. KNEEL SWAG (15) + TZN

5. SCALAWAG

6. MOGUL (20) + RUN

7. PRIMATES 4-1-3-1-2-1

8. MANTIS (8) + RUN

9. POTTY SHOTS

10. REV GROWLER

2/4

THROWBACK



- KEY: 1A, 2-4, 5B
 1B, 2-4, 5B
 1C, 2-4, 5C
 1D, 2-4, 5D

CHAMELEON

- 1A. KAMIKAZE 93429141
- 1B. ALI 221
- 1C. ANAROK
- 1D. TYPHON

2. V-STEP (10) + RUN
3. TWO-STEP (20) + RUN
4. STAT. ROW (6) + TEN

- 5A. TRUMBONE G+
- 5B. BEAR
- 5C. PLATE PUSH
- 5D. ROOTED GROOT (8) + PRUN

CRAZY-LEG GAUNTLET

1. CYCLONE (12) + TEN
2. B. LUNGE K.T.T.
3. ARACHNID
4. SQUIBBLE
5. LUMBERJACK (8) + TEN
6. GROWLER
7. TYSON
8. POTTY SHOT
9. CURL PRESS 5+
10. LOWLY (10) + RUN

ELCYCLE

KEY:
 1-4, 9-1
 2 3
 3 2

1. ABD. PUSH UP (10) + RUN
2. HOT COALS (10) + RUN
3. ENGARDE
4. PEG LEG (8) + RUN

- ✓ LIST ALL TASKS
- ✓ LIST ALL OMITTING IT'S
- ✓ LIST ALL THE 3'S

CHUCK-IT

- 2 NEAPOLITAN
- 1 SL BRD. SKULLS (10) + TEN
- 3 REV BEAR
- 2 MOGUL (20) + RUN
- 2 HYDRA
- 1 WKCA
- 3 APE SHOOT!
- 2 FLYING MONKEY
- 2 BONSAI 314241
- 1 SHALO 1:1
- 1 GRIFTER (8) + SAPP
- 3 DELAURA
- 2 O-PINNED 213141
- 2 MONGOOSE



SLOPE

JACOB'S LADDER

5. WICCA
4. MONGOOSE
3. BENGCHED (30) + TZN
2. YIKES!

5.1. BONSAI 3-1-4-2-4-1

4. ROOTED GROOT (8) + PUS
3. STIGMATA (10) + RUN
2. VEXUM

5.1. 0-PINNED 2-1-3-1-4-1

4. SCALAWAG
3. STACK SHOT
2. SL OGRE (10) + TZN
- 5.1. ENFORCER

4. SQUIBBLE

3. QUICK FT. (20) + RUN
2. REV VIPER

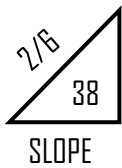
5.1. SQUONG

4. MONKEY
3. SQ. THRUST (10) + RUN
2. BULLY

5.1. TOES (20) + RUN

4. ALLI 22+
3. SKY HIGH 4-1
2. TWO-STEP (20) + RUN
1. SHUTTLE RUN 3-2-4-2-3-

1
12
123
1234
12345
12
123
1234
12345
12
123
1234
12345
12
123
1234
12345
12
123
1234
12345



PYP SPEED BUMPS

PERFORM ALL THE BLUES AS A CHECKLIST. WHEN YOU ARRIVE AT A RED SPEED BUMP CHOOSE A TASK FROM THE BANK BELOW AND PERFORM IT TWICE. REPEAT THE CHECKLIST UP TO 4X, NEVER REPEATING A SPEED BUMP TASKS.

- 1-14, 15,15, 16-20, 21,21
- 1-14, 15,15, 16-20, 21,21
- 1-14, 15,15, 16-20, 21,21
- 1-14, 15,15, 16-20, 21,21

1. SUICIDE 2-1-3-1-4-1
2. MT. CLIMB (20) + RUN
3. SWAGGIN 1:1
4. EN GARDE
5. BANDIT (20) + RUN
6. CURL WALK 6+
7. TIPPY-TAP
8. LYCAN (10) + RUN
9. SQ. JUMP (10) + RUN
10. HALO 2-1-3-1-4-1
11. APE SHOOT!
12. MONTAUK
13. CYCLONE (12) + TZN
14. CROAKIN
15. PYP SPEED BUMP (2X)
16. KAMIKAZE 4-3-4-2-4-1-4-1
17. POTTY SHOT
18. MIEL'S WHEELS
19. TAUNTAUN
20. ARACHNID
21. PYP SPEED BUMP (2X)

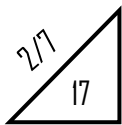
SPEED BUMP BANK

JACK BOX
M.F.T.

SL INCH
SL REVIVAL

HACK-IT
THRUST TO FROG

CUJO (L)
W. ROT SQUAT



SLOPE

1-10
10-1
1-10

W

1. TURKEYS
2. MT. CLIMB (20) + RUN
3. KAMIKAZE 4-3-4-2-4-1-4-1
4. PLATE SHAKE 9+
5. HIKES
6. JAGGER (12) + RUN
7. HANG (10) + RUN
8. PINNED 2-1-3-1-4-1
9. BULLDOG
10. SKUFFLE

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

REV MTN2

1. SUE STEP (20) + RUN
2. KOBOLD
3. PETRA
4. TROG
5. RAMPAGE (12) + RUN
6. RDL (8) + TZN
7. PLATE PUSH
8. BUZZARD
9. STROW 1:1
10. MONGOOSE

111
222
333...

CENTAUR3

1. CRAY-CRAY
2. SKY HIGH 4-1
3. GORGON (8) + RUN
4. W. CROOK
5. DENSER 2-1-3-1-4-1
6. MOGUL (20) + RUN
7. SAWED OFF (10) + TZN
8. YETI
9. BUCKS
10. NEAPOLITAN



1-5
1-10
1-15
1-20
1-25
1-30

MTNS

1. SUICIDE 2-1-3-1-4-3
2. QUICK FT. (20) + RUN
3. TYSONS
4. SWAGGIN 1:1
5. TAUNTAUN

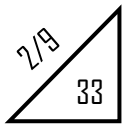
6. TWO-STEP (20) + RUN
7. BULLY
8. STAT ROW (6) + TZN
9. STAMPEDE
10. F. LUNGE

11. V-STEP (10) + RUN
12. INCH WORM
13. REV YAK
14. 3 PT. STANCE
15. SL PUSH UP (10) + RUN

16. HAG 1:1
17. MUGGER (12) + RUN
18. YETI
19. POUNCER (10) + RUN
20. SL DGRE (10) + TZN

21. RAZOR
22. SCALAWAG
23. STRANGLEHOLD
24. FROGS
25. KNEEL CURL (6) + TZN

26. FLYING JACKAL
27. EN GARDE
28. REV INCH
29. XPP
30. REV GATOR TO 3



SLOPE

1-3
2-4
3-5
4-6
5-7
6-8

MESA

1. EN GARDE
2. TYSONS
3. BONSAI 3-1-4-2-4-1
4. SWAGGIN 1:1
5. BANDIT (20) + RUN
6. HANG (10) + RUN
7. CRAISE (20) + TZN
8. BAYOK (6) + RUN

1234
1234
1234
1234
1234

DARK-SIDE

1. RAMBO (10) + RUN
2. MOGUL (20) + RUN
3. VIP (10) + RUN
4. LYCAN (10) + RUN

12345
2345
345
45
5

FADED

1. TOP SHELF (8) + TZN
2. TWO-STEP (20) + RUN
3. SPIKES
4. BUCKS
5. CRAZY LEGS

- BULLDOG**
MASTODON
VIPER
MONKEY

12
123344
12334455556666
1233445555666677778888

ZENITH

1. KAMIKAZE 4-3-4-2-4-1-4-1 **1X**
2. BOULDER **2X**
3. B. LUNGE
4. REV PLATE PUSH
5. SKY HIGH 4-1 **3X**
6. SLAP JACK
7. YETI
8. PLATE PUSH **4X**



SLOPE

IAA

I2BB

I23CC

I234DD

I2345EE

I23456FF

XION2

- | | |
|-------------------------|-----------------------|
| 1. BONSAI 3-1-4-2-4-1 | A TWO-STEP (20) + RUN |
| 2. W. GREMLIN | B MOGUL (20) + RUN |
| 3. COALITION (10) + TZN | C ALT SQUONQ |
| 4. HIKES | D SL GORGON (8) + RUN |
| 5. CYCLONE (12) + TZN | E DENSER 2-1-3-1-4-1 |
| 6. 45° | F GIMPY DOG |

PERFORM AS A CHECKLIST. DO
EACH TASK THE NUMBER OF
TIMES LISTED.

MATTERHORN

2 STAMPEDE

1 ZOOKEEPER

2 SL BRDG BENCH (15) + TZN

2 OFFERING

1 PARATROOP (10) + RUN

2 JIGGY (20) + RUN

2 VIP (10) + RUN

1 MIEL'S WHEELS

2 HAG 1:1

2 TIPPY-TAP

1 BOVINE

2 CRAY-CRAY

2 STATARASQ (16) + RUN

1 DIABLO

2 OGRE (10) + TZN

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

MTN2

1. INFINITY (20) + RUN

2. KOBOLD

3. RIBBITS (10) + RUN

4. MONKEY

5. POTTY SHOT

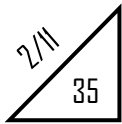
6. SA PP

7. ARACHNID

8. CURL MADNESS3

9. INCH WORM

10. SHOT PUT



SLOPE
ORDER:
U, MTN
REPTILIAN,
MTN
C2, MTN
VERTEX, MTN

U-TURN

- 1-8, 8-1
1. SUICIDE 2-1-3-1-4-1
 2. SHUFFLE
 3. MT. CLUMB (20) + RUN
 4. SWAGGIN 1:1
 5. HIKES
 6. V-STEP (10) + RUN
 7. SQ. JUMP (10) + RUN
 8. HALO 2-1-3-1-4-1

RAPTURE

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

REPTILIAN

1. STIGMATA (10) + RUN
 2. TURKEYS
 3. SABRE (8) + RUN
 4. GARGOYLE
-
- 5A. INCH WORM
 - 5B. DEVIL
 - 5C. W. LUNGE

1
12
123

*MTN

1. TROMBONE 6+
2. 90°(10) + TZN
GORGON PUSH
3. UP (8) + RUN

1
122
12333
1234444

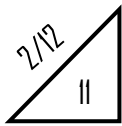
VERTEX

1. BONSAI 3-1-4-2-4-1
2. CALF-IN-ATOR
3. PLATE PUSH
4. MONGOOSE

11,22...88

CENTAUR2

1. GBD (15) + RUN
2. MOWGLI (12) + RUN
3. VENOM
4. JIGGY (20) + RUN
5. VEXED (10) + RUN
6. QUICKSAND (L)
7. DENSER 2-1-3-1-4-1
8. TROG



SLOPE

TAUNTAUN, TASK
TAUNTAUN, TASK...

TAUNTAUNTLET

1. BONSAI 3-1-4-2-4-1
2. MOGUL (20) + RUN
3. TOES (20) + RUN
4. BANDIT (20) + RUN
5. BULLY
6. SWAGGIN 1:1
7. STORK (20) + TZN
8. POTTY SHOT
9. BULLDOG
10. BUCKS

AS A CHECKLIST:
PERFORM ALL THE ODDS
PERFORM ALL THE EVENS
PERFORM ALL 1-16

ODD, EVENS CHECKLIST

1. XPP
2. TWSTED
3. B.N.C.
4. ARACHNID
5. PLATE SHAKE 9+
6. TROMBONE 6+
7. F. LUNGE
8. BUZZARD
9. TORO
10. THRASHER
11. VENOM
12. VEXUM
13. B.O.R. (15) + TZN
14. O-B.O.R. (10) + TZN
15. RDL (8) + TZN
16. KITCH. SINK (10) + TZN

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

REV MTN3

1. APE SHOOT!
2. SKY HIGH 4-1
3. TAKE OFF!

4. STAMPEDE
5. MANTIS (8) + RUN
6. SQUANTOES (20) + RUN

7. RAMBO (10) + RUN
8. JAGGER (12) + RUN
9. SCALAWAG

10. SA P.P.
11. ALI 22+
12. KAMIKAZE 4-3-4-2-4-1-4-1

13. TYPHON
14. YETI
15. ATTACK-IT



EXPANDING

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

1. JACKALOPE
2. O-PINNED 2-1-3-1-4-1
3. MONTAUK
4. SWAGGIN 1:1
5. QUICK FT. (20) + RUN
6. EN GARDE
7. SUE-STEP (20) + RUN
8. CHIMP (8) + RUN
9. SKULLS (10) + TZN
10. GARGANTUAN

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

MTN2

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. TWINKLE TOES (30) + TZN
3. VIP (10) + RUN
4. HANG (10) + RUN
5. REV B.N.C.
6. STAT HALO (18) + TZN
7. CRAISE (20) + TZN
8. SQUONQ
9. CURL PRESS 5+
10. REV MASTODON

1-10
11,22...10,10

CHECKLIST to C2

1. XPP
2. OFFERING
3. GRECO
4. TARASQ
5. B. LUNGE
6. SPD. SKATES (20) + RUN
7. 3 PT. STANCE
8. TALL ORDER 6+
9. RAZOR
10. PRIMATES 4-1-3-1-2-1



CUPID SHUFFLE

Perform bolded tasks in the order below. Repeat the entire sequence up to five time. Never repeat a PYP task. Not ALL PYP tasks are necessarily the same point value but will be counted as such for this workout. See next page for "Left" and "Right" PYPS and scoring.

Lyrics:

Cupid shuffle, Cupid shuffle }
Cupid shuffle, Cupid shuffle } **4 SHUFFLE**

Down, down, do your dance, do your dance } **SLINGSHOT + "DANCE" PYP**
Down, down, do your dance, do your dance } **SLINGSHOT + "DANCE" PYP**
Down, down, do your dance, do your dance } **SLINGSHOT + "DANCE" PYP**
Down, down, do your dance, do your dance } **SLINGSHOT + "DANCE" PYP**

To the right, to the right, to the right, to the right } **4 PYP FROM THE "RIGHT"**

To the left, to the left, to the left, to the left } **4 PYP FROM THE "LEFT"**

Now kick, now kick, now kick, now kick } **4 BUCKS**

Now walk it by yourself, now walk it by yourself } **2 SWAGGIN**

YOUR DANCE PYP

- | | |
|-----------------------|--------------------------|
| 1. ALI 22+ | 11. RAMBO (10) + RUN |
| 2. GBD (15) + RUN | 12. POTTY SHOT |
| 3. JIGGY (20) + RUN | 13. RAMPAGE (12) + RUN |
| 4. LYCAN (10) + RUN | 14. CURL PRESS 5+ |
| 5. MUGGER (10) + RUN | 15. JAGGER (12) + RUN |
| 6. TRIFECTA 6+ | 16. RAMPANT (10) + RUN |
| 7. RIBBITS (10) + RUN | 17. INFINITY (20) + RUN |
| 8. VIP (10) + RUN | 18. SQ. JUMP (10) + RUN |
| 9. W. CROOK | 19. KNEEL CURL (6) + TZN |
| 10. HANG (10) + RUN | 20. VEXED (10) + RUN |

TO THE LEFT PYP

- | | |
|-------------------------|--------------------------|
| 1. APE SHOOT | 11. MT. CLIMB (20) + RUN |
| 2. BANDIT (20) + RUN | 12. TOES (20) + RUN |
| 3. TROG | 13. HIKES |
| 4. HOP SCOTCH | 14. SQUIBBLE |
| 5. PLATE SHAKE 9+ | 15. TARASQ |
| 6. EXPLOSIONS | 16. TROMBONE |
| 7. QUICK FT. (20) + RUN | 17. ROW STROLL |
| 8. KOBOLD | 18. TIP-TOES (20) + RUN |
| 9. SCALAWAG | 19. SUE STEP (20) + RUN |
| 10. TWO-STEP (20) + RUN | 20. BULLY |

TO THE RIGHT PYP

- | | |
|-----------------------|--------------------------|
| 1. B.O.R. (15) + TZN | 11. B. LUNGE |
| 2. BOVINE | 12. CYCLONE (12) + TZN |
| 3. BEAR | 13. YETI |
| 4. BUZZARD | 14. YAK |
| 5. TYPHON | 15. SAWED OFF (10) + TZN |
| 6. KOD (20) + TZN | 16. BULLDOZER |
| 7. BULLDOG | 17. F. LUNGE |
| 8. FLAMINGO (6) + TZN | 18. GARGOYLE |
| 9. HYDRA | 19. MONTAUK |
| 10. ENFORCER | 20. JUNKIE (8) + RUN |

PROS: USE THIS CHART TO HELP DETERMINE WHICH TASK NUMBER TO ENTER FOR SCORING PURPOSES.

SECOND ROTATION			THIRD ROTATION			FOURTH ROTATION					
SECTION	LISTED TASK	ROQ	TASK # TO ENTER	SECTION	LISTED TASK	ROQ	TASK # TO ENTER	SECTION	LISTED TASK	ROQ	TASK # TO ENTER
SHUFFLE	Shuffle	283	27	SHUFFLE	Shuffle	525	53	SHUFFLE	Shuffle	786	79
	Shuffle	284	28		Shuffle	526	54		Shuffle	788	80
	Shuffle	286	29		Shuffle	527	55		Shuffle	789	81
	Shuffle	287	30		Shuffle	528	56		Shuffle	790	82
	Shuffle	285	31		Shuffle	547	57		Shuffle	808	83
DOWN, DOWN 1	SLING SHOT	285	31	DOWN, DOWN 1	SLING SHOT	547	57	DOWN, DOWN 1	SLING SHOT	808	83
DANCE 1	VIP (ID) + Run	293	32	DANCE 1	VIP (ID) + Run	554	58	DANCE 1	VIP (ID) + Run	816	84
DOWN, DOWN 2	SLING SHOT	311	33	DOWN, DOWN 2	SLING SHOT	572	59	DOWN, DOWN 2	SLING SHOT	834	85
DANCE 2	VIP (ID) + Run	318	34	DANCE 2	VIP (ID) + Run	580	60	DANCE 2	VIP (ID) + Run	841	86
DOWN, DOWN 3	SLING SHOT	336	35	DOWN, DOWN 3	SLING SHOT	598	61	DOWN, DOWN 3	SLING SHOT	860	87
DANCE 3	VIP (ID) + Run	344	36	DANCE 3	VIP (ID) + Run	605	62	DANCE 3	VIP (ID) + Run	867	88
DOWN, DOWN 4	SLING SHOT	382	37	DOWN, DOWN 4	SLING SHOT	624	63	DOWN, DOWN 4	SLING SHOT	886	89
DANCE 4	VIP (ID) + Run	370	38	DANCE 4	VIP (ID) + Run	631	64	DANCE 4	VIP (ID) + Run	893	90
RIGHT 1	Bear Crawl	382	39	RIGHT 1	Bear Crawl	643	65	RIGHT 1	Bear Crawl	905	91
RIGHT 2	Bear Crawl	394	40	RIGHT 2	Bear Crawl	656	66	RIGHT 2	Bear Crawl	917	92
RIGHT 3	Bear Crawl	406	41	RIGHT 3	Bear Crawl	668	67	RIGHT 3	Bear Crawl	929	93
RIGHT 4	Bear Crawl	418	42	RIGHT 4	Bear Crawl	680	68	RIGHT 4	Bear Crawl	942	94
LEFT 1	Ape Shoot!	424	43	LEFT 1	Ape Shoot!	686	69	LEFT 1	Ape Shoot!	947	95
LEFT 2	Ape Shoot!	430	44	LEFT 2	Ape Shoot!	691	70	LEFT 2	Ape Shoot!	953	96
LEFT 3	Ape Shoot!	436	45	LEFT 3	Ape Shoot!	697	71	LEFT 3	Ape Shoot!	959	97
LEFT 4	Ape Shoot!	441	46	LEFT 4	Ape Shoot!	703	72	LEFT 4	Ape Shoot!	965	98
KICK 1	Bucks	460	47	KICK 1	Bucks	722	73	KICK 1	Bucks	983	99
KICK 2	Bucks	478	48	KICK 2	Bucks	740	74	KICK 2	Bucks	1002	100
KICK 3	Bucks	497	49	KICK 3	Bucks	758	75	KICK 3	Bucks	1020	101
KICK 4	Bucks	515	50	KICK 4	Bucks	777	76	KICK 4	Bucks	1039	102
WALK IT BY YOURSELF	Swaggin I:I	519	51	WALK IT BY YOURSELF	Swaggin I:I	781	77	WALK IT BY YOURSELF	Swaggin I:I	1043	103
YOURSELF	Swaggin I:I	524	52	YOURSELF	Swaggin I:I	785	78	YOURSELF	Swaggin I:I	1047	104

MARCH MAYHEM - FINALS

THIS YEAR'S MAYHEM PREVIEW: THE 2020 FINALS
THAT NEVER HAPPENED.

1.	GALLOW 2-1-4-3-4-1	SUICIDE 2-1-3-1-4-1	R00	24.	YAK	BULLDOZER	450
2.	QUICK FT (20) + RUN	SUE-STEP (20) + RUN	X	25.	BONSAI 3-1-4-2-4-1	BONSAI 3-1-4-2-4-1	456
3.	EN GARDE	TURKEY	X	26.	REV BULLDOG	MASTODON	486
4.	VEXED (10) + RUN	HOT COALS (10) + RUN	X	27.	ARACHNID	BUCK UP	526
5.	SHUFFLE	SKATES	X	28.	TOES (20) + RUN	TWO-STEP (20) + RUN	534
6.	STAT CURL (6) + TZN	HIKES	X	29.	M.F.T.	SL INCH	587
7.	XPP	YETI	X	30.	STAMPEDE	BUTT KICKS	589
8.	INFINITY (20) + RUN	TROG	X	31.	GROWLER	MONKEY	613
9.	BOVINE	SA PP	X	32.	REV PLATE PUSH	REV PLATE PUSH	660
10.	B.N.C.	BUCKS	X	33.	TYPHON	JACKALOPE	687
11.	SKY-HIGH 4-1	MIEL'S WHEELS	X	34.	MUGGER (12) + RUN	MOWGLI (12) + RUN	702
12.	SLING SHOT 3-2-4-2-3-1	STACK SHOT	X	35.	COALITION (10) + TZN	APE SHOOT!	717
13.	SHUTTLE RUN 3-2-4-2-3-1	SHUTTLE RUN 3-2-4-2-3-1	X	36.	PROWLER	QUICKSAND	770
14.	TARASQ	POTTY SHOT	209	37.	TAUNTAUN	SKIPS	772
15.	MOGUL PUSH	GIMPY DOG	238	38.	VEXUM	REV BEAR	803
16.	JAGGER (12) + RUN	SLAP JACK	259	39.	WICCA	OZARK	857
17.	SPEED SKATES (20) + RUN	APE SHOOT!	271	40.	GARGOYLE	MIEL'S WHEELS	881
18.	STAT ROW (6) + TZN	AMAROK	286	41.	LYCAN (10) + RUN	JIGGY (20) + RUN	899
19.	KOBOLD	BANDIT (20) + RUN	298	42.	PIRATE	SHOT PUT	943
20.	GRECO	DIABLO	339	43.	SPIKES	TUCKS (10) + RUN	964
21.	SWAGGIN 1:1	SWAGGIN 1:1	349	44.	PRIMATES 4-1-3-1-2-1	NEAPOLITAN	986
22.	TWISTED	VENOM	378	45.	TAKE OFF!	TAKE OFF!	1010
23.	ANACONDA	PABLO	423				

SCORES DISPLAYED REFLECT COMPLETION OF THE TASK'S SECOND REP

SOME TASK PAIRINGS MAY DIFFER IN TIER/RANKING LISTED IN THE MOD-INDEX; THIS IS O.K. FOR THESE WORKOUTS

TASKS OUTLINED IN A DOTTED LINE ARE INTENTIONALLY THE SAME FOR BOTH PARTICIPANTS



1. **GALLOW 2-1-4-3-4-1**
SHUFFLE
TWO-STEP (2D) + RUN
COALITION (1D) + TZN

2. **HIGH XS**
MANTIS (8) + RUN
ENFORCER
MONKEY

3. **SAWED OFF (1D) + TZN**
OGRE (1D) + TZN
SUICIDE 2-1-3-1-4-1
WARRIOR

4. **SKUFFLE**
SWASHBUCKLER
CHICKIN 2-1-3-1-4-1
SA DIABLO

A. **TYSON**
TRUMPET 9+
MIEL'S WHEELS
HIKES

B. **INFINITY (2D) + RUN**
REV VIPER
CYCLONE (12) + TZN
GRYPHON (8) + PUSH

C. **ROW STROLL 6+**
SL BUCKS
SHOT PUT
NEAPOLITAN

CROSS-LISTS

PERFORM EACH
SECTION AS A
CHECKLIST AND IN THE
FOLLOWING ORDER:

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



PERFORM AS A CHECKLIST AND
DO EACH TASK THE NUMBER OF
TIMES LISTED.

CHAOS

- 1 BONSAI 3-1-4-2-4-1
- 4 EN GARDE
- 2 MT. CLIMB (20) + RUN
- 1 ROW STROLL 6+
- 3 ALT SQUONK
- 1 LYCAN UP (10) + RUN
- 2 HIKES
- 2 XPP
- 1 CURL WALK 6+
- 3 APE SHOOT!
- 1 YETI
- 2 PUSH UP (10) + RUN
- 2 BOULDER

- 1-3, 4A
- 1-3, 4A, 4B, 5A
- 1-3, 4A, 4B, 4C, 5A, 5B, 6A
- 1-7A (ALL TASKS AS A CHECKLIST)

VOYAGE

- 1. SUICIDE 2-1-3-1-4-1
- 2. VIP (10) + RUN
- 3. W. GREMLIN

- 4A. QUICK FT. (20) + RUN
- 4B. F. LUNGE
- 4C. CYCLONE (12) + TZN
- 4D. MILLIPEDE (L)

- 5A. TROG
- 5B. TWINKLE TOES (30) + TZN
- 5C. CHICKIN 2-1-3-1-4-1

- 6A. TORD
- 6B. FLYING MONKEY

- 7A. GATOR TO 3

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

1,2 PUNCH

- 1. SHUFFLE
- 2. SWAGGIN 1:1

- 3. RIBBITS (10) + RUN

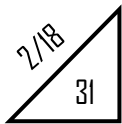
- 4. MONGOOSE

- 5. JOHNNY APPLESEED

- 6. SUPP (10)

- 7. REVIVAL

- 8. MOGUL PUSH



SLOPE

1

121

12321

1234321

123454321

12345654321

UPUFT

1. BUTT KICKS
2. MT. CLIMB (20) + RUN
3. SWAGGIN 1:1
4. SA PP
5. BENCHED (30) + TZN
6. DEVIL

1-12

1-12

CHECKLIST (2)

1. BULLY
2. TARASQ
3. THRASHER
4. HALO 2-1-3-1-4-1
5. GARGOYLE
6. MUGGER (12) + RUN
7. SPIKES
8. TUCKS (10) + RUN
9. OZARK
10. TWO STEP MADNESS 10
11. M.F.T.
12. KOBOLD

1-10

2-9

3-8

4-7

5,6

SHRINKING

1. TURKEYS
2. O-PINNED 2-1-3-1-4-1
3. RDL (8) + TZN
4. SKULLS (10) + TZN
5. MONTAUK
6. KAMIKAZE 4-3-4-2-4-1-4-1
7. CRAY-CRAY
8. GBD (15) + RUN
9. W. LUNGE
10. JACK-ASS



SLOPE

U2

11,22,33...21,2122,22,22,22,21,21..33,22,11

1. SHUTTLE RUN 3-2-4-2-3-1
2. MOWGLI (12) + RUN
3. PLATE SHAKE 9+
4. STAT TYSON (20) + RUN
5. SQUONK
6. CURL PRESS 5+
7. MIEL'S WHEELS
8. 45°
9. STORK (20) + TZN
10. JIGGY (20) + RUN
11. ANACONDA
12. B.O.R. (15) + TZN
13. JUNKIE JUMP (8) + RUN
14. REV B.N.C.
15. RAMBO (10) + RUN
16. SKY HIGH 4-1
17. GRIFTER (8) + SA PP
18. JACKALOPE
19. YIKES!
20. REV BEAR
21. STAMPEDE
22. VENOM

2/20
24

SLOPE

893 D.K.

EL CYCLE MOLE HILLS

1. SHUFFLE
2. MOGUL (20) + RUN
3. TOES (20) + RUN
4. SWAGGIN 1:1

-
1. TROMBONE 6+
 2. PLATE PUSH
 3. YIKES!

-
1. KITCHEN SINK (10) + TZN
 2. CURL WALK 6+
 3. W. CROOK
 4. G.B.D. (15) + RUN

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

MINI JACOB'S LADDER

4. JACK BOX
3. SHALO 1:1
2. VIP (10) + RUN
4. 1. 45°

-
3. RAMPAGE (12) + RUN
 2. SAWED OFF (10) + TZN

-
- 4.1. PRIMATES 4-1-3-1-2-1
 3. COBRA (10) + PUSH
 2. KOBOLD
 1. QUICK FT. (20) + RUN

1
 1,2,2
 1,2,3,3,3
 1,2,3,4,4,4,4
 1,2,3,4,5,5,5,5,5

VERTEX

1. GRECO
2. TRIFECTA 6+
3. ABD. MANTIS (8) + RUN
4. SQUONQ
5. NEAPOLITAN

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



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

MTN2

1. GALLOW 2-1-4-3-4-1
2. TOES (20) + RUN

3. W. GREMLIN
4. V-STEP (10) + RUN

5. HANG (10) + RUN
6. STAT ROW (6) + TZN

7. XPP
8. 3 PT. STANCE

9. SLUNG SHOT 3-2-4-2-3-1
10. REV MASTODON

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

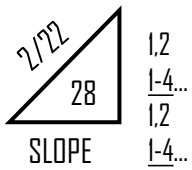
MESA

1. CURIOUS GEORGE
2. BUCKS
3. HAG 1:1
4. TYPHON
5. TWISTED
6. CYCLONE (12) + TZN
7. LOWLY (10) + RUN
8. SABRE (8) + RUN
9. BULLDOG
10. SCALAWAG
11. PETRA
12. QUICKSAND (L)

- 1-10
- 1-10
- 1-10

CHECKLIST (3)

1. TAUNTAUN
2. ALL 22+
3. VEXED (10) + RUN
4. POTTY SHOT
5. W. CROOK
6. CALF-IN-ATOR
7. YETI
8. B. LUNGE
9. PUSH UP (10) + RUN
10. REV PLATE PUSH



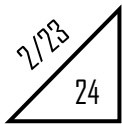
MTN2 MOLE-HILLS

1. QUICK FT. (20) + RUN
2. TURKEYS
3. HOT COALS (10) + RUN
4. SPD. SKATES (20) + RUN
1. ALI 22+
2. SQUONQ
3. STAT SWAG (20) + TZN
4. MOGUL (20) + RUN
1. HIKES
2. KOBOLD
3. MT. CLIMB (20) + RUN
4. BEAR
5. SKULLS (10) + TZN
6. TYPHON

1. MIM 3-2-4-2-3-1
2. SL OGRE (10) + TZN
3. CURL WALK 6+
4. F. LUNGE
1. SUPP 10
2. TROG
3. SUICIDE 2-1-3-1-4-3-1
4. W. CROOK
5. POTTY SHOT HOPS
6. GREGORIAN (8) + RUN
1. PLATE PUSH
2. SHALO 1:1
3. V-STEP (10) + RUN
4. SAWED OFF (10) + TZN

1. TWO-STEP (20) + RUN
2. MONGOOSE
3. FROZEN GREMLIN :08
4. CRAISE (20) + TZN
5. GALLOW 2-1-4-3-4-1
6. JIGSAW
1. BANDIT (20) + RUN
2. TORO
3. VEXED (10) + RUN
4. BULLY
5. SQUIBBLE
6. BULLSHIT

1. BONSAI 3-1-4-2-4-1
2. XPP
3. ROTATING SQUAT
4. DEATH ROW 2-1-3-1-4-1
1. RAMBO (10) + RUN
2. BULLDOZER
3. SCORPION TO 3/BACK
4. VIPER



SLOPE

1-12

CHECKLIST

1. BONSAI 3-1-4-2-4-1
2. MOGUL (20) + RUN
3. SHUFFLE
4. BULLY
5. SWAGGIN 1:1
6. HIKES
7. LYCAN (10) + RUN
8. SQ. JUMP (10) + RUN
9. ENFORCER
10. TROG
11. PUSH UP (10) + RUN
12. NEAPOLITAN

12
 123344
 12334455556666
 1233445555666677778888

ZENITH

1. GRECO
2. BUCKS

3. SQ. THRUST (10) + RUN
4. POTTY SHOT

5. QUICK FT. (20) + RUN
6. PLATE PUSH

7. MIEL'S WHEELS
8. PRIMATES 4-1-3-1-2-1

1X

2X

3X

4X

1-4, 5A5A5A
 1-4, 5B5B5B
 1-4, 5C5C5C
 1-4, 5D5D5D

REPTILIAN3

1. INFINITY (20) + RUN
2. CYCLONE (12) + TZN
3. STIGMATA (10) + RUN
4. SKATES

- 5A. SUE-STEP (20) + RUN
- 5B. ARACHNID
- 5C. JACKAL
- 5D. OZARK

RETURN TO CHECKLIST TO FINISH

2/24
24

SLOPE

III,222,333, 4A
III,222,333, 4B

CEPTILIAN3

1. SUE-STEP (20) + RUN
2. EN GARDE
3. SUICIDE 2-1-3-1-4-1

- 4A. GORGON (8) + RUN
- 4B. PROWLER (L)

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

EL CYCLE

1. KNEEL CURL (6) + TZN
2. 3 PT. STANCE
3. XPP
4. 45°

1123
2234
3345
4456
5567
6678

FLIPPED

1. VIPER
2. TWINKLE TOES (30) + TZN
3. BANDIT (20) + RUN
4. REV B.N.C.
5. JIGGY (20) + RUN
6. ABD FLAMINGO (6) + TZN
7. JUNKIE JUMP (8) + RUN
8. SLAP JACK

112233
1122
11

REV HYBRID2

1. SAWED OFF (10) + TZN
2. BOVINE
3. CROAKIN

1-8
3-8
5-8
7,8

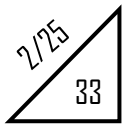
FADED2

1. DIABLO
2. 313

3. TYSONS
4. RDL (8) + TZN

5. POTTY SHOT
6. MONGOOSE

7. OFFERING
8. DELAURA



SHRINKING BY 2

SLOPE

1-24
3-22
5-20
7-18
9-16
11-14

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. STAMPEDE

3. MT. CLIMB (20) + RUN
4. SQUONQ

5. SQUANTOES (20) + RUN
6. SHWAGGIN 1:1

7. MOWGLI (12) + RUN
8. RIBBITS (10) + RUN

9. LYCAN (10) + RUN
10. ROOSTER (10) + TZN

11. PEG LEG (8) + RUN
12. TYSONS
13. HIKES
14. VEXUM

15. STAT ROW (6) + TZN
16. RAMPANT (10) + RUN

17. TAUNTAUN
18. O-PINNED 2-1-3-1-4-1

19. PABLO
20. CRAY-CRAY

21. AMAROK
22. GATOR TO 3

23. SL BUCKS
24. TWEAKER Ⓛ



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

MTN3

1. GALLOW 2-1-4-3-4-1
2. COALITION (10) + TZN
3. PLATE SHAKE 9+

4. RAMPANT (10) + RUN
5. ALI 22+
6. HANG (10) + RUN

7. CURL PRESS 5+
8. YIKES!
9. MASTODON

10. KIT. SINK (10) + TZN
11. SLUSKI
12. SA DIABLO

1-12
12-1

U

1. RAMPAGE (12) + RUN
2. VEXED (10) + RUN
3. WARRIOR
4. HAG 1:1
5. JACKALOPE
6. W. GREMLIN
7. THRASHER
8. POGOTO (6) + TZN
9. K.O.D. (20) + TZN
10. SCALAWAG
11. TARASQ
12. OGRE (10) + TZN

PUSH, PUSH, TASK
PUSH, PUSH, TASK...

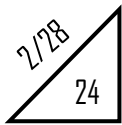
DOUBLE PUSH GAUNTLET

1. REV INCH
2. SUICIDE 2-1-3-1-4-1
3. PINNED 2-1-3-1-4-1
4. MONTAUK
5. APE SHOOT!
6. O-BOR (10) + TZN
7. REV BULLDOG
8. SKY HIGH 4-1
9. BULLDOZER
10. MONGOOSE

2/27
TBD
SLOPE

**TENTATIVELY RESERVED FOR
MARCH MAYHEM TRIALS**

T.B.D.



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

UTN

1. QUICK FT. (20) + RUN
2. STAMPEDE
3. INFINITY (20) + RUN

4. TWO-STEP (20) + RUN
5. ROW STROLL 6+
6. 3 PT. STANCE

7. RAZOR
8. W. STAT SQUAT (10) + TZN
9. PUSH UP (10) + RUN

PERFORM THE FORWARD VERSION OF
THE TASK TO LINE 4 AND REVERSE
VERSION BACK TO LINE 1.
REPEAT EACH TASK 2X TO DO A FULL
TASK OF EACH VERSION.

REDRUM

1. F. LUNGE
2. BEAR
3. POTTY SHOT
4. SQUONQ
5. MASTODON
6. ANACONDA
7. SHOT PUT
8. GIMPY DOG
9. GREMLIN
10. WALRUS

- B. LUNGE
- REV BEAR
- HIKES
- SCALAWAG
- REV MASTODON
- BUCKS
- TORO
- HACK-IT
- REV GREMLIN
- REV PLATE PUSH

12131415
232425
3435
45

EQUALIBRIOUS

1. SWAGGIN 1:1
2. YETI
3. B.N.C.
4. BONSAI 3-1-4-2-4-1
5. SLAP JACK

1
12
123
1234
12345
123456

MTN

1. CRAZY LEGS
2. V-STEP (10) + RUN
3. TROG
4. CRAISE (20) + TZN
5. SLALOM
6. SPARROW (L)