

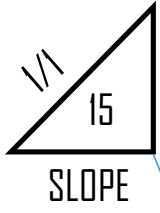
M
O
T
H
E
R
B
O
A
R
D



OCT. '21

WEEK 1

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HOW TO READ THE MOTHERBOARD

Circuit keys show the order in which to perform tasks.

The date of this Motherboard and the SLOPE difficulty rating.

Circuit title.

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

HYBRID2

MESA2

EQUALATERAL

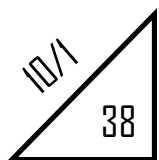
1. KAMIKAZE 4-3-4-2-4-1-4-1
2. HIGH Xs
3. TOES (20) + RUN
4. SL GORGON (8) + RUN
5. YIKES

1. ALT. SQUONQ
2. RAMBO (10) + RUN
3. BANDIT (20) + RUN
4. CYCLONE (12) + TZN
5. PROWLER

1. BONSAI 3-1-4-2-4-1
2. V-STEP MADNESS
3. TARASQ
4. MONKEY
5. XPP
6. CURL WALK 6+
7. BOVINE
8. GATOR TO 3

Minimum rep count indicator; used for certain traveling tasks.

"Ladder Tasks are indicated by this symbol.



SLOPE

1
121
12321
1234321
123454321

UPLIFT

1. QUICK FT. (20) + RUN
2. SWAGGIN 1:1
3. MT. CLIMB (20) + RUN
4. BALL N CHAIN
5. ROTATING SQUAT

PINNED, TASK
PINNED, TASK...

NOT A GLUED PLATE

PINNED GAUNTLET

1. CYCLONE (12) + TZN
2. SAWED OFF (10) + TZN
3. HALO 2-1-3-1-4-1
4. BENCHED (30) + TZN
5. ROW STROLL 6+
6. B.O.R. (15) + TZN
7. RDL (8) + TZN
8. CURL PRESS 5+

1-6, 6-1
2-5, 5-2
3,4,4,3

EL CYCLE

1. SUPP 10
2. BONSAI 3-1-4-2-4-1
3. MONTAUK
4. TWO-STEP (20) + RUN
5. ENFORCER
6. DIABLO

1-10
1-10
1-10

CHECKLIST(3)

1. INCH WORM
2. KOBOLD
3. THRASHER
4. CRAZY LEGS
5. MUGGER (12) + RUN
6. JOHNNY APPLESEED
7. JACKALOPE
8. PUSH UP (10) + RUN
9. TOES (20) + RUN
10. MIEL'S WHEELS

PRO-DESIGNED WORKOUT

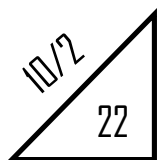
PRO-DESIGNED WORKOUT'S ARE CREATED BY PROS OR OWNERS FROM ONE OF OUR INDEPENT LOCATIONS!

ARCHITECT:

KIM DENEWITH

TURF:

HARRISON TOWNSHIP



SLOPE

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

CHECKOUT TO C2

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN
3. BULLY
4. TYSON
5. SQUANTOES (20) + RUN
6. POTTY SHOT
7. SQUONQ
8. HANG (10) + RUN
9. XPP
10. REV BOVINE

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

MTN2

1. SUE-STEP (20) + RUN
2. SHUFFLE

3. TWINKLE TOES (30) + TZN
4. KAMIKAZE 4-3-4-2-4-1-4-1

5. YIKES!
6. GORGON (8) + RUN

7. VIPER
8. JUNKIE (8) + RUN

9. DEVIL
10. TOP SHELF (8) + TZN

1
112
11223

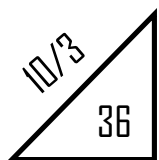
AND1

1. PRIMATES 4-1-3-1-2-1
2. SCALAWAG
3. MR. ATLAS to 3/back

123
234
345
456
567
678
789
89,10

MESA

1. GRECO
2. GBD (15) + RUN
3. ROW STROLL 6+
4. TARASQ
5. DENSER 2-1-3-1-4-1
6. GRIFTER (8) + SA PP
7. STACK SHOT
8. KIT. SINK (10) + TZN
9. GROWLER
10. TAKE OFF!



SLOPE

1-10
1-10

U

1. SUICIDE 2-1-3-1-4-1
2. MOGUL (20) + RUN
3. EN GARDE
4. SWAGGIN 1:1
5. V-STEP (10) + RUN
6. ROW STROLL 6+
7. HIKES
8. RAMBO (10) + RUN
9. COALITION (10) + TZN
10. XPP

1-4, 5A5A
1-4, 5B5B
1-4, 5C5C
1-4, 5D5D
1-4, 5E5E

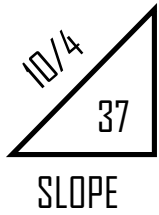
REPTILIAN2

1. APE SHOOT!
2. HALO 2-1-3-1-4-1
3. TROG
4. VEXED (10) + RUN
- 5A. ARACHNID
- 5B. OZARK
- 5C. CUJO (L)
- 5D. SCURL 1:1
- 5E. GARGOYLE

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

CHOAS

- 2 BONSAI 3-1-4-2-4-1
- 3 3 PT. STANCE
- 1 VENOM
- 1 CRAISE (20) + TZN
- 3 BULLDOG
- 2 CYCLONE (12) + TZN
- 3 AU 22+
- 1 SL INCH
- 2 RDL (8) + TZN
- 4 REV BEAR
- 2 CROAKIN
- 1 JIGGY (20) + RUN
- 3 BULLY
- 4 BANDIT (20) + RUN
- 1 JACK-ASS
- 2 AMAROK
- 2 REVIVAL
- 2 DELAURA



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

2. TYSON

3. TAUNTAUN

4. SWAGGIN 1:1

5. TOES (20) + RUN

6. PLATE SHAKE 9+

7. AU 22+

8. RIBBITS (10) + RUN

9. STAMPEDE

10. GORGON (8) + RUN

MTN

A. PLATE PUSH

B. BEAR

C. BULLDOZER

D. BULLDOG

21. TURKEYS

22. HIKES

23. BULLY

24. TALL ORDER 6+

25. RAMP UP (8) + RUN

26. BUCKS

27. MONGOOSE

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

29. MT. CLIMB (20) + RUN

30. SQUONQ

31. BENCHED (30) + TZN

32. POTTY SHOT

MESA

A. ARACHNID

B. SLUSKI

C. BALL N CHAIN

D. COBRA (10) + PUSH

E. INCH WORM

42. KAMIKAZE 4-3-4-2-4-1-4-1

43. SKY HIGH 4-1

44. YETI

45. STORK (20) + TZN

46. GBD (15) + RUN

47. APE SHOOT!

48. MOWGLI (12) + RUN

49. TRUMPET 9+

50. W. GREMLIN

51. B. LUNGE

U

A. SHOT PUT

B. STACK SHOT

C. THRASHER

D. BUCK UPS

60. KOBOLD

61. W. CROOK

62. LYCAN (10) + RUN

63. TIPPY-TAP

64. BUTT KICKS

65. MIEL'S WHEELS

66. SHUTTLE RUN 3-2-4-2-3-1

67. RAMPANT (10) + RUN

68. VIP (10) + RUN

69. KNEEL CURL (6) + TZN

CENTAUR2

A. SUPP 10

B. TARASQ

C. SQ. THRUST (10) + RUN

D. GATOR TO 3 (WALK BACK TO 1)

78. SKIPS

79. PLATE PUSH

80. NEAPOLITAN

81. SKUFFLE

82. GROWLER

AA
BB
CC
DD

A-D

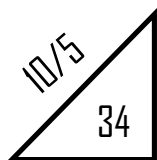
D-A

ABC
BCD
CDE

A
AB
ABC
ABCD

LABYRINTH

PERFORM ALL TASKS IN BLACK AS A CHECKLIST. PERFORM SECTIONS IN RED ACCORDING TO THE CIRCUIT'S PATTERN.



SLOPE

JACOB'S LADDER

4. SL BOULDER

3. RDL (8) + TZN

2. TYPHON

4.1. YETI

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

2. GARGOYLE

4.1. COALITION (10) + TZN

3. JACK BOX

2. SKY HIGH 4-1

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

3. HIKES

2. GORGON (8) + RUN

4.1. V-STEP (10) + RUN

3. ALI 22+

2. MOGUL (20) + RUN

1. QUICK FT. (20) + RUN

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

12
123344
123344555666
12334455566677778888

ZENITH

1. CRAISE (20) + TZN

1X

2. MASTODON

3. JESTER

2X

4. RAMPAGE (12) + RUN

5. SLAP JACK

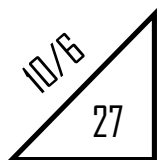
3X

6. ALT. SQUONQ

7. REV BEAR

4X

8. VENOM



SLOPE

1-3

MT. NEVERLIST

1-3

4-6

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

4-6

1-3

2. SKATES

4-6

4-6

3. BULLY

7-9

7-9

4. MIEL'S WHEELS

7-9

5. BANDIT (20) + RUN

6. HIKES

7. JUNKIE JUMP (8) + RUN

8. CURL PRESS 5+

9. GROWLER

1X

2X

3X

1-8

1-8

1-8

CHECKLIST(3)

1. VIP (10) + RUN

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

3. SKULLS (10) + TZN

4. JACK ASS

5. SKY HIGH 4-1

6. CALF-IN-ATOR

7. CYCLONE (12) + TZN

8. COBRA (10) + PUSH

1-10

1-8

1-6

1-4

1,2

REV MTN3

1. MOWGLI (12) + RUN

2. NEAPOLITAN

3. TWO-STEP MADNESS 10

4. TROG

5. BUCKS

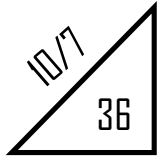
6. JACKALOPE

7. RDL (8) + TZN

8. MONGOOSE

9. TWISTED

10. JANGLE LEG 3



SLOPE

1
121
12321
1234321
123454321

UPLIFT

1. EN GARDE
2. MT. CLIMB (20) + RUN
3. PLATE SHAKE 9+
4. BULLDOG
5. FLYING MONKEY

1-10
10-1
1-10



1. CHIMP (8) + RUN
2. GIMPY DOG
3. BRDG BENCH (30) + TZN
4. CURIOUS GEORGE
5. C.H.B.
6. MUGGER (12) + RUN
7. BULLDOZER
8. SHUTTLE RUN 3-2-4-2-3-1
9. PRIMATES 4-1-3-1-2-1
10. STAT W. SQUAT (10) + TZN

122
122344
122344566
122344566788

1,2 PUNCH

1. BOULDER
2. SWAGGIN 1:1
3. REV BEAR
4. MANTIS (8) + RUN
5. M.F.T.
6. HIKES
7. TORO
8. JACKBOX

PRO-DESIGNED WORKOUT

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ARCHITECT:

TIM KNIGA

TURF:

HARRISON TOWNSHIP