

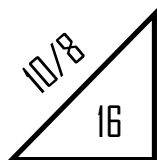
M
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E
R
B
O
A
R
D



OCT. '21

WEEK 2

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SLOPE

MTN2

12
1-4
1-6
1-8
1-10
1-12

1. GALLOW 2-1-4-3-4-1
2. SWAGGIN 1:1

3. TWO-STEP (20) + RUN
4. STAMPEDE

5. MT. CUMB (20) + RUN
6. HIKES

7. PLATE PUSH

8. RIBBITS (10) + RUN

9. PRIMATES 4-1-3-1-2-1

10. GORGON (8) + RUN

11. FLAMINGO (6) + TZN
12. OGRE (10) + TZN

1A 1B 1C
2A 2B 2C
3A 3B 3C
4A 4B 4C
5A 5B 5C

CROSS-FIRE

1. CYCLONE (12) + TZN
2. BOVINE
3. TYPHON
4. DIABLO
5. AMAROK

A. REV B.N.C.

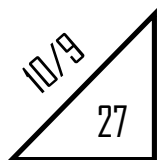
B. 45°

C. JUNKIE (8) + RUN

1-8
8-1
1-8

W

1. SHUTTLE RUN 3-2-4-2-3-1
2. SAPP
3. JAGGER (12) + RUN
4. MANTIS (8) + RUN
5. PETRA
6. TAUNTAUN
7. SPD SKATES (20) + RUN
8. MONGOOSE



SLOPE

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

XION2

- 1. QUICK FT. (20) + RUN
 - 2. SUE-STEP (20) + RUN
 - 3. BANDIT (20) + RUN
 - 4. W. CROOK
 - 5. B.O.R. (15) + TZN
 - 6. PROWLER
- A. SHUFFLE
 - B. SWAGGIN 1:1
 - C. RIBBITS (10) + RUN
 - D. HALO 2-1-3-1-4-1
 - E. KAMIKAZE 4-3-4-2-4-1-4-1
 - F. DEVIL

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

EL CYCLE

- 1. DEATH ROW 2-1-3-1-4-1
- 2. RAMPAGE (12) + RUN
- 3. TYSON
- 4. JACKAL

VENOM, VENOM, TASK
VENOM, VENOM, TASK...

DOUBLE VENOM GAUNTLET

- 1. ALI 22+
- 2. MONKEY
- 3. RDL (8) + TZN
- 4. SAWED OFF (10) + TZN
- 5. OGRE (10) + TZN
- 6. BENCHED (30) + TZN

MATTER HORN

CHECKLIST - PERFORM EACH
TASK AS MANY TIMES NOTED

- 3 GALLOW 2-1-4-3-4-1
- 1 POUNCER (10) + RUN
- 1 BUCK UPS
- 2 F. LUNGE

- 3 REV MASTODON
- 1 MUGGER (12) + RUN
- 1 JOUNCE 2-1-3-1-4-1
- 2 B.N.C.

- 3 CURL WALK 6+
- 1 TROG
- 1 V-STEP (10) + RUN
- 2 OZARK

- 3 APE SHOOT!
- 1 TOES (20) + RUN
- 1 MT. CLIMB (20) + RUN
- 2 PRIMATES 4-1-3-1-2-1



SLOPE

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

FILLING

1. HOT COALS (10) + RUN
2. LYCAN (10) + RUN
3. SQ. JUMP (10) + RUN
4. RAMBO (10) + RUN
5. SKULLS (10) + TZN
6. OGRE (10) + TZN
7. SUPP (10)
8. SAWED OFF (10) + TZN
9. QUICK FT. MADNES 10
10. V-STEP (10) + RUN

10/10

This workout features 10 tasks in each circuit, each task utilizes 10 reps and the workout hosts 100 tasks total to round out the 10x10 motif.

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

CREST

1. PARATROOP (10) + RUN
2. ROOSTER (10) + TZN

3. VEXED (10) + RUN
4. RIBBITS (10) + RUN

5. RAMPANT (10) + RUN
6. O-B.O.R. (10) + TZN

7. KITCHEN SINK (10) + TZN
8. PUSH UP (10) + RUN

9. POUNCER (10) + RUN
10. 90° (10) + TZN

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

FADED2

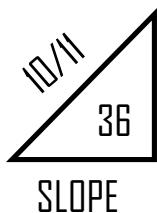
1. SQ. THRUST (10) + RUN
2. COBRA (10) + PUSH

3. SL BRID SKULLS (10) + TZN
4. LOWLY (10) + RUN

5. COALITION (10) + TZN
6. PISTON (10) + TZN

7. HANG (10) + RUN
8. VIP (10) + RUN

9. SL OGRE (10) + TZN
10. MOGUL MADNESS 10



MTN5

1. SUICIDE 2-1-3-1-4-1
2. W. GREMLIN
3. HOT COALS (10) + RUN
4. STAT SWAG (20) + TZN
5. STAMPEDE

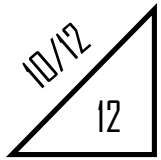
6. HIKES
7. CURL PRESS 5+
8. SQ. JUMP (10) + RUN
9. LYCAN UP (10) + RUN
10. MONTAUK

11. STORK (20) + TZN
12. PUSH UP (10) + RUN
13. REV BEAR
14. TIP-TOES (20) + RUN
15. REV BULLDOG

16. RDL (8) + TZN
17. JACKALOPE
18. JACK BOX
19. SCORPION TO 3/BACK
20. KAMIKAZE 4-3-4-2-4-1-4-1

21. YETI
22. TURKEYS
23. WICCA
24. SL BUCKS
25. HAG 1:1

26. TRUMPET 9+
27. VEXUM
28. SPIKES
29. ALT SQUONQ
30. GARGOYLE



SLOPE

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

EXPANDING

1. BUCKS
2. BUZZARD
3. COALITION (10) + TZN
4. BULLY
5. BONSAI 3-1-4-2-4-1
6. TURKEYS
7. BANDIT (20) + RUN
8. STAT TYPHON (10) + RUN
9. ABD. MANTIS (8) + RUN
10. REV GARGOYLE

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

DOWN SHIFT

1. BUTT KICKS
2. SCALAWAG
3. MIEL'S WHEELS
4. W. LUNGE
5. KIT. SINK (10) + TZN

111
222
333...
888

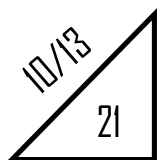
CENTAUR3

1. CURL WALK 6+
2. HOPSCOTCH
3. SPIKES
4. GROWLER
5. SAPP
6. VIPER
7. MOWGU (12) + RUN
8. SWASHBUCKLER

1-8
1-8

CHECKLIST(2)

1. PABLO
2. FROGS
3. PETRA
4. PEG LEG (8) + RUN
5. SHUTTLE RUN 3-2-4-2-3-1
6. AU 22+
7. HANG (10) + RUN
8. TAKE OFF!



SLOPE

PERFORM AS A CHECKLIST BY DOING
EACH TASK
THE NUMBER OF TIMES NOTED. PATTERN
REMAINS CONSISTENT THROUGHOUT.

MATTERHORN

3 HOT COALS (10) + RUN

1 STAMPEDE

3 SWAGGIN 1:1

3 TWO-STEP (20) + RUN

1 SQUONK

3 POTTY SHOT

3 SPEED SKATES (20) + RUN

1 TARASQ

3 REV GREMLIN

3 ROW STROLL 6+

1 3 PT. STANCE

3 TALL ORDER 6+

3 VEXED (10) + RUN

1 REV INCH WORM

3 XPP

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

MESA

1. GRECO

2. CRAISE (20) + TZN

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

4. MONTAUK

5. SKULLS (10) + TZN

6. LYCAN UP (10) + RUN

7. JAGGER (12) + RUN

8. B.O.R. (15) + TZN

9. ALI 22+

10. ABD. JANGLE LEG 3

1
12
123
1
12
123...

MOLE-HILLS

1. HANG (10) + RUN

2. MONGOOSE

3. MILLIPEDE (L)

1. TWINKLE TOES (30) + TZN

2. SQ. THRUST (10) + RUN

3. REV BULLDOG

1. KNEELING CURL (6) + TZN

2. OGRE (10) + TZN

3. PUSH UP (10) + RUN

1. TWISTED

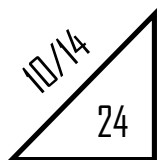
2. BONSAI 3-1-4-2-4-1

3. DIABLO

1. W. CROOK

2. SL BUCKS

3. TAKE OFF!



SLOPE

QUICK FT, INFINITY, TASK
QUICK FT, INFINITY, TASK...

QUICK FT. (20) + RUN
INFINITY (20) + RUN

1. SQUONQ
2. TROMBONE 6+
3. RIBBITS (10) + RUN
4. MANTIS (8) + RUN
5. FLAMINGO (6) + TZN
6. K.O.D. (20) + TZN
7. BUCKS
8. SCORPION TO 3/BACK

MULTI-TASK GAUNTLETS

YIKES, NEAPOLITAN, MONTAUK, TASK
YIKES, NEAPOLITAN, MONTAUK, TASK...

YIKES!
NEAPOLITAN
MONTAUK

1. CURL PRESS 5+
2. BOULDER
3. BALL N CHAIN
4. OZARK
5. GALLOW 2-1-4-3-4-1
6. W. CROOK
7. SL INCH
8. THRUST TO FROG

SKUFFLE, MONGOOSE, TASK
SKUFFLE, MONGOOSE, TASK...

SKUFFLE
MONGOOSE

1. KNEEL. SWAG (15) + TZN
2. SL OGRE (10) + TZN
3. VIP (10) + RUN
4. JACK ASS
5. SUICIDE 2-1-3-1-4-1
6. REV BEAR
7. FLYING JACKAL
8. LOWLY (10) + RUN
9. SQ. THRUST (10) + RUN
10. JACK BOX