

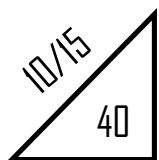
M
O
T
H
E
R
B
O
A
R
D



OCT. '21

WEEK 3

COPYRIGHT SYPHUS TRAINING, LLC ©2021. ALL RIGHT RESERVED.



SLOPE

4.5
3-6
2-7
1-8

"WHAT A DRAG"

A. EXPANDING

1. ALI 22+
2. 3 PT. STANCE
3. W. CROOK
4. SUICIDE 2-1-3-1-4-1
5. TOES (20) + RUN
6. TROMBONE 6+
7. SKIPS
8. REV BEAR

B. MTN3

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

1. B.O.R. (15) + TZN
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. TUCKS (10) + RUN

4. BANDIT (20) + RUN
5. REV POUNCER (10) + RUN
6. GREGORIAN (8) + RUN

7. NO GIMMIES
8. STAMPEDE
9. SHOT PUT

10. VEXUM
11. SKATES
12. SCORPION TO 3/BACK

C. MATTER HORN

PERFORM IN A CHECKLIST MANNER. DO EACH TASK THE NUMBER OF TIMES INDICATED.

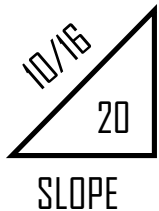
- 2 LOWLY (10) + RUN
- 1 STAT TYSON (20) + RUN
- 2 SKULLS (10) + TZN
- 2 JACKALOPE
- 1 ANACONDA
- 2 CURL PRESS 5+
- 2 BAYOK (6) + RUN
- 1 JOHNNY APPLESEED
- 2 JIGGY (20) + RUN
- 2 TAUNTAUN
- 1 SL INCH
- 2 SPEED SKATES (20) + RUN

ORDER
EXPANDING
CHECKLIST
MTN3
CHECKLIST
MATTERHORN
CHECKLIST

PAY SPECIAL ATTENTION TO FULLY LIFT YOUR HANDS ON THE CHECKLIST TASKS. THERE SHOULD BE A FULL TRANSITION OF YOUR BODY'S WEIGHT FROM UPPER TO LOWER RATHER THAN SIMPLY CATCHING YOUR FALL BY MAINTAINING UPPERBODY CONTACT WITH THE TURF!

CHECKLIST

- | | | | |
|----------------|----------------|---------------------|--------------|
| 1. REV BULLDOG | 2. REV GROWLER | 3. LYCAN (10) + RUN | 4. SA DIABLO |
|----------------|----------------|---------------------|--------------|



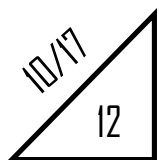
MANY OF OUR TASKS THAT REQUIRE YOU TO LIFT YOUR HANDS ARE INTENDED TO ENSURE THAT YOUR LOWER EXTREMITIES ARE MOVING THROUGH A FULL RANGE OF MOTION. IF YOU ARE NOT GETTING YOUR FEET SET UNDERNEATH YOUR BODY PROPERLY, LIFTING YOUR HANDS UP WILL BE DIFFICULT TO DO WITHOUT THE SENSE YOU'RE GOING TO FALL.

"HANDS UP!"

CHECKLIST (5) 1-20, 1-20, 1-20, 1-20, 1-20

- 1. TOES (20) + RUN**
- 2. STAMPEDE**
- 3. EN GARDE**
- 4. RAMBO (10) + RUN**
- 5. LYCAN (10) + RUN**
- 6. PLATE SHAKE 9+**
- 7. JAGGER (12) + RUN**
- 8. BULLDOZER**
- 9. MANTIS (8) + RUN**
- 10. MOWGLI (12) + RUN**

- 11. SPIKES**
- 12. MUGGER (12) + RUN**
- 13. SKULLS (10) + TZN**
- 14. VIP (10) + RUN**
- 15. MONTAUK**
- 16. SUPER TROOPER (10) + RUN**
- 17. CYCLONE (12) + TZN**
- 18. FLYING MONKEY**
- 19. SL OGRE (10) + TZN**
- 20. JIGSAW**



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

ZENITH

1. EN GARDE

2. TURKEYS

3. HOT COALS (10) + RUN

4. YIKES!

5. ALI 22+

6. TROMBONE 6+

7. NEAPOLITAN

8. PRIMATES 4-1-3-1-2-1

1X

2X

3X

4X

1-10
 10-1

U-TURN

1. SWASHBUCKLER

2. MIEL'S WHEELS

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

4. FLAMINGO (6) + TZN

5. RDL (8) + TZN

6. SKATES

7. CHIMP (8) + RUN

8. YETI

9. MANTIS (8) + RUN

10. OFFERING

1, AA
 1,2, BB
 1,2,3, CC
 1,2,3,4, DD
 1,2,3,4,5, EE
 1,2,3,4,5,6, FF

XION2

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

2. TYSONS

3. PLATE PUSH

4. TRIFECTA! 6+

5. BUZZARD

6. THRASHER

A. BENCHED (30) + TZN

B. STRANGLEHOLD

C. TARASQ

D. VENOM

E. JAWBREAKER

F. GRECO



SLOPE

1,10
1,2,9,10
1,2,3,8,9,10
1,2,3,4,7,8,9,0
1-10

FILLING

1. BONSAI 3-1-4-2-4-1
2. MOGUL (20) + RUN
3. TWO-STEP (20) + RUN
4. TAUNTAUN
5. PIRATE
6. PETRA
7. REV BEAR
8. LYCAN (10) + RUN
9. SWAGGIN 1:1
10. TOES (20) + RUN

MOLE-HILLS

- 1
12
123
1
12
123...
1. VIP (10) + RUN
 2. SUPP 10
 3. HALO 2-1-3-1-4-1

 1. POTTY SHOT
 2. SABRE (8) + RUN
 3. INCH WORM

 1. TALL ORDER 6+
 2. MONTAUK
 3. PARATROOP (10) + RUN

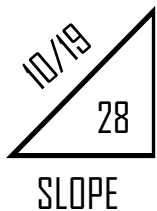
 1. BANDIT (20) + RUN
 2. DEATH ROW 2-1-3-1-4-1
 3. THRASHER

 1. JAGGER (12) + RUN
 2. K.O.D. (20) + TZN
 3. ARACHNID

1-10
1-10
1-10

CHECKLIST(3)

1. SL BUCKS
2. TROG
3. TWISTED
4. O-PINNED 2-1-3-1-4-1
5. DELAURA
6. OGRE (10) + TZN
7. TYPHON
8. SKULLS (10) + TZN
9. RDL (8) + TZN
10. SA PP



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

MTN2

1. SUICIDE 2-1-3-1-4-1
2. MT. CLIMB (20) + RUN
3. PLATE SHAKE 9+
4. ALI 22+
5. HIKES
6. XPP
7. SL GORGON (8) + RUN
8. MIEL'S WHEELS
9. O-B.O.R. (10) + TZN
10. DIABLO

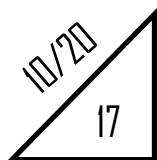
PERFORM EACH SECTION
AS A CHECKLIST AND IN
THE FOLLOWING ORDER:

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

1. TYSONS
REV PLATE PUSH
ROW STROLL 6+
VIPER
2. NEAPOLITAN
STAMPEDE
PROWLER (L)
CURL PRESS 5+
3. CYCLONE (12) + TZN
BULLDOG
REV INCH
GALLOW 2-1-4-3-4-1

CROSS-LISTS

- A. SPD SKATES (20) + RUN
SHOT PUT
- B. CRAISE (20) + TZN
APE SHOOT!
- C. JIGGY (20) + RUN
TAKE OFF!



SLOPE

11,22,33,4A

11,22,33 4B

11,22,33 4C

CEPTILIAN2

1. QUICK FT. (20) + RUN
2. EN GARDE
3. SWAGGIN 1:1

- 4A. W. GREMLIN
- 4B. F. LUNGE
- 4C. HANG (10) + RUN

5,6

4-7

3-8

2-9

1-10

EXPANDING

1. DENSER 2-1-3-1-4-1
2. STORK (20) + TZN
3. JUNKIE (8) + RUN
4. TAUNTAUN
5. BALL N CHAIN
6. ENFORCER
7. KNEEL CURL (6) + TZN
8. MONTAUK
9. SKUFFLE
10. HACK-IT

12

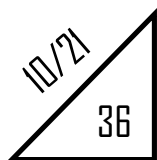
123344

12334455556666

12334455556666777788888

ZENITH

- | | |
|-------------------------|----|
| 1. GRECO | |
| 2. SHALO 1:1 | 1X |
| <hr/> | |
| 3. MANTIS (8) + RUN | |
| 4. RAMPANT (10) + RUN | 2X |
| <hr/> | |
| 5. HIKES | |
| 6. KOBOLD | 3X |
| <hr/> | |
| 7. MOGUL PUSH | |
| 8. PRIMATES 4-1-3-1-2-1 | 4X |



SLOPE

MTN3

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

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

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. ALI 22+
 2. RDL (8) + TZN
 3. SHOT PUT
 4. RAMBO (10) + RUN
 5. SKY HIGH 4-1
 6. DIABLO

1-6
6-1

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

FADED2

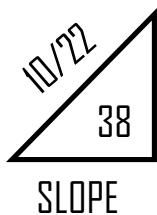
1. TWO-STEP (20) + RUN
2. B.O.R. (15) + TZN

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



1-12
12-1

U

1. EN GARDE
2. V-STEP (20) + RUN
3. SWAGGIN 1:1
4. COALITION (10) + TZN
5. BANDIT (20) + RUN
6. PLATE PUSH
7. TROMBONE 6+
8. YETI
9. SUE-STEP (20) + RUN
10. VIPER
11. SCALAWAG
12. REV PLATE PUSH

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

FADED2

1. SL INCH
2. M.F.T.

3. SUICIDE 2-1-3-1-4-1
4. SAWED OFF (10) + TZN

5. VEXED (10) + RUN
6. XPP

7. W. LUNGE
8. FLAMINGO (6) + TZN

9. APE SHOOT!
10. CRAZY LEGS

1
122
122333
12233344444

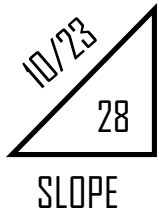
VERTEX

1. PETRA
2. W. CROOK
3. BULLDOZER
4. BEAR

11223344
112233
1122
11

REV HYBRID2

1. BONSAI 3-1-4-2-4-1
2. SWASHBUCKLER
3. MOWGLI (12) + RUN
4. MASTODON

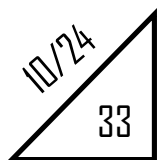


1-28
28-1
1-28

N

1. SUICIDE 2-1-3-1-4-1
2. SHUFFLE
3. TURKEYS
4. TYSONS
5. MIEL'S WHEELS
6. SA PP
7. HIKES
8. MONTAUK
9. TROG
10. APE SHOOT!
11. BULLDOG
12. VEXUM
13. JACKALOPE
14. BONSAI 3-1-4-2-4-1

15. POTTY SHOT
16. BOVINE
17. AMAROK
18. GRECO
19. SKY HIGH 4-1
20. ANACONDA
21. W. LUNGE
22. DELAURA
23. KOBOLD
24. REV PLATE PUSH
25. YETI
26. B. LUNGE
27. SWAGGIN 1:1
28. GIMPY DOG



SERPENT

1 2 3 4

11, 22, 33, 44
44, 33, 22, 11

CENTAURZ
U-TURN

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

MTN

1-3

2-4

MESA

1-4

2-4

3,4

4

FADED

1,2,1,3,4

4,3,4,2,4,1

2,3, =**ATERAL**

3,2

PUSH, TASK

PUSH, TASK...

GAUNTLET

SHUFFLE	SQ. JUMP (10) + RUN	SWAGGIN 1:1	HIKES
YETI	RAMBO (10) + RUN	PUSH UP (10) + RUN	POGOTO (6) + TZN
SLAP JACK	TWISTED	HALO 2-1-3-1-4-1	REV B.N.C.
CROOK	HANG (10) + RUN	B.D.R. (15) + TZN	POTTY SHOT
SKUFFLE	SL TOES (20) + RUN	SKULLS (10) + TZN	INCH WORM
TWEAKER (L)	W. STAT LUNGE (8) + TZN	CURL MADNESS3	ANACONDA

SLOPE
NAVIGATE THIS
WORKOUT BY
PERFORMING EACH
CIRCUIT BY STARTING
WITH THE CENTAURZ
AND WORKING DOWN BY
ROW. NOTE THAT EACH
COLUMN IS NUMBERED
TO REFLECT THE TASK
NUMBER OF EACH
CIRCUIT.

IF YOU'RE ABLE TO
COMPLETE EACH
CIRCUIT, SLAY THE
SERPENT BY SNAKING
YOUR WAY THROUGH
THE GRID IN A
CHECKLIST MANNER
STARTING IN THE
UPPERMOST LEFTHAND
CORNER WORKING
DOWNWARD. FOLLOW
THE PATH OF THE
SNAKES.