



HOW TO READ THE MOTHERBOARD

The date of this Motherboard and the SLOPE difficulty rating.

Circuit title.

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

HYBRID2

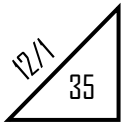
1. ALT. SQUONQ
2. RAMBO (10) + RUN
3. BANDIT (20) + RUN
4. CYCLONE (12) + TZN
5. BOULDER

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

MESA2

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

Circuit keys noted in smaller font and or the Circuit Glossary.



SLOPE

MOLE-HILLS

1
12
123
1
12
123...

- 1. TOES (20) + RUN
- 2. EN GARDE
- 3. BULLY

- 1. TURKEYS
- 2. PINNED 2-1-3-1-4-1
- 3. SQUONQ

- 1. MONTAUK
- 2. POTTY SHOT
- 3. VEXED (10) + RUN

- 1. CURL WALK 6+
- 2. HALO 2-1-3-1-4-1
- 3. ABD MANTIS (8) + RUN

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

MID-POINT MTN2

- 1. BONSAI 3-1-4-2-4-1
- 2. QUICK FT. (20) + RUN
- 3. SWAGGIN 1:1
- 4. ALI 22+
- 5. SAWED OFF (10) + TZN
- 6. RAMBO (10) + RUN

- 7. BALL N CHAIN

- 8. SPIKES

- 9. SQ. THRUST (10) + RUN

- 10. BUCK UP

- 11. REV MASTODON

- 12. THRASHER

1-10
10-1
1-10

W

- 1. NEAPOLITAN
- 2. STAT TYSON (20) + RUN
- 3. TYPHON
- 4. QUICKSAND
- 5. DENSER 2-1-3-1-4-1
- 6. CYCLONE (12) + TZN
- 7. BOVINE
- 8. CRAISE (20) + TZN
- 9. HANG (10) + RUN
- 10. DELAURA



SLOPE

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

EQUALATERAL

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN
3. STAT SWAG (20) + TZN
4. HIKES
5. LYCAN (10) + RUN

1
1,2,2
1,2,3,33
1,2,3,4444
1,2,3,4,55555

VERTEX

1. CHICKIN 2-1-3-1-4-1
2. OGRE (10) + TZN
3. HANG (10) + RUN
4. BULLY
5. TYSONS

1-12
1-12
1-12

GROUNDING CHECKLIST (3)

1. PLATE PUSH
2. MONTAUK
3. YETI
4. SAPP
5. MONGOOSE
6. SA DIABLO
7. BEAR
8. X PP
9. CALF-IN-ATOR
10. REV PLATE PUSH
11. ENFORCER
12. PETRA



JACOB'S LADDER

SLOPE

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

Start at the bottom and work your way up the ladder through a MTN pattern. Always double up on the task in the rungs, never triple.

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

4. TROG

3. X PP

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

5.1. BUCK UPS

4. ALT. SQUONQ

3. RDL (8) + TZN

2. TOES (20) + RUN

5. 1. W. CROOK

4. BANDIT (20) + RUN

3. TROMBONE 9+

2. TIPPY-TAP

1. SHUFFLE

5. TAKE OFF!

4. POUNCER (10) + RUN

3. SL OGRE (10) + TZN

4. SQUIBBLE

5.1. ZOOKEEPER

4. INFINITY (20) + RUN

3. CYCLONE (12) + TZN

4. ALI 22+

5.1. ARACHNID

4. TALL ORDER 6+

3. MONGOOSE

2. APE SHOOT!

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



SLOPE

Perform the tasks in a checklist format, completing each task the number of times noted. Pattern remains consistent throughout.

MATTER HORN

3 HIGH Xs

2 SQUONQ

1 SWAGGIN 1:1

1 GORGON (8) + RUN

3 VIP (10) + RUN

2 NEAPOLITAN

1 SKUFFLE

1 MONTAUK

3 MIEL'S WHEELS

2 YIKES!

1 FLAMINGO (6) + TZN

1 K.O.D. (20) + TZN

3 AMAROK

2 ROW STROLL 6+

1 KAMIKAZE 4-3-4-2-4-1-4-1

1 GRECO

3 TURKEY

2 PLATE PUSH

1 TYPHON

1 RESURRECTION

3 PARATROOP (10) + RUN

2 ABD. MANTIS (8) + RUN

1 SPIKES

1 REV BULLDOG

3 RAMPAGE (12) + RUN

2 HALO 2-1-3-1-4-1

1 45°

1 BRIDGED BENCHED (30) + TZN

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

2 INCH WORM

1 B.D.R. (15) + TZN

1 VIPER

3 HOT COALS (10) + RUN

2 SKULLS (10) + TZN

1 STACK SHOT

1 POGOTO (6) + TZN

3 MT. CLIMB (20) + RUN

2 SCURL 1:1

1 JOHNNY APPLESEED

1 COBRA (10) + PUSH

3 KOBOLD

2 MONKEY

1 TUCKS (10) + RUN

1 BUZZARD

3 STAMPEDE

2 SL BUCKS

1 WICCA

1 SAWED OFF (10) + TZN

3 HANG (10) + RUN

2 PISTON (10) + TZN

1 JACK-ASS

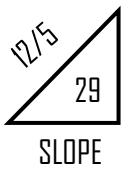
1 GIMPY DOG

3 CURL WALK 6+

2 SAPP

1 JACKAL

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



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

A. AND 1

1. SUE STEP (20) + RUN
2. W. GREMLIN
3. LYCAN (10) + RUN
4. 45°

C. CEPTILIAN2

1. X PP
2. O-B.O.R. (10) + TZN
3. RAMBO (10) + RUN
4. JACKALOPE

- 5A. PEG LEG (8) + RUN
- 5B. HAMSTRUNG
- 5C. REVIVAL

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

B.

FADED

1. QUICKSAND Ⓛ
2. SHOT PUT
3. PINNED 2-1-3-1-4-1
4. FROGS
5. JIGGY (20) + RUN

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

D.

XION2

1. MOGUL (20) + RUN
 2. KAMIKAZE 4-3-4-2-4-1-4-1
 3. SKATES
 4. BULLDOG
 5. QUADZILLA 2-1-3-2-3-2-3-1-2-1
- A. K-STEP (20) + RUN
 - B. REV B.N.C.
 - C. SHWAGGIN 1:1
 - D. TORO
 - E. VENOM



SLOPE

RIPPLED

- 1,2,3,3
 - 2,3,4,4
 - 3,4,5,5
 - 4,5,6,6
 - 5,6,7,7
 - 6,7,8,8
 - 7,8,9,9
 - 8,9,10,10
1. BONSAI 3-1-4-2-4-1
 2. SHUFFLE
 3. V-STEP (10) + RUN
 4. BULLY
 5. B. LUNGE
 6. BOVINE
 7. TROG
 8. CRAZY LEGS
 9. POTTY SHOT
 10. UNLEASHED

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

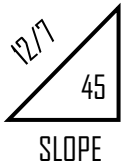
MOLE HILLS

1. SKUFFLE
 2. GROWLER
 3. DEATH ROW 2-1-3-1-4-1
-
1. SQUANTOES (20) + RUN
 2. K.O.D. (20) + TZN
 3. W. CROOK
-
1. SKIPS
 2. REV PLATE PUSH
 3. SUICIDE 2-1-3-1-4-1
-
1. KNEELING CURL (6) + TZN
 2. RAMPAGE (12) + RUN
 3. PETRA
-
1. GALLOW 2-1-4-3-4-1
 2. SA DIABLO
 3. STORK (20) + TZN

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

CAVITY

1. REV BEAR
2. TYSONS
3. MUGGER (10) + RUN
4. SWASHBUCKLER
5. YAK
6. SLIGER
7. SQUONQ
8. MASTODON
9. QUICK FT. (20) + RUN
10. GORGON PUSH UP (8) + RUN



U-TURN

1-46, 46-1

AIN'T NO REST FOR THE WICKED

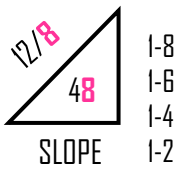
This workout was suggested by a fellow Junkie as a way to push through a task without resting in "No Man's Land" between the end zones.

Attempt to perform this U-Turn without having to take a rest (ie. Dropping the plate to rest, stopping movement mid-task or using resting techniques like using hands to push off quads on a lunge).

The penalty for resting mid-task? Returning back to the nearest end zone to start the task (or half task) all over again. If you are on a Pinned, O-Pinned, or Halo and you take a rest, return to Line number 1 but continue on the pass that you were on. Running is required on a running task like Suicide or Gallow.

Max "re-do" is one full task, or two half tasks. Extra points are not awarded for redos.

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. SKIPS
3. SWAGGIN 1:1
4. W. CROOK
5. ALI 22+
6. TIPPY-TAP
7. PLATE SHAKE 9+
8. CURL MADNESS 3
9. KOBOLD
10. X PP
11. MIEL'S WHEELS
12. PINNED 2-1-3-1-4-1
13. F. LUNGE
14. FLYING MONKEY
15. TROMBONE 6+
16. SKUFFLE
17. TRIFECTA 6+
18. SQUIBBLE
19. BUZZARD
20. INCH WORM
21. MASTODON
22. BULLY
23. TALL ORDER 6+
24. OZARK
25. TURKEYS
26. JUNKIE JUMP (8) + RUN
27. TROG
28. TYPHON
29. HALO 2-1-3-1-4-1
30. ARACHNID
31. SQUANTOES (20) + RUN
32. CALF-IN-ATOR
33. DECALF
34. NEAPOLITAN
35. SUICIDE 2-1-3-1-4-1
36. JACK-ASS
37. SL BOULDER
38. GALLOW 2-1-4-3-4-1
39. DIABLO
40. STAMPEDE
41. WINDOW WASHER
42. SQUONQ
43. WICCA
45. TYSONS
46. STROW 1:1



A. REVMTN2

1-8
1-6
1-4
1-2
1. QUICK FT. (20) + RUN

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

3. HOT COALS (10) + RUN

4. SWAGGIN 1:1

5. INFINITY (20) + RUN

6. GORGON (8) + RUN

7. ALI 22+

8. STAT HALD (18) + TZN

D. FILLING

1-8
1-2, 7-8
1-3, 6-8
1-8
1. BUTT KICKS

2. RDL (8) + TZN

3. OPA (8) + TZN

4. ROOTED GROOT (8) + PUSH

5. CHIMP (8) + RUN

6. MANTIS (8) + RUN

7. FROZEN CROOK 8

8. KAMIKAZE 4-3-4-2-4-1-4-1

CRAZY 8s

CENTAUR 8

C. CRAZY LEGS

E. CRAY-CRAY

B. REV VIPER GAUNTLET

REV VIPER TASK
REV VIPER TASK...
1. TRUMPET 9+

2. LUMBERJACK (8) + RUN

3. ABD. PUSH UP (8) + RUN

4. GRYPHON (8) + PUSH

5. JUNKIE JUMP (8) + RUN

6. EN GARDE

7. TOES (20) + RUN

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

F. MESA

1-3
2-4
3-5
4-7
3-8
1. GREMLIN

2. STAT CHICKIN (18) + TZN

3. PEG LEG (8) + RUN

4. ROW STROLL 6+

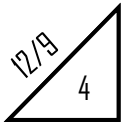
5. RAMP UP (8) + RUN

6. HIKES

7. TOP SHELF (8) + TZN

8. BUZZARD


- ORDER
- REV MTN2
- REV VIPER GAUNTLET
- 8 CRAZY LEGS
- FILLING
- MESA
- 8 CRAY-CRAY



MONGREL + CHECKLIST BY COLUMN

A B C D E F

SLOPE

1 ACROSS 1 ACROSS 2 ACROSS 1 ACROSS 2 ACROSS 3 ACROSS	1	EN GARDE	MT. CLIMB (20) + RUN	SWAGGIN 1:1	RAMPANT (10) + RUN	HANG (10) + RUN	ALI 22+
1 ACROSS 2 ACROSS 3 ACROSS	2	SQUONK	MOGUL MADNESS 10	ROW STROLL 6+	RAMBO (10) + RUN	TAKE OFF!	SKULLS (10) + TZN
1 ACROSS 2 ACROSS 3 ACROSS 4 ACROSS	3	KOBOLD	JAGGER (10) + RUN	CHICKIN 2-1-3-1-4-1	BULLDOG	SL BUCKS	GRECO
1 ACROSS 2 ACROSS 3 ACROSS 4 ACROSS 5 ACROSS	4	W. CROOK	MINOTAUR 	POTTY SHOT	GARGOYLE	D-BOR (10) + TZN	BUCKS
A DOWN B DOWN C DOWN D DOWN E DOWN	5	TIPPY-TAP	CURIOUS GORGE	TROG	SPIKES	THRUST to FROG	JABBERWOCKY



- 5,6
4-7
3-8
2-9
1-10
- EXPANDING MTN**
1. TALL ORDER 6+
 2. MONGOOSE
 3. LYCAN UP (10) + RUN
 4. STAT SWAG (20) + TZN
 5. TOES (20) + RUN
 6. EN GARDE
 7. MOGUL (20) + RUN
 8. X PP
 9. TROG
 10. DIABLO

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

- CENTAUR 3**
1. PINNED 2-1-3-1-4-1
 2. TURKEY
 3. MONKEY
 4. NEAPOLITAN
 5. F. LUNGE
 6. CYCLOPS (6) + TZN
 7. SUICIDE 2-1-3-1-4-1
 8. STAT W. SQ. (10) + TZN

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

- MTN3**
1. SKUFFLE
 2. VIP (10) + RUN
 3. MONTAUK

 4. YIKES!
 5. SKULLS (10) + TZN
 6. TAKE OFF!

 7. GATOR TO 3
 8. CRAY-CRAY
 9. HOT COALS (10) + RUN

 10. SHOT PUT
 11. SA PP
 12. REV INCH

 13. SHUFFLE
 14. SQUONQ
 15. ALT. SQUONQ



1. A
1-2. B
1-3. C
1-4. D
1-5. E
1-6. F

1. BONSAI 3-1-4-2-4-1
2. ALI 22+
3. TYSON
4. SQ. JUMP (10) + RUN
5. STAT ROW (6) + TZN
6. DELAURA

XION

- A. TWO-STEP (20) + RUN
- B. SWAGGIN 1:1
- C. SQ. THRUST (10) + RUN
- D. TRIFECTA 6+
- E. BUCKS
- F. RDL (8) + TZN

1-5, 6A, 6A
1-5, 6B, 6B
1-5, 6C, 6C
1-5, 6D, 6D

REPTILIAN 2

1. RAMPAGE (12) + RUN
2. SUE-STEP (20) + RUN
3. SUPP (10)
4. HANG (10) + RUN
5. 90° (10) + TZN

6A. MANTIS (8) + RUN

6B. SLING SHOT 3-2-4-2-3-1

6C. CHICKIN 2-1-3-1-4-1

6D. OBLITERATOR

C2 then CHECKLIST

- 1-10
1,1
2,2
3,3
4,4
5,5
6,6
7,7
8,8
9,9
10,10
1. DECALF
 2. BANDIT (20) + RUN
 3. FLAMINGO (6) + TZN
 4. FLYING JACKAL
 5. PLATE SHAKE 6+
 6. VEXUM
 7. 3 PT. STANCE
 8. KITCHEN SINK (10) + TZN
 9. SLUSKI
 10. PRIMATES 4-1-3-1-2-1

12 DAYS OF CHRISTMAS

On the twelfth day of Christmas

My true love gave to me:

Twelve **Tauntauns** taunting,

Eleven **Primates** pouncing,

Ten **Lycan's** leaping,

Nine **X Plate Pushing**,

Eight **Weighted Gremlins**,

Seven **Inches** Inching

Six **Miel's a-Wheeling**,

Five **O-Pinned**,

Four **Flamingos**,

Three **Stackshots**,

Two **CHBs**,

An **Ali**, and **Gator to 3**.



SLOPE

122
122344
122344566
122344566788

1,2 PUNCH

1. QUICK FT. (20) + RUN
2. V-STEP (10) + RUN
3. SWAGGIN 1:1
4. KOBOLD
5. HIKES
6. GARGOYLE
7. POTTY SHOT
8. DIABLO

CHECKLIST

1. ALI 22+
2. GATOR TO 3

1st DAY OF CHRISTMAS

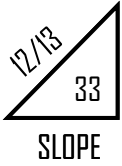
ALI 22+ AND GATOR TO 3

- 1-15
15-1
1. SPD. SKATES (20) + RUN
 2. HANG (10) + RUN
 3. CURL WALK 6+
 4. TROG
 5. VIPER
 6. HALO 2-1-3-1-4-1
 7. BUZZARD
 8. SA P.P.
 9. CRAY-CRAY
 10. K.O.D. (20) + TZN
 11. SHOT PUT
 12. VEXED (10) + RUN
 13. TYSONS
 14. REVIVAL
 15. CRAISE (20) + TZN

1
122
12333
1234444
123455555

VERTEX

1. REV BULLDOG
2. BONSAI 3-1-4-2-4-1
3. JACKALOPE
4. ROOSTER (10) + TZN
5. MOGUL PUSH



PERFORM EACH TASK IN A CHECKLIST MANNER DOING EACH TASK THE NUMBER OF TIMES INDICATED. 212 PATTERN REMAINS CONSISTENT THROUGHOUT.

MATTERHORN

- 2 SUICIDE 2-1-3-1-4-1
- 1 MT. CLIMB (20) + RUN
- 2 TOES (20) + RUN
- 2 INFINITY (20) + RUN
- 1 PLATE SHAKE 9+
- 2 MIEL'S WHEELS
- 2 CYCLONE (12) + TZN
- 1 MONTAUK
- 2 TWISTED
- 2 RIBBITS (10) + RUN
- 1 BUCKS
- 2 SLAP JACK

2nd DAY OF CHRISTMAS

2 C.H.B.

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

MTN3

- 1. HIKES
- 2. LYCAN (10) + RUN
- 3. G.B.D. (15) + RUN

- 4. VEXUM
- 5. TYPHON
- 6. STROW 1:1

- 7. SPIKES
- 8. BOVINE
- 9. C.H.B.

- 10. SKULLS (10) + TZN
- 11. KAMIKAZE 4-3-4-2-4-1-4-1
- 12. PROWLER Ⓛ

1
121
12321
1234321
123454321

UPLIFT

- 1. JIGGY (20) + RUN
- 2. ALT. SQUONQ
- 3. TARASQ
- 4. COBRA (10) + PUSH
- 5. M.F.T.

1-6
1-6

CHECKLIST(2)

- 1. TURKEYS
- 2. INCH WORM
- 3. PUSH UP (10) + RUN
- 4. ALI 22+
- 5. REV MASTODON
- 6. GALLOW 2-1-4-3-4-1



SLOPE

PERFORM EACH SECTION AS A CHECKLIST AND IN A CROSS-FIRE PATTERN:

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

CROSS-LISTS

3rd DAY OF CHRISTMAS 3 STACK SHOTS

1. BONSAI 3-1-4-2-4-1
SUE-STEP (20) + RUN
ALI 22+
ROW STROLL 6+

2. JUNKIE (8) + RUN
GALLOW 2-1-4-3-4-1
F. LUNGE
STACK SHOT

3. BENCHED (30) + TZN
CURL PRESS 5+
HAG 1:1
CROOK

4. SHUTTLE 3-2-4-2-3-1
CHICKIN 2-1-3-1-4-1
MANTIS (8) + RUN
RDL (8) + RUN

A. BANDIT (20) + RUN
POTTY SHOTS
SWAGGIN 1:1
RAMBO (10) + RUN

B. REV BEAR
CRAZY LEGS
STORK (20) + TZN
PINNED 2-1-3-1-4-1

C. SL BUCKS
TORO
YAK
GRYPHON (8) + PUSH



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

MTN2

1. HOT COALS (10) + RUN
2. EN GARDE

3. SWAGGIN 1:1
4. SQUANTOES (20) + RUN

5. YIKES!
6. SA PP

7. SQ. THRUST (10) + RUN
8. VIPER

9. TAUNTAUN
10. GRECO

4th DAY OF CHRISTMAS

4 FLAMINGOS

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

REPTILIAN2

1. YETI
2. MOGUL (20) + RUN
3. COALITION (10) + TZN
4. FLAMINGO (6) + TZN

- 5A. STAT TYPHON (10) + RUN
- 5B. BALL N CHAIN
- 5C. OZARK
- 5D. B. LUNGE

III
222
333
444
555
666
777
888
999
10,10,10

CENTAUR3

1. VENOM
2. FLAMINGO (6) + TZN
3. ARACHNID
4. PUSH UP (10) + RUN
5. TWINKLE TOES (30) + TZN
6. SUPP (10)
7. MONGOOSE
8. APE SHOOT!
9. SLUSKI
10. TAKE OFF!



SLOPE

1
12
123
1234
1
12
123
1234...

MOLE-HILLS

1. SUICIDE 2-1-3-1-4-1
2. MT. CLIMB (20) + RUN
3. TRUMPET 9+
4. TYSON



1. VIP (10) + RUN
2. HIKES
3. GORGON (8) + RUN
4. PLATE PUSH



1. SQ. JUMP (10) + RUN
2. MIEL'S WHEELS
3. DIABLO
4. TROG



1. W. GREMLIN
2. HALO 2-1-3-1-4-1
3. STAMPEDE
4. CROAKIN

5th DAY OF CHRISTMAS

5 0-PINNED

1
122
122333
1223334444
122333444455555

MT. NEVEREST

- 1X SLING SHOT 3-2-4-2-3-1
- 2X STACK SHOT
- 3X ROW STROLL 6+
- 4X KOBOLD
- 5X 0-PINNED 2-1-3-1-4-1

1-5
5-1 U

1. NEAPOLITAN
2. THRASHER
3. HANG (10) + RUN
4. SL BRDG BENCH (15) + TZN
5. ANACONDA



SLOPE

REV MTN4

1. BONSAI 3-1-4-2-4-1
2. MOWGLI (12) + RUN
3. BULLY
4. ALI 22+

5. CURL WALK 6+
6. VEXED (10) + RUN
7. CHIMP (8) + RUN
8. XPP

9. SKULLS (10) + TZN
10. JUNKIE (8) + RUN
11. SQUONQ
12. SLAP JACK

13. CYCLONE (12) + TZN
14. BUCKS
15. BULLFROG
16. PIRATE

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

6th DAY OF CHRISTMAS

6 MIEL'S WHEELS

MIEL'S TASK
MIEL'S TASK...

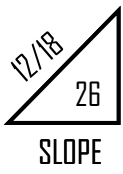
MIEL'S WHEELS GAUNTLET

1. GARGANTUAN
2. WICCA
3. TORO
4. BANDIT (20) + RUN
5. DENSER 2-1-3-1-4-1
6. STAT TYSON (20) + RUN

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

XIONZ

- | | |
|-----------------------|-------------------------|
| 1. SABRE (8) + RUN | A. KIT. SINK (10) + TZN |
| 2. MANTIS (8) + RUN | B. GIMPY DOG |
| 3. GARGOYLE | C. JIGSAW |
| 4. TAUNTAUN | D. C.H.B. |
| 5. RAMPAGE (12) + RUN | E. SCALAWAG |
| 6. REV PLATE PUSH | F. MASTODON |



1
121
12321
1234321
123454321

7th DAY OF CHRISTMAS

7 INCH

12
123344
123344555666

A. UPLIFT

1. EN GARDE
2. SUE STEP (20) + RUN
3. SWAGGIN 1:1
4. GORGON (8) + RUN
5. GRAY-CRAY

B. ZENITH

1. SL BUCKS 1X
2. PUSH UP (10) + RUN
3. GBD (15) + RUN 2X
4. CYCLONE (12) + TZN
5. 45° 3X
6. REV BEAR

RAPTURE
A, 2 INCH
B, 2 INCH
C, 2 INCH
D, 1 INCH

CENTAUR2

INCH WORM

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

C. EXPANDING

- 4.5
- 3-6
- 2-7
- 1-8
1. OZARK
2. 3 PT. STANCE
3. BULLY
4. KAMIKAZE 4-3-4-2-4-1-4-1
5. V-STEP (10) + RUN
6. TROG
7. TURKEYS
8. HANG (10) + RUN

D. DOUBLE MOGUL PUSH GAUNTLET

1. SUICIDE 2-1-3-1-4-1
2. TOES (20) + RUN
3. SQUONQ
4. HAG 1:1
5. APE SHOOT!
6. MONKEY

IF YOU FINISH ALL 4 CIRCUITS
FINISH WITH 1 INCHWORM, NOT 2,
FOR A TOTAL OF 7.



SLOPE

1
121
12321
1234321
123454321

UPLIFT

1. EN GARDE
2. MT. CLIMB (20) + RUN
3. STAT SWAG (20) + TZN
4. GORGON (8) + RUN
5. REV BALL N CHAIN

8th DAY OF CHRISTMAS

8 W. GREMLIN

11223344
112233
1122
11

REV HYBRID2

1. W. GREMLIN
2. BULLDOZER
3. APE SHOOT!
4. JACKAL

SHRINKING

1-12
2-11
3-10
4-9
5-8
6.7

1. PABLO
2. JOUNCE 2-1-3-1-4-1
3. BENCHED (30) + TZN
4. YETI
5. MIEL'S WHEELS
6. MUGGER (12) + RUN
7. BONSAI 3-1-4-2-4-1
8. SPIKES
9. PEG LEG (8) + RUN
10. RAMP UP (8) + RUN
11. JABBERWOCKY
12. JACK BOX



SLOPE

RIPPLED

- 1233
 - 2344
 - 3455
 - 4566
 - 5677
 - 6788
 - 7899
 - 8910,10
1. BONSAI 3-1-4-2-4-1
 2. TIP-TOES (20) + RUN
 3. SWAGGIN 1:1
 4. RAMBO (10) + RUN
 5. BULLY
 6. YETI
 7. PINNED 2-1-3-1-4-1
 8. HIKES
 9. GARGOYLE
 10. F. LUNGE

9th DAY OF CHRISTMAS

9 XPP

- 1-5, 4-1
- 1-4, 3-1
- 12321
- 121
- 1

DOWNSHIFT

1. XPP
2. MONKEY
3. RIBBITS (10) + RUN
4. JIGGY (20) + RUN
5. SCORPION TO 3/BACK

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

MTN2

1. BANDIT (20) + RUN
2. REV HYDRA
3. OGRE (10) + TZN
4. TYPHON
5. STAT CURL (6) + TZN
6. VEXED (10) + RUN
7. WARLOCK
8. KAMIKAZE 4-3-4-2-4-1-4-1
9. REVIVAL
10. CUJO (L)



SLOPE

CHECKLIST(3)

1-10
1-10
1-10

1. SUICIDE 2-1-3-1-4-1
2. TWO-STEP (2D) + RUN
3. SQUONQ
4. COALITION (1D) + TZN
5. PLATE SHAKE 9+
6. MOWGLI (12) + RUN
7. HANG (1D) + RUN
8. SAWED OFF (1D) + TZN
9. BULLDOG
10. BUCKS

10th DAY OF CHRISTMAS

10 LYCAN-UPS

112233,4A
112233,4B
112233,4C
112233,4D
112233,4E

CEPTILIAN2

1. TURKEYS
2. LYCAN UP (1D) + RUN
3. W. CROOK
- 4A. VIPER
- 4B. INCH WORM
- 4C. STROW 1:1
- 4D. SKY HIGH 4-1
- 4E. REV INCH WORM

1-12
12-1

U

1. BOVINE
2. SHUTTLE 3-2-4-2-3-1
3. DEVIL
4. JUNKIE (8) + RUN
5. NEAPOLITAN
6. MONGOOSE
7. STORK (2D) + TZN
8. GBD (15) + RUN
9. TARASQ
10. HALO 2-1-3-1-4-1
11. SQUIBBLE
12. JACKASS



11th DAY OF CHRISTMAS

11 PRIMATES

1-4
1-8
1-12

MTN4

1. QUICK FT. (20) + RUN
2. GALLOW 2-1-4-3-4-1
3. SWAGGIN 1:1
4. STAMPEDE

5. SQ. THRUST (10) + RUN
6. CURL WALK 6+
7. HIKES
8. BEAR

9. BOR (15) + RUN
10. MONKEY
11. JAGGER (12) + RUN
12. BUZZARD

*1*2*3*4*5*6*7*8*9*10
108642*13579

CASCADE

10. SWASHBUCKLER
8. PEG LEG (8) + RUN
6. BULLDOZER
4. W. LUNGE
2. ALT SQUONQ
- * PRIMATES 4-1-3-1-2-1
1. TRIFECTA 6+
3. PUSH UP (10) + RUN
5. HAG 1:1
7. DEATH ROW 2-1-3-1-4-1
9. PISTON (10) + TZN

1
122
12333
123444

VERTEX

1. GRECO
 2. POTTY SHOT
 3. SPD. SKATES (20) + RUN
 4. AMAROK
-
- 1-4, 4-1
2332
- ### EL CYCLE
1. INCH WORM
 2. VENOM
 3. B.N.C.
 4. MANTIS (8) + RUN



ALI is a phantom task = 0 pts.

12th DAY OF CHRISTMAS

12 TAUNTAUNS

FADED

- 1-12
- 2-12
- 3-12
- 4-12
- 5-12
- 6-16
- 7-12
- 8-12
- 9-12
- 10-12
- 11,12
- 12

1. ALI 22+ GATOR TO 3
2. C.H.B.
3. STACK SHOT
4. FLAMINGO (6) + TZN
5. O-PINNED 2-1-3-1-4-1
6. MIEL'S WHEELS
7. INCH WORM
8. W. GREMLIN
9. XPP
10. LYCAN UP (10) + RUN
11. PRIMATES 4-1-3-1-2-1
12. TAUNTAUN

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

EL CYCLE

1. BONSAI 3-1-4-2-4-1
2. SKATES
3. QUICK FT. (20) + RUN
4. INFINITY (20) + RUN
5. PLATE SHAKE 9+

On the twelfth day of Christmas

My true love gave to me ~
Twelve Tauntauns taunting,
Eleven Primates pouncing,
Ten Lycan's leaping,
Nine X Plate Pushing,
Eight Weighted Gremlins,
Seven Inches Inching
Six Miel's a-Wheeling,
Five O-Pinned,
Four Flamingos,
Three Stackshots,
Two CHBs,
And an Ali, Gator to 3.

12/24
37

SLOPE



START WITH THE MTN WARM UP.

PICK ONE TASK FROM EACH CATEGORY AND PERFORM IT ONCE.
GO IN ORDER BY CATEGORY LEFT TO RIGHT, TOP TO BOTTOM.

SECOND TIME THROUGH CHOOSE A DIFFERENT TASK IN EACH
CATEGORY, DO IT TWICE.

REPEAT 3X PER TASK. REPEAT 4X PER TASK.

DON'T FORGET THE W. GREMLIN "BARN BURNER"

EXCEPT FOR W. GREMLINS, REPEATING A TASK LATER IN THE
WORKOUT IS PROHIBITED.

MTN

1. SHUFFLE
2. V-STEP (10) + RUN
3. SWAGGIN 1:1
4. ALI 22+

ORNAMENTS

1. B. LUNGE
2. PUSH UP (10) + RUN
3. YETI
4. SKULLS (10) + TZN

WHO-PUDDING

1. APE SHOOT!
2. INFINITY (20) + RUN
3. MT. CLIMB (20) + RUN
4. HOT COALS (10) + RUN

STOCKINGS

1. CYCLONE (12) + TZN
2. YAK
3. CROAKIN
4. SAWED OFF (10) + TZN

PRESENTS

1. REV BOVINE
2. LYCAN UP (10) + RUN
3. JACKAL
4. HALO 2-1-3-1-4-1

WHO-HASH

1. MASTODON
2. SLUSKI
3. MOGUL MAYHEM 4
4. ARACHNID

WREATHS

1. HIKES
2. TARASQ
3. STAT CURL (6) + TZN
4. TROMBONE 6+

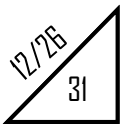
TINSEL

1. INCH WORM
2. BUNYAN
3. PETRA
4. C.H.B.

ROAST BEAST

1. MIEL'S WHEELS
2. BULLDOG
3. BEAR
4. NO GIMMIES

LOOKING LIKE THE GRINCH WITH HIS SACK ON HIS BACK,
PERFORM NUMBER OF W. GREMLINS BASED ON WHICH ROUND YOU'RE ON.



SLOPE

Perform Chaos in a checklist manner and execute each task the number of times indicated.

CHAOS

2 EN GARDE

2 TWO-STEP (20) + RUN

1 STAT SWAG (20) + TZN

4 V-STEP (10) + RUN

2 HIKES

3 SQUIBBLE

1 CURL WALK 6+

1 SAWED OFF (10) + TZN

3 SKATES

2 RDL (8) + TZN

1 NEAPOLITAN

5 PLATE SHAKE 9+

1 ARACHNID

1,2,3

1,2,3,44,55,66

1,2,3,44,55,66,777,888,999

1,2,3,44,55,66,777,888,999, 10X4, 11X4, 12X4

ZENITH X 3

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

2. SA DIABLO 1X

3. PETRA

4. W. STAT SQ. (10) + TZN

5. JAGGER (10) + RUN 2X

6. BENCHED (30) + TZN

7. CROOK

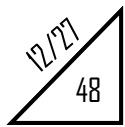
8. SL MANTIS (8) + RUN 3X

9. MT. CLIMB (20) + RUN

10. REV BULLDOG

11. QUICK FT. (20) + RUN 4X

12. PLATE PUSH



SLOPE

1-3

1-3, 4-6, 4-6

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

11, 22, 33, 44, 55

22, 33, 44, 55

33, 44, 55

44, 55

55

MT. NEVERLIST

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

4. RIBBITS (10) + RUN
5. POTTY SHOT
6. STAT. ROW (6) + TZN

7. SL OGRE (10) + TZN
8. MONGOOSE
9. MOGUL PUSH

FADED HYBRID2

1. ANTEATER
2. COALITION (10) + TZN
3. RDL (8) + TZN
4. PLATE SHAKE 9+
5. JESTER

1-15

1-15

CHECKLIST (2)

1. BONSAI 3-1-4-2-4-1
2. BUZZARD
3. YIKES!
4. JACK-ASS
5. QUICK FT. (20) + RUN
6. KOBOLD
7. JACKAL
8. PINNED 2-1-3-1-4-1
9. GARGOYLE
10. V-STEP (10) + RUN
11. TURKEY
12. TORO
13. GRECO
14. YETI
15. SWASHBUCKLER



SLOPE

1-4, PICK
1-4, PICK
1-4, PICK

A.

1. QUICK FT. (20) + RUN
2. HIGH KNEES
3. SQUONQ
4. JIGGY (20) + RUN

LYCAN (10) + RUN	PARATROOP (10) + RUN
OFFERING	HANG (10) + RUN

1-3, PICK
1-3, PICK
1-3, PICK
1-3, PICK

D.

1. TURKEYS
2. TROMBONE 6+
3. TOES (20) + RUN

45° REV HYDRA	DENSER 2-1-3-1-4-1
SL MANTIS (8) + RUN	OGRE (10) + TZN

ICE FISHIN'

PERFORM EACH CIRCUIT AS A REPTILIAN. CHOOSE 1 TASK FROM THE BOX WHEN YOU GET TO IT AND PERFORM IT ONCE. NO REPEATS. THERE SHOULD ALWAYS BE ONE LEFTOVER TASK THAT REMAINS UNDONE.

1-5, PICK
1-5, PICK
1-5, PICK

B.

1. SUE-STEP (20) + RUN
2. HALO 2-1-3-1-4-1
3. HIKES
4. MONKEY
5. SA PP

BOVINE	BUZZARD
BULLDOG	FLAMINGO (6) + TZN

1-5, PICK
1-5, PICK
1-5, PICK
1-5, PICK

E.

1. SAWED OFF (10) + TZN
2. OFFERING
3. PEG LEG (8) + RUN
4. POTTY SHOT
5. JUNKIE JUMP (8) + RUN

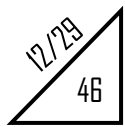
OZARK	SL BOULDER	JABBERWOCKY
MIM 3-2-4-2-3-1	REV GATOR TO 3	

1-4, PICK
1-4, PICK
1-4, PICK
1-4, PICK

C.

1. TWISTED
2. TARASQ
3. BULLFROG
4. DELAURA

KOBOLD	TROG	INFINITY (20) + RUN
PLATE SHAKE 9+		KAMIKAZE 4-3-4-2-4-1-4-1



SLOPE

CENTAUR2

- 1.1 1. TURKEYS
- 2.2 2. TWO-STEP (20) + RUN
- 3.3 3. PLATE SHAKE 9+
- 4.4... 4. INFINITY (20) + RUN
- 5. NEAPOLITAN
- 6. BULLY
- 7. RIBBITS (10) + RUN
- 8. LYCAN (10) + RUN
- 9. ROOSTER (10) + TZN
- 10. TROG
- 11. SAWED OFF (10) + TZN
- 12. REV BOVINE

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

CAVITY

- 1. V-STEP (10) + RUN
- 2. SHWAGGIN 1:1
- 3. YAK
- 4. CURL PRESS 5+
- 5. QUICK FT. (20) + RUN
- 6. DIABLO
- 7. XPP
- 8. MUGGER (12) + RUN
- 9. CHICKIN 2-1-3-1-4-1
- 10. BUCKS

1-11
 11-1
 1-11

N

- 1. PIRATE
- 2. SHUTTLE RUN 3-2-4-2-3-1
- 3. SPIKES
- 4. MASTODON
- 5. ALI 22+
- 6. REV INCH WORM
- 7. BONSAI 3-1-4-2-4-1
- 8. BENCHED (30) + TZN
- 9. ALT. SQUONQ
- 10. REV VIPER
- 11. TAKE OFF!

12/30
28

SLOPE

ICE CUBED

LEPRECHAUN	TOES (20) + RUN REV INCH		REV P. PUSH	BANDIT (20) + RUN STATARASQ (16) + RUN		KOBOLD
HIKES	APE SHOOT!		FROZEN PIPES 8		CYCLONE (12) TZN +	TWO STEP (20) + RUN
GRYPHON (8) + PUSH		VENOM	TURKEY	SUE-STEP (20) + RUN		JOUNCE 2-1-3-1-4-1
HALO 2-1-3-1-4-1	FROZEN LUNGE 5	MUGGER (10) + RUN	PRIMATES 4-1-3-1-2-1	X PP	FROZEN CROOK 8	BUTTKICKS
EN GARDE		CURL PRESS 5+	POTTY SHOT	STAMPEDE		SUICIDE 2-1-3-1-4-1
TORO	JIGGY (20) + RUN		FROZEN GREMLIN		TROG	WICCA
COBRA (10) + PUSH	SWAGGIN 1:1 JACK BOX		REV BEAR	QUICK FT. (20) + RUN SL INCH		DIABLO

Start by completing the exterior BLACK tasks in a Centaur2 pattern. Start with Suicide and work your way around the Cube clockwise until you finish Two-Step. Enter the center of the Cube and work your way outwards from the center Primates in a MTN pattern on EACH arm/color. Start with Primates, XPP. Then clockwise to Primates, Stampede and so-forth until you complete Primates, Sue-Step. Continue by adding another layer/task to your MTNS. Note the third number in every other MTN is a "Frozen" task hence the name Ice Cubed. Finish the workout by performing a Checklist of very difficult tasks in BLACK on the exterior, starting with Wicca moving clockwise and ending with Jounce.



THE COUNTDOWN 2.0

10 SPRINTS **A.**

9 SKIPS **B.**

8 SHUFFLE **C.**

7 BEAR **D.**

6 X PP **E.**

5 PRIMATES 4-1-3-1-2-1 **F.**

4 CRAY-CRAY **G.**

3 JACKALOPE **H.**

2 REV B.N.C. **I.**

1 DEVASTATOR **G**

Perform 10 Sprints, then Checklist A

Perform 9 Skips, then Checklist B

Repeat

Finish with 1 Devastator

Happy New Year!

A.

1. MT. CLIMB (20) + RUN
2. CURL WALK 6+
3. HIKES
4. HALO 2-1-3-1-4-1
5. F. LUNGE

B.

1. DEATH ROW 2-1-3-1-4-1
2. PARATROOP (10) + RUN
3. ALI 22+
4. SWAGGIN 1:1
5. DIABLO

C.

1. YETI
2. REV PLATE PUSH
3. TWO-STEP (20) + RUN
4. SHOT PUT
5. W. CROOK

D.

1. OFFERING
2. MOGUL (20) + RUN
3. RDL (8) + TZN
4. ARACHNID
5. SUICIDE 2-1-3-1-4-1

E.

1. OGRE (10) + TZN
2. B.O.R. (15) + TZN
3. MANTIS (8) + RUN
4. SKUFFLE
5. APE SHOOT!

F.

1. REV GREMLIN
2. TYSONS
3. STATAROG (10) + RUN
4. POTTY SHOT
5. BENCHED (30) + TZN

G.

1. HAG 1:1
2. STACK SHOT
3. TURKEY
4. TROMBONE 6+
5. GALLOW 2-1-4-3-4-1

H.

1. TWIX
2. PISTON (10) + TZN
3. LOWLY (10) + RUN
4. REV INCH
5. UNLEASHED

I.

1. CURL MADNESS 3
2. SQ. JUMP (10) + RUN
3. WALRUS
4. BANDIT (20) + RUN
5. EXPLOSIONS

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