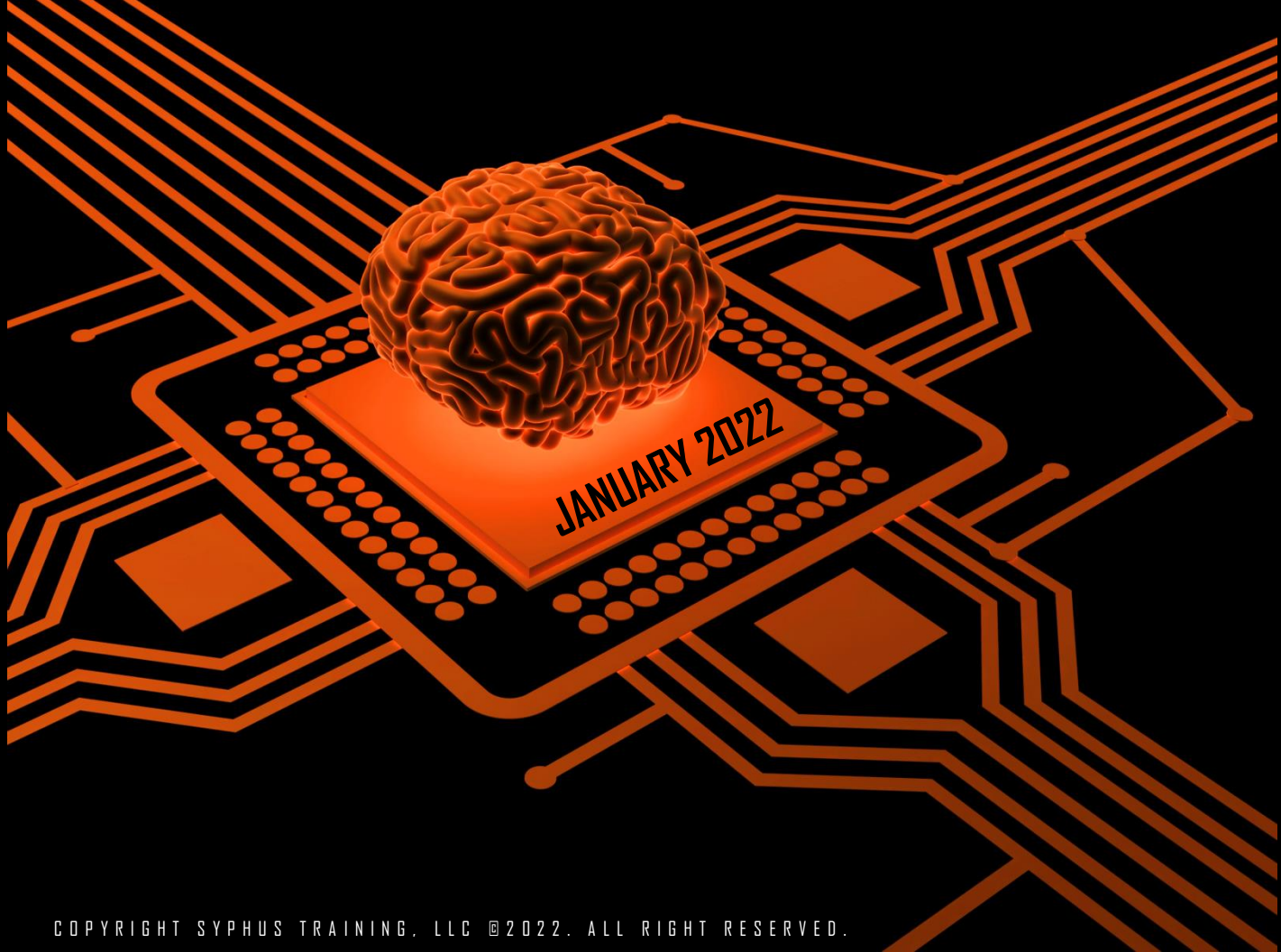


M
O
T
H
E
R
B
O
A
R
D



JANUARY 2022

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

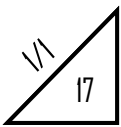
1. ALT. SQUONQ
2. RAMBO (10) + RUN
3. BANDIT (20) + RUN
4. CYCLONE (12) + TZN
5. BOULDER

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

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

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



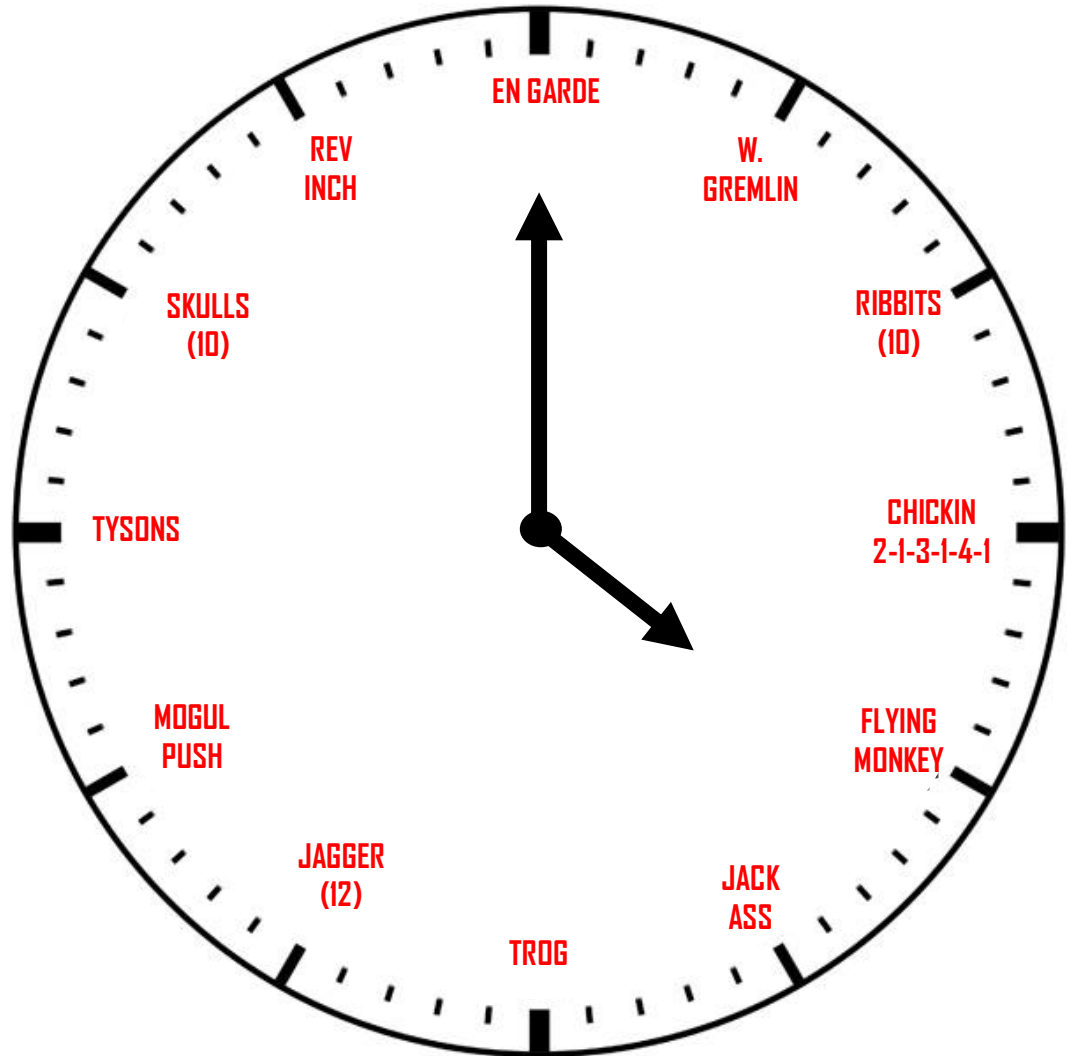
SLOPE

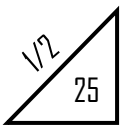
FATHER TIME

STARTING AT 12 O'CLOCK MOVE CLOCKWISE AROUND THE CLOCK STOPPING AT EVERY :15 TO COMPLETE THE TASK LISTED BELOW. ESSENTIALLY THIS IS ONE GIANT CROSS-FIRE.

EN GARDE, HOT COALS
EN GARDE, PLATE SHAKE
EN GARDE, 3 PT
EN GARDE, YETI
W. GREMLIN, HOT COALS...

:00 = HOT COALS (10)
:15 = PLATE SHAKE 9+
:30 = 3 PT. STANCE
:45 = YETI





SLOPE

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

REPTILIAN2

1. BONSAI 3-1-4-2-4-1
2. MOGUL (20) + RUN
3. EN GARDE
4. STAT SWAG (20) + TZN
5. HIKES

-
- 6A. VEXED (10) + RUN
 - 6B. BAYOK (6) + RUN
 - 6C. TARASQ
 - 6D. TWEAKER (L)

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

MESA

1. TOES (20) + RUN
2. MIEL'S WHEELS
3. GIMPY DOG
4. CURL WALK 6+
5. MASTODON
6. POTTY SHOT
7. ROW STROLL 6+
8. ALI 22+
9. KAMIKAZE 4-3-4-2-4-1-4-1
10. GARGOYLE

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

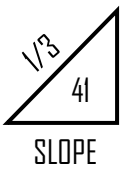
EL CYCLE

1. SAPP
2. SKY HIGH 4-1
3. SHUFFLE
4. BULLDOG

- 1-8
- 1-8
- 1-8

CHECKLIST(3)

1. FLYING JACKAL
2. VENOM
3. SL BUCKS
4. TAUNTAUN
5. JIGGY MADNESS 10
6. SWASHBUCKLER
7. JUNKIE JUMP (8) + RUN
8. PRIMATES 4-1-3-1-2-1



1. **SUICIDE 2-1-3-1-4-1**
QUICK FT. (20) + RUN
SWAGGIN 1:1
MT. CLIMB (20) + RUN

2. **BONSAI 3-1-4-2-4-1**
CHICKIN 2-1-3-1-4-1
SAWED OFF (10) + TZN
OFFERING
3. **MONTAUK**
MASTODON
GALLOW 2-1-4-3-4-1
MONKEY CRAWL

4. **TARASQ**
SHUTTLE RUN 3-2-4-2-3-1
W. LUNGE
RDL (8) + TZN

- A. **KAMIKAZE 4-3-4-2-4-1-4-1**
BULLDOZER
RIBBITS (10) + RUN

- B. **TORO**
SPIKES
BUCKS

- C. **BENCHED (30) + TZN**
DENSER 2-1-3-1-4-1
SKULLS (10) + TZN

1-3
1-3

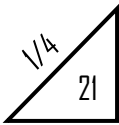
CHECKLIST(2)

1. **MONGOOSE**
2. **ALT. SQUONQ**
3. **TAKE OFF!**

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



898 OK

SLOPE

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. HOT COALS (10) + RUN
2. INFINITY (20) + RUN
3. TROMBONE 6+
4. TURKEYS
5. PRIMATES 4-1-3-1-2-1

PUSH, TASK

PUSH, TASK...

GAUNTLET

1. HALO 2-1-3-1-4-1
2. VIP (10) + RUN
3. TROG
4. O-PINNED 2-1-3-1-4-1
5. DIABLO
6. TYSONS
7. PUSH UP (10) + RUN
8. ALI 22+
9. BULLDOG
10. CYCLONE (12) + TZN

1,2

1-4

1-6

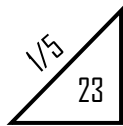
1-8

1-10

1-12

MTN2

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. REV GROWLER
3. TYPHON
4. GBD (15) + RUN
5. GARGOYLE
6. CRAZY LEGS
7. TWO-STEP (20) + RUN
8. JAGGER (12) + RUN
9. B.O.R. (15) + TZN
10. GATOR TO 3
11. PARATROOP (10) + RUN
12. 313



SLOPE

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

RIPPLED

1. BONSAI 3-1-4-2-4-1
2. V-STEP (10) + RUN
3. SUE-STEP (20) + RUN
4. CURL WALK 6+
5. HIKES
6. TOES (20) + RUN
7. XPP
8. AMAROK
9. W. CROOK
10. YAK

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

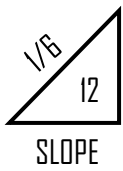
EXPANDING

1. SHALO 1:1
2. APE SHOOT!
3. 90° (10) + TZN
4. CRAY-CRAY
5. VIP (10) + RUN
6. HANG (10) + RUN
7. SWAGGIN 1:1
8. CHICKIN 2-1-3-1-4-1
9. BUZZARD
10. WICCA

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

FADED2

1. RAMBO (10) + RUN
2. JACK ASS
3. QUICK FT. (20) + RUN
4. JACKALOPE
5. TAUNTAUN
6. ROW STROLL 6+
7. B.N.C.
8. TWO-STEP (20) + RUN
9. SA PP
10. POTTY TO BULLDOG



- 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

1. HOT COALS (10) + RUN
2. SHUFFLE
3. BANDIT (20) + RUN
4. CURL PRESS 5+
5. MIEL'S WHEELS
6. O-B.O.R. (10) + TZN

XION2

- A. SUICIDE 2-1-3-1-4-4
- B. LYCAN (10) + RUN
- C. HAG 1:1
- D. ENFORCER
- E. MONTAUK
- F. INCH WORM

- 1-3
- 1,2
- | 1. STAMPEDE
- 2. GORGON (8) + RUN
- 3. OFFERING

- 1-3
- 1,2
- | 1. SKY HIGH 4-1
- 2. ALI 22+
- 3. REV GARGOYLE

- 1-3
- 1,2
- | **REV MOLE HILLS**
- 1. V-STEP (10) + RUN
- 2. SKIPS
- 3. BULLFROG

- 1-3
- 1,2
- | 1. SKULLS (10) + TZN
- 2. MONGOOSE
- 3. HOPSCOTCH

- 1-3
- 1,2
- | 1. OGRE (10) + TZN
- 2. SLAP JACK
- 3. CYCLONE (12) + TZN

CAVITY

- 1-12
- 1-5, 8-12
- 1-4, 9-12
- 1-3, 10-12
- 1-2, 11-12
- 1,12
- 1. MOGUL (20) + RUN
- 2. MONKEY
- 3. JUNKIE JUMP (8) + RUN
- 4. W. GREMLIN
- 5. RAMP UP (8) + RUN
- 6. JACKBOX
- 7. KAMIKAZE 4-3-4-2-4-1-4-1
- 8. RDL (8) + TZN
- 9. PINNED 2-1-3-1-4-1
- 10. NEAPOLITAN



SLOPE

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

=IBRIDIOUS

- 1. BONSAI 3-1-4-2-4-1**
- 2. EN GARDE**
- 3. V-STEP (10) + RUN**
- 4. PLATE SHAKE 9+**
- 5. STAT TYSON (20) + RUN**

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

CORE MATTERHORN

- 3 XPP**
- 2 PETRA**
- 3 SQUONQ**
- 2 GRIFTER (8) + SA PP**
- 3 MONTAUK**
- 2 MIM 3-2-4-3-2-1**
- 3 MIEL'S WHEELS**
- 2 MANTIS (8) + RUN**
- 3 AMAROK**
- 2 JIGGY (20) + RUN**
- 3 STAMPEDE**
- 2 SUPP 10**

- 1. BUNYAN**
- 2. MONKEY**
- 3. JACKAL**
- 4. DIABLO**

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

1-2
1-4
1-6

GLUED PLATE MTN2

- 1. ROW STROLL 6+**
- 2. STAT HALO (18) + TZN**

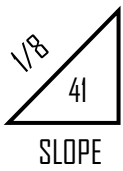
- 3. CYCLONE (12) + TZN**

- 4. CURL PRESS 5+**

- 5. SHWAGGIN 1:1**
- 6. DENSER 2-1-3-1-4-1**

LIGHT SIDE

- LUMBERJACK (8) + RUN**
- LYCAN (10) + RUN**
- APE SHOOT!**
- REV BULLDOG**



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

MTN2

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

3. VIP (10) + RUN
4. SWAGGIN 1:1

5. SQUONQ

6. HALO 2-1-3-1-4-1

7. SKULLS (10) + TZN
8. 45°

9. X PP
10. DIABLO

11, 22, 33...

CENTAUR2

1. HIKES
2. VIPER
3. D-PINNED 2-1-3-1-4-1
4. BUCKS
5. PRIMATES 4-1-3-1-2-1
6. ROW STROLL 6+
7. FUZZARD
8. CURL PRESS 5+
9. VENOM
10. RDL (8) + TZN
11. SPIKES
12. GRECO

1-15, 15-1

U

1. PROWLER Ⓛ
2. HANG (10) + RUN
3. POTTY SHOT
4. TROMBONE 6+
5. MIEL'S WHEELS
6. INCH WORM
7. BENCHED (30) + TZN
8. TORO
9. CROAKIN
10. TURKEY
11. MOGUL PUSH
12. QUICK FT. (20) + RUN
13. APE SHOOT!
14. SAWED OFF (10) + TZN
15. SCORPION to 3/BACK



1-6, 7A, 7A
1-6, 7B, 7B
1-6, 7C, 7C
1-6, 7D, 7D

REPTILIAN 2

1. BONSAI 3-1-4-2-4-1
 2. TWO STEP (20) + RUN
 3. W. GREMLIN
 4. PLATE SHAKE 9+
 5. PLATE PUSH
 6. LYCAN (10) + RUN
-
- 7A. RAMBO (10) + RUN
 - 7B. BULLDOG
 - 7C. TWISTED
 - 7D. 90° (10) + RUN

1-55555
1-4444
1-333
1-22

REVERTEX 1

1. REV B.N.C.
2. SHALO 1:1
3. INFINITY (20) + RUN
4. HIKES
5. SWASHBUCKLER

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

CAVITY

1. SKY HIGH 4-1
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. SA PP
4. MASTODON
5. HAMSTRUNG
6. DEVASTATOR 6
7. JIGSAW
8. BOVINE
9. CYCLONE (12) + TZN
10. HIGH Xs



SLOPE

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

UPLIFT

1. EN GARDE
2. QUICK FT. (20) + RUN
3. TRUMPET 9+
4. GREGORIAN (8) + RUN
5. YIKES!

TWISTED, 1
 TWISTED, 2
 TWISTED, 3...

TWISTED GAUNTLET

1. STAT ROW (6) + TZN
2. D-PINNED 2-1-3-1-4-1
3. BOVINE
4. STAMPEDE
5. DGRE (10) + TZN
6. SKULLS (10) + TZN

YETI, 1
 YETI, 2
 YETI, 3...

YETI GAUNTLET

1. W. ROTATING SQUAT
2. MANTIS (8) + RUN
3. CURL WALK 6+
4. HIGH Xs
5. POTTY SHOT HOPS
6. DIABLO

IN

1-15
 15-1
 1-15

1. HANG (10) + RUN
2. HALO 2-1-3-1-4-1
3. ALI 22+
4. CYCLONE (12) + TZN
5. INCH WORM
6. JUNKIE JUMP (8) + RUN
7. JIGGY (20) + RUN
8. 3 PT. STANCE
9. SQUONK
10. K.O.D. (20) + TZN
11. HOT COALS (10) + RUN
12. V-STEP (10) + RUN
13. CUJO (L)
14. KAMIKAZE 4-3-4-2-4-1-4-1
15. JACKALOPE



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

MOLE-HILLS

1. SUICIDE 2-1-3-1-4-1
2. TWO STEP (20) + RUN
3. SWAGGIN 1:1

-
1. MT. CLIMB (20) + RUN
 2. HIKES
 3. TRIFECTA 6+

-
1. TYSONS
 2. RIBBITS (10) + RUN
 3. W. GREMLIN

-
1. BANDIT (20) + RUN
 2. TROMBONE 6+
 3. TROG
 4. INCH WORM

-
1. MIEL'S WHEELS
 2. APE SHOOT!
 3. STROW 1:1

1. X PP
2. PUSH UP (10) + RUN
3. BUCKS

-
1. GARGOYLE
 2. B. LUNGE
 3. W. PISTON (10) + TZN

-
1. STAMPEDE
 2. G.B.D. (15) + RUN
 3. BONSAI 3-1-4-2-4-1
 4. GRECO

-
1. QUICK FT. (20) + RUN
 2. RDL (8) + TZN
 3. BULLDOZER

-
1. V-STEP (10) + RUN
 2. SAWED OFF (10) + TZN
 3. JOHNNY APPLESEED

1. SUE-STEP (20) + RUN
2. MONGOOSE
3. SA DIABLO

-
1. JAGGER (10) + RUN
 2. SQ. JUMP (10) + RUN
 3. QUICKSAND (L)
 4. YETI

-
1. TALL ORDER 5+
 2. GALLOW 2-1-4-3-4-1
 3. PETRA

-
1. BENCHED (30) + TZN
 2. WARRIOR
 3. CRAZY LEGS



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

CROSS-FIRE

- 1. TIP-TOES (20) + RUN
- 2. TYSONS
- 3. BEAR
- 4. 45°
- 5. GORGON PUSH UP (8)
+ RUN

- A. W. GREMLIN
- B. STAT SWAG (20) + TZN
- C. YIKES!

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

MTN3

- 1. BULLY
- 2. HOT COALS (10) + RUN
- 3. SLAP JACK

- 4. RAMPAGE (12) + RUN
- 5. HALO 2-1-3-1-4-1
- 6. RAMBO (10) + RUN

- 7. ABD. FLAMINGO (6) + TZN
- 8. GRYPHON (8) + PUSH
- 9. TARASQ

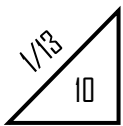
- 10. POTTY SHOT
- 11. B.N.C.
- 12. JACK ASS

- 13. GROWLER
- 14. DEVIL
- 15. STAMPEDE

- 1-15

CHECKLIST

- 1. SUICIDE 2-1-3-1-4-1
- 2. JABBERWOCKY
- 3. SPIKES
- 4. OGRE (10) + TZN
- 5. TURKEY
- 6. TORO
- 7. PINNED 2-1-3-1-4-1
- 8. HAMSTRUNG
- 9. VIP (10) + RUN
- 10. GATOR TO 3
- 11. SKUFFLE
- 12. ROW STROLL 6+
- 13. CROAKIN
- 14. X PP
- 15. TWEAKER (L)



SLOPE

1-12

1-10

1-8

1-6

1-4

1,2

CARDIO REV MTN2

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

2. SHUFFLE

3. MT. CLIMB (20) + RUN

4. TURKEY

5. ALT. SQUONK

6. HOT COALS (10) + RUN

7. TYSONS

8. MOGUL MADNESS 10

9. RIBBITS (10) + RUN

10. KOBOLD

11. NEAPOLITAN

12. THRUST TO FROG

11,22,33,44,55

11,22,33,44

11,22,33

11,22

11

GLUED PLATE

REV HYBRID2

1. W. GREMLIN

2. ROW STROLL 6+

3. STAT HALO (18) + TZN

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

5. TRIFECTA 6+

*ATTEMPT TO KEEP THE PLATE
OFF THE TURF AT ALL TIMES!*

1-5, 6A

1-5, 6B

1-5, 6C

1-5, 6D

1-5, 6E

GROUNDED

REPTILIAN

1. CALF-IN-ATOR

2. MONGOOSE

3. JACKAL

4. CRAY-CRAY

5. REV BULLDOG

6A. ARACHNID

6B. SL INCH

6C. OZARK

6D. BOULDER

6E. GATOR TO 3



SLOPE

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

A.

CAVITY

1. SUICIDE 2-1-3-1-4-1
2. SKATES
3. TOES (20) + RUN
4. BANDIT (20) + RUN
5. PLATE PUSH
6. F. LUNGE
7. PUSH UP (10) + RUN
8. STAMPEDE
9. LYCAN (10) + RUN
10. GARGANTUAN

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

B.

LIGHT SIDE

1. STAT HALO (18) + TZN
2. BUNYAN
3. ALI 22+
4. CURL MADNESS 3
5. DIABLO

- SKY HIGH 4-1
- LUMBERJACK (8) + RUN
- QUICK FT. (20) + RUN
- CURL WALK 6+
- REV BULLDOG

- 1A. 2-5. 6A
- 1B. 2-5. 6B
- 1C. 2-5. 6C

D.

CHAMELEON

- 1A. INFINITY (20) + RUN
- 1B. MOGUL (20) + RUN
- 1C. SKATES

C.

CENTAUR3

111,
222,
333...

1. DELAURA
2. TIPPY-TAP
3. SQ. JUMP (10) + RUN
4. MONTAUK
5. MIEL'S WHEELS
6. SKULLS (10) + TZN
7. CHIMP (8) + RUN
8. STAT ROW (6) + TZN

2. BONSAI 3-1-4-2-4-1
3. CURIOUS GEORGE
4. S.U.P.P. (10)
5. RDL (8) + TZN

- 6A. REVIVAL
- 6B. INCH WORM
- 6C. TWISTED



EL RAPTURE

ORDER
MTN

CHECKLIST(2)

MESA

CHECKLIST(2)

VERTEX

CHECKLIST(2)

U

CHECKLIST(2)

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

A.

MTN

1. MT. CLIMB (20) + RUN
2. SUE STEP (20) + RUN
3. KOBOLD
4. SWAGGIN 1:1
5. PRIMATES 4-1-3-1-2-1
6. HIKES

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

MESA

B.

1. BONSAI 3-1-4-2-4-1
2. V-STEP (10) + RUN
3. SQUIBBLE
4. SL DGRE (10) + TZN
5. OFFERING
6. MONTAUK
7. SKY HIGH 4-1
8. FUZZARD



CHECKLIST (2)

1. 0-PINNED 2-1-3-1-4-1
2. BOULDER
3. SHOT PUT

C.

VERTEX

1. KITCHEN SINK (10) + TZN
2. HIGH KNEES
3. TROMBONE 6+
4. RAZOR

1-6, 6-1 U

D.

1. VENOM
2. MANTIS (8) + RUN
3. W. CROOK
4. SPIKES
5. AMAROK
6. CYCLONE (12) + TZN



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

=IBRIOUS

1. SHUFFLE
2. V-STEP (10) + RUN
3. PLATE SHAKE 9+
4. KOBOLD
5. MOGUL PUSH
6. K.O.D. (20) + TZN

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. FROZEN CROOK 8
2. SA DIABLO

3. ALI 22+
4. PUSH UP (10) + RUN

5. W. GREMLIN
6. GARGOYLE

7. ROW STROLL 6+
8. TROG

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

FADED2

1. ARACHNID
2. REV INCH

3. GRIFTER (10) + SA PP
4. BUCKS

5. KNEELING CURL (6) + TZN
6. SQ. JUMP (10) + RUN

7. HIKES
8. QUICK FT. (20) + RUN



- 1,2.33
- 2,3.44
- 3,4.55
- 4,5.66
- 5,6.77
- 6,7.88
- 7,8.99
- 8,9,10 10

RIPPLED

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE
3. SWAGGIN 1:1
4. RAMBO (10) + RUN
5. ENFORCER
6. YIKES!
7. CURL PRESS 5+
8. TWO-STEP (20) + RUN
9. DGRE (10) + TZN
10. SLING SHOT 3-2-4-2-3-1

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

MTN4

1. STAMPEDE
2. PINNED 2-1-3-1-4-1
3. PRIMATES 4-1-3-1-2-1
4. APE SHOOT

5. FUZZARD
6. SHUTTLE RUN 3-2-4-2-3-1
7. SUPP (10)
8. ALT. SQUONQ

9. GIMPY DOG
10. HALO 2-1-3-1-4-1
11. BANDIT (20) + RUN
12. SCORPION to 3/BACK

- 11
- 22
- 33...

CENTAUR2

1. SUE-STEP (20) + RUN
2. POTTY SHOT
3. JACKALOPE
4. BULLY
5. VENOM
6. SLUSKI
7. SKATES
8. BENCHED (30) + TZN
9. GALLOW 2-1-4-3-4-1
10. GRECO
11. RAMPANT (10) + RUN
12. JUNKIE JUMP (8) + RUN
13. RDL (8) + TZN
14. BUCKS
15. AMAROK



11, 22, 33, 44, 5A
11, 22, 33, 44, 5B
11, 22, 33, 44, 5C

A.

CEPTILIANZ

1. HIGH KNEES
2. MT. CLIMB (20) + RUN
3. TOES (20) + RUN
4. PLATE PUSH

5A. REV BEAR

5B. SAWED OFF (10) + TZN

5C. SHWAGGIN 1:1

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

B.

EL CYCLE

1. JIGGY (20) + RUN
2. SPIKES
3. SQUONQ
4. CURL PRESS 5+
5. C.H.B.

1
1,22
1,2,333
1,2,3,4444

C.

VERTEX

1. MASTODON
2. TRIFECTA 6+
3. MANTIS (8) + RUN
4. NEAPOLITAN

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

D.

XIONZ

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. VIP (10) + RUN
3. FROGS
4. JACKAL
5. PEG LEG (8) + RUN
6. REV PLATE PUSH

- A. W. LUNGE
- B. FANGS (5) + PUSH
- C. OFFERING
- D. TROMBONE 6+
- E. TYSONS
- F. SUICIDE 2-1-3-1-4-1



SLOPE

PERFORM ALL
BLACK TASKS IN
CHECKLIST
FORMAT.
PERFORM ALL
REDS NOTED IN
PROGRESSION.

A
A.B
A.B.C
A.B.C.D

1. SHUFFLE
2. TYSONS
3. HOT COALS (10) + RUN
4. BANDIT (20) + RUN
5. BUTT KICKS
6. SKIPS
7. RIBBITS (10) + RUN
8. W. GREMLIN
9. ROW STROLL 6+
10. TROG

MTN

- A. 3 PT. STANCE
- B. CHICKIN 2-1-3-1-4-1
- C. MANTIS (8) + RUN
- D. POGOTO (6) + TZN
21. X PP
22. SWAGGIN 1:1
23. YETI
24. MOGUL (20) + RUN
25. VEXED (10) + RUN
26. TIPPY-TAP
27. GARGOYLE
28. TALL ORDER 6+
29. OGRE (10) + RUN

LABYRINTH

VERTEX

- A1. SHOT PUT A
- A2. REV BULLDOG A.BB
- AB. TWISTED A.B.CCC
39. STAMPEDE
40. TRUMPET 9+
41. RDL (8) + TZN
42. TOES (20) + RUN
43. HALD 2-1-3-1-4-1
44. VIP (10) + RUN
45. BULLY
46. SLAP JACK
47. SUICIDE 2-1-3-1-4-1
48. TURKEY

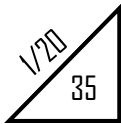
U

- A. OOZIE
- B. FUZZARD A-D, D-A
- C. SCURL 1:1
- D. BOULDER
57. FROGS
58. JAGGER (10) + RUN
59. BONSAI 3-1-4-2-4-1
60. RAMBO (10) + RUN
61. APE SHOOT!

62. LOWLY (10) + RUN
63. BUCKS
64. GALLOW 2-1-4-3-4-1

CENTAUR 3

- A. ANACONDA AAA
- B. VENOM BBB
- C. K.O.D. (20) + TZN CCC
- D. RAZOR DDD
77. SAWED OFF (10) + TZN
78. ENFORCER
79. REV GREMLIN
80. PLATE SHAKE 9+
81. POTTY SHOT
82. INFINITY (10) + RUN
82. SA PP



SLOPE

MATTERHORN

3 EN GARDE

1 PLATE SHAKE 9+

3 QUICK FT. (20) + RUN

3 V-STEP (10) + RUN

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

3 MUGGER (10) + RUN

3 SQ. JUMP (10) + RUN

1 SKULLS (10) + TZN

3 RAMPANT (10) + RUN

3 ALT. SQUONQ

1 TRIFECTA 6+

3 REV GROWLER

3 ALI 22+

1 WICCA

3 APE SHOOT

1-6, 7A, 7A

1-6, 7B, 7B

1-6, 7C, 7C

1-6, 7D, 7D

REPTILIANZ

1. CURL PRESS 5+

2. STATARASQ (16) + RUN

3. STORK (20) + TZN

4. JAGGER (10) + RUN

5. STAT HALD (18) + TZN

6. VIP (10) + RUN

7A. G.B.D. (15) + RUN

7B. FANGS (5) + PUSH

7C. FROZEN LUNGE 5

7D. MOGUL MADNESS 10

RED RUM

1. WALRUS

2. POTTY SHOT

3. HYDRA

4. GREMLIN

5. THRASHER

6. BULLDOZER

7. F. LUNGE

8. INCH WORM

9. SQUATTY POTTY

10. VIPER

REV PLATE PUSH

HIKES

REV HYDRA

REV GREMLIN

TORO

DIABLO

B. LUNGE

REV INCH

YIKES!

REV VIPER

PERFORM EACH TASK AS MANY TIMES LISTED IN A CHECKLIST MANNER.

REPETITION PATTERN REPEATS THROUGHOUT CIRCUIT

PERFORM THE "FORWARD" VERSION OF THE TASK IN LIGHT RED TO LINE 4
PERFORM THE "REVERSE" TASK IN DARK RED BACK TO LINE 1. REPEAT SO THAT EACH NUMBER IS DONE TWICE, TO MAKE 1 COMPLETE TASK OF BOTH THE FORWARD AND REVERSE VERSIONS.



PEAKS

SMOKY

1. BONSAI 3-1-4-2-4-1
2. 2-STEP (20) + RUN
3. HANG (10) + RUN
4. LEPRECHAUN
5. RIBBITS (10) + RUN
6. JNK. JUMP (8) + RUN
7. JACK BOX
8. TAKE OFF!

APPALACHIAN

1. MT. CLIMB (20) + RUN
2. MOGUL (20) + RUN
3. V-STEP (10) + RUN
4. BANDIT (20) + RUN
5. JIGGY (20) RUN
6. RAMP UP (8) + RUN
7. SL MANTIS (8) + RUN

ROCKY

1. LYCAN (10) + RUN
2. BOVINE
3. VIPER
4. MASTODON
5. BEAR
6. GATOR TO 3

ANDES

1. SQUONQ
2. ALT. SQUONQ
3. KOBOLD
4. AMAROK
5. W. ROT. SQUAT

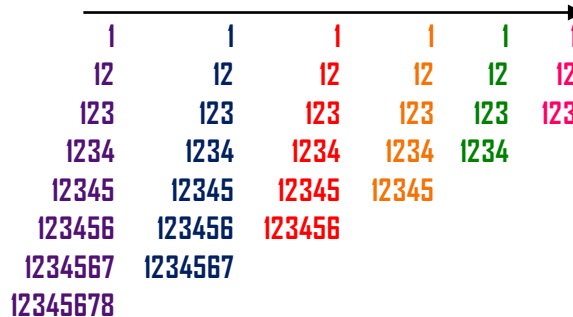
HIMALAYAN

1. TOES (20) + RUN
2. SQUANTOES (20) + RUN
3. CALF-IN-ATOR
4. DECALF

ALPS

1. SQ. THRUST (10) + RUN
2. THRUST to FROG
3. REVIVAL

FROM LEFT TO RIGHT PERFORM ALL THE 1s.
 THEN, FROM LEFT TO RIGHT PERFORM 1, 2 FROM EACH MTN
 CONTINUE UNTIL YOU COMPLETE EACH MTN AND REMOVE
 IT FROM THE LIST.





SLOPE

ORDER BY CIRCUITS

1.A, 1.B, 1.C

2.A, 2.B, 2.C

3.A, 3.B, 3.C

CROSS-FIRE CIRCUITS

1-4

1. CHECKLIST

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

2. SUE-STEP (20) + RUN

3. SWAGGIN 1:1

4. JIGGY (20) + RUN

1-3

2-4

2. MESA

1. PIRATE

2. BENCHED (30) + TZN

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

4. MATTADOR (L)

PUSH, 1

PUSH, 2

PUSH, 3

3. GAUNTLET

1. 313

2. POUNCER (10) + RUN

3. OZARK

11, 22, 33

A. CENTAUR2

1. TYSONS

2. TROMBONE 6+

3. MIEL'S WHEELS

1-3, 4A

1-3, 4B

B. REPTILIAN

1. HIKES

2. CRAISE (20) + TZN

3. PUSH UP (10) + RUN

4A. B.N.C.

4B. VEXUM

1-3

3-1

2,2

C. EL CYCLE

1. MONGOOSE

2. RAMPAGE (12) + RUN

3. HAG 1:1



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

MTN2

1. GALLOW 2-1-4-3-4-1
2. ALI 22+

3. TOES (20) + RUN
4. W. CROOK

5. STORK (20) + TZN
6. CRAZY LEGS

7. HANG MADNESS 6
8. O-B.O.R. (10) + TZN

9. KITCHEN SINK (10) + TZN
10. SA DIABLO

- 1-8, 8-1
- 1-8, 8-1

U2

1. CYCLONE (12) + TZN
2. PEG LEG (8) + RUN
3. POTTY SHOT
4. TYPHON
5. SL PUSH UP (10) + RUN
6. DEATH ROW 2-1-3-1-4-1
7. COALITION (10) + TZN
8. YAK

- 11,22,33,44,55
- 22,33,44,55
- 33,44,55
- 44,55
- 55

FADED HYBRID2

1. QUICKSAND Ⓛ
2. CURL WALK 6+
3. SHUTTLE RUN 3-2-4-2-3-1
4. DELAURA
5. MONGOOSE



SLOPE

ZENITH X 3s

1. QUICK FT. (20) + RUN

2. VIP (10) + RUN

3. SWAGGIN 1:1

4. SKY HIGH 4-1

5. STAMPEDE

6. W. STAT SQUAT (10) + TZN

7. ROW STROLL 6+

8. MIEL'S WHEELS

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

10. TRUMPET 9+

11. HIKES

12. CRAZY LEGS

1X

2X

3X

4X

CHECKLIST (2)s

1-4, 1-4

1. COBRA (10) + PUSH

2. D-B.O.R. (10) + TZN

3. BUCKS

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

1-4, 1-4

1. M.F.T.

2. TROG

3. JAGGER (10) + RUN

4. LUMBERJACK (8) + RUN

1-4, 1-4

1. SPIKES

2. VENOM

3. OFFERING

4. AMAROK

1-5, 1-5

1. SKULLS (10) + TZN

2. SA BOULDER

3. FROZEN LUNGE 5

4. SKUFFLE

5. BULLDOG

1-3

1-3,44,55,66

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

1-3,44,55,66,777,888,999...

10 10 10 10 , 11 11 11 11, 12 12 12 12



SLOPE

MACHIAVELLI "MACH-V"

In this giant checklist everyone will receive his or her 30-day. The idea is to handicap the workout after the warm up by advancing people to the section of the workout that is closest to their 30-day.

Workout is based on a score of 1100 to account for people who have a 30-day above 1000. The objective is to see where others finish on the board task-wise when the playing field is level. Anyone may elect to do the workout as is.

Upon entering in scores PROS should note the task NUMBER each person ends on in the comment cloud. Disregard tasks 100-120 on scoring task list.

1-23 Warm Up (All)

1-100 Anyone 950+ OR <499

After Warm-Up Jump to:

Trog if you're 851-900

Halo if you're 801-850

Toro if you're 751-800

Mastodon if you're 701-750

Scorpion if you're 651-700

Stork if you're 601-650

Yikes if you're 551-600

Quicksand if you're 501-550

1. SPRINT
2. MOGUL (20) + RUN
3. KAMIKAZE 4-3-4-2-4-1-4-1
4. TURKEY
5. SKATES
6. QUICK FT. (20) + RUN
7. TOES (20) + RUN
8. SWAGGIN 1:1
9. TWO-STEP (20) + RUN
10. GORGON (8) + RUN
11. MT. CLIMB (20) + RUN
12. SUICIDE 2-1-4-3-4-1
13. V-STEP MADNESS 5
14. W. GREMLIN
15. SQUONK
16. HANG (10) + RUN
17. PLATE PUSH
18. BULLY
19. BONSAI 3-1-4-2-4-1
20. EN GARDE
21. HIKES
22. SHUFFLE
23. POGOTO (6) + TZN
24. SQ. JUMP (10) + RUN
25. SA PP

26. REV BEAR
27. VENOM
28. TROG
29. BENCHED (30) + TZN
30. POTTY SHOTS
31. DIABLO
32. HALO 2-1-4-3-4-1
33. W. CROOK
34. PLATE SHAKE 9+
35. CYCLONE (12) + TZN
36. TORO
37. PINNED 2-1-3-1-4-1
38. F. LUNGE
39. MASTODON
40. GIMPY DOG
41. PARATROOP (10) + RUN
42. RIBBITS (10) + RUN
43. SCORPION to 3/BACK
44. GALLOW 2-1-4-3-4-1
45. BANDIT (20) + RUN
46. REV PLATE PUSH
47. STORK (20) + TZN
48. STAT RDL (8) + TZN
49. ALT. SQUONK
50. X PP

51. YIKES!
52. TAKE OFF!
53. LYCAN (10) + RUN
54. ROW STROLL 6+
55. B. LUNGE
56. QUICKSAND (L)
57. TIPPY-TAP
58. BULLDOG
59. REV BOVINE
60. STACK SHOT
61. TYPHON
62. INCH WORM
63. SL TOES (20) + RUN
64. REV GREMLIN
65. SCURL 1:1
66. TYSONS
67. SQUANTOES (20) + RUN
68. M.F.T.
69. FLAMINGO (6) + TZN
70. JACKALOPE
71. MONKEY
72. AMAROK
73. BOULDER
74. SAWED OFF (10) + TZN
75. OGRE (10) + TZN

76. TARZAN
77. PROWLER
78. O-PINNED 2-1-3-1-4-1
79. PEG LEG (8) + RUN
80. SHUTTLE RUN 3-2-4-2-3-1
81. COBRA (10) + RUN
82. YETI
83. BOVINE
84. CURL PRESS 5+
85. APE SHOOT!
86. RAMPANT (10) + RUN
87. JACK ASS
88. MANTIS (8) + RUN
89. BUCKS
90. B.N.C.
91. K.O.D. (20) + TZN
92. GROWLER
93. CROAKIN
94. WICCA
95. SA DIABLO
96. JIGGY (20) + RUN
97. CALF-IN-ATOR
98. TROG
99. SPIKES
100. NEAPOLITAN



SLOPE

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

A.

MTN

1. SUE-STEP (20) + RUN
2. SKATES
3. INFINITY (20) + RUN
4. SA PP
5. SQUIBBLE
6. SCORPION to 3/BACK

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

B.

EL CYCLE

1. SUPP (10)
2. STORK (20) TZN
3. SHUFFLE
4. SAWED OFF (10) + TZN
5. DIABLO

- 1, AAA
- 1,2, BBB
- 1,2,3, CCC
- 1,2,3,4, DDD
- 1,2,3,4,5, EEE

C.

XION3

1. SUICIDE 2-1-3-1-4-1
2. MOGUL (20) + RUN
3. SHWAGGIN 1:1
4. TROG
5. RAMBO (10) + RUN

- A. CURL PRESS 5+
- B. BOVINE
- C. ABD. MANTIS (8) + RUN
- D. ALI 22+
- E. REV PLATE PUSH

D.

MT. NEVEREST

- 1
- 1,22
- 1,22,333
- 1,22,333,4444

- 1X KOBOLD
- 2X STACK SHOT
- 3X TYPHON
- 4X REV MASTODON



SLOPE

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

UPLIFT

1. HOT COALS (10) + RUN
2. SQUONQ
3. V-STEP (10) + RUN
4. GREGORIAN (8) + RUN
5. NO GIMMIES

1-10

11, 22, 33...

CHECKLIST then C2

1. JUNKIE JUMP (8) + RUN
2. OPA (8) + TZN
3. OGRE (10) + TZN
4. ALT. SQUONQ
5. REV HYDRA
6. X PP
7. BONSAI 3-1-4-2-4-1
8. PINNED 2-1-3-1-4-1
9. SHOT PUT
10. SA DIABLO

1-10

1-4, 7-10

1-3, 8-10

1-2, 9-10

1, 10

CAVITY

1. VIP (10) + RUN
2. RDL (8) + TZN
3. MUGGER (10) + RUN
4. W. GREMLIN
5. NEMESIS to 3/BACK
6. VITRIOL (L)
7. TALL ORDER 6+
8. HANG (10) + RUN
9. FLAMINGO (6) + TZN
10. BOULDER



TYSON, 1
TYSON, 2
TYSON, 3...

TYSON GAUNTLET

1. BONSAI 3-1-4-2-4-1
2. BANDIT (20) + RUN
3. SHWAGGIN 1:1
4. BULLY
5. SQUANTOES (20) + RUN
6. B.O.R. (15) + TZN
7. G.B.D. (15) + RUN
8. ROW STROLL 6+
9. VEXUM
10. C.H.B.
11. RAMPAGE (12) + RUN
12. ZOOKEEPER

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

REV MTN2

1. KNEELING CURL (6) + TZN
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. PARATROOP (10) + RUN
4. JIGGY (20) + RUN
5. PLATE PUSH
6. BUCKS
7. TRIFECTA 6+
8. PISTON (10) + TZN
9. FUZZARD
10. CROOK SHAKE 1:1

1-4, 5A, 6A
1-4, 5B, 6B
1-4, 5C, 6C
1-4, 5D, 6D
1-4, 5E, 6E
1-4, 5F, 6F

REPTILIAN n+n

1. TARASQ
2. O-B.O.R. (10) + TZN
3. PEG LEG (8) + RUN
4. HIKES

5A. PIRATE

6A. PETRA

5B. VENOM

6B. VIPER

5C. JACKALOPE

6C. JACKAL

5D. REV PLATE PUSH

6D. JACK ASS

5E. TAKE OFF!

6E. NEAPOLITAN

5F. FLYING MONKEY

6F. AMAROK



EXPANDING

1. SPIKES 5,6
4-7
2. BOULDER 3-8
2-9
1-10
3. STAMPEDE
4. SWAGGIN 1:1
5. SUICIDE 2-1-3-1-4-1
6. V-STEP (10) + RUN
7. HOT COALS (10) + RUN
8. BUNYAN
9. CYCLONE (12) + TZN
10. GATOR TO 3

1
1,22
1,2,333
1,2,3,4444

VERTEX

1. SHUTTLE RUN 3-2-4-2-3-1
2. BENCHED (30) + TZN
3. CRAISE (20) + TZN
4. GIMPY DOG

SEE CIRCUIT GLOSSARY FOR EXAMPLE

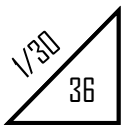
FIND MUCK

- 4321 PLATE SHAKE 9+
- 321 VIP (10) + RUN
- 21 POTTY SHOT
- 1 CUJO (L)

1-10, 1-10

CHECKLIST (2)

1. REVIVAL
2. SKUFFLE
3. SHALD 1:1
4. YETI
5. MOGUL PUSH
6. TRIFECTA 6+
7. W. ROT. SQUAT
8. SWASHBUCKLER
9. TORO
10. ALT. SQUONQ



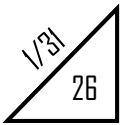
SLOPE

THE MONGREL

- 1 ACROSS
- 1 ACROSS
- 2 ACROSS
- 1 ACROSS
- 2 ACROSS
- 3 ACROSS
- 1 ACROSS
- 2 ACROSS
- 3 ACROSS
- 4 ACROSS
- 1 ACROSS
- 2 ACROSS
- 3 ACROSS
- 4 ACROSS
- 5 ACROSS
- 1 ACROSS
- 2 ACROSS
- 3 ACROSS
- 4 ACROSS
- 5 ACROSS
- 6 ACROSS

	A	B	C	D
1	MT. CLIMB (20) + RUN	SUICIDE 2-1-3-1-4-1	TROMBONE 6+	HOT COALS (10) + RUN
2	RAMBO (10) + RUN	SKY HIGH 4-1	RIBBITS (10) + RUN	ENFORCER
3	OGRE (10) + TZN	X PP	90° (10) + TZN	SLIGER
4	TWO-STEP (20) + RUN	INCH WORM	FROZEN CROOK 8	MANTIS (8) + RUN
5	STAT ROW (6) + TZN	SL BUCK	B. LUNGE	JABBERWOCKY
6	QUICKSAND (1)	HAG 1:1	TROG	SLING SHOT 3-2-4-2-3-1

A DOWN, B DOWN, C DOWN, D DOWN



SLOPE

- 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. HOT COALS (10) + RUN
- 2. V-STEP (10) + RUN

- 3. TYSONS
- 4. CHICKIN 2-1-3-1-4-1

- 5. SQUONQ
- 6. SPIKES

- 7. ROW STROLL 6+
- 8. PARATROOP (10) + RUN

1X

2X

3X

4X

BEWARE THE CHECKLISTS!

SPEED BUMP (HIGH DIFFICULTY)

1-10 GROUNDED CHECKLIST

- 1. MINOTAUR Ⓛ
- 2. SHOT PUT
- 3. INCH WORM
- 4. MONTAUK
- 5. JACKALOPE
- 6. M.F.T.
- 7. SLAP JACK
- 8. DIABLO
- 9. GARGOYLE
- 10. ARACHNID

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

REV HYBRID2

- 1. SUICIDE 2-1-3-1-4-1
- 2. KOBOLD
- 3. HIKES
- 4. REV VIPER

1-8 16-PLATE PUSH 1-8 CHECKLIST (2)

- 1. VENOM
- 2. SA PP
- 3. MOGUL PUSH
- 4. SUPP (10)
- 5. RAZOR
- 6. DELAURA
- 7. JACKBOX
- 8. TAKE OFF!