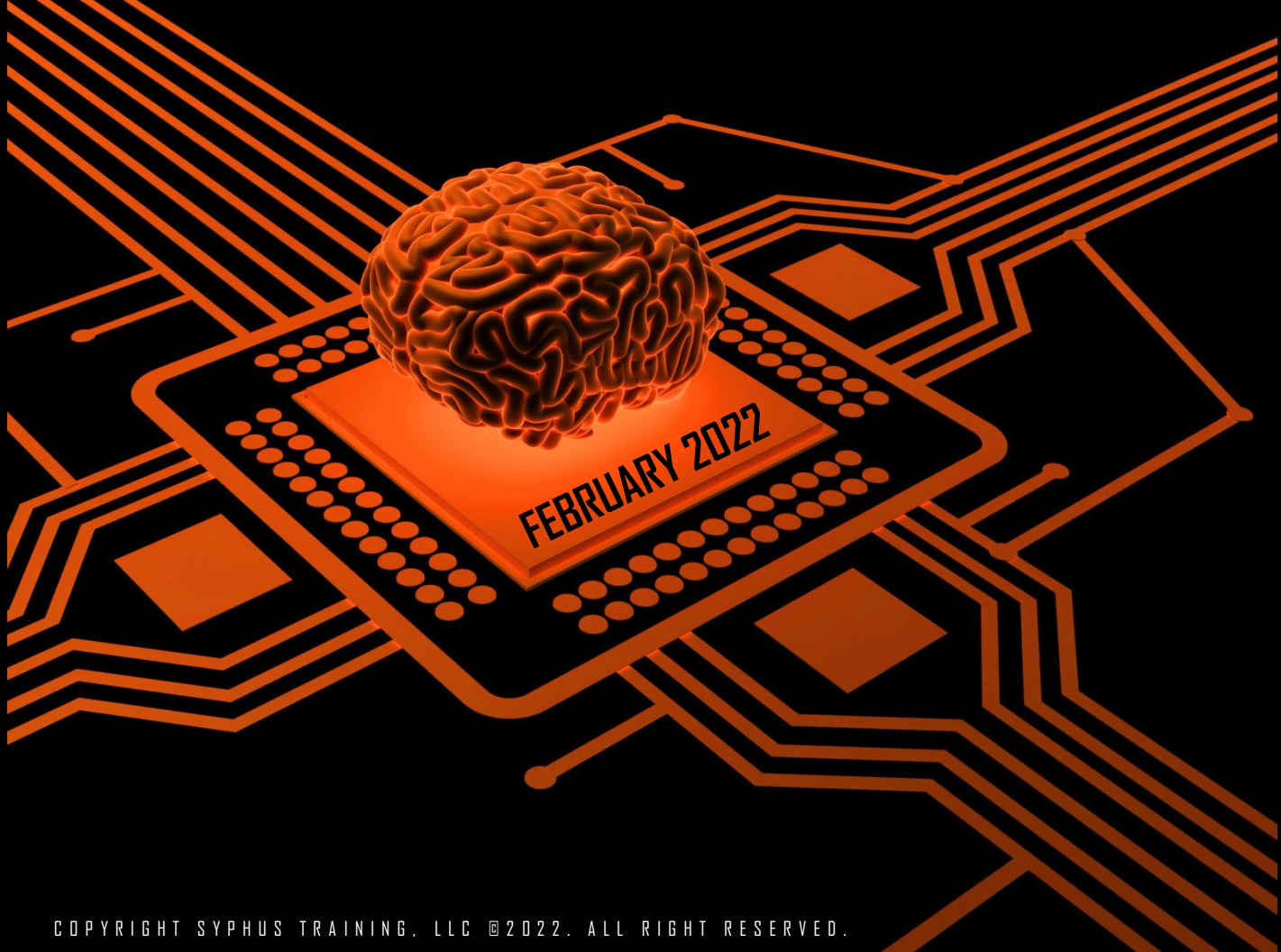


M  
O  
T  
H  
E  
R  
B  
O  
A  
R  
D





# 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.



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

## CHAMELEON

- 1A. HIGH Xs
- 1B. ALT. SQUONQ
- 1C. MONTAUK
- 1D. JACKALOPE

---

- 2. MOGUL (20) + RUN
- 3. SWAGGIN 1:1
- 4. TOES (20) + RUN

---

- 5A TURKEY
- 5B. W. CROOK
- 5C. AMAROK
- 5D. TORO

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

## MTN2

- 1. BONSAI 3-1-4-2-4-1
- 2. LYCAN (10) + RUN

---

- 3. HALO 2-1-3-1-4-1
- 4. MT. CLIMB (20) + RUN

---

- 5. APE SHOOT!
- 6. B.N.C.

---

- 7. MIEL'S WHEELS
- 8. ROW STROLL 6+

---

- 9. SCORPION TO 3/BACK
- 10. BUCKS

1,2  
1,2,33,44  
1,2,33,44,555,666  
1,2,33,44,555,666,777,8888

## ZENITH

- 1. KAMIKAZE 4-3-4-2-4-1-4-1
- 2. GRIFTER (8) + SAPP

---

- 3. CYCLONE (12) + TZN
- 4. VIPER

---

- 5. JAGGER (12) + RUN
- 6. HIKES

---

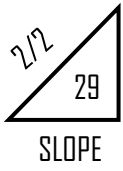
- 7. TRUMPET 9+
- 8. VENOM

1X

2X

3X

4X



# JACOB'S LADDER

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

- 5. FROWLER <sup>(L)</sup>
- 4. GALLOW 2-1-4-3-4-1
- 3. MONKEY
- 2. SKULLS (10) + TZN

---

## 5.1. YETI

- 4. SLUSKI
- 3. RDL (8) + TZN
- 2. VIP (10) + RUN

---

## 5.1. BOVINE

- 4. TROG
- 3. DEATH ROW 2-1-3-1-4-1
- 2. HANG (10) + RUN

---

## 5.1. DIABLO

- 4. SUPP (10)
- 3. GORGON (8) + RUN
- 2. W. GREMLIN

---

## 5.1. ENFORCER

- 4. B.O.R. (15) + TZN
- 3. BULLDOG
- 2. CURL WALK 6+

---

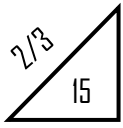
## 5.1. KOBOLD

- 4. PINNED 2-1-3-1-4-1
- 3. RIBBITS (10) + RUN
- 2. STAMPEDE

---

## 5.1. STACKSHOT

- 4. QUICK FT. (20) + RUN
- 3. SKUFFLE
- 2. V-STEP (10) + RUN
- 1. SUICIDE 2-1-3-1-4-1



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. EN GARDE
3. TWO-STEP (20) + RUN
4. 3 PT. STANCE
5. BULLDOZER

### MATTERHORN

3 RIBBITS (10) + RUN

1 SL BUCKS

3 KITCHEN SINK (10) + TZN

---

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

1 FLYING JACKAL

3 PISTON (10) + TZN

---

3 TOES (20) + RUN

1 REV PLATE PUSH

3 W. CROOK

---

3 PRIMATES 4-1-3-1-2-1

1 SHALD 1:1

3 SHUTTLE RUN 3-2-4-2-3-1

---

3 SAWED OFF (10) + TZN

1 JIGSAW

3 SQUONK

---

3 X PP

1 M.F.T.

3 HIKES

PERFORM IN A CHECKLIST  
PATTERN AND DO EACH TASK  
THE NUMBER OF TIMES LISTED.  
PATTERN REMAINS THE SAME.

1-12, 1-12

### CHECKLIST (2)

1. THRASHER
2. TIP-TOES (20) + RUN
3. C.H.B
4. BONSAI 3-1-4-2-4-1
5. OFFERING
6. MUGGER (12) + RUN
7. GARGOYLE
8. SL PUSH UP (10) + RUN
9. SHWAGGIN 1:1
10. CRAZY LEGS
11. ARACHNID
12. ENFORCER



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. SHUFFLE
3. PLATE SHAKE 9+
4. RAMBO (10) + RUN
5. STAMPEDE
6. TWISTED
7. 45°
8. O-B.O.R. (10) + TZN
9. HIKES
10. REV BULLDOG

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

## REPTILIAN<sup>2</sup>

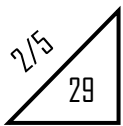
1. SQUIBBLE
2. BENCHED (30) + TZN
3. TARASQ
4. SA PP
5. MIEL'S WHEELS

- 
- 6A. BOULDER
  - 6B. JACK BOX
  - 6C. REVIVAL
  - 6D. REV HYDRA

- III
- 222
- 333...

## CENTAUR<sup>3</sup>

1. SKATES
2. SLAP JACK
3. TYSONS
4. PUSH UP (10) + RUN
5. BUZZARD
6. CYCLONE (12) + TZN
7. RAMPANT (10) + RUN
8. MOGUL PUSH
9. SPIKES
10. RIBBITS (10) + RUN



SLOPE

1-15, 15-1

U

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE
3. MT. CLIMB (20) + RUN
4. COALITION (10) + TZN
5. TIPPY-TAP
6. VEXED (10) + RUN
7. BEAR
8. SKY HIGH 4-1
9. RAMBO (10) + RUN
10. JIGGY (20) + RUN
11. STAT. W. SQUAT (10) + TZN
12. SWASHBUCKLER
13. YETI
14. TROG
15. SLING SHOT 3-2-4-2-3-1

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

MTN3

1. QUICK FT. (20) + RUN
2. BANDIT (20) + RUN
3. STORK (20) + TZN

---

4. W. GREMLIN
5. MANTIS (8) + RUN
6. POUNCER (10) + RUN

---

7. BONSAI 3-1-4-2-4-1
8. CROOK SHAKE 1:1
9. G.B.D. (15) + RUN

---

10. SLALOM
11. HACK-IT
12. OGRE (10) + TZN

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

XION2

1. HALO 2-1-3-1-4-1
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. KOBOLD
4. JABBERWOCKY
5. POTTY SHOT
6. REV BEAR

- A. PETRA
- B. TRIFECTA 6+
- C. VENOM
- D. SHOT PUT
- E. CURL PRESS 5+
- F. PLATE PUSH

2/6

27

SLOPE

## DENALI

	A	B	C	D	E
1	QUICK FT. (20) + RUN	SUE STEP (20) + RUN	TWO-STEP (20) + RUN	HOT COALS (10) + RUN	COALITION (10) + TZN
2	SHUFFLE	ALI 22+	MIEL'S WHEELS	FROZEN CROOK 8	SQUONO
3	SWAGGIN 1:1	HALO 2-1-3-1-4-1	CHICKIN 2-1-3-1-4-1	ROW STROLL 6+	CURL MADNESS 3
4	TROMBONE 6+	BULLY	TRIFECTA 6+	TALL ORDER 6+	SKY HIGH 4-1
5	SQUAT JUMP (10) + RUN	JUNKIE JUMP (8) + RUN	LUMBERJACK (8) +RUN	RIBBITS (10) + RUN	SQUANTDOES (20) + RUN
6	GORGON (8) + RUN	BULLDOG	REV VIPER	MONTAUK	YETI
7	F. LUNGE	FROZEN GREMLIN 8	W. STAT. SQUAT (10) + TZN	RDL (8) + TZN	SL OGRE (10) + TZN
8	CURL WALK 6+	SAWED OFF (10) + TZN	B.O.R. (15) + TZN	0-.B.O.R. (10) + TZN	STAT. ROW (6) + TZN
9	PLATE PUSH	SA PP	TWISTED	NEAPOLITAN	TAKE OFF!

## IN A CHECKLIST:

A,1 DOWN

1 ACROSS

A,2 DOWN

2 ACROSS

A,3 DOWN

3 ACROSS

A,4 DOWN

4 ACROSS

A,5 DOWN

5 ACROSS

A,6 DOWN

6 ACROSS

A,7 DOWN

7 ACROSS

A,8 DOWN

8 ACROSS

9 ACROSS (ONLY)





SLOPE

- 1-20
- 5-20
- 9-20
- 13-20
- 17-20

### FADED4

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. TYSON
3. TWO-STEP (20) + RUN
4. LYCAN (10) + RUN

---

5. SWAGGIN 1:1
6. TURKEY
7. HANG (10) + RUN
8. KOBOLD

---

9. BANDIT (20) + RUN
10. TOES (20) + RUN
11. STORK (20) + TZN
12. MONGOOSE

---

13. PINNED 2-1-3-1-4-1
14. VENOM
15. G.B.D. (15) + RUN
16. TORO

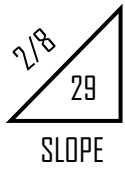
---

17. ROW STROLL 6+
18. W. GREMLIN
19. SA DIABLO
20. SUICIDE 2-1-3-1-4-1

- 1-15
- 1-15

### CHECKLIST (2)

1. WICCA
2. BONSAI 3-1-4-2-4-1
3. V-STEP (10) + RUN
4. TWEAKER
5. BUZZARD
6. RAMPAGE (12) + RUN
7. SL MANTIS (8) + RUN
8. ANACONDA
9. CYCLONE (12) + TZN
10. POTTY SHOTS
11. PUSH UP (10) + RUN
12. TARASQ
13. APE SHOOT!
14. YIKES!
15. SWASHBUCKLER



PERFORM IN A CHECKLIST  
DO EACH TASK NUMBER LISTED

## CHAOS

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

**1 W. GREMLIN**

**3 BANDIT (20) + RUN**

**2 HIKES**

**1 LYCAN (10) + RUN**

**4 SWAGGIN 1:1**

**3 VIP (10) + RUN**

**2 KITCHEN SINK (10) + TZN**

**1 BUTT KICKS**

**1 VENOM**

**3 ROW STOLL 6+**

**2 PUSH UP (10) + RUN**

**4 KOBOLD**

**1 DELAURA**

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

## CAVITY

**1. X PP**

**2. OFFERING**

**3. MANTIS (8) + RUN**

**4. TROG**

**5. SL GORGON (8) +RUN**

**6. APE SHOOT!**

**7. 0-PINNED 2-1-3-1-4-1**

**8. COBRA (10) + TZN**

**9. REV HYDRA**

**10. SPIKES**

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

## EL CYCLE

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

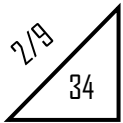
**2. SUPP (10)**

**3. AMAROK**

**4. SKULLS (10) + TZN**

**5. TYSON**

**6. SA DIABLO**



SLOPE  
894 OK

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

MTN **A.**

# THE RAPTURE

1A, 1B  
2A, 2B  
3A, 3B

CROSS FIRE **B.**

1. SHUFFLE
2. HOT COALS (10) + RUN
3. STAMPEDE
4. F. LUNGE

1. ALI 22+
2. RAMBO (10) + RUN
3. BOVINE

- A. O-B.O.R. (10) + TZN
- B. INCH WORM

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

**C.**

- REV MT. NEVEREST
- 1X BULLDOZER
  - 2X STORK (20) + TZN
  - 3X INFINITY (20) + RUN
  - 4X PRIMATES 4-1-3-1-2-1

MTN2

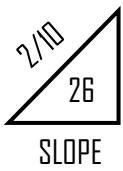
1. POTTY SHOT HOPS
2. TROMBONE 6+
3. BUCKS 1-2
4. SLAP JACK 1-4

- ORDER
- A,
  - B,
  - C,
  - D,

1-7,7-1

**U** **D.**

1. TAKE OFF!
2. JIGGY (20) + RUN
3. SUICIDE 2-1-3-1-4-1
4. RDL (8) + TZN
5. 3 PT. STANCE
6. MUGGER (12) + RUN
7. SA PP



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. EN GARDE
2. SUE-STEP (20) + RUN
3. ALT. SQUONQ
4. SWAGGIN 1:1
5. MIEL'S WHEELS
6. SAWED OFF (10) + RUN
7. MONGOOSE
8. HIKES
9. WARRIOR
10. SCORPION TO 3/BACK

PLATE PUSH  
TASK  
PLATE PUSH  
TASK....

## GAUNTLET

1. YETI
2. DEATH ROW 2-1-3-1-4-1
3. SQUANTOES (20) + RUN
4. VEXUM
5. CHICKIN 2-1-3-1-4-1
6. TARASQ
7. SHOT PUT
8. W. LUNGE
9. TIPPY-TAP
10. HALO 2-1-3-1-4-1
11. TWO-STEP (20) + RUN
12. W. CROOK

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

## MTN3

1. RAMPAGE (12) + RUN
2. BONSAI 3-1-4-2-4-1
3. TYSON

---

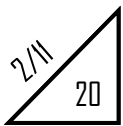
4. RIBBITS (10) + RUN
5. C.H.B.
6. POTTY SHOTS

---

7. B.N.C.
8. TALL ORDER 6+
9. SL OGRE (10) + TZN

---

10. MINOTAUR (L)
11. JACKAL
12. SUICIDE 2-1-3-1-4-1



SLOPE

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

## CROSS FUSION

A.

1. HIGH Xs
2. TWO-STEP (20) + RUN
3. GORGON (8) + RUN
4. V-STEP (10) + RUN
5. HANG (10) + RUN

- A. SQUONQ
- B. JAGGER (12) + RUN
- C. STAT SWAG (20) + TZN

1. TRIFECTA 6+
2. STAMPEDE
3. QUICKSAND (L)

- 
1. APE SHOOT!
  2. THRASHER
  3. JUNKIE JUMP (8) + RUN

- 
1. PISTON (10) + TZN
  2. KAMIKAZE 4-3-4-2-4-1-4-1
  3. CRAY-CRAY

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

## MOLE HILLS

C.

1. MANTIS (8) + RUN
2. TYSON
3. CURL WALK 6+

- 
1. STACK SHOT
  2. B.D.R. (15) + TZN
  3. HAMSTRUNG

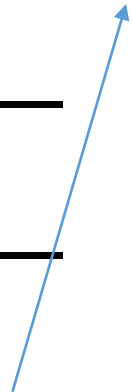
- 
1. MT. CLIMB (20) + RUN
  2. TROG
  3. REV PLATE PUSH

- 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

B.

1. RAZOR
2. BONSAI 3-1-4-2-4-1
3. BUCKS
4. FLAMINGO (6) + TZN
5. COBRA (10) + PUSH

1. SKIPS
2. EXPLOSIONS
3. UNLEASHED





- 1A, 2-6, 7A
- 1B, 2-6, 7B
- 1C, 2-6, 7C
- 1D, 2-6, 7D

## CHAMELEON

- 1A. KAMIKAZE 4-3-4-2-4-1-4-1
  - 1B. ROW STROLL 6+
  - 1C. YETI
  - 1D. ARACHNID
- 
- 2. QUICK FT. (20) + RUN
  - 3. V-STEP (10) + RUN
  - 4. PLATE SHAKE 9+
  - 5. HIKES
  - 6. BANDIT (20) + RUN
- 
- 7A. SKUFFLE
  - 7B. REV VIPER
  - 7C. ENFORCER
  - 7D. SL BUCKS

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

## MTN3

- 1. SUICIDE 2-1-3-1-4-1
  - 2. F. LUNGE
  - 3. W. GREMLIN
- 
- 4. SUE-STEP (20) + RUN
  - 5. HALO 2-1-3-1-4-1
  - 6. VIP (10) + RUN
- 
- 7. CYCLONE (12) + TZN
  - 8. SQUONQ
  - 9. PIRATE
- 
- 10. SLAP JACK
  - 11. STATARASQ (16) + RUN
  - 12. QUICKSAND (L)

- 1-16
- 5-16
- 9-16
- 13-16

## FADED4

- 1. JACKAL
  - 2. MONGOOSE
  - 3. SHUTTLE RUN 3-2-4-2-3-1
  - 4. APE SHOOT!
- 
- 5. JUNKIE JUMP (8) + RUN
  - 6. SWAGGIN 1:1
  - 7. RAMPANT (10) + RUN
  - 8. PLATE PUSH
- 
- 9. SL MANTIS (8) + RUN
  - 10. CURL PRESS 5+
  - 11. 3 PT. STANCE
  - 12. LYCAN (10) + RUN
- 
- 13. GIMPY DOG
  - 14. PINNED 2-1-3-1-4-1
  - 15. MUGGER (12) + RUN
  - 16. ALT. SQUONQ



1-7, 8A 8A 8A  
1-7, 8B 8B 8B  
1-7, 8C 8C 8C

## REPTILIAN3

1. QUICK FT. (20) RUN
  2. SHUFFLE
  3. SWAGGIN 1:1
  4. SQ. JUMPS (10) + RUN
  5. HIKES
  6. BANDIT (20) + RUN
  7. PINNED 2-1-3-1-4-1
- 
- 8A. X PP
  - 8B. GARGOYLE
  - 8C. SLING SHOT 3-2-4-2-3-1

1-10  
10-1  
1-10



1. POTTY SHOT
2. V-STEP (10) + RUN
3. MOGUL (20) + RUN
4. CURL WALK 6+
5. STATAROG (10) + RUN
6. ANACONDA
7. KOBOLD
8. VENOM
9. ROW STROL 6+
10. JACKALOPE

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

## HYBRID2

1. APE SHOOT!
2. K.O.D. (20) + TZN
3. RAMBO (10) + RUN
4. DIABLO
5. REV MASTODON



SLOPE

896 OK

# V-DAY

A WORKOUT HIGHLIGHTING ALL OUR V-STEP TASKS.  
YOU KNOW YOU LOVE IT.

## CHECKLIST WARM-UP

1. QUICK FT. (20) + RUN
2. SHUFFLE
3. TYSON
4. MT. CLIMB (20) + RUN
5. HIKES
6. TOES (20) + RUN
7. STAT. SWAG (20) + TZN
8. MIEL'S WHEELS

## MTN V

1-5  
1-10  
1-15  
1-20  
1-25

1. V-STEP (10) + RUN
2. KOBOLD
3. POTTY SHOT
4. TIP-TOES (20) + RUN
5. RDL (8) + TZN

---

6. MUGGER (12) + RUN
7. AMAROK
8. VIP (10) + RUN
9. K.O.D. (20) + TZN
10. SPEED SKATES (20) + RUN

---

11. F. LUNGE
12. VENDM
13. HALO 2-1-3-1-4-1
14. SL OGRE (10) + TZN
15. VIPER

---

16. TORO
17. STAMPEDE
18. REV VIPER
19. KAMIKAZE 4-3-4-2-4-1-4-1
20. DEVIL

---

21. HANG MADNESS 6
22. B.O.R. (15) + TZN
23. REVIVAL
24. BONSAI 3-1-4-2-4-1
25. VITRIOL (L)





1-14  
1-14

## CHECKLIST (2)

1. EN GARDE
2. INFINITY (20) + RUN
3. SKUFFLE
4. W. GREMLIN
5. STAT. SWAG (20) + TZN
6. JIGGY (20) + RUN
7. SPIKES
8. MONGOOSE
9. TARASQ
10. VIP (10) + RUN
11. AMAROK
12. POTTY SHOT
13. SWASHBUCKLER
14. FLAMINGO (6) + TZN

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

## GROUND MTN2

1. YETI
2. MONKEY

---

3. PLATE PUSH
4. BULLDOG

---

5. REV MASTODON

---

6. TWISTED

---

7. SHOT PUT
8. REV B.N.C.

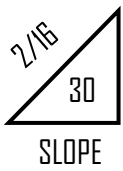
---

9. CRAY-CRAY
10. M.F.T.

1  
1,22  
1,2,333  
1,2,3,4444  
1,2,3,4,55555

## VERTEX

1. STAMPEDE
2. OGRE (10) + RUN
3. F. LUNGE
4. TALL ORDER 6+
5. RIBBITS (10) + RUN



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

## A. EXPANDING

1. SL GORGON (8) + RUN

2. VIPER

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

4. TWO-STEP (20) + RUN

5. EN GARDE

6. MT. CLIMB (20) + RUN

7. LYCAN (10) + RUN

8. HIKES

9. MOGUL PUSH

10. REVIVAL

11  
22  
33...

1A, 1B, 1C, 1D  
2A, 2B, 2C, 2D  
3A, 3B, 3C, 3D  
4A, 4B, 4C, 4D

1. TROG

2. INFINITY (20) + RUN

3. JUNKIE JUMP (8) + RUN

4. C.H.B.

## C.

### CENTAUR2

1. TURKEY

2. JACKALOPE

3. DEATH ROW 2-1-3-1-4-1

4. BUZZARD

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

6. SUPP (10)

7. CYCLONE (12) + TZN

8. TOES (20) + RUN

9. VIP (10) + RUN

10. INCH WORM

11. SQUIBBLE

12. HOT COALS (10) + RUN

13. YETI

14. TRIFECTA 6+

15. RDL (8) + TZN

## B.

### CROSS-FIRE

A. BENCHED (30) + TZN

B. CRAZY LEGS

C. BULLY

D. HALO 2-1-3-1-4-1

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

17. TAKE OFF!

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

19. APE SHOOT!

20. PRIMATES 4-1-3-1-2-1



PERFORM EACH TASK TWICE  
FORWARD TASK TO 4, REV TASK TO 1  
FORWARD TASK TO 4, REV TASK TO 1

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

=IBRIDIOUS

## MESA

1. BONSAI 3-1-4-2-4-1
2. SKATES
3. MT. CLIMB (20) + RUN
4. TYSONS
5. TRUMPET 9+
6. RIBBITS (10) + RUN
7. MUGGER (12) + RUN
8. CYCLONE (12) + TZN
9. KOBOLD
10. MIEL'S WHEELS
11. RDL (8) + TZN
12. ROTATING SQUAT

## RED RUM

- |                 |                |
|-----------------|----------------|
| 1. GREMLIN      | REV GREMLIN    |
| 2. BEAR         | REV BEAR       |
| 3. POTTY SHOTS  | HIKES          |
| 4. F. LUNGE     | B. LUNGE       |
| 5. THRASHER     | TORD           |
| 6. BOVINE       | REV BOVINE     |
| 7. SWASHBUCKLER | PIRATE         |
| 8. MASTODON     | REV MASTODON   |
| 9. CURL WALK 6+ | TRIFECTA 6+    |
| 10. WALRUS      | REV PLATE PUSH |
| 11. TURKEY      | BUTT KICKS     |
| 12. BULLDOZER   | DIABLO         |

1. MOGUL (20) + RUN
2. GRYPHON (8) + PUSH
3. PARATROOP (10) + RUN
4. TROG
5. BUCK UPS
6. TYPHON

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



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

## FILLING

1. TWO-STEP (20) + RUN
2. SKATES
3. ALT. SQUONK
4. BANDIT (20) + RUN
5. MASTODON
6. PETRA
7. CHICKIN 2-1-3-1-4-1
8. SPIKES
9. GORGON (8) + RUN
10. MOGUL (20) + RUN

1-3, 4A,4A  
 1-3, 4B,4B  
 1-3, 4C,4C  
 1-3, 4D,4D  
 1-3, 4E,4E

## CEPTILIAN2

1. NEAPOLITAN
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. CURL PRESS 5+
- 4A. GBD (15) + RUN
- 4B. JUNKIE JUMP (8) + RUN
- 4C. PARATROOP (10) + RUN
- 4D. RDL (8) + TZN
- 4E. HANG (10) + RUN

1,2,3,4,55555  
 1,2,3,4444  
 1,2,333  
 1,22  
 1

## REVERTX

1. BENCHED (30) + TZN
2. CYCLONE (12) + TZN
3. SHWAGGIN 1:1
4. CRAY-CRAY
5. MONKEY



SLOPE

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

### MTN2

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE

---

3. HOT COALS (10) + RUN
4. INFINITY (20) + RUN

---

5. SQ. JUMP (10) + RUN
6. LYCAN UP (10) + RUN

---

7. YIKES!
8. DIABLO

1-8  
1-6  
1-4  
1.2

### REV MTN2

1. F. LUNGE
2. FLAMINGO (6) + TZN

---

3. MT. CLIMB (20) + RUN
4. ALI 22+

---

5. WICCA
6. KAMIKAZE 4-3-4-2-4-1-4-1

---

7. TYPHON
8. SCORPION TO 3/BACK

1233  
2344  
3455  
4566  
5677  
6788

### RIPPLED

1. BENCHED (30) + TZN
2. TURKEYS
3. TROG
4. JIGGY (20) + RUN
5. TARADACTYL
6. POTTY SHOT
7. TIP-TOES (20) + RUN
8. XPP

1123  
2234  
3345  
4456  
5567  
6678

### FLIPPED

1. YETI
2. SQ. THRUST (10) + RUN
3. WARLOCK
4. PISTON (10) + TZN
5. BULLDOG
6. MIEL'S WHEELS
7. BALL N CHAIN
8. TAKE OFF!



TEMPORARILY RESERVED  
FOR **MARCH** **MAYHEM**  
DETAILS T.B.A.



SLOPE

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

**A.**

### MTN4

1. SUICIDE 2-1-3-1-4-1
2. SUE-STEP (20) + RUN
3. HIGH Xs
4. V-STEP (10) + RUN

---

5. BULLY
6. ALT. SQUONQ
7. X PP
8. SPIKES

---

9. MANTIS (8) + RUN
10. STAT. ROW (6) + TZN
11. MIEL'S WHEELS
12. B. LUNGE

---

13. TALL ORDER 6+
14. BULLDOG
15. MOGUL PUSH
16. WICCA

1-20

**B.**

### CHECKLIST

1. TYSONS
2. W. GREMLIN
3. 90° (10) + TZN
4. YAK
5. CHICKIN 2-1-3-1-4-1
6. STACK SHOT
7. SLAP JACK
8. YIKES!
9. RDL (8) + TZN
10. GRECO
11. JAGGER (12) + RUN
12. BOVINE
13. JACK BOX
14. SKULLS (10) + TZN
15. KAMIKAZE 4-3-4-2-4-1-4-1
16. FUZZARD
17. JACK ASS
18. APE SHOOT!
19. TARASQ
20. HALO 2-1-3-1-4-1

**C.**

### REPTILIAN2

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

1. COALITION (10) + TZN
2. RAZOR
3. SL PUSH UP (10) + RUN
4. RIBBITS (10) + RUN
5. SA PP

---

- 6A. REV BEAR
- 6B. WINDOW WASHER
- 6C. AMAROK
- 6D. REV B.N.C.



SLOPE

12  
12,3344  
12,3344,555666

## ZENITH

1. BONSAI 3-1-4-2-4-1
2. MT. CLIMB (20) + RUN

---

3. SQUONQ
4. MIEL'S WHEELS

---

5. HIKES
6. XPP

1X

2X

3X

↓

## DOWNSHIFT

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

1. TRUMPET 9+
2. PARATROOP (10) + RUN
3. COALITION (10) + TZN
4. GBD (15) + RUN
5. SPARROW (L)

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

## FADED2

1. GRIFTER (8) + SA PP
2. SL INCH

---

3. STAMPEDE
4. TUCKS (10) + RUN

---

5. TRIFECTA 6+
6. MUGGER (12) + RUN

---

7. CYCLONE (12) + TZN
8. 45°

↓

## CROSS-FIRE

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

1. BUCKS
2. SQUIBBLE
3. DEATH ROW 2-1-3-1-4-1
4. ZOOKEEPER

- A. TROG
- B. YETI
- C. BULLDOZER





## EL CYCLE MOLE HILLS

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

1. SHUFFLE

2. MOGUL (20) + RUN

3. TOES (20) + RUN

4. SWAGGIN 1:1

1. TROMBONE 6+

2. PLATE PUSH

3. YIKES!

1. KITCHEN SINK (10) + TZN

2. CURL WALK 6+

3. W. CROOK

4. G.B.D. (15) + RUN

## MINI JACOB'S LADDER

4. JACK BOX

3. SHALO 1:1

2. VIP (10) + RUN

4. 1. 45°

3. RAMPAGE (12) + RUN

2. SAWED OFF (10) + TZN

4.1. PRIMATES 4-1-3-1-2-1

3. COBRA (10) + PUSH

2. KOBOLD

1. QUICK FT. (20) + RUN

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. GRECO

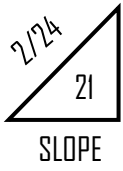
2. TRIFECTA 6+

3. ABD. MANTIS (8) + RUN

4. KOBOLD

5. NEAPOLITAN

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



PERFORM IN A CHECKLIST  
DO EACH TASK NUMBER OF TIMES LISTED

### MATTERHORN

4 HOT COALS (10) + RUN

1 BULLY

2 JIGGY (20) + RUN

---

4 EN GARDE

1 LYCAN (10) + RUN

2 HIKES

---

4 ROW STROLL 6+

1 BULLDOZER

2 SQ. JUMP (10) + RUN

---

4 SWAGGIN 1:1

1 SHUTTLE RUN 3-2-4-2-3-1

2 DGRE (10) + TZN

---

4 SKUFFLE

1 GATOR TO 3

2 HACK-IT

1-12, 12-1

U

1. TURKEY

2. SUE-STEP (20) + RUN

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

4. MASTODON

5. JIGSAW

6. BUCKS

7. FROZEN CROOK 8

8. RAMBO (10) + RUN

9. VENOM

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

11. HALO 2-1-3-1-4-1

12. MONGOOSE

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

### REV MTN2

1. BANDIT (20) + RUN

---

2. VEXUM

3. B. LUNGE

---

4. YETI

5. OFFERING

---

6. TROG

7. POTTY SHOT

---

8. INCH WORM

9. TOES (20) + RUN

---

10. PETRA



SLOPE

1,2  
1,2,33,44  
1,2,33,44,555,666  
1,2,33,44,555,666,777,8888

### ZENITH

- 1. SUICIDE 2-1-3-1-4-1 1X
- 2. SHUFFLE 1X

---

- 3. MT. CLIMB (20) RUN 2X
- 4. PLATE SHAKE 9+ 2X

---

- 5. MONKEY 3X
- 6. TALL ORDER 6+ 3X

---

- 7. SQ. JUMP (10) + RUN 4X
- 8. CRAZY LEGS 4X

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

### DARK SIDE

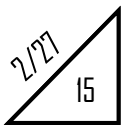
- 1. REV BULLDOG
- 2. W. GREMLIN
- 3. VIP (10) + RUN
- 4. GORGON (8) + RUN
- 5. SUE-STEP (20) + RUN

- DIABLO
- W. LUNGE
- VIPER
- RESURRECTION
- FROGS

1  
1,22  
1,22,333  
1,22,333,4444  
1,22,333,4444,55555

### MT. NEVEREST

- 1X DECALF
- 2X TWISTED
- 3X CURL WALK 6+
- 4X JACKALOPE



SLOPE

1  
1,22  
1,2,333  
1,2,3,4444  
1,2,3,4,55555

VERTEX

1. HOT COALS (10) + RUN
2. SWAGGIN 1:1
3. TWO-STEP (20) + RUN
4. CRAZY LEGS
5. TURKEY

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

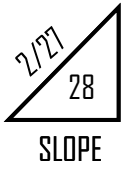
=ATERAL

1. W. STAT. SQUAT (10) + TZN
2. JAGGER (12) + RUN
3. MIEL'S WHEELS
4. BENCHED (30) + TZN
5. HIKES
6. DELAURA

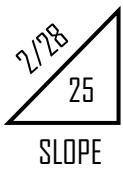
1-10  
1-4, 7-10  
1-3, 8-10  
1,2,9,10  
1,10

CAVITY

1. RAMBO (10) + RUN
2. TYSON
3. KNEELING CURL (6) + TZN
4. SUICIDE 2-1-3-1-4-1
5. REV PLATE PUSH
6. MATTADOR Ⓛ
7. SAWED OFF (10) + TZN
8. MT. CLIMB (20) + RUN
9. POTTY SHOT
10. TROG



TEMPORARILY RESERVED  
FOR **MARCH** **MAYHEM**  
DETAILS T.B.A.



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

**A.**

## MESA

1. BONSAI 3-1-4-2-4-1
2. TOES (20) + RUN
3. SQUONQ
4. V-STEP (10) + RUN
5. SWAGGIN 1:1
6. PARATROOP (10) + RUN
7. PUSH UP (10) + RUN
8. POTTY SHOT
9. TRIFECTA 6+
10. NEAPOLITAN

**B.**

## FIND MUCK

- 4321 RAMPAGE (12) + RUN
- 321 HIKES
- 21 SL BOULDER
- 1 D-PINNED 2-1-3-1-4-1

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

1. MOGUL MADNESS 10
2. JIGGY (20) + RUN
3. BANDIT (20) + RUN
4. EXPLOSIONS
5. JACK BOX
6. TROG

**C.**

REV HYDRA, TASK  
REV HYDRA, TASK...

## REV HYDRA GAUNTLET

1. PEG LEG (8) + RUN
2. SHOT PUT
3. SUICIDE 2-1-3-1-4-1
4. ALI 22+
5. BUTT KICKS
6. SPIKES
7. FROZEN LUNGE 5
8. SL OGRE (10) + TZN

**D.**

## XION

- A. SCURL 1:1
- B. REV GROWLER
- C. O-B.O.R. (10) + TZN
- D. GBD (15) + RUN
- E. REVIVAL
- F. X PP

# 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