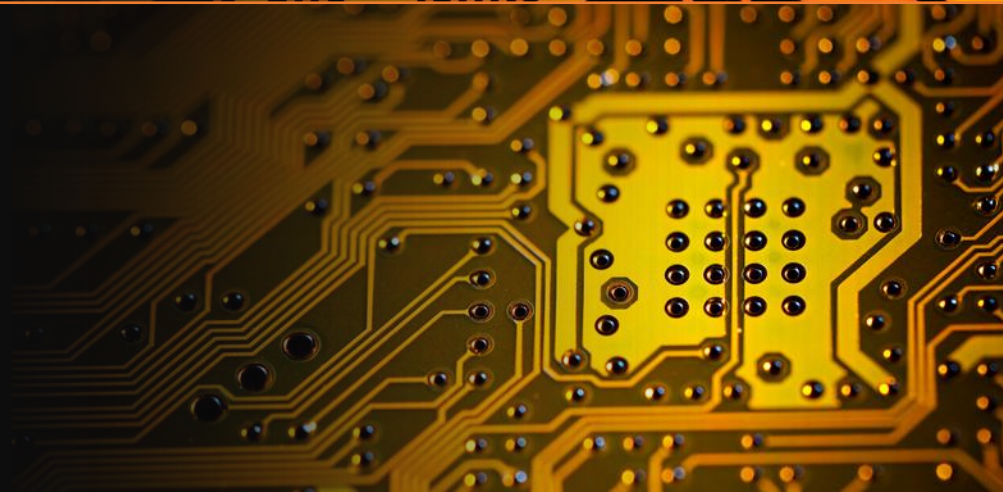
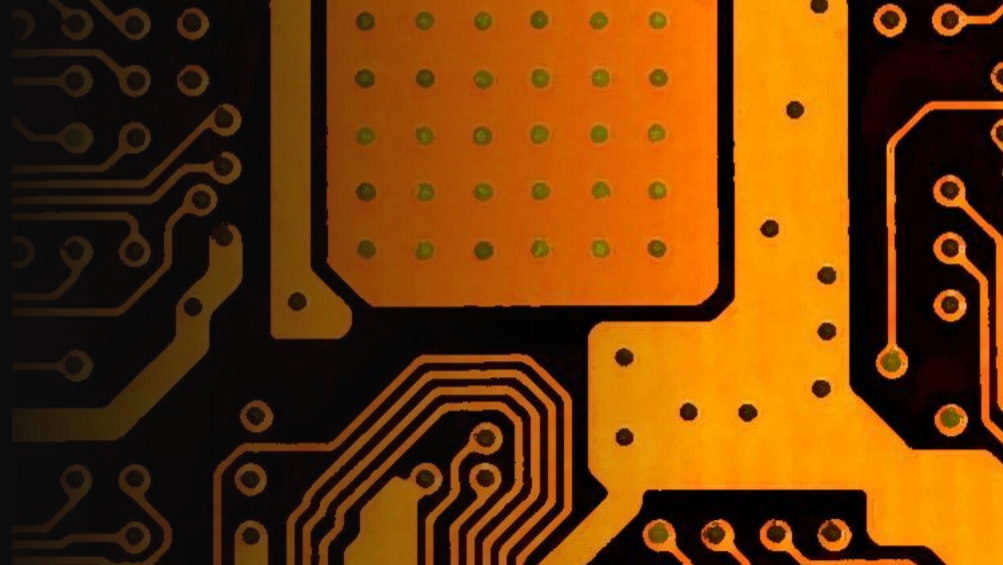


MOTHERBOARD
MARCH 2022



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

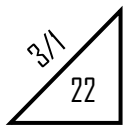
1. ALT. SQUONQ
2. RAMBO (10) + RUN
3. BANDIT (20) + RUN
4. CYCLONE (12) + TZN
5. BOULDER

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

11,22,33,44,55,6A
11,22,33,44,55,6B
11,22,33,44,55,6C

CEPTILIANZ

1. SHUTTLE RUN 3-2-4-2-4-1
2. SWAGGIN 1:1
3. QUICK FT. (20) + RUN
4. BUTT KICKS
5. CURL WALK 6+

6A. QUICKSAND (L)

6B. PROWLER (L)

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

XION

1. TRIFECTA 6+

2. BUZZARD

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

4. TROMBONE 6+

5. SL OGRE (10) + TZN

A. W. GREMLIN

B. HALO 2-1-3-1-4-1

C. STACK SHOT

D. HACK-IT

E. SCORPION TO 3/BACK

1-15
1-15
1-15

CHECKLIST (3)

1. BONSAI 3-1-4-2-4-1
2. W. CROOK
3. BENCHED (30) + TZN
4. YIKES!
5. REV INCH
6. TARASQ
7. B.N.C.
8. APE SHOOT!
9. PLATE SHAKE
10. FLYING MONKEY
11. HELLION
12. TURKEY
13. ANACONDA
14. SPRINT
15. GATOR TO 3

1A
12B
123C
1234D
12345E



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

EXPANDING MTN

1. **BENCHED (30) + TZN**
2. **SQUAT JUMP (10) + RUN**
3. **BULLY**
4. **HIGH KNEES**
5. **SHUTTLE RUN 3-2-4-2-3-1**
6. **MT. CLIMB (20) + RUN**
7. **PARATROOP (10) + RUN**
8. **PUSH UP (10) + RUN**
9. **BEAR**
10. **MOGUL PUSH**

1122334455
11223344
112233
1122
11

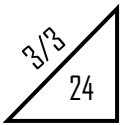
REV HYBRID2

1. **CURL WALK 6+**
2. **XPP**
3. **F. LUNGE**
4. **TORO**
5. **INCH WORM**

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

FADED

1. **WARLOCK**
2. **REVIVAL**
3. **BIG BUCKS**
4. **KITCHEN SINK (10) + TZN**
5. **RIBBITS (10) + RUN**
6. **TAKE-OFF!**
7. **STAMPEDE**



SLOPE

11
1122
112233
11223344
1122334455

HYBRID2

1. HOT COALS (10) + RUN
2. PLATE SHAKE 9+
3. HIKES
4. BULLDOZER
5. PRIMATES 4-1-3-1-2-1

1-12
12-1 U

1. STORK (20) + TZN
2. SKUFFLE
3. LYCAN (10) + RUN
4. BOULDER
5. VIP (10) + RUN
6. MIEL'S WHEELS
7. ALI 22+
8. TORO
9. CURL PRESS 5+
10. TWISTED
11. KOD (20) + TZN
12. HANG MADNESS 6

PERFORM A
CHECKLIST DOING
EACH TASK AS MANY
TIMES INDICATED

CHAOS

3 SPIKES

1 RDL (8) + TZN

2 JIGGY (20) + RUN

1 SHALO 1:1

4 SUE STEP (20) + RUN

3 SWAGGIN 1:1

2 CRAISE (20) + TZN

1 SHOT PUT

1 O-PINNED 2-1-3-1-4-1

4 NEAPOLITAN

1 WINDOW WASH

1 SKATES

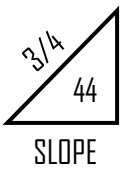
2 SLING SHOT 3-2-4-2-3-1

2 W. GREMLIN

2 CUJO ⌚

1 JUNKIE JUMP (8) + RUN

1 REV VIPER



TRUE PEAKS

- 2. MUGGER (12) + RUN
- 1. KAMIKAZE 4-3-4-2-4-1-4-1

SMOKY

- 3. LEPRECHAUN
- 2. ALI 22+
- 1. QUICK FT. (20) + RUN

APPALACHIAN

- 4. SCURL 1:1
- 3. DEATH ROW 2-1-3-1-4-1
- 2. TROMBONE 6+
- 1. SWAGGIN 1:1

ROCKY

- 5. W. LUNGE
- 4. BUZZARD
- 3. PARATROOP (10) + RUN
- 2. F. LUNGE
- 1. GREMLIN

ANDES

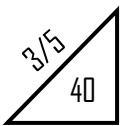
- 6. JIGSAW
- 5. SWASHBUCKLER
- 4. VENOM
- 3. RAZOR
- 2. SA PP
- 1. X PP

HIMALAYAN

- 7. REV MASTODON
- 6. MONKEY
- 5. MONTAUK
- 4. BEAR
- 3. BOVINE
- 2. BULLDOG
- 1. GORGON (8) + RUN

ALPS

FROM LEFT TO RIGHT PERFORM ALL THE 1s. THEN, FROM LEFT TO RIGHT PERFORM 1, 2 FROM EACH MTN. CONTINUE IN THIS PATTERN UNTIL YOU COMPLETE EACH MTN AND REMOVE IT FROM THE LIST. **IN THIS VERSION YOU WILL DROP OFF MTNS FROM THE LEFT, FIRST.**



SLOPE

MT. OLYMPUS

PERFORM THIS LIST OF
CIRCUITS IN A MTN PATTERN AS
FOLLOWS:

CHECKLIST

CHECKLIST

MTN

CHECKLIST

MTN

REPTILIAN

CHECKLIST

MTN

REPTILIAN

MESA

CHECKLIST

MTN

REPTILIAN

MESA

VERTEX

CHECKLIST

- 1-3 1. SHUFFLE
- 2. TOES (20) + RUN
- 3. V-STEP (10) + RUN

MTN

- 1 1. ROW STROLL 6+
- 12 2. HIKES
- 123 3. BENCHED (30) + TZN

REPTILIAN

- 1-3,4A 1. REV BULLDOG
 - 1-3,4B 2. CHICKIN 2-1-3-1-4-1
 - 3. TROG
-
- 4A. GBD (15) + RUN
 - 4B. REV PLATE PUSH

MESA

- 1-3 1. SUICIDE 2-1-3-1-4-1
- 2-4 2. RAMPAGE (12) + RUN
- 3. WARRIOR
- 4. TWEAKER (L)

VERTEX

- 1 1. GRIFTER (8) + SAPP
- 1,22 2. BOR (15) + TZN
- 1,2,333 3. YETI
- 1,2,3,4444 4. MOGUL PUSH

3/6
SLOPE
37
MARCH
MAYHEM
ROUND 2

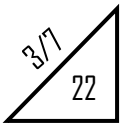
SCORES DISPLAYED
REFLECT
COMPLETION OF THE
TASK'S SECOND REP

PAIRINGS MAY
DIFFER IN MOD-INDEX
TIER; THIS IS O.K.
FOR THESE
WORKOUTS

TASKS OUTLINED IN
DOTTED LINES
INTENTIONALLY THE
SAME FOR BOTH
PARTICIPANTS

1. GALLOW 2-1-4-3-4-1	SUICIDE 2-1-3-1-4-1
2. SHUFFLE	EN GARDE
3. KOBOLD	W. GREMLIN
4. HOT COALS (10) + RUN	SUE-STEP (20) + TZN
5. MOWGLI (12) + RUN	HOPSCOTCH
6. PLATE PUSH	MONGOOSE
7. HIKES	MONKEY
8. YETI	SPIKES
9. MASTODON	POTTY TO BULLDOG
10. ALT SQUONQ	TWO-STEP (20) + RUN
11. GROWLER	AMAROK
12. PUSH UP (10) + RUN {ON TOES}	B. LUNGE
13. PABLO	B.N.C.
14. TWISTED	REV BEAR
15. GREMLIN	GREMLIN
16. TYPHON	REV HYDRA
17. INCH WORM	COBRA (10) + PUSH
18. BONSAI 3-1-4-2-4-1	SHUTTLE 3-2-4-2-3-1
19. MOGUL PUSH	CRAZY LEGS
20. SWASHBUCKLER	REV GARGOYLE
21. TIPPY-TAP	TARZAN
22. SQUONQ	SKY HIGH 4-1
23. HACK-IT	M.F.T.

ROQ		ROQ
X	24. AMAROK	YIKES!
X	25. KAMIKAZE 4-3-4-2-4-1-4-1	KAMIKAZE 4-3-4-2-4-1-4-1
X	26. JABBERWOCKY	JACK ASS
X	27. BOULDER	DIABLO
X	28. MIEL'S WHEELS	MIEL'S WHEELS
X	29. SKATES	STAMPEDE
X	30. NEAPOLITAN	MONTAUK
X	31. GIMPY DOG	CRAY-CRAY
X	32. BUCKS	CURIOUS GEORGE
X	33. NO GIMMIES	SA PP
X	34. BULLDOG	BULLDOZER
X	35. POTTY SHOT	TARASQ
X	36. REV MASTODON	SLUSKI
X	37. TAUNTAUN	TURKEY
X	38. M.I.M. 3-2-4-2-3-1	SCORPION TO 3/BACK
337	39. SWAGGIN 1:1	SWAGGIN 1:1
342	40. INFINITY (20) + RUN	STAT ROW (6) + TZN
373	41. XPP	ENFORCER
406	42. BUTT KICKS	TIPPY-TAP
415	43. DEATH ROW 2-1-3-1-4-1	JACKAL
420	44. GRECO	SHOT PUT
473	45. TAKE OFF!	PRIMATES 4-1-3-1-2-1



SLOPE

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

=IBRIOUS

1. SPRINT
2. TWO-STEP (20) + RUN
3. SWAGGIN 1:1
4. HOT COALS (10) + RUN
5. TRIFECTA 6+

- 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
- 9,10,11,11
- 10,11,12,12

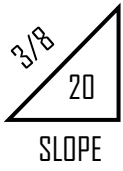
RIPPLED

1. LYCAN UP (10) + RUN
2. POTTY SHOT
3. STAT ROW (6) + TZN
4. 3 PT. STANCE
5. SHUFFLE
6. DIABLO
7. TARASQ
8. D-BOR (10) + TZN
9. COBRA (10) + PUSH
10. 90° (10) + TZN
11. KOBOLD
12. SL MANTIS (8) + RUN

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

ZENEX

- | | |
|-----------------------------|----|
| 1. KAMIKAZE 4-3-4-2-4-1-4-1 | 1X |
| 2. SL BOULDER | |
| <hr/> | |
| 3. MIEL'S WHEELS | 2X |
| 4. SAWED OFF (10) + TZN | |
| <hr/> | |
| 5. HIKES | 3X |
| 6. REV HYDRA | |
| <hr/> | |
| 7. TRUMPET 9+ | 4X |
| 8. PLATE PUSH | |



TWISTED, TASK, TASK
 TWISTED, TASK, TASK
 PERFORM A TWISTED
 EVERY TWO TASKS

TWISTED GAUNTLET

- TW** 1. SCORPION to 3/BACK
- TW** 2. INCH WORM
- 3. ALI 22+**
- TW** 4. STAT SWAG (20) + TZN
- 5. THRASHER**
- TW** 6. CRAISE (20) + TZN
- 7. BONSAI 3-1-4-2-4-1**
- TW** 8. BANDIT (20) + RUN
- 9. SL BUCKS**
- TW** 10. HACK-IT
- 11. W. GREMLIN**
- TW** 12. TIPPY-TAP
- 13. STROW 1:1**
- 14. YAK**

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

DOWNSHIFT

- 1. SHUTTLE RUN 3-2-4-2-3-1**
- 2. V-STEP (10) + RUN**
- 3. BULLY**
- 4. RAMBO (10) + RUN**
- 5. NO GMMIES**

- 1-6
- 1-6

CHECKLIST (2)

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

- 1. STACK SHOT**
- 2. SKULLS (10) + TZN**
- 3. JAGGER (12) + RUN**
- 4. RIBBITS (10) + RUN**
- 5. SKY HIGH 4-1**
- 6. REV GROWLER**

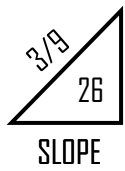
MTN3

- 1. KOBOLD**
- 2. TROMBONE 6+**
- 3. MIEL'S WHEELS**

- 4. CYCLONE (12) + TZN**
- 5. GALLOW 2-1-4-3-4-1**
- 6. MASTODON**

- 7. LYCAN (10) + RUN**
- 8. SKUFFLE**
- 9. HAMSTRUNG**

- 10. CHB**
- 11. TURKEY**
- 12. ZOOKEEPER**



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

FADED2

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN

3. SWAGGIN 1:1
4. QUICK FT. (20) + RUN

5. X PP
6. YIKES!

7. HALO 2-1-3-1-4-1
8. GARGOYLE

9. ENFORCER
10. GBD (15) + RUN

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

EL CYCLE

1. PINNED 2-1-3-1-4-1
2. TARASQ
3. APE SHOOT!
4. SKULLS (10) + TZN
5. PROWLER (L)

1
1.2
1.2,3
1
1.2
1.2,3
1.2,3,4...

MOLE HILLS

1. W. CROOK
2. DIABLO
3. BUCKS

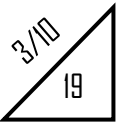
1. JACKALOPE
2. SAWED OFF (10) + TZN
3. MT. CLIMB (20) + RUN
4. MANTIS (8) + RUN

1. KOBOLD
2. DGRE (10) + TZN
3. ROW STROLL 6+

1. TURKEY
2. BULLDOG
3. TOES (20) + RUN
4. FLYING MONKEY

1. TALL ORDER 6+
2. BONSAI 3-1-4-2-4-1
3. MONGOOSE

1. JIGGY (20) + RUN
2. MIEL'S WHEELS
3. STACK SHOT
4. VEXUM



SLOPE

PERFORM EACH TASK IN BLACK AS A CHECKLIST AND EACH CIRCUIT IN RED AS NOTED. INVERSE LABYRINTHS PUT HARDER TASKS IN BLACK AND EASIER IN RED WHICH IS DIFFERENT THAN TRADITIONAL LABYRINTHS.

INVERSE LABYRINTH

- MTN**
- A. SHUFFLE**
- B. TOES (20) + RUN**
- C. MT. CLIMB (20) + RUN**
- D. W. GREMLIN**
- 11. PUSH UP (10) + RUN**
- 12. BEAR**
- 13. CRAZY LEGS**
- 14. TARASQ**
- 15. B. LUNGE**
- 16. VIPER**
- 17. KITCHEN SINK (10) + TZN**
- 18. RDL (8) + TZN**
- EL CYCLE**
- A. SKATES**
- B. SWAGGIN 1:1**
- C. VIP (10) + RUN**
- D. SUICIDE 2-1-3-1-4-1**

A.
AB
ABC
ABCD

A-E
E-A

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

- 31. SKULLS (10) + TZN**
- 32. HACK-IT**
- 33. THRUST TO FROG**
- 34. ARACHNID**
- 35. SLAP JACK**
- 36. QZARK**
- A. TROG**
- B. BUTT KICKS**
- C. W. CROOK**
- D. SKY HIGH 4-1**
- E. QUICK FT. (20) + RUN**
- 47. VEXUM**
- 48. ANACONDA**
- 49. POGOTO (6) + TZN**
- 50. O-PINNED 2-1-3-1-4-1**
- 51. SCORPION TO 3/BACK**
- 52. HAG**

U

- 53. JOHNNY APPLESEED**
- 54. JACKAL**
- 55. MATTADOR (L)**
- FADED**
- A. EN GARDE**
- B. STIGMATA (10) + RUN**
- C. BANDIT (20) + RUN**
- D. HANG (10) + RUN**
- 66. PROWLER (L)**
- 67. YETI**
- 68. M.F.T.**
- 69. MONGOOSE**
- 70. TWISTED**
- 71. WICCA**
- 72. BUCK UPS**
- 73. SHOT PUT**
- 74. SL INCH**

A-D
B-D
C,D
D

A-D, E1
A-D, E2
A-D, E3

REPTILIAN

- A. BONSAI 3-1-4-2-4-1**
- B. TIPPY-TAP**
- C. HOT COALS (20) + RUN**
- D. HIKES**

- E1. PLATE PUSH**
- E2. X PP**
- EC. NEAPOLITAN**



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

EXPANDING

1. PIRATE
2. STAT CURL (6) + TZN
3. MONTAUK
4. TURKEY
5. SUICIDE 2-1-3-1-4-1
6. TWO-STEP (20) + RUN
7. SWAGGIN 1:1
8. SWASHBUCKLER
9. SKULLS (10) + TZN
10. GREGORIAN (8) + RUN

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

REVERTX

1. GRECO
2. SQUONQ
3. GARGANTUAN
4. SPIKES
5. PRIMATES 4-1-3-1-2-1

3.12 MATTERHORN

- 3 POTTY SHOT
- 1 ROOTED GROOT (8) + PUSH
- 2 BONSAI 3-1-4-2-4-1

- 3 HOT COALS (10) + RUN
- 1 OGRE (10) + TZN
- 2 CRAISE (20) + TZN

- 3 BULLY
- 1 HALF-BLAKED (L)
- 2 RDL (8) + TZN

- 3 VIP (10) + RUN
- 1 KAMIKAZE 4-3-4-2-4-1-4-1
- 2 FROZEN CROOK 8

- 3 MT. CLIMB (20) + RUN
- 1 JACK ASS
- 2 MIM 3-2-4-2-3-1

1-4
1-4

CHECKLIST (2)

1. YETI
2. GIMPY DOG
3. POGOTO (6) + TZN
4. TAKE OFF!



PERFORM IN A CHECKLIST AND DO EACH TASK NUMBER OF TIMES NOTED. PATTERN REMAINS THE SAME AND REFLECTS TODAY'S DATE.



11
22
33
44

CENTAUR2

1. QUICK FT. (20) + RUN
2. MOGULS (20) + RUN
3. ALT. SQUONQ
4. VIP (10) + RUN

EL CYCLE X 2

1-16, 16-1,
3-14, 14-3,
5-12, 12-5,
7-10, 10-7

1. PINNED 2-1-3-1-4-1
2. MT. CLIMB (20) + RUN
3. HANG (10) + RUN
4. YIKES!
5. CURL PRESS 5+
6. SQ. JUMP (10) + RUN
7. PRIMATES 4-1-3-1-2-1
8. SWAGGIN 1:1
9. JACKALOPE
10. B.O.R. (15) + TZN
11. DELAURA
12. TROG
13. BENCHED (30) + TZN
14. GARGOYLE
15. GRECO
16. COBRA (10) + PUSH

3/13

SLOPE
37MARCH
MAYHEM
ROUND 3

1. SUICIDE 2-1-3-1-4-1	SHUTTLE 3-2-4-2-3-1
2. STAMPEDE	TAUNTAUN
3. SUE-STEP (20) + RUN	QUICK FT. (20) + RUN
4. SWAGGIN 1:1	ALT SQUONG
5. TYSON	TYSON
6. LYCAN (10) + RUN	TWINKLE-TOES (20)+ TZN
7. STAT ROW (6) + TZN	INFINITY (10) + RUN
8. VEXED (10) + RUN	HIKES
9. 3 PT STANCE	GROWLER
10. GALLOW 2-1-4-3-4-1	CROOK
11. TWISTED	REV BEAR
12. STAT SWAG (20) + TZN	GIMPY DOG
13. GARGOYLE	SPIKES
14. EN GARDE	EN GARDE
15. BAYOK (6) + RUN	PETRA
16. DEATH ROW 2-1-3-1-4-1	DELAURA
17. SKY HIGH 4-1	BUTT KICKS
18. CUJO (L)	M.F.T.
19. HOT COALS (10) + RUN	TWO-STEP (20) + RUN
20. RAMBO (10) + RUN	POTTY SHOT
21. REV MASTODON	RAMP UP (8) + RUN [ON TOES]
22. KNEEL CURL (6) + TZN	MOWGLI (12) + RUN
23. TROG	APE SHOOT!

SCORES DISPLAYED
REFLECT COMPLETION
OF THE TASK'S
SECOND REPPAIRINGS MAY
DIFFER IN MOD-
INDEX TIER; THIS
IS O.K. FOR THESE
WORKOUTSTASKS OUTLINED IN
DOTTED LINES
INTENTIONALLY THE
SAME FOR BOTH
PARTICIPANTS

ROQ		ROQ
X	24. TWIZZY	REV YAK 459
X	25. BUCKS	SHOT PUT 496
X	26. BANDIT (20) + RUN	COALITION (10) + TZN 508
X	27. NEAPOLITAN	MIEL'S WHEELS 532
X	28. SAWED OFF (10) + TZN	BUZZARD 556
X	29. B. LUNGE	SPIKES 584
X	30. WICCA	SL INCH 637
X	31. TZN	TZN 639
X	32. JACK-ASS	ANACONDA 689
X	33. BONSAI 3-1-4-2-4-1	BONSAI 3-1-4-2-4-1 694
X	34. HOP SCOTCH	TARASQ 709
X	35. GATOR to 3 (walk/run back to 1)	COBRA (10) + PUSH 749
X	36. CRAY-CRAY	GARGANTUAN 783
X	37. W. GREMLIN	W. GREMLIN 791
X	38. SLING SHOT 3-2-4-2-3-1	B.N.C. 829
X	39. RIBBITS (10) + RUN	ALI 22+ 847
333	40. VIPER	FROGS 875
345	41. TAKE OFF!	VENOM 899
360	42. PLATE PUSH	XPP 920
399	43. HACK-IT	SPARROW (L) 975
417	44. MONKEY	MONGOOSE 996
429	45. MONTAUK	JACKALOPE 1023



TWISTED, TASK, TASK
TWISTED, TASK, TASK
PERFORM A TWISTED
EVERY TWO TASKS

TWISTED GAUNTLET

- TW** 1. SCORPION to 3/BACK
- TW** 2. INCH WORM
- 3. ALI 22+**
- TW** 4. STAT SWAG (20) + TZN
- 5. THRASHER**
- TW** 6. CRAISE (20) + TZN
- 7. BONSAI 3-1-4-2-4-1**
- TW** 8. BANDIT (20) + RUN
- 9. SL BUCKS**
- TW** 10. HACK-IT
- 11. W. GREMLIN**
- TW** 12. TIPPY-TAP
- 13. STROW 1:1**
- 14. YAK**

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

DOWNSHIFT

- 1. SHUTTLE RUN 3-2-4-2-3-1**
- 2. V-STEP (10) + RUN**
- 3. BULLY**
- 4. RAMBO (10) + RUN**
- 5. NO GMMIES**

- 1-6
- 1-6

CHECKLIST (2)

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

- 1. STACK SHOT**
- 2. SKULLS (10) + TZN**
- 3. JAGGER (12) + RUN**
- 4. RIBBITS (10) + RUN**
- 5. SKY HIGH 4-1**
- 6. REV GROWLER**

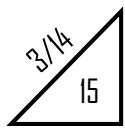
MTN3

- 1. KOBOLD**
- 2. TROMBONE 6+**
- 3. MIEL'S WHEELS**

- 4. CYCLONE (12) + TZN**
- 5. GALLOW 2-1-4-3-4-1**
- 6. MASTODON**

- 7. LYCAN (10) + RUN**
- 8. SKUFFLE**
- 9. HAMSTRUNG**

- 10. CHB**
- 11. TURKEY**
- 12. ZOOKEEPER**



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

SLOPE

CHAOS

2 SHUFFLE

1 QUICK FT. (20) + RUN

3 SWAGGIN 1:1

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

1 VIP (10) + RUN

3 ROW STROLL 6+

2 HOP SCOTCH

1 MONGOOSE

1 SQ. THRUST (10) + RUN

3 TOES (20) + RUN

2 MANTIS (8) + RUN

4 TYSONS

1 O-PINNED 2-1-3-1-4-1

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

3 ALT. SQUONK

AND1

1. SPIKES

2. SUE-STEP (20) + RUN

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

4. MATTADOR (L)

MTN2

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

1-4 2. B.O.R. (15) + TZN

1-6 3. TAUNTAUN

1-8 4. JACKALOPE

1-10 5. X PP

6. HANG (10) + RUN

7. OFFERING

8. THRASHER

9. RAMP UP (8) + RUN

10. GARGOYLE

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

1-10
10-1

U

1. REV INCH

2. TRIFECTA! 6+

3. W. GREMLIN

4. RIBBITS (10) + RUN

5. QUICKSAND (L)

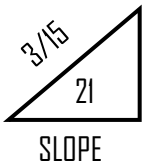
6. AMAROK

7. TALL ORDER 6+

8. STAMPEDE

9. ENFORCER

10. DIABLO



- 1-3, 4A
- 1-3, 4A, 4B, 5A
- 1-3, 4A, 4B, 4C, 5A, 5B, 6A
- 1-3, 4A, 4B, 4C, 4D, 5A, 5B, 5C, 6A, 6B, 7A

VOYAGE

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

- 4A. LYCAN (10) + RUN
- 4B. POTTY SHOTS
- 4C. TALL ORDER 6+
- 4D. TYPHON

- 5A. PRIMATES 4-1-3-1-2-1
- 5B. RDL (8) + TZN
- 5C. W. CROOK

- 6A. INCH WORM
- 6B. SUPP (10)

- 7A. BUNYAN

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

GLUED PLATE-ISH

REPTILIAN

GLUED
PLATE

- 1. STAT SWAG (20) + TZN
- 2. DENSER 2-1-3-1-4-1
- 3. SKY HIGH 4-1
- 4. TROMBONE 6+
- 5. D-BOR (10) + TZN

- 6A. GBD (15) + RUN
- 6B. SL MANTIS (8) + RUN
- 6C. JAGGER (12) + RUN
- 6D. JUNKIE JUMP (8) + RUN
- 6E. HOPSCOTCH

- 1-15
- 1-10
- 1-5

REV MTNS

- 1. VIP (10) + RUN
- 2. APE SHOOT
- 3. STAMPEDE
- 4. STORK (20) + TZN
- 5. TAKE OFF!

- 6. OFFERING
- 7. GRYPHON (8) + PUSH
- 8. HOT COALS (10) + RUN
- 9. YETI

- 10. BOULDER

- 11. CRAISE (20) + TZN
- 12. JABBERWOCKY
- 13. SUICIDE 2-1-3-1-4-1
- 14. TRUMPET 9+
- 15. MINOTAUR (L)



SLOPE

START BE PERFORMING
EACH SECTION LIKE
MOLE-HILLS BUT IN
SMALL U-TURNS

1-3,3-1

4-7,7-4

8-12,12-8

13-18,18-13

19-25,25-19

THEN RETURN TO #1 AND
REPEAT ENTIRE BOARD
AS ONE LARGE U-TURN
1-25,25-1

U - TURNS

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

2. MT. CLIMB (20) + RUN

3. BULLY

4. V-STEP (10) + RUN

5. CROOK

6. TROG

7. PEG LEG (8) + RUN

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

9. PARATROOP (10) + RUN

10. POTTY SHOTS

11. SKULLS (10) + TZN

12. PLATE PUSH

13. F. LUNGE

14. STAT SWAG (20) + TZN

15. TORO

16. STAMPEDE

17. VENOM

18. BENCHED (30) + TZN

19. GORGON (8) + RUN

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

21. BUCK UP

22. GREMLIN

23. SKIPS

24. STAT HALO (18) + TZN

25. ENFORCER



ST. PADDY'S MADDER 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. SHOT PUT
- 4. DIABLO
- 3. ROOSTER (10) + TZN
- 2. F. LUNGE

- 5.1. HATTER
- 4. PEG LEG (8) + RUN
- 3. MILLIPEDE (L)
- 2. POTTY SHOT

- 5.1. HATTER
- 4. BOULDER
- 3. PINNED 2-1-3-1-4-1
- 2. YIKES!

- 5.1. HATTER
- 4. DEATH ROW 2-1-3-1-4-1
- 3. GROWLER
- 2. SHUFFLE

- 5.1. HATTER
- 4. CRAISE (20) + TZN
- 3. PISTON (10) + TZN
- 2. YETI

- 5.1. HATTER
- 4. TRUMPET 9+
- 3. TIP-TOES (20) + RUN
- 2. MOGUL (20) + RUN
- 1. EN GARDE

HATTER OPTIONS

- A. LEPRECHAUN
- B. PARATROOPER (10) + RUN
- C. JIGGY (20) + RUN
- D. KNEELING CURL (6) +TZN
- E. TRIFECTA 6+

PERFORM THIS WORKOUT JUST AS YOU WOULD A TRADITIONAL JACOB'S LADDER HOWEVER, ONCE YOU GET TO THE "HATTER" SECTION IT'LL BE LUCK THE OF DRAW WHICH TASK YOU'LL DO BY PULLING A RANDOM TICKET FROM A HAT. NATURALLY, TASKS CAN BE DUPLICATED. BEST OF LUCK!



THE BEANSTALK

A TAKE ON JACOB'S LADDER. START AT THE BOTTOM MTN AND WORK YOUR WAY UPWARDS. ONCE YOU GET TO THE NEXT RUNG THE CIRCUIT WILL CHANGE. PERFORM TASKS IN ACCORDANCE WITH THE KEY ON THE RIGHT OF THIS PAGE.

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

WARM UP

=

1. QUICK FT. (20) + RUN
2. SHUFFLE
3. SWAGGIN 1:1
4. BONSAI 3-1-4-2-4-1
5. RAMBO (10) + RUN

6. TWEAKER (L)
5. RAMPAGE (12) + RUN
4. HAMSTRUNG
3. 90° (10) + TZN
2. RDL (8) + TZN

-
- 5.1. TRUMPET 9+
 4. TARASQ
 3. STAT HALO (18) + TZN
 2. MT. CLIMB (20) + RUN
 - 5.1. PRIMATES 4-1-3-1-2-1

-
4. APE SHOOT
 3. 45°
 2. BOR (15) + TZN

-
- 6.1. MR. ATLAST TO 3/BACK
 5. SHUTTLE RUN 3-2-4-2-3-1

4. TYPHON
3. JIGGY (20) + RUN
2. ALI 22+

-
- 5.1. QUICKSAND (L)

-
4. FLYING MONKEY
 3. CRAISE (20) + TZN
 2. FLAMINGO (6) + TZN
 1. VENOM

- MTN3
- 1-6
 - 1-3
 - 11,22,33,44,55
 - 11,22,33,44
 - 11,22,33

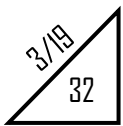
- HYBRID2
- 11,22
 - 11
 - 1-5

- CHECKLIST (2)
- 1-6
 - 1-4
 - (1)-5 -> DON'T PERFORM MR. ATLAS 2X BACK TO BACK

- MTN2
- (1)-2
 - 12345
 - 1234
- ONLY PERFORM QUICKSAND ONCE ON THE WAY TO 2.

- MTN2
- 123
 - 12
 - 1

- MTN



SLOPE

11,22,33....

CENTAUR2

1. BONSAI 3-1-4-2-4-1
2. MOGUL (20) + RUN
3. PLATE SHAKE 9+
4. TWO-STEP (20) + RUN
5. HIKES
6. BULLDOG
7. INFINITY (20) + RUN
8. STAMPEDE
9. TWISTED
10. SQ. THRUST (10) + RUN
11. MONKEY
12. CURL PRESS 5+
13. HOT COALS (10) + RUN
14. MIEL'S WHEELS
15. INCH WORM

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

CHAMELEON

- 1A. BUTT KICKS
- 1B. WIZARD
- 1C. SL BRID. BENCHED (15/SIDE) + TZN
- 1D. SAWED OFF (10) + TZN

2. SHWAGGIN 1:1
3. KITCHEN SINK (10) + TZN
4. BOVINE

- 5A. TYSON
- 5B. SKULLS (10) + TZN
- 5C. SLAP JACK
- 5D. KAMIKAZE 4-3-4-2-4-1-4-1

- 1,2
- 1,2,33,44
- 1,2,33,44,555,666
- 1,2,33,44,555,666,7777,8888

ZENITH

1. 0-PINNED 2-1-3-1-4-1 1X
2. SL PUSH UP (10) + RUN 1X

3. POTTY SHOT 2X
4. DELAURA 2X

5. CROOK 3X
6. YETI 3X

7. SQUONQ 4X
8. NEAPOLITAN 4X

3/20

SLOPE
37MARCH
MAYHEM
ROUND 4SCORES
DISPLAYED
REFLECT
COMPLETION OF
THE TASK'S
SECOND REPPAIRINGS MAY DIFFER
IN MOD-INDEX TIER;
THIS IS O.K. FOR
THESE WORKOUTSTASKS OUTLINED IN
DOTTED LINES
INTENTIONALLY THE
SAME FOR BOTH
PARTICIPANTS

		ROQ		ROQ
1. SUICIDE 2-1-3-1-4-1	GALLOW 2-1-4-3-4-1		24. BUTT KICKS	TURKEY
2. EN GARDE	SHUFFLE	X	25. REV INCH	JESTER
3. SUE-STEP (20) + RUN	TWO-STEP (20) + RUN	X	26. TYSON	TAUNTAUN
4. STAMPEDE	SKIPS	X	27. VEXUM	TWZZY
5. STAT ROW (6) + TZN	HIKES	X	28. MONTAUK	NEAPOLITAN
6. PLATE PUSH	PLATE PUSH	X	29. PROWLER (L)	TWEAKER (L)
7. LYCAN (10) + RUN	HOT COALS (10) + RUN	X	30. BEAR	3 PT. STANCE
8. MOGUL PUSH	REV BULLDOGS	X	31. RUN	RUN
9. POTTY TO BULLDOG	MASTODON	X	32. YAK	TYPHON
10. SWAGGIN 1:1	KOBOLD	X	33. TWINKLE TOES (30) + TZN	SAWED OFF (10) + TZN
11. AMAROK	GROWLER	X	34. STAT CURL (6) + TZN	POTTY SHOT
12. B. LUNGE	CROAKIN	X	35. REVIVAL	HALF-BLAKED (L)
13. B.N.C.	BUCKS	X	36. MIEL'S WHEELS	MIEL'S WHEELS
14. DIABLO	BOULDER	X	37. DEATH ROW 2-1-3-1-4-1	CRAY-CRAY
15. SKATES	GREMLIN	X	38. MONKEY	YETI
16. SHUTTLE RUN 3-2-4-2-3-1	BONSAI 3-1-4-2-4-1	X	39. JACKALOPE	VIPER
17. TORO	THRASHER	334	40. MOWGLI (12) + RUN	QUICK FT. (20) + RUN
18. TARZAN	TARZAN	336	41. SLUSKI	REV MASTODON
19. GRECO	HACK-IT	379	42. BUZZARD	HYDRA
20. REV BOVINE	STAT HALO (18) + TZN	413	43. NEAPOLITAN	SA PP
21. CRAZY LEGS	TWISTED	444	44. RIBBITS (10) + RUN	HANG (10) + RUN
22. SKY-HIGH 4-1	SKY-HIGH 4-1	449	45. PRIMATES 4-1-3-1-2-1	PRIMATES 4-1-3-1-2-1
23. MONGOOSE	FROGS	470		



1 DOWN, 1 ACROSS, 2 DOWN, 2 ACROSS, 3 DOWN, 3 ACROSS, 4 DOWN, 4 ACROSS, 5 DOWN, 5 ACROSS, 6 DOWN, 6 ACROSS, 7 ACROSS.
THEN CHECKLIST THE GRAY SQUARES 1-14 IN THAT ORDER.

DENALI & PLOTTED CHECKLIST

1	SHUFFLE	EN GARDE	MOGUL (20) + RUN	STAT W. LUNGE (10) + TZN ⁶	HALO 2-1-3-1-4-1	INFINITY (20) + RUN	TURKEY ¹¹
2	HOT COALS (10) + RUN	TARZAN ¹	BUCKS	REV BULLDOG	SUICIDE 2-1-3-1-4-1	STAMPEDE	CYCLONE (12) + TZN
3	V-STEP (10) + RUN	ARACHNID	STAT W. SQUAT (10) + TZN ⁴	STATARASQ (16) + RUN	SHWAGGIN 1:1 ⁸	VENOM	ALI 22+ ¹²
4	KAMIKAZE 4-3-4-2-4-1-4-1	SKIPS	SL INCH	W. ROTATING SQUAT ⁷	BUCK UPS	SWAGGIN 1:1	REV BOVINE
5	PARATROOP (10) + RUN	W. GREMLIN ²	TALL ORDER 6+	SPIKES	HAG	BOR (15) + TZN	GALLOW 2-1-4-3-4-1 ¹³
6	CURL PRESS 5+	W. CROOK ³	COALITION (10) + TZN	BUNYAN	JOHNNY APPLESEED ⁹	JACKALOPE	DEATH ROW 2-1-3-1-4-1
7	PRIMATES 4-1-3-1-2-1	X PP	W. LUNGE ⁵	BENCHED (30) + TZN	HIGH Xs ¹⁰	ALT SQUONO	SKATES ¹⁴



SLOPE

MTN2

- 1-2
- 1-4
- 1-6
- 1-8
- 1-10
- 1-12

1. EN GARDE
2. MT. CLIMB (20) + RUN

3. SUE-STEP (20) + RUN
4. SWAGGIN 1:1

5. SQ. JUMPS (10) + RUN
6. TROMBONE 6+

7. YETI
8. MOGUL PUSH

9. HALO 2-1-3-1-4-1
10. BANDIT (20) + RUN

11. TROG
12. DIABLO

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

EL CYCLE

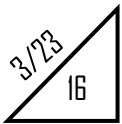
1. POTTY SHOT
2. APE SHOOT!
3. QUICK FT. (20) + RUN
4. 45°
5. ROW STROLL 6+
6. PRIMATES 4-1-3-1-2-1

PUSH, TASK,
PUSH, TASK...

GAUNTLET

1. SQUONQ
2. JACKALOPE
3. TURKEY
4. TORO
5. BEAR
6. SKULLS (10) + TZN
7. PUSH UP (10) + RUN
8. PINNED 2-1-3-1-4-1
9. HIGH Xs
10. CROAKIN
11. SAWED OFF (10) + TZN
12. F. LUNGE
13. CYCLONE (12) + TZN
14. SPRINT
15. BUZZARD

16. JACK BOX
17. BULLDOG
18. BIG BUCKS
19. GARGOYLE



SLOPE

PERFORM EACH SECTION AS MTNS THEN PICK ONE TASK FROM THE APPROPRIATE LIST. REPEATING A TASK IS PROHIBITED. ONE TASK FROM EACH LIST WILL NOT BE DONE.

GONE FISHING

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

4. OFF THE DOCK

1. HIKES
2. TROMBONE 6+
3. OFF THE DOCK

1. SKY HIGH 4-1
2. HANG (10) + RUN
3. VEXUM

4. OFF THE DOCK

1. KOBOLD
2. GARGOYLE
3. PUSH UP (10) + RUN

4. TROLLING

1. POTTY SHOT

2. AMAROK

3. TROLLING

1. APE SHOOT
2. VIP (10) + RUN
3. SL BOULDER

4. TROLLING

1. ROW STROLL 6+
2. STAMPEDE
3. DEEP SEA

1. RAMBO (10) + RUN
2. GALLOW 2-1-4-3-4-1
3. TORO

4. DEEP SEA

1. GBD (15) + RUN

2. VIPER

3. DEEP SEA

1. TURKEY
2. FLAMINGO (6) + TZN
3. MONGOOSE

4. DEEP SEA

1. SA PP
2. W. CROOK
3. W. LUNGE

4. SLAP JACK

5. DEEP SEA

OFF THE DOCK

- A. CRAZY LEGS
- B. MANTIS (8) + RUN
- C. RAZOR
- D. B. LUNGE

TROLLING

- A. O-PINNED 2-1-3-1-4-1
- B. POUNCER (10) + RUN
- C. REV BOVINE
- D. WARRIOR

DEEP SEA

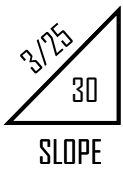
- A. ANACONDA
- B. REV PLATE PUSH
- C. BULL SHIT
- D. SCURL 1:1
- E. DEVIL
- F. STROW 1:1

MARCH

MAYHEM

FINALS

WORKOUT TBA...



CHUCK-IT

PERFORM EACH TASK
IN A CHECKLIST
PATTERN.

RETURN TO THE
START AND PERFORM
IN A CHECKLIST
PATTERN BUT
REMOVING ALL THE 1s.

RETURN TO THE
START AND PERFORM
A CHECKLIST
REMOVING ALL THE
2s.

CONTINUE IN THE
SAME MANNER UNTIL
YOU'RE LEFT WITH A
CHECKLIST OF ONLY
THE 5s.

3 TOES (20) + RUN

1 SHUFFLE

1 TYSONS

4 V-STEP (10) + RUN

2 SWAGGIN 1:1

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

1 W. GREMLIN

3 X PP

4 MONTAUK

1 HALD 2-1-3-1-4-1

2 JIGGY (20) + RUN

4 TROG

3 BENCHED (30) + TZN

1 MIEL'S WHEELS

5 BUCKS

1 ROW STROLL 6+

2 SPIKES

1 BULLY

3 BULLDOG

4 B. LUNGE

1 APE SHOOT

1 DELAURA

1 INCH WORM + PUSH UP

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

1 LYCAN UP (10) + RUN

2 CYCLONE (12) + TZN

4 STAMPEDE

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

1 OZARK

3 HANG (10) + RUN

1 JACKALOPE

2 TRUMPET 9+

1 SQ. JUMP (10) + RUN

3 PINNED 2-1-3-1-4-1

1 MINOTAUR Ⓛ

4 SUE-STEP (20) + RUN

4 TYPHON

2 SHOT PUT

1 SCURL 1:1

3 MT. CLIMB (20) + RUN

4 W. CROOK

1 BUZZARD

5 VENOM



SLOPE

MTN4

- 1. QUICK FT. (20) + RUN
- 2. MT. CLIMB (20) + RUN
- 3. BULLY
- 4. SQUONQ

- 5. V-STEP (10) + RUN
- 6. BULLDOG
- 7. HIKES
- 8. SL PUSH UP (10) + RUN

- 9. ALI 22+
- 10. STORK (20) + TZN
- 11. VENOM
- 12. INCH WORM

- 13. CYCLONE (12) + TZN
- 14. TROG
- 15. RDL (8) + TZN
- 16. QUICKSAND (L)

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

- 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. TYSON
- 2. INFINITY (20) + RUN
- 3. KOBOLD
- 4. TWO-STEP (20) + RUN
- 5. WICCA

- 1.A
- 1.2.B
- 1.2.3.C
- 1.2.3.4.D
- 1.2.3.4.5.E

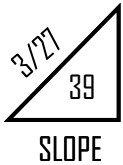
XION

- 1. SQUANTOES (20) + RUN
 - 2. VIP (10) + RUN
 - 3. SKULLS (10) + TZN
 - 4. SL BUCKS
 - 5. MOGUL PUSH
- A. DELAURA
 - B. SHOT PUT
 - C. DEVIL
 - D. REV MASTODON
 - E. OZARK

- 1-8
- 8-1

U

- 1. SHUTTLE 3-2-4-2-3-1
- 2. B.N.C.
- 3. MUGGER (12) + RUN
- 4. YIKES
- 5. PISTON (10) + TZN
- 6. RAZOR
- 7. SQ. JUMP (10) + RUN
- 8. JACKALOPE



**BARN
BURNER**



PERFORM THE WARM UP MTN

THEN, CHOOSE A TASK FROM EACH LIST AND PERFORM IT ONCE.

GO BACK TO THE START, CHOOSE A DIFFERENT TASK FROM EACH LIST, DO IT TWICE.

GO BACK TO THE START, PERFORM A DIFFERENT TASK 3X.

GO BACK TO START PERFORM REMAINING TASK 4X.

REPEATING A TASK IS NOT ALLOWED.

**WARM UP
MTN**

- 1
- 12
- 123
- 1234

A.

- 1. PLATE SHAKE 9+
- 2. QUICK FT. (20) + RUN
- 3. APE SHOOT
- 4. TROG

B.

- 1. SPIKES
- 2. GROWLER
- 3. PLATE PUSH
- 4. MONKEY

C.

- 1. HAG
- 2. HALD 2-1-3-1-4-1
- 3. ROOSTER (10) + TZN
- 4. GORGON (8) + RUN

**1. RUN
2. SKIPS**

D.

- 1. ALI 22+
- 2. CURL PRESS 5+
- 3. JIGGY (20) + RUN
- 4. LYCAN (10) + RUN

E.

- 1. C.H.B.
- 2. DIABLO
- 3. GRECO
- 4. POTTY SHOT HOPS

F.

- 1. TYSONS
- 2. TURKEYS
- 3. TAUNTAUN
- 4. STAMPEDE

**3. MT. CLIMB (20) + RUN
4. SQUONQ**

G.

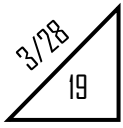
- 1. REV PLATE PUSH
- 2. ANACONDA
- 3. DEVIL
- 4. STROW 1:1

H.

- 1. STAT SWAG (20) + TSN
- 2. SLIGER
- 3. WIDE PISTON (10) + TZN
- 4. SLALOM

I.

- 1. EXPLOSIONS
- 2. EXPLOSIONS
- 3. EXPLOSIONS
- 4. EXPLOSIONS



SLOPE

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

CAVITY

1. HOT COALS (10) + RUN
2. MT. CLIMB (20) + RUN
3. SUICIDE 2-1-3-1-4-1
4. SWAGGIN 1:1
5. YIKES
6. LYCAN (10) + RUN
7. GORGON (8) + RUN
8. HALO 2-1-3-1-4-1
9. RIBBITS (10) + RUN
10. PINNED 2-1-3-1-4-1
11. F. LUNGE
12. CRAISE (20) + TZN

XPP, TASK
XPP, TASK...

X PP GAUNTLET

1. RDL (8) + TZN
2. OGRE (10) + TZN
3. 90°(10) + TZN
4. GREGORIAN (8) + RUN
5. VIP (10) + RUN
6. TARASQ
7. SKATES
8. SA DIABLO
9. BONSAI 3-1-4-2-4-1
10. YETI
11. OZARK
12. 313

1,22,333,4444,5555
1,22,333,4444
1,22,333
1,22
1

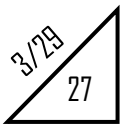
REV MT. NEVEREST

- 1 KOBOLD
- 2 SLING SHOT 3-2-4-2-3-1
- 3 W. GREMLIN
- 4 TOES (20) + RUN
- 5 MONGOOSE

111
222
333
444

CENTAUR3

1. 45°
2. SHOT PUT
3. ALI 22+
4. UNLEASHED



SLOPE

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

MTN2

1. TWO-STEP (20) + RUN
2. EN GARDE

3. STAMPEDE
4. CURL WALK 6+

5. SQ. JUMP (10) + RUN
6. SHWAGGIN 1:1

7. KAMIKAZE 4-3-4-2-4-1-4-1
8. SCORPION TO 3/BACK

DO PINNED ON THE WAY BACK AFTER BULLY,
SCORED AS A TARZAN ON TASK LIST

PERFORM THE FORWARD AND BACKWARD VERSION OF EACH TASK.
FORWARD TO 4, REVERSE TO 1 AND REPEAT TO DO 2 FULL TASKS, ONE OF EACH.
PERFORM IN A U-TURN PATTERN

U RED RUM

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. BEAR 2. F. LUNGE 3. THRASHER 4. GREMLIN 5. POTTY SHOT 6. BULLDOG 7. BULLY 8. BULLDOZER 9. GROWLER 10. ANACONDA | <ol style="list-style-type: none"> REV BEAR B. LUNGE TORO REV GREMLIN HIKES REV BULLDOG PINNED BACK TO 1 DIABLO REV GROWLER BUCKS |
|--|---|

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

FADED2

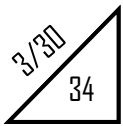
1. SUICIDE 2-1-3-1-4-1
2. RAMBO (10) + RUN

3. BOULDER
4. RDL (8) + TZN

5. TYSON
6. JACK BOX

7. APE SHOOT
8. INFINITY (20) + RUN

9. TOES (20) + RUN
10. CRAY-CRAY



SLOPE

START WITH A PLATE PUSH TO LINE 4

SPRINT BACK TO LINE 1 AND BACK TO 4

PUSH THE PLATE BACK TO 1

DO THE TASK LISTED

YES, START WORKOUT WITH A PLATE PUSH

ROAD RUNNER (2)

1. EN GARDE

2. TYSON

3. W. GREMLIN

4. TIPPY-TAP

5. AMAROK

6. TROG

7. B. LUNGE

8. BOVINE

9. MIEL'S WHEELS

10. HIKES

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

12. MONGOOSE

13. 313

14. BUCKS

15. MASTODON

16. SWASHBUCKLER

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

18. BUZZARD

19. APE SHOOT

20. C.H.B.

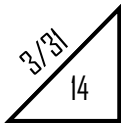
21. ALI 22+

22. SHOT PUT

23. BOULDER

24. SWAGGIN 1:1

25. REV HYDRA



SLOPE

CROSS-FIRE CIRCUITS

ORDER

1A, 1B, 1C

2A, 2B, 2C

3A, 3B, 3C

1-3

1. CHECKLIST

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

2. EL CYCLE

1-3

3-1

2,2

1. TYSON
2. QUICK FT. (20) + RUN
3. VIPER

3. U

1-3

3-1

1. MONTAUK
2. CALF-IN-ATOR
3. RIBBITS (10) + RUN

1-3

2-4

A. MESA

1. STAMPEDE
2. BULLY
3. HIKES
4. BEAR

PUSH, TASK

PUSH, TASK

PUSH, TASK

B. GAUNTLET

1. ALI 22+
2. MANTIS (8) + RUN
3. REV BEAR

1

1,2

1,2,3

C. MTN

1. AMAROK
2. PEG LEG (8) + RUN
3. GRECO