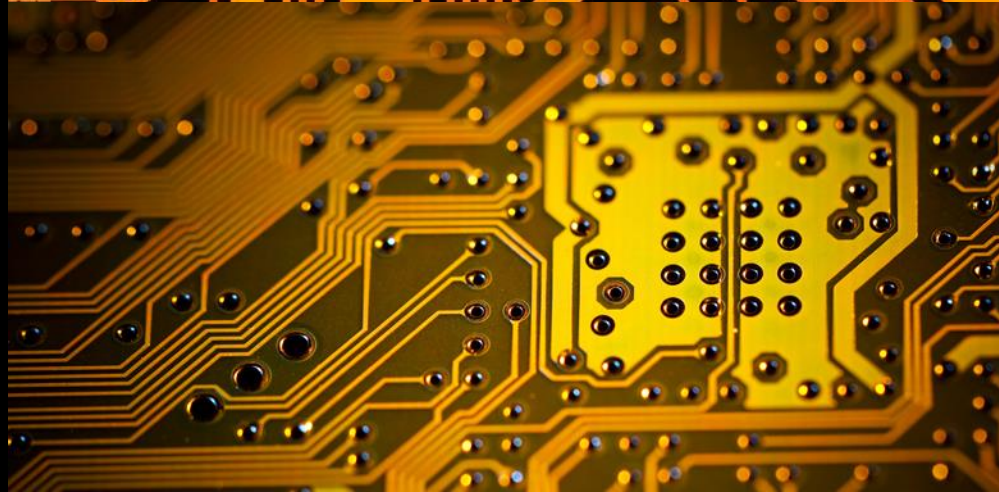
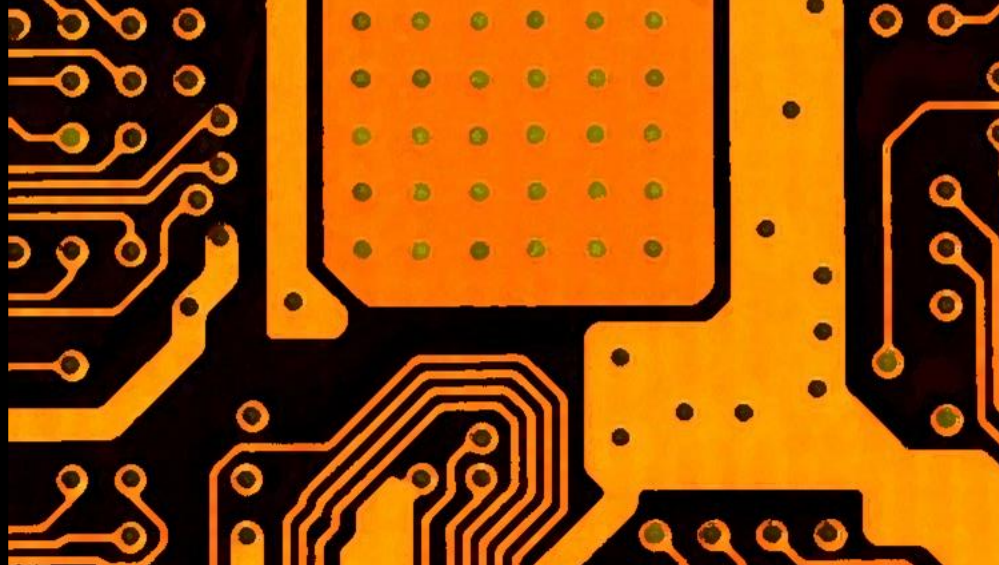


MOTHERBOARD
APRIL 2022



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

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

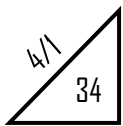
1. ALT. SQUONQ
2. RAMBO (10) + RUN
3. BANDIT (20) + RUN
4. CYCLONE (12) + TZN
5. BOULDER

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

WARM UP

1-4, 4-1

2,3

3,2

EL CYCLE

1. SHUTTLE 3-2-4-2-3-1

2. TYSONS

3. BULLY

4. JIGGY (20) + RUN

"MTNS"

1-5

1-10

1-15

1-20

1-25

1-30

APRIL FOOL'S MTNS

1. QUICK FT. (20) + RUN

2. EN GARDE

3. BANDIT (20) + RUN

4. HIKES

5. SWAGGIN 1:1

6. LYCAN (10) + RUN

7. F. LUNGE

8. CURL WALK 6+

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

10. VENOM

11. BULLDOG

12. APE SHOOT!

13. MIEL'S WHEELS

14. HALD 2-1-3-1-4-1

15. DEVIL

16. MONGOOSE

17. BENCHED (30) + TZN

18. JUNKIE JUMP (8) + RUN

19. SLING SHOT 3-2-4-2-3-1

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

21. M.F.T.

22. SL BOULDER

23. GATOR to 3

24. SL INCH

25. WICCA

26. DEVASTATOR 6

27. GROOSTSLANG

28. DRAGO to 3

29. WALRUS

30. ORCA to 3/BACK



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

UPLIFT

1. GALLOW 2-1-4-3-4-1
2. TWO-STEP (20) + RUN
3. SKY HIGH 4-1
4. X PP
5. POTTY TO BULLDOG
6. MIM 3-2-4-2-3-1

PERFORM TASKS IN A CHECKLIST PATTERN AND EACH TASK THE NUMBER OF TIMES NOTED.

CHAOS

- 2 KOBOLD
- 4 VIP (10) + RUN
- 1 TROMBONE 6+
- 2 TOES (20) + RUN
- 3 3 PT. STANCE
- 1 TROG
- 1 B.N.C.
- 3 ALI 22+
- 1 HANG (10) + RUN
- 2 PINNED 2-1-3-1-4-1
- 4 SUICIDE 2-1-3-1-4-1
- 1 BOULDER
- 3 JIGGY (20) + RUN
- 2 TYPHON
- 1 TYSON
- 3 APE SHOOT!

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

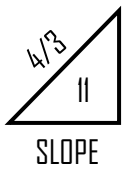
MESA

1. SHALO 1:1
2. MONKEY
3. STAMPEDE
4. ROW STROLL 6+
5. F. LUNGE
6. SAWED OFF (10) + TZN
7. MUGGER (12) + RUN
8. BOVINE
9. OFFERING
10. 45°
11. BONSAI 3-1-4-2-4-1
12. CUJO (1)

- 1-4
- 1-4

CHECKLIST (2)

1. REVIVAL
2. JACKAL
3. REV VIPER
4. AMAROK



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

MTN2

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. SUE-STEP (20) + RUN

3. SWAGGIN 1:1
4. EN GARDE

5. PLATE SHAKE 9+
6. SQ. JUMP (10) + RUN

7. BANDIT (20) + RUN
8. REV BEAR

9. SL BUCKS
10. JACK BOX

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

CROSS-FIRE

1. HIGH Xs

2. BUZZARD

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

4. CYCLONE (12) + TZN

1-20
20-1

U-TURN

1. TURKEY

2. TALL ORDER 6+

3. SWASHBUCKLER

4. HIKES

5. QUICK FT. (20) + RUN

6. BULLY

7. MT. CLIMB (20) + RUN

8. MASTODON

9. NEAPOLITAN

10. MANTIS (8) + RUN

A. MIEL'S WHEELS

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

C. PETRA

11. SKATES

12. RAMPANT (10) + RUN

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

14. OZARK

15. KNEELING CURL (6) + TZN

16. W. GREMLIN

17. SQUANTOES (20) + RUN

18. RIBBITS (10) + RUN

19. OGRE (10) + TZN

20. SA DIABLO



SLOPE

CAVITY CIRCUITS

PERFORM CIRCUITS IN THE ORDER OF A,B,C,D,E,F,G,H / A,B,C,F,G,H / A,B,G,H / A,H

- 1.
- 1.2
- 1.2.3

A. MTN

1. QUICK FT. (20) + RUN
2. SHUFFLE
3. MOGUL (20) + RUN

B. EL CYCLE

1. STAMPEDE
2. RAMPAGE (12) + RUN
3. MONGOOSE

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

C. VERTEX

1. WARRIOR
2. CHICKIN 2-1-3-1-4-1
3. ALT. SQUONK

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

D. FADED

1. MINOTAUR ☉
2. INCH WORM
3. AMAROK

- 1-3
- 1,2
- 1

E. =IBRIDUS

1. JOUNCE 2-1-3-1-4-1
2. SHWAGGIN 1:1
3. SCORPION to 3/BACK

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

F. CHECKLIST (2)

1. TRIFECTA 6+
2. SLAP JACK
3. VENOM

- 1-3
- 1-3

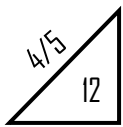
G. U-TURN

1. W. CROOK
2. CURL PRESS 5+
3. MIEL'S WHEELS

- 1-3
- 3-1

- PUSH
- TASK
- PUSH
- TASK
- PUSH
- TASK
- H. GAUNTLET

1. ROW STROLL 6+
2. SQUIBBLE
3. REV MASTODON



SLOPE

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

REPTILIAN

1. EN GARDE
2. SKATES
3. V-STEP (10) + RUN
4. PLATE SHAKE 9+
5. ALI 22+
6. KOBOLD

- 7A. GORGON (8) + RUN
- 7B. DEATH ROW 2-1-3-1-4-1
- 7C. ANACONDA
- 7D. TORO

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

MTN3

1. TROG
2. YETI
3. MT. CLIMB (20) + RUN

4. RDL (8) + TZN
5. W. GREMLIN
6. TWO-STEP (20) + RUN

7. SHOT PUT
8. APE SHOOT!
9. BONSAI 3-1-4-2-4-1

10. VEXUM
11. TYSONS
12. GRIFTER (8) + SAPP

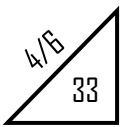
EL CYCLE

1. CHICKIN 2-1-3-1-4-1
2. GIMPY DOG
3. MONGOOSE
4. KITCHEN SINK (10) + TZN

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

CENTAUR2

1. TIP-TOES (20) + RUN
2. PUSH UP (10) + RUN
3. POTTY SHOT
4. RAMBO (10) + RUN
5. STAMPEDE
6. SUPP (10)
7. BENCHED (30) + TZN
8. SKUFFLE
9. JACKALOPE
10. BUTT KICKS
11. SLIGER
12. SUICIDE 2-1-3-1-4-1
13. SA PP
14. GARGOYLE
15. QUICKSAND (L)



SLOPE

- 1. AA
- 1.2. BB
- 1.2,3 CC
- 1.2,3,4. DD
- 1.2,3,4,5 EE
- 1.2,3,4,5,6 FF

XION2

- 1.
- 1.1.2
- 1.1.1.2.2.3
- 1.1.1.1.2.2.2.3.3.4
- 1.1.1.1.1.2.2.2.2.3.3.3.3.4.4.5

AND 1

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

2. MT. CLIMB (20) + RUN

3. ROW STROLL 6+

4. VIP (10) + RUN

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

6. O-B.O.R. (10) + TZN

A. HIGH KNEES

B. SWAGGIN 1:1

C. SQ. JUMP (10) + RUN

D. SKUFFLE

E. OGRE (10) + TZN

F. PISTON (10) + TZN

1. CRAZY LEGS

2. YIKES!

3. SKY HIGH 4-1

4. STACK SHOT

5. WICCA

1-16

1-16

CHECKLIST (2)

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

2. JAGGER (12) + RUN

3. JACKAL

4. LYCAN (10) + RUN

5. TYSONS

6. JANGLE LEG 3

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

8. PIRATE

9. TARASQ

10. HALO 2-1-3-1-4-1

11. SPIKES

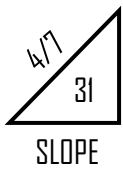
12. KOBOLD

13. BUCKS

14. WIZARD

15. TAKE OFF!

16. GATOR to 3



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

EXPANDING

1. INCH WORM
2. AMAROK
3. MONTAUK
4. PLATE SHAKE 9+
5. EN GARDE
6. MT. CLIMB (20) + RUN
7. STAMPEDE
8. OFFERING
9. RAZOR
10. GRECO

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

MOLE HILLS

1. BANDIT (20) + RUN
2. SQUONQ
3. CHICKIN 2-1-3-1-4-1

-
1. SUE-STEP (20) + RUN
 2. APE SHOOT!
 3. ZOOKEEPER

-
1. MOGUL (20) + RUN
 2. SAWED OFF (10) + TZN
 3. BUNYAN

-
1. RDL (8) + TZN
 2. TROG
 3. VIPER

-
1. CHIMP (8) + RUN
 2. BUCKS
 3. HAG

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

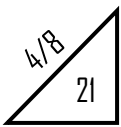
CHAMELEON

- 1A. QUICKSAND Ⓛ
- 1B. DEATH ROW 2-1-3-1-4-1
- 1C. W. LUNGE

- 1D. SLIGER
- 1E. DIABLO

-
2. HANG (10) + RUN
 3. VENOM
 4. CYCLONE (12) + TZN

-
- 5A. REV INCH
 - 5B. ENFORCER
 - 5C. K.O.D. (20) + TZN
 - 5D. WINDOW WASH
 - 5E. NEAPOLITAN



SLOPE

MESA

123
234
345
456
567
678
789
8910

1. SUICIDE 2-1-3-1-4-1
2. STAMPEDE
3. SWAGGIN 1:1
4. MOWGLI (12) + RUN
5. KNEEL CURL (6) + TZN
6. SA P.P.
7. MONKEY CRAWL
8. HALO 2-1-3-1-4-1
9. TOES (20) + RUN
10. W. LUNGE

1
121
12321
1234321
123454321

UPLIFT

1. SUE-STEP (20) + RUN
2. TYSONS
3. ROW STROLL 6+
4. STAT TYPHON (10) + RUN
5. GRECO

1-5, 5-1 U

1. RDL (8) + TZN
2. D-B.O.R. (10) + TZN
3. ABD. MANTIS (8) + RUN
4. HAG 1:1
5. CRAISE (20) + TZN

111
222
333
444
555
666
777
888
999
101010
11111

CENTAUR3

1. CYCLONE (12) + TZN
2. VENOM
3. REV BOVINE
4. YIKES!
5. SCALAWAG
6. SABRE (8) + RUN
7. REV BALL N CHAIN
8. TAKE OFF!
9. BULLY
10. JACKALOPE
11. PRIMATES 4-1-3-1-2-1



SLOPE

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

HYBRID2

1. HOT COALS (10) + RUN
2. SWAGGIN 1:1
3. RAMBO (10) + RUN
4. BULLDOZER
5. PARATROOP (10) + RUN

PERFORM THE FORWARD AND REVERSE VERSION OF EACH TASK IN A CENTAUR2 PATTERN IN ORDER TO GET A FULL TASK OF EACH. EXAMPLE: BEAR TO 4, REV BEAR TO 1, BEAR TO 4, REV BEAR TO 1.

RED RUM

- | | |
|---------------|-------------|
| 1. BEAR | REV BEAR |
| 2. POTTY SHOT | HIKES |
| 3. DELAURA | SA DIABLO |
| 4. GREMLIN | REV GREMLIN |
| 5. VIPER | REV VIPER |
| 6. F. LUNGE | B. LUNGE |
| 7. ANACONDA | BUCKS |
| 8. BOVINE | REV BOVINE |
| 9. THRASHER | TORD |
| 10. INCH WORM | REV INCH |

1,2,3,3

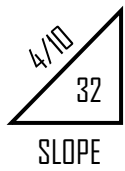
2,3,4,4

3,4,5,5

4,5,6,6....

RIPPLED

1. BONSAI 3-1-4-2-4-1
2. 3 PT. STANCE
3. BULLY
4. TIPPY-TAP
5. X PP
6. FLAMINGO (6) + TZN
7. MIEL'S WHEELS
8. INFINITY (20) + RUN
9. RDL (8) + TZN
10. MONKEY
11. GALLOW 2-1-4-3-4-1
12. HACK-IT



PERFORM EACH CIRCUIT BY DOING THE TASK IN THE TITLE OF EACH LIST ONCE BEFORE EACH TASK. THESE TASKS ARE NOT TO BE PERFORMED AFTER TASK NUMBER 5 IN EACH.

MINI GAUNTLETS

SHUFFLE

1. STAMPEDE
2. MOGUL (20) + RUN
3. SUE-STEP (20) + RUN
4. TURKEY
5. BULLY

W. CROOK

1. LYCAN (10) + RUN
2. X PP
3. BOVINE
4. TYSON
5. MIEL'S WHEELS

KITCHEN SINK (10) + TZN

1. HOT COALS (10) + RUN
2. W. GREMLIN
3. HIKES
4. KOBOLD
5. VIP (10) + RUN

SKULLS (10) + TZN

1. SKUFFLE
2. TROG
3. POTTY SHOT
4. DELAURA
5. DIABLO

RDL (8) + TZN

1. ENFORCER
2. TARASQ
3. JIGGY (20) + RUN
4. RAZOR
5. GARGOYLE

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

1. B. LUNGE
2. SA PP
3. COALITION (10) + TZN
4. ALT. SQUONQ
5. SKATES

W. LUNGE

1. SQUANTOES (20) + RUN
2. BUTT KICKS
3. ALI 22+
4. KAMIKAZE 4-3-4-2-4-1-4-1
5. TWO-STEP (20) + RUN

CYCLONE (12) + TZN

1. 3 PT. STANCE
2. YETI
3. HIGH Xs
4. BONSAI 3-1-4-2-4-1
5. MANTIS (8) + RUN

OGRE (10) + TZN

1. RAMPAGE (12) + RUN
2. RAMBO (10) + RUN
3. BANDIT (20) + RUN
4. VEXUM
5. MONKEY



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

SHRINKING

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE
3. BANDIT (20) + RUN
4. INFINITY (20) + RUN
5. TWO-STEP (20) + RUN
6. SQ. THRUST (10) + RUN
7. W. CROOK
8. TROMBONE 6+
9. RIBBITS (10) + RUN
10. BULLDOG

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

CEPTILIAN2

1. SWAGGIN 1:1
 2. ROW STROLL 6+
 3. MOGUL PUSH
-
- 4A. BRDG BENCHED (30) + TZN
 - 4B. COBRA (10) + PUSH
 - 4C. WARRIOR
 - 4D. RESURRECTION

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

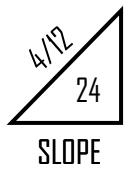
VERTEX

1. O-B.O.R. (10) + TZN
2. JACK BOX
3. APE SHOOT!
4. BONSAI 3-1-4-2-4-1
5. SQUONQ

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

MTN

1. NEAPOLITAN
2. TYSON
3. STACKSHOT
4. BUCKS



1-3
1-6
1-9

A.
MTN3

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

4. SWAGGIN 1:1
5. LYCAN (10) + RUN
6. SQUANTOES (20) + RUN

7. KOBOLD
8. B.N.C.
9. DELAURA

1233
2344
3455

B.
RIPPLED

1. BENCHED (30) + TZN
2. YIKES!
3. GARGOYLE
4. MIEL'S WHEELS
5. BUCK UP

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

C.
FILLING

1. JIGGY (20) + RUN
2. TURKEY
3. OFFERING
4. RAMP UP (8) + RUN
5. HALF BLAKED (L)
6. SUICIDE 2-1-3-1-4-1
7. KNEEL CURL (6) + TZN
8. BUZZARD

1
122
12333
123444

D.
VERTEX

1. DEVIL
2. REV GREMLIN
3. QUICK FT. (20) + RUN
4. PRIMATES 4-1-3-1-2-1

1A. 2-4
1B. 2-4
1C. 2-4

E.
INVERTILIAN

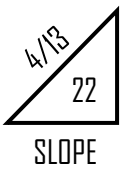
- 1A. KAMIKAZE 4-3-4-2-4-1-4-1
- 1B. 313
- 1C. FLYING JACKAL

2. XPP
3. CURL PRESS 5+
4. JUNKIE JUMP (8) + RUN

112233
1122
11

F.
REV HYBRID2

1. REV GROWLER
2. TROG
3. ANACONDA



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

CROSS-FUSION

1. BONSAI 3-1-4-2-4-1
2. MOGUL (20) + RUN
3. TRUMPET 9+
4. PARATROOP (10) + RUN
5. JACKALOPE

- A. ALI 22+
- B. CHICKIN 2-1-3-1-4-1
- C. SL PUSH UP (10) + RUN

100 REPS!

1-4
1-8
1-12

MTN4

1. SHUFFLE
2. SA PP
3. GREMLIN
4. VIPER

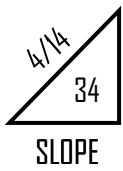
5. SKY HIGH 4-1
6. AMAROK
7. GRECO
8. VEXED (10) + RUN

9. SQUIBBLE
10. K.O.D. (20) + TZN
11. SL DGRE (10) + TZN
12. WARLOCK

1-12
12-1
1-12

N

1. TURKEY
2. ARACHNID
3. SHWAGGIN 1:1
4. QUICK FT. (20) + RUN
5. TRIFECTA 6+
6. GARGOYLE
7. POTTY SHOT
8. RDL (8) + TZN
9. FLAMINGO (6) + TZN
10. JAGGER (12) + RUN
11. SUICIDE 2-1-3-1-4-1
12. BULLDOZER



CROSS-LISTS

PERFORM EACH SECTION
AS A CHECKLIST IN THE
ORDER OF A CROSS-FIRE
CIRCUIT:

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

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

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

3. W. GREMLIN
AMAROK
SL REVIVAL

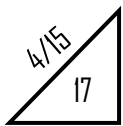
4. GRECO
BONSAI 3-1-4-2-4-1
SHOT PUT

5. NEAPOLITAN
SL BUCKS
JAGGER (12) + RUN

A. SWAGGIN 1:1
RAMBO (10) + RUN
ROW STROLL 6+

B. REV VIPER
HIKES
VENOM

C. GARGOYLE
TROG
INCH WORM



SLOPE

MTN2

1,2

1-4

1-6

1-8

1-10

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

3. SPEED SKATES (20) + RUN
4. TWINKLE TOES (30) + TZN

5. SQUONQ
6. TROMBONE 6+

7. RIBBITS (10) + RUN
8. PUSH UP (10) + RUN

9. LYCAN (10) + RUN
10. REV BOVINE

1

122

12333

1234444

VERTEX

1. SHOT PUT
2. NO GIMMIES
3. F. LUNGE
4. RAZOR

U

1-12

12-1

1. BONSAI 3-1-4-2-4-1
2. HAG 1:1
3. O-PINNED 2-1-3-1-4-1
4. PRIMATES 4-1-3-1-2-1
5. BUCKS
6. JAGGER (12) + RUN
7. DELAURA
8. TRIFECTA 6+
9. TARASQ
10. BANDIT (20) + RUN
11. W. CROOK
12. DEVIL

11223344

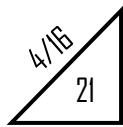
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1122

11

REV HYBRID2

1. ROW STROLL 6+
2. VEXED (10) + RUN
3. GALLOW 2-1-4-3-4-1
4. TWEAKER (L)



SLOPE

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

REV MTN2

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

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

5. TYSON
6. HIKES

7. TROG
8. GORGON (8) + RUN

9. FLYING MONKEY
10. SA DIABLO

PERFORM IN A CHECKLIST PATTERN BY PERFORMING EACH TASK NUMBER OF TIMES NOTED. PATTERN REMAINS CONSISTENT THROUGHOUT.

MATTERHORN

- 2 RDL (8) + TZN
- 1 BOULDER
- 1 POGOTO (6) + TZN

- 2 SL BUCKS
- 1 BUZZARD
- 1 SKULLS (10) + TZN

- 2 REV VIPER
- 1 APE SHOOT!
- 1 DGRE (10) + TZN

- 2 ROW STROLL 6+
- 1 VEXUM
1. BONSAI 3-1-4-2-4-1

- 2 REV INCH
- 1 ALI 22+
- 1 SUPP (10)

- 2 MT. CLIMB (20) + RUN
- 1 CYCLONE (12) + TZN
- 1 CHICKIN 2-1-3-1-4-1

- 2 ENFORCER
- 1 TURKEY
- 1 K.O.D. (20) + TZN

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

MESA

1. TWEAKER Ⓛ
2. SQUONQ
3. PISTON (10) + TZN
4. TWISTED
5. RIBBITS (10) + TZN
6. GARGOYLE
7. POTTY SHOT
8. BULLY
9. RAMBO (10) + RUN
10. HAMSTRUNG

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

EL CYCLE

1. LYCAN (10) + RUN
2. MIEL'S WHEELS
3. TAKE OFF!
4. PRIMATES 4-1-3-1-2-1



SLOPE

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

CENTAUR2

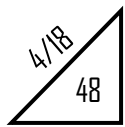
"MARTYRDOM"

1. HOT COALS (10) + RUN
2. TWO-STEP (20) + RUN
3. BANDIT (20) + RUN
4. LYCAN (10) + RUN
5. PLATE SKAKE 9+
6. W. CROOK
7. SQ. JUMP (10) + RUN
8. JIGGY (20) + RUN
9. CYCLONE (12) + TZN
10. OFFERING
11. HALO 2-1-3-1-4-1

12. STAT. SWAG (20) + TZN
13. ROW STROLL 6+
14. V-STEP (10) + RUN
15. RAMPANT (10) + RUN
16. PARATROOP (10) + RUN
17. SQUANTOES (20) + RUN
18. POUNCER (10) + RUN
19. TIP-TOES (20) + RUN
20. JUNKIE JUMP (8) + RUN
21. FLAMINGO (6) + TZN
22. MANTIS (8) +RUN

23. TROMBONE 6+
24. PINNED 2-1-3-1-4-1
25. POGOTO (6) + TZN
26. O-B.O.R. (10) + TZN
27. HIGH Xs
28. JAGGER (12) + RUN
29. CHICKIN 2-1-3-1-4-1
30. TRUMPET 9+
31. RDL (8) + TZN
32. OGRE (10) + TZN
33. TRIFECTA 6+

34. BENCHED (30) + TZN
35. VIP (10) + RUN
36. TALL ORDER 6+
37. SUPP (10)
38. COBRA (10) + PUSH
39. STORK (20) + TZN
40. CURL PRESS 5+
41. BULLY
42. ALI 22+
43. SQ. THRUST (10) + RUN
44. HANG MADNESS 6
45. LUMBERJACK (8) + RUN



SLOPE

1-3

1-3, 4-6, 4-6

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

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

11, 22, 33, 44, 55

22, 33, 44, 55

33, 44, 55

44, 55

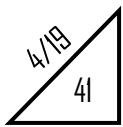
55

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

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

CROSS-FIRE

1. SUICIDE 2-1-3-1-4-1
2. INFINITY (20) + RUN
3. SQ. JUMP (10) + RUN
4. TARASQ
5. PETRA

- A. TWO-STEP (20) + RUN
- B. PLATE SHAKE 9+
- C. HIKES

1. AA
1.2. BB
1.2.3. CC
1.2.3.4. DD
1.2.3.4.5. EE
1.2.3.4.5.6. FF

XION2

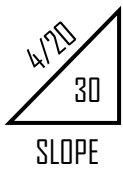
1. V-STEP (10) + RUN
2. W. CROOK
3. CURL WALK 6+
4. GROWLER
5. TWISTED
6. B.N.C.

- A. KAMIKAZE 4-3-4-2-4-1-4-1
- B. SHOT PUT
- C. HALO 2-1-3-1-4-1
- D. INCH WORM
- E. JACKALOPE
- F. GATOR to 3

CHASM

(LAST CIRCUIT)
PERFORM IN A MTN
PATTERN AND DO EACH
TASK AS MANY TIMES
NOTED.

- 1 PIRATE
- 2 B. LUNGE
- 1 DENSER 2-1-3-1-4-1
- 4 SA PP
- 2 SL BOULDER



1-12
4-12
7-12
10-12

FADED3

1. HIGH Xs
2. HOT COALS (10) + RUN
3. ALI 22+

4. MOGUL (20) + RUN
5. KAMIKAZE 4-3-4-2-4-1-4-1
6. RAMBO (10) + RUN

7. HANG (10) + RUN
8. PUSH UP (10) + RUN
9. REV VIPER

10. STAT SWAG (20) + TZN
11. CRAZY LEGS
12. SL BUCKS

PERFORM EACH TASK THE NUMBER OF
TIMES IN GREEN, DROP HALF-BLAKED.
PERFORM NUMBER OF TIMES IN PURPLE,
DROP HACK-IT...ETC

FIND MUCK

- 4321 SKY HIGH 4-1
321 TROG
21 HACK-IT
1 HALF-BLAKED (L)

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

RELAPSE

1. STAMPEDE
2. SKULLS (10) + TZN

3. JUNKIE JUMP (8) + RUN

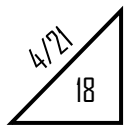
4. TWEAKER (L)

CHECKLIST PATTERN. DO EACH TASK AS
MANY TIMES NOTED.

CHAOS

- 2 SUICIDE 2-1-3-1-4-1
- 3 STACK SHOT
- 1 DEVASTATOR 6
- 2 G.B.D. (15) + RUN
- 3 HIKES
- 1 LOWLY (10) + RUN
- 1 OBLITERATOR
- 4 MONKEY
- 2 TWISTED
- 3 CRAISE (20) + TZN
- 1 DEAD MAN (3/LINE)
- 3 KOBOLD
- 2 REVIVAL

FROZEN PIPES
VERSION



SLOPE

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

MTN2

1. BONSAI 3-1-4-2-4-1
2. SUE-STEP (20) + RUN

3. TRUMPET 9+
4. ALI 22+

5. RAMBO (10) + RUN
6. TALL ORDER 6+

7. SKUFFLE

8. SKULLS (10) + TZN

9. TOES (20) + RUN
10. ORCA to 3/BACK

- 1-12
- 12-1

U-TURN

1. SPIKES
2. CRAZY LEGS
3. SKATES
4. HANG (10) + RUN
5. TORO
6. SQUANTOES (20) + RUN
7. MOGUL (20) + RUN
8. 45°
9. TYSON
10. BUCKS
11. KAMIKAZE 4-3-4-2-4-1-4-1
12. DEVIL

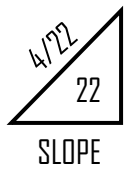
- 1,1,2,2,3,3,4,4. 5A,5A
- 1,1,2,2,3,3,4,4. 5B,5B
- 1,1,2,2,3,3,4,4. 5C,5C
- 1,1,2,2,3,3,4,4. 5D,5D

"2x2"

CEPTILIAN2

1. BANDIT (20) + RUN
2. CURL PRESS 5+
3. REV BULLDOG
4. W. CROOK

- 5A. PROWLER (L)
- 5B. STACK SHOT
- 5C. VENOM
- 5D. AMAROK



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

FILLING

1. GALLOW 2-1-4-3-4-1
2. TIP-TOES (20) + RUN
3. BANDIT (20) + RUN
4. MONTAUK
5. HAMSTRUNG
6. 90° (10) + TZN
7. QUICKSAND
8. SWAGGIN 1:1
9. EN GARDE
10. QUICK FT. (20) + RUN

1-12
1-12

CHECKLIST(2)

1. W. GREMLIN
2. RDL (8) + TZN
3. PRIMATES 4-1-3-1-2-1
4. BOULDER
5. APE SHOOT!
6. TWO-STEP (20) + RUN
7. SKULLS (10) + TZN
8. ARACHNID
9. KOBOLD
10. TYPHON
11. ROW STROLL 6+
12. BULLDOZER

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

VERTEX

1. WICCA
2. SUICIDE 2-1-3-1-4-1
3. MT. CLIMB (20) + RUN
4. DELAURA

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

=IBRIDIOUS

1. PINNED 2-1-3-1-4-1
2. RIBBITS (10) + RUN
3. CYCLONE (12) + TZN
4. G.B.D. (15) + TZN
5. MONGOOSE

4/23
45

JACOB'S LADDER

SLOPE

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

4.1. GRIFTER (8) + SA PP

4. HANG (10) + RUN

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

2. SPIKES

5.1. REV PLATE PUSH

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

3. TROG

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

5. 1. JACKAL

4. BUZZARD

3. APE SHOOT!

2. STORK (20) + TZN

5. 1. BULLDOG

4. INFINITY (20) + RUN

3. PLATE SHAKE 9+

2. TOES (20) + RUN

1. SHUFFLE

5. X PP

4. SHWAGGIN 1:1

3. VIP (10) + RUN

2. EN GARDE

5.1. JOUNCE 2-1-3-1-4-1

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

3. HOT COALS (10) + RUN

2. BOVINE

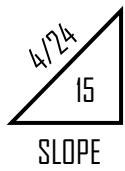
5.1. SL OGRE (10) + TZN

4. STAT. TYSON (20) + RUN

3. SLUSKI

2. SQUIBBLE

4.1. GRIFTER (8) + SA PP



1-25
1-25
1-25
1-25

BODY WEIGHT CHECKLIST(4)

1. SUICIDE 2-1-3-1-4-1
2. QUICK FEET (20) + RUN
3. VIP (10) + RUN
4. TYSON
5. BANDIT (20) + RUN
6. KOBOLD
7. HANG (10) + RUN
8. LYCAN (10) + RUN
9. AU 22+
10. MONTAUK
11. INFINITY (20) + RUN
12. F. LUNGE
13. TROG
14. STAMPEDE
15. MANTIS (8) + RUN
16. RIBBITS (10) + RUN
17. BOVINE
18. STIGMA (10) + RUN
19. BUZZARD
20. KAMIKAZE 4-3-4-2-4-1-4-1
21. MASTODON
22. SL GORGON (8) + RUN
23. SL PUSH UP (10) + RUN
24. REV BULLDOG
25. SQUAT THRUST (10) + RUN



SLOPE

DENALI

IN A CHECKLIST:

A DOWN

A ACROSS

B DOWN

B ACROSS

C DOWN

C ACROSS

D DOWN

D ACROSS

E DOWN

E ACROSS

F DOWN

F ACROSS

G DOWN

G ACROSS

H DOWN

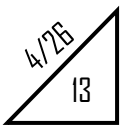
H ACROSS

I DOWN*

I ACROSS

**NOTE THE UNUSUAL
DOUBLE REP ON
NEAPOLITAN!*

A QUICK FT. (20) + RUN	JIGGY (20) + RUN	TROMBONE 6+	MIEL'S WHEELS	3 PT STANCE
B STAMPEDE	REV BEAR	FLYING MONKEY	ALI 22+	KNEELING CURL (6) + TZN
C SWAGGIN 1:1	RESURRECTION	W. GREMLIN	REV GROWLER	0-PINNED 2-1-3-1-4-1
D BONSAI 3-1-4-2-4-1	POTTY SHOT	GRECO	KITCHEN SINK (10) + TZN	ROW STROLL 6+
E RAMPANT (10) + RUN	MONGOOSE	HOT COALS (10) + RUN	PEG LEG (8) + RUN	DIABLO
F CURL WALK 6+	BOVINE	YIKES!	TRIFECTA 6+	ZOOKEEPER
G HIKES	HAG 1:1	X PP	ROT. SQUAT	TURKEY
H B. LUNGE	JACKALOPE	MT. CLIMB (20) + RUN	HACK-IT	CUJO (L)
I NEAPOLITAN	SKATES	SAWED OFF (10) + TZN	OZARK	VENDM



SLOPE

MATTERHORN

3 SHUFFLE

3 QUICK FT. (20) + RUN

1 LYCAN (10) + RUN

3 TURKEY

3 POTTY SHOT

1 STROW 1:1

3 BANDIT (20) + RUN

3 YETI

1 CRAY-CRAY

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

3 CURL WALK 6+

1 COBRA (10) + PUSH

3 SKY HIGH 4-1

3 SUE-STEP (20) + RUN

1 ALI 22+

PERFORM IN A CHECKLIST PATTERN BY PERFORMING EACH TASK NUMBER OF TIMES NOTED. PATTERN REMAINS CONSISTENT THROUGHOUT.

1-5, 5-1

2-4, 4-2

3, 3

EL CYCLE

1. REVIVAL

2. VIP (10) + RUN

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

4. REV B.N.C.

5. BRDG BENCHED (30) + TZN

1

1,2

1,2,3

1,2,3,4

1,2,3,4,5

MTN

1. JIGGY (20) + RUN

2. RAZOR

3. KOBOLD

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

5. M.F.T.

1,2,3

2,3,4

3,4,5

4,5,6

5,6,7...

MESA

1. SWAGGIN 1:1

2. RDL (8) + TZN

3. TARASQ

4. MIEL'S WHEELS

5. REV GARGOYLE

6. TYSON

7. MOGUL PUSH

8. BULLY

9. RIBBITS (10) + RUN

10. SCORPION to 3/BACK



SLOPE

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

CENTAUR2

1. EN GARDE
2. SKIPS
3. SWAGGIN 1:1
4. RIBBITS (10) + RUN
5. CYCLONE (12) + TZN
6. APE SHOOT!
7. VEXUM
8. O-PINNED 2-1-3-1-4-1
9. VIP (10) + RUN
10. F. LUNGE
11. BULLFROG
12. MIM 3-2-4-2-3-1

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

MTN4

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

5. DEATH ROW 2-1-3-1-4-1
6. X PP
7. CROAKIN
8. MIEL'S WHEELS

9. KNEELING CURL (6) + TZN
10. OGRE (10) + TZN
11. RDL (8) + TZN
12. 313

13. BULLDOZER
14. OFFERING
15. SHALO 1:1
16. HIKES

1-8
8-1

PERFORM A MONGOOSE
BEFORE EACH TASK.
ON THE TURN THE PATTERN
IS MONGOOSE, ALT SQUONQ,
MONGOOSE, ALT. SQUONQ,
MONGOOSE, BUCKS.

MONGOOSE U-GAUNTLET

1. TAKE OFF!
2. W. CROOK
3. REV PLATE PUSH
4. POTTY SHOT
5. BOULDER
6. TALL ORDER 6+
7. BUCKS
8. ALT. SQUONQ



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. BONSAI 3-1-4-2-4-1
2. QUICK FT. (20) + RUN
3. PLATE SHAKE 9+
4. TIPPY-TAP
5. X PP

- 1-12
- 3-12
- 5-12
- 7-12
- 9-12
- 11-12

FADED2

1. SHOT PUT
2. REVIVAL

3. SQUIBBLE
4. CYCLONE (12) + TZN

5. YIKES!

6. TROG

7. BUCK UPS

8. DENSER 2-1-3-1-4-1

9. V-STEP (10) + RUN

10. SHUFFLE

11. SHWAGGIN 1:1

12. OGRE (10) + TZN

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

MOLE-HILLS

1. TURKEY
2. MT. CLIMB (20) + RUN
3. INCH WORM

1. W. CROOK
2. VEXUM
3. 3 PT. STANCE

1. YETI
2. ROW STROLL 6+
3. JAGGER (12) + RUN

1. SA PP
2. SA DIABLO
3. BULLDOG



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. BONSAI 3-1-4-2-4-1
2. MT. CLIMB (20) + RUN
3. SWAGGIN 1:1
4. HIKES
5. XPP
6. PRIMATES 4-1-3-1-2-1
7. B. LUNGE
8. W. CROOK

1X

2X

3X

4X

MOGUL PUSH, TASK
MOGUL PUSH, TASK...

MOGUL PUSH GAUNTLET

1. STAMPEDE
2. CURL PRESS 5+
3. DENSER 2-1-3-1-4-1
4. AMAROK
5. BENCHED (30) + TZN
6. MUGGER (12) + RUN
7. TORO
8. POTTY SHOTS
9. PEG LEG (8) + RUN
10. RAMP UP (8) + RUN

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

REV MTN3

1. EN GARDE
2. TROMBONE 6+
3. SQUONQ
4. BUCKS
5. BALL N CHAIN
6. APE SHOOT!
7. MONKEY CRAWL
8. HALO 2-1-3-1-4-1
9. TIP-TOES (20) + RUN
10. W. GREMLIN
11. JIGSAW
12. OZARK



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

MESA

1. SHUFFLE
2. SUE-STEP (20) + RUN
3. ALT SQUONQ
4. MOGUL (20) + RUN
5. KOBOLD
6. XPP
7. BULLY
8. TIPPY-TAP
9. DEVIL
10. TYPHON

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

REPTILIAN3

1. HALD 2-1-3-1-4-1
 2. OGRE (10) + TZN
 3. SQ. JUMP (10) + RUN
 4. VIP (10) + RUN
 5. SLULLS (10) + TZN
-
- 6A. SA PP
6B. TWISTED
6C. REV GARGOYLE
6D. MIEL'S WHEELS

1-12
12-1

U

1. K.O.D. (20) + TZN
2. VEXUM
3. PINNED 2-1-3-1-4-1
4. FLYING JACKAL
5. V-STEP (10) + RUN
6. ALI 22+
7. SHWAGGIN 1:1
8. YETI
9. BANDIT (20) + RUN
10. BONSAI 3-1-4-2-4-1
11. JOHNNY APPLESEED
12. 313

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