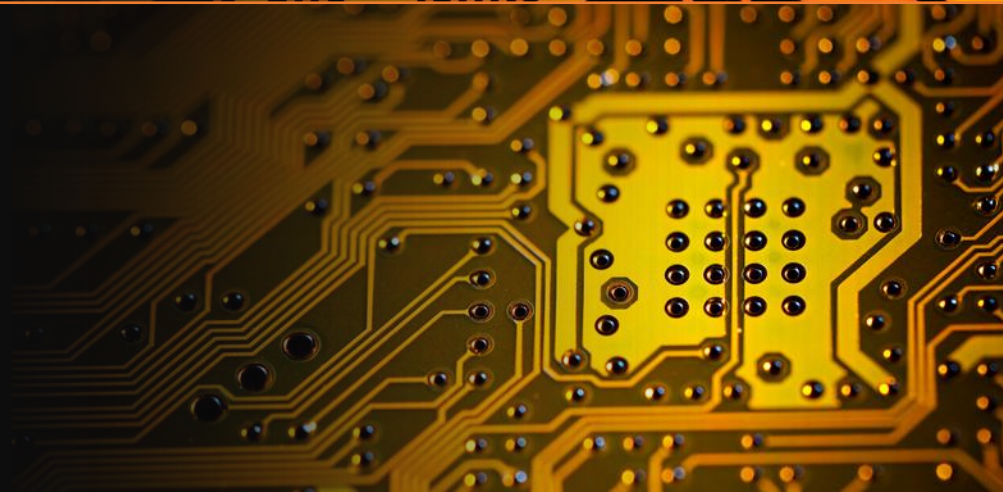
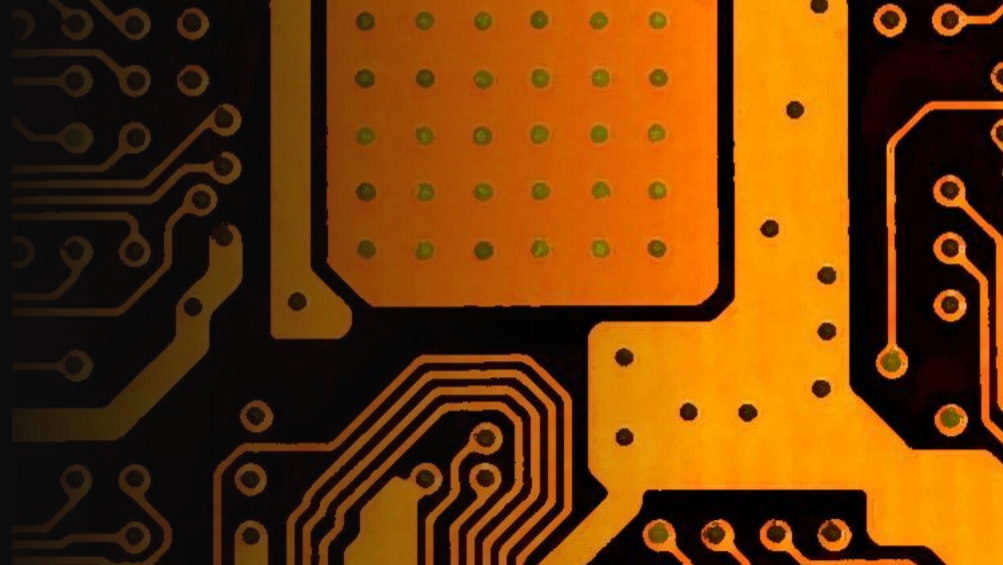


MOTHERBOARD
MAY 2022



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

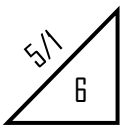
1. ALT. SQUONQ
2. RAMBO (10) + RUN
3. BANDIT (20) + RUN
4. CYCLONE (12) + TZN
5. BOULDER

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

PERFORM SECTIONS BY THE
CIRCUIT PROGRESSION LISTED
AND IN THE FOLLOWING ORDER:

A - CENTAUR2

B - MTN

D - U-TURN

A - RIPPLED

C - FADED MTN

D - EQUALIBRIDIOUS

B - CHECKLIST(2)

A - CHECKLIST

SEE YOUR LOCAL TURF FOR
PROGRESSION KEYS.

4 SQUARE

A.

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

B.

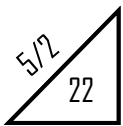
1. STAMPEDE
2. F. LUNGE
3. KOBOLD
4. CYCLONE (12) + TZN
5. ARACHNID

C.

1. DIABLO
2. TARASQ
3. PINNED 2-1-3-1-4-1
4. REV BEAR
5. SKY HIGH 4-1

D.

1. BUCKS
2. VIP (10) + RUN
3. PUSH UP (10) + RUN
4. DELAURA
5. GALLOW 2-1-4-3-4-1



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

EXPANDING

1. KITCH. SINK (10) + TZN
2. POTTY SHOTS
3. COALITION (10) + TZN
4. MOGUL (20) + RUN
5. TWO-STEP (20) + RUN
6. BULLY
7. KAMIKAZE 4-3-4-2-4-1-4-1
8. YIKES
9. CHICKIN 2-1-3-1-4-1
10. JACKALOPE

1122334455, PICK A 6, DO IT ONCE
1122334455, PICK DIFF 6, DO IT ONCE
1122334455, DIFF 6, IX
THERE WILL BE 2 6'S LEFTOVER

PICK-CEPTILIAN2

1. MIEL'S WHEELS
2. CURL WALK 6+
3. TIP-TOES (20) + RUN
4. NEAPOLITAN
5. LYCAN (10) + RUN

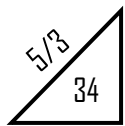
6 SLUSKI

- 6 POGOTO (6) + TZN
- 6 PEG LEG (8) + RUN
- 6 SUPP (10)
- 6 INCH WORM

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

DOWNSHIFT

1. HANG (10) + RUN
2. PRIMATES 4-1-3-1-2-1
3. HALD 2-1-3-1-4-1
4. COBRA (10) + PUSH
5. CUJO (L)



SLOPE

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

MTN2

1. BONSAI 3-1-4-2-4-1
2. V-STEP (10) + RUN
3. STAT SWAG (20) + TZN
4. HOT COALS (10) + RUN
5. FLAMINGO (6) + TZN
6. GORGON (8) + RUN
7. SA P.P.
8. AMAROK
9. W. LUNGE
10. BENCHED (30) + TZN

1-12
12-1

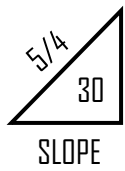
U

1. ALI 22+
2. APE SHOOT!
3. SQ. THRUST (10) + RUN
4. BALL N CHAIN
5. RDL (8) + TZN
6. VENOM
7. GALLOW 2-1-4-3-4-1
8. CRAISE (20) + TZN
9. MONTAUK
10. TYPHON
11. GBD (10) + RUN
12. DEATH ROW 2-1-3-1-4-1

PERFORM A CHECKLIST DOING EACH
TASK AS MANY TIMES INDICATED

CHAOS

- 2 TURKEYS
- 1 DENSER 2-1-3-1-4-1
- 4 BOVINE
- 1 REV INCH WORM
- 2 MANTIS (8) + RUN
- 2 JIGGY (20) + RUN
- 3 W. CROOK
- 4 HIKES
- 1 JOHNNY APPLESEED
- 4 SKY HIGH 4-1
- 1 PABLO
- 2 BULLDOG
- 1 SHOT PUT
- 3 TAKE OFF!



1-10
CENTAUR2
10-1

U

1. EN GARDE
2. GALLOW 2-1-4-3-4-1
3. PLATE SHAKE 9+
4. SUE-STEP (20) + RUN
5. BULLY
6. MIEL'S WHEELS
7. POTTY SHOT
8. HIKES
9. MONTAUK
10. RIBBITS (10) + RUN

CENTAUR2

- 11
- 22
- 33
- 44
1. PUSH UP (10) + RUN
2. BOVINE
3. HALO 2-1-3-1-4-1
4. DEVIL

CUL-DE-SACS

1-10
MTN
10-1

U

1. BAYOK (6) + RUN
2. ALT. SQUONQ
3. SPD SKATE (20) + RUN
4. APE SHOOT!
5. NEAPOLITAN
6. SUICIDE 2-1-3-1-4-1
7. YAK
8. BUCKS
9. QUICK FT. (20) + RUN
10. STAMPEDE

MTN

- 1
- 12
- 123
- 1234
1. BONSAI 3-1-4-2-4-1
2. VENOM
3. B.N.C.
4. WICCA

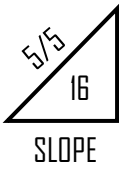
1-10
VERTEX
10-1

U

1. REV PLATE PUSH
2. JESTER
3. HAG 1:1
4. CYCLONE (12) + TZN
5. W. GREMLIN
6. BANDIT (20) + RUN
7. REV VIPER
8. TORO
9. TAUNTAUN
10. PETRA

VERTEX

- 1
- 122
- 12333
1. TWISTED
2. SKATES
3. MONKEY



MATTADOR ⌚

SCURL 1:1

C.H.B.

VEXED (10) + RUN

DIABLO

W. CROOK

B. LUNGE

YETI

ALI 22+

SUPP (10)

BULLDOG

ROW STROLL 6+

BDR (15) + TZN

CRAZY LEGS

TOES (20) + RUN

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

TWO-STEP (20) + RUN

SWAGGIN 1:1

SQUONQ

MOWGLI (12) + RUN

YIKES!

A CROSS BETWEEN A MONGREL AND MT. NEVEREST IS

TEMPLO MAYOR.

MOVING LEFT TO RIGHT, PERFORM EACH ROW IN A MTN PROGRESSION. AS YOU RISE TO THE TOP, EACH ECHELON WILL HAVE ONE LESS TASK.

RED ACROSS

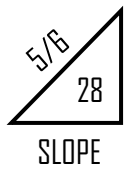
RED ACROSS, TAN ACROSS

RED ACROSS, TAN ACROSS, GREEN ACROSS

RED ACROSS, TAN ACROSS, GREEN ACROSS, ORANGE ACROSS

RED ACROSS, TAN ACROSS, GREEN ACROSS, ORANGE ACROSS, GOLD ACROSS

RED ACROSS, TAN ACROSS, GREEN ACROSS, ORANGE ACROSS, GOLD ACROSS, MATTADOR



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

MTN3

1. SHUTTLE 3-2-4-2-3-1
2. MT. CLIMB (20) + RUN
3. W. GREMLIN

4. CURL PRESS 5+
5. VIP (10) + RUN
6. HANG (10) + RUN

7. MONGOOSE
8. MOGUL PUSH

9. GBD (15) + RUN

10. JACKAL
11. STORK (20) + TZN
12. REVIVAL

1
121
12321
1234321
123454321

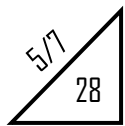
UPLIFT

1. XPP
2. TYSONS
3. RDL (8) + TZN
4. MASTODON
5. ATTACK-IT

1-10
10-1
1-10

W

1. TURKEY
2. STIGMA (10) + RUN
3. KOD (20) + TZN
4. JIGGY (20) + RUN
5. AMAROK
6. GRECO
7. PARATROOP (10) + RUN
8. INCH WORM
9. SKULLS (10) + TZN
10. NEAPOLITAN



SLOPE

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

SPLIT-PEAK

1. HOT COALS (10) + RUN
2. SWAGGIN 1:1
3. LYCAN (10) + RUN
4. FLAMINGO (6) + TZN
5. PROWLER Ⓛ
6. EN GARDE
7. KOBOLD
8. SQ. JUMP (10) + RUN
9. MONKEY
10. REV HYDRA

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

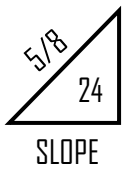
RIPPLED

1. JAGGER (12) + RUN
2. SL BUCKS
3. CYCLONE (12) + TZN
4. OGRE (10) + TZN
5. VEXUM
6. GALOW 2-1-4-3-4-1
7. 45°
8. HALO 2-1-3-1-4-1
9. STAMPEDE
10. GARGOYLE

1-12, 1-12

CHECKLIST(2)

1. TWINKLE-TOES (30) + TZN
2. ALI 22+
3. SHOT PUT
4. VIPER
5. KNEEL CURL (6) + TZN
6. HIKES
7. O-PINNED 2-1-3-1-4-1
8. TYPHON
9. GRIFTER (8) + SA PP
10. TROMBONE 6+
11. SLAP JACK
12. GIMPY DOG



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

CAVITY

A.

1. SHUTTLE RUN 3-2-4-2-3-1
2. SWAGGIN 1:1
3. TYSONS
4. STAMPEDE
5. LYCAN (10) + RUN
6. PINNED 2-1-3-1-4-1
7. TROMBONE 6+
8. RAMPANT (10) + RUN

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

EQUALIBRIOUS

B.

1. SQUONQ
2. SQ. JUMP (10) + RUN
3. BUCKS
4. DGRE (10) + TZN
5. VIP (10) + RUN
6. PUSH UP (10) + RUN

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

HYBRID2

C.

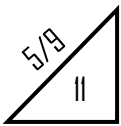
1. W. CROOK
2. TWO-STEP (20) + RUN
3. GRECO
4. PRIMATES 4-1-3-1-2-1

1-8
1-8
1-8

CHECKLIST(3)

D.

1. ROW STROLL 6+
2. JACK-ASS
3. HIGH Xs
4. CURL WALK 6+
5. C.H.B.
6. MOGUL PUSH
7. SHALO 1:1
8. GALLOW 2-1-4-3-4-1



SLOPE

12
 123344
 1233445556666
 12334455566677778888

ZENITH

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

- 3. COALITION (10) + TZN
- 4. HIKES

- 5. RAMPANT (10) + RUN
- 6. PLATE PUSH

- 7. ROW STROLL 6+
- 8. BEAR

1X

2X

3X

4X

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

FADED2

- 1. JACK BOX
- 2. ROOSTER (10) + TZN

- 3. PIRATE
- 4. SCALAWAG

- 5. VEXED (10) + RUN
- 6. POTTY SHOT

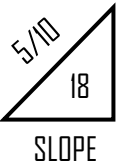
- 7. ENFORCER
- 8. BUZZARD

- 9. PLATE SHAKE 9+
- 10. BONSAI 3-1-4-2-4-1

11
 22
 33...12,12

CENTAUR2

- 1. YETI
- 2. PUSH UP (10) + RUN
- 3. MIEL'S WHEELS
- 4. BOVINE
- 5. JIGSAW
- 6. BANDIT (20) + RUN
- 7. HALO 2-1-3-1-4-1
- 8. TROG
- 9. UNLEASHED
- 10. THRASHER
- 11. MONTAUK
- 12. TAKE OFF!



1
12
123
1234
12345

**WARM UP
MTN**

1. EN GARDE
2. QUICK FT. (20) + RUN
3. MOGUL (20) + RUN
4. SWAGGIN 1:1
5. BULLY

PEAKS2

WARM UP MTN, THEN:

- 12,12,12,12,12,12,12,12
 1-4,1-4,1-4,1-4,1-4,1-4
 1-6,1-6,1-6,1-6
 1-8,1-8

- ANDES**
1. RAMBO (10) + RUN
 2. COALITION (10) + TZN
 3. SKY HIGH 4-1
 4. SUPP (10)
 5. CYCLONE (12) + TZN
 6. REV BOVINE
 7. GIMPY DOG
 8. TORO

- ALPS**
1. ALI 22+
 2. SPD SKATES (20) + RUN
 3. INCH WORM
 4. GALLOW 2-1-4-3-4-1
 5. BANDIT (20) + RUN
 6. HANG (10) + RUN
 7. DELAURA
 8. TAKE OFF!

- URAL**
1. ROW STROLL 6+
 2. BULLDOG
 3. JIGGY (20) + RUN
 4. HALO 2-1-3-1-4-1
 5. JOUNCE 2-1-3-1-4-1
 6. AMAROK

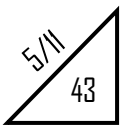
- ROCKY**
1. HIKES
 2. KOBOLD
 3. RIBBITS (10) + RUN
 4. YETI
 5. BUCKS
 6. STORK (20) + TZN

- ATLAS**
1. XPP
 2. MONTAUK
 3. B. LUNGE
 4. MIEL'S WHEELS

- APPALACHIAN**
1. VIPER
 2. PRIMATES 4-1-3-1-2-1
 3. BENCHED (30) + TZN
 4. DENSER 2-1-3-1-4-1

- SIERRA**
1. GATOR TO 3
 2. SHOT PUT

- SMOKY**
1. JOHNNY APPLE
 2. SL OGRE (10) + TZN



SLOPE

CROSS LISTS

PERFORM EACH SECTION
AS A CHECKLIST
AND IN THE ORDER
OF A TRADITIONAL
CROSS FIRE CIRCUIT

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

1.

1. SHUFFLE
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. SWAGGIN 1:1
4. ROW STROLL 6+

2.

1. TOES (20) + RUN
2. PINNED 2-1-3-1-4-1
3. B. LUNGE
4. 90° PISTON (10) + TZN

3.

1. GROWLER
2. ALT SQUONQ
3. SPIKES
4. TWISTED

4.

1. TYPHON
2. CURL PRESS 5+
3. SKIPS
4. PUSH UP (10) + RUN

A.

1. RAMBO (10) + RUN
2. ALI 22+
3. KNEELING SWAG (15) + TZN

B.

1. PLATE PUSH
2. OFFERING
3. VIPER

C.

1. JANGLE LEG3
2. PABLO
3. ANACONDA



SLOPE 1-4
1-8
1-12

MTN4

1. HOT COALS (10) + RUN
2. SWAGGIN 1:1
3. SQUONQ
4. SUE-STEP (20) + RUN
5. GORGON (8) + RUN
6. MT. CLIMB (20) + RUN
7. SAWED OFF (10) + TZN
8. VENOM
9. MONTAUK
10. TYPHON
11. JAGGER (12) + RUN
12. SABRE (8) + RUN

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

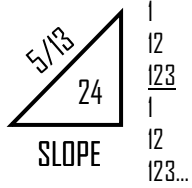
REPTILIANZ

1. GALLOW 2-1-3-1-4-1
2. GARGOYLE
3. W. GREMLIN
4. ABD. FLAMINGO (6) + TZN
5. BULLDOZER
- 6A. REV B.N.C.
- 6B. SA DIABLO
- 6C. SLING SHOT 3-2-4-2-3-1
- 6D. HACK-IT

1123
2234
3345
4456
5567
6678
7789
889.10

FLIPPED

1. SA PP
2. CHICKIN 2-1-3-1-4-1
3. RDL (8) + TZN
4. BEAR
5. RAZOR
6. HIKES
7. O-BOR (10) + TZN
8. SQ. THRUST (10) + RUN
9. MONGOOSE
10. NEAPOLITAN



MOLE-HILLS

1. TWO-STEP (20) + RUN
2. MT. CLIMB (20) + RUN
3. SWAGGIN 1:1

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

1. TALL ORDER 6+
2. MONTAUK
3. PARATROOP (10) + RUN

1. BANDIT (20) + RUN
2. DEATH ROW 2-1-3-1-4-1
3. THRASHER

1. JAGGER (12) + RUN
2. K.O.D. (20) + TZN
3. ARACHNID

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

FADED2

1. WICCA
2. MASTODON

3. SQUANTOES (20) + RUN
4. APE SHOOT!

5. GBD (15) + RUN
6. TYSON

7. MOGUL PUSH
8. REV PLATE PUSH

9. BONSAI 3-1-4-2-4-1
10. CURL PRESS 5+

1-12
12-1
1-12

W

1. INFINITY (20) + RUN
2. REV GROWLER
3. CYCLONE (12) + TZN
4. YETI
5. STORK (20) + TZN
6. TAUNTAUN
7. VIP (10) + RUN
8. TORO
9. MUGGER (12) + RUN
10. ROW STROLL 6+
11. INCH WORM
12. UNLEASHED



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

MTN2

1. QUICK FEET (20) + RUN
2. SKATES

3. SKIPS
4. ALI 22+

5. RAMPAGE (12) + RUN
6. MT. CLIMB (20) + RUN

7. WIDE PISTON (10) + TZN
8. SKULLS (10) + TZN

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

OUR REDRUM CIRCUIT STARTING WITH THE
REVERSE TASK IS...MURDER?
PERFORM THE REVERSE TASK TO 4
PERFORM THE FORWARD TASK TO 1
REPEAT TO COMPLETE 1 FULL TASK OF EACH

MURDER

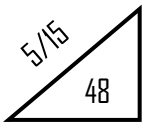
1. REV BEAR
2. DIABLO
3. B. LUNGE
4. REV GREMLIN
5. TORO
6. REV PLATE PUSH
7. HIKES
8. BUTT KICKS
9. WICCA
10. REV INCH WORM

- BEAR
BULLDOZER
F. LUNGE
GREMLIN
THRASHER
WALRUS
POTTY SHOT
HIGH KNEES
WARLOCK
INCH

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

MT. NEVEREST

- 1X BONSAI 3-1-4-2-4-1
- 2X SHWAGGIN 1:1
- 3X BULLDOG
- 4X MIEL'S WHEELS
- 5X DELAURA



SLOPE

122
122344
122344566
122344566788

1,2 PUNCH

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

2. MOGUL (20) + RUN

3. BULLY

4. LYCAN (10) + RUN

5. YIKES!

6. MONGOOSE

7. FLAMINGO (6) + TZN

8. W. LUNGE

TWISTED, TASK,
TWISTED, TASK...

TWISTED GAUNTLET

1. MIEL'S WHEELS
2. SWASHBUCKLER
3. TRIFECTA! 6+
4. VIPER
5. BUZZARD
6. 313
7. DIABLO
8. ROOSTER (10) + TZN
9. PISTON (10) + TZN
10. PUSH UP (10) + RUN

1
121
12321
1234321
123454321

UPLIFT

1. PRIMATES 2-1-3-1-4-1
2. JACKALOPE
3. KITCH SINK (10) + TZN
4. MANTIS (8) + RUN
5. SCORPION TO 3/BACK



MATTERHORN

PERFORM AS A CHECKLIST
AND DO EACH TASK THE
NUMBER OF TIMES
INDICATED.

THE 1,1,2,4 PATTERN
REMAINS CONSISTENT
THROUGHOUT.

- 1 GALLOW 2-1-4-3-4-1
- 1 TWO-STEP (20) + RUN
- 2 BANDIT (20) + RUN
- 4 SWAGGIN 1:1

- 1 RIBBITS (10) + RUN
- 1 XPP
- 2 MONKEY
- 4 W. CROOK

- 1 SL GORGON (8) + RUN
- 1 BUCKS
- 2 TWINKLE TOES (30) + TZN
- 4 KOBOLD

- 1 D-PINNED 2-1-3-1-4-1
- 1 RAMP UP (8) + RUN
- 2 SLUSKI
- 4 PLATE PUSH

- 1 PIRATE
- 1 BONSAI 3-1-4-2-4-1
- 2 GARGOYLE
- 4 SPIKES

- 1 SQUIBBLE
- 1 CRAY-CRAY
- 2 JIGGY (20) + RUN
- 4 COALITION (10) + TZN

- 1 PEG LEG (8) + RUN
- 1 REV INCH
- 2 VEXUM
- 4 TROMBONE 6+

- 1 POTTY SHOT
- 1 THRASHER
- 2 OGRE (10) + TZN
- 4 MIEL'S WHEELS

- 1 OZARK
- 1 SLAP JACK
- 2 OFFERING
- 4 MONGOOSE

- 1 TAUNTAUN
- 1 SHALO 1:1
- 2 SKY HIGH 4-1
- 4 REV BEAR

- 1 DEVIL
- 1 TYPHON
- 2 SCALAWAG
- 4 DELAURA

- 1 STACK SHOT
- 1 GRECO
- 2 TOES (20) + RUN
- 4 GIMPY DOG



SLOPE

- 1-12 [A-F]
- 12-1 [F-A]
- 3-10 [B-E]
- 10-3 [E-B]
- 5-8 [C,D]
- 8-5 [D,C]

EL CYCLE X 2

- 1. **BONSAI 3-1-4-2-4-1** **A**
- 2. **TWO-STEP (20) + RUN**
- 3. **STAMPEDE** **B**
- 4. **TYSONS**
- 5. **SWAGGIN 1:1** **C**
- 6. **MT. CLIMB (20) + RUN**
- 7. **TROMBONE 6+** **D**
- 8. **GORGON (8) + RUN**
- 9. **INCH WORM** **E**
- 10. **MONGOOSE**
- 11. **SKATES** **F**
- 12. **MIM 3-2-4-2-3-1**

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

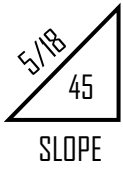
MESA

- 1. **HACK-IT**
- 2. **REV BEAR**
- 3. **SKY HIGH 4-1**
- 4. **TIPPY-TAP**
- 5. **SHOT PUT**
- 6. **PLATE PUSH**
- 7. **MASTODON**
- 8. **SUICIDE 2-1-3-1-4-1**
- 9. **STORK (20) + TZN**
- 10. **WICCA**

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

AND 1

- 1. **BOVINE**
- 2. **EN GARDE**
- 3. **ROW STROLL 6+**
- 4. **YIKES!**
- 5. **MATTADOR** Ⓛ



1-22, 1-22, 1-22, 1-22

CHECKLIST(4)

1. SUICIDE 2-1-3-1-4-1
2. INFINITY (20) + RUN
3. TURKEY
4. W. GREMLIN
5. ALT. SQUONQ
6. HANG (10) + RUN
7. HIKES
8. SAWED OFF (10) + TZN
9. YETI
10. POGOTO (6) + TZN
11. VENOM
12. SL BRDG BENCH (15) + TZN
13. BOVINE
14. REV HYDRA
15. BOULDER
16. PINNED 2-1-3-1-4-1
17. YAK
18. PETRA
19. QUICK FT. (20) + RUN
20. HAG 1:1
21. ALI 22+
22. INCH WORM

5/19

33

SLOPE

ORDER

U-TURN

MTN

MTN2

MTN

UPLIFT

MTN

FADED HYBRID2

MTN

1-8, 8-1

U-TURN

A.

1. EN GARDE
2. SHUTTLE RUN 3-2-4-2-3-1
3. STAT SWAG (20) + TZN
4. SKATES
5. HIKES
6. NEAPOLITAN
7. LYCAN (10) + RUN
8. CROOKED PIN

1

1,2,1

1,2,3,2,1

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

UPLIFT

C.

1. JACKALOPE
2. BONSAI 3-1-4-2-4-1
3. B.O.R. (15) + TZN
4. ANACONDA

RAPTURE

1.

1,2

1,2,3

MTN



1. REV B.N.C.
2. RUN
3. PROWLER Ⓛ

1-2

1-4

1-6

1-8

MTN2

B.

1. SUICIDE 2-1-3-1-4-1
2. JAGGER (12) + RUN

3. BULLDOG
4. SPIKES

5. INFINITY (20) + RUN
6. SHALO 1:1

7. ALI 22+
8. JUNKIE JUMP (8) + RUN

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

2,2,3,3,4,4

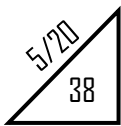
3,3,4,4

4,4

FADED HYBRID2

D.

1. OFFERING
2. PETRA
3. HOT COALS (10) + RUN
4. X PP



SLOPE

MTN6

1-6
1-12
1-18
1-24
1-30

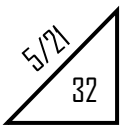
1. GALLOW 2-1-3-1-4-1
2. SUE-STEP (20) + RUN
3. STAMPEDE
4. SPD SKATES (20) + RUN
5. BULLY
6. MOWGLI (12) + RUN

7. STIGMATA (10) + RUN
8. PUSH UP (10) + RUN
9. GARGOYLE
10. SQ. THRUST (10) + RUN
11. POTTY SHOT
12. BALL N CHAIN

13. REV PLATE PUSH
14. STAT SWAG (20) + TZN
15. CYCLONE (12) + RUN
16. MASTODON
17. TIP-TOES (20) + RUN
18. REVIVAL

19. AMAROK
20. STORK (20) + TZN
21. B.D.R. (15) + TZN
22. MONGOOSE
23. JACKAL
24. HALO 2-1-3-1-4-1

25. VEXED (10) + RUN
26. PROWLER (L)
27. ANACONDA
28. MUGGER (12) + RUN
29. KAMIKAZE 4-3-4-2-4-1-4-1
30. JACK-BOX



SLOPE

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

CROSS-FUSION

1. HIGH Xs
2. TIP-TOES (20) + RUN
3. HIKES
4. CRAISE (20) + TZN
5. JACK BOX

- A. BONSAI 3-1-4-2-4-1
- B. BULLY
- C. PRIMATES 4-1-3-1-2-1

VERTEX



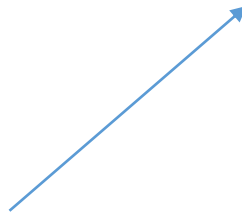
1
 1,2,2
 1,2,3,3,3
 1,2,3,4,4,4,4
 1,2,3,4,5,5,5,5,5

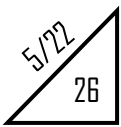
1. SUCK UPS
2. PINNED 2-1-3-1-4-1
3. POTTY SHOT
4. STAMPEDE
5. CRAY-CRAY

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. SKUFFLE
2. TRIFECTA! 6+
3. JACKAL
4. SUICIDE 2-1-3-1-4-1
5. VIPER
6. F. LUNGE
7. QUICK FT. (20) + RUN
8. JABBERWOCKY
9. HOPSCOTCH
10. ARACHNID





SLOPE

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. QUICK FT. (20) + RUN
3. STAMPEDE
4. PLATE SHAKE 9+
5. LYCAN UP (10) + RUN
6. BUCKS

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

2,3,2,4,2,5

3,4,3,5

4,5

=IBRIOUS

1. BENCHED (30) + TZN
2. SPIKES
3. SHOT PUT
4. TIPPY-TAP
5. KOBOLD

1-5

1-5

1-5

CHECKLIST(3)

1. INCH WORM
2. BONSAI 3-1-4-2-4-1
3. SA DIABLO
4. W. CROOK
5. SA PP

1-15

1-10

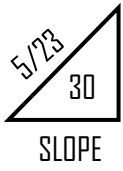
1-5

REV MTNS

1. TYSON
2. SQ. JUMP (10) + RUN
3. TURKEYS
4. GREGORIAN (8) + RUN
5. V-STEP (10) + RUN

6. APE SHOOT!
7. TROG
8. B.N.C.
9. REV BEAR
10. DENSER 2-1-3-1-4-1

11. SAWED OFF (10) + TZN
12. ROTATING SQUAT
13. VENOM
14. STORK (20) + TZN
15. AMAROK



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

EXPANDING

1. POTTY SHOT
2. GARGOYLE
3. SWASHBUCKLER
4. LYCAN UP (10) + RUN
5. MOWGLI (12) + RUN
6. TOES (20) + RUN
7. TWINKLE TOES (30) + TZN
8. BANDIT (20) + RUN
9. TRUMPET 9+
10. SUPP 10
11. ROW STROLL 6+
12. KAMIKAZE 4-3-4-2-4-1-4-1



- 123456 F
- 12345 E
- 1234 D
- 123 C
- 12 B
- 1 A

1. QUICK FT. (20) + RUN
2. SQ. JUMP (10) + RUN
3. TALL ORDER 6+
4. SPIKES
5. BOULDER
6. JIGSAW

REV XION

- A. TURKEYS
- B. SKUFFLE
- C. SQUONQ
- D. F. LUNGE
- E. BULLDOG
- F. REV HYDRA

- 111, 222,
- 333, 444,
- 555, 666,
- 777, 888

CENTAUR3

1. RDL (8) + TZN
2. MANTIS (8) + RUN
3. YETI
4. SLING SHOT 3-2-4-2-3-1
5. BUNYAN
6. GALLOW 2-1-3-1-4-1
7. BALL N CHAIN
8. CRAZY LEGS

5/24
29

SLOPE

DO EACH TASK THE NUMBER OF TIMES LISTED
AND PERFORM IN A CHECKLIST MANNER

CHAOS

- 2 SUICIDE 2-1-3-1-4-1
- 3 TWO-STEP (20) + RUN
- 4 PLATE SHAKE 9+
- 1 BEAR
- 4 PLATE PUSH
- 1 JIGGY (20) + RUN
- 2 LYCAN UP (10) + RUN
- 4 SKY-HIGH 4-1
- 3 SHUFFLE
- 1 KITCHEN SINK (10) + TZN
- 4 REV VIPER
- 3 HIKES
- 2 RAZOR
- 2 BUZZARD

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

REV MTN2

- 1. V-STEP (10) + RUN
- 2. 3 PT. STANCE

- 3. DELAURA
- 4. COALITION (10) + TZN

- 5. CURL PRESS 5+
- 6. BULLDOG

- 7. GIMPY DOG
- 8. TYSONS

- 9. PINNED 2-1-3-1-4-1
- 10. SUPP 10

1123
2234
3345
4456
5567
6678

FLIPPED

- 1. GRYPHON (8) + PUSH
- 2. TYPHON
- 3. OPA (8) + TZN
- 4. JAGGER (12) + RUN
- 5. O-BOR (10) + TZN
- 6. TIPPY-TAP
- 7. SUCK UPS
- 8. QUICKSAND



1233
2344
3455
4566
5677
6788
7899
8910,10

SLOPE

898 ROQ

OK

RIPPLED

1. GALLOW 2-1-4-3-4-1
2. MOGUL (20) + RUN
3. SKUFFLE
4. SQUANTOES (20) + RUN
5. STAT SWAG (20) + TZN
6. PRIMATES 4-1-3-1-2-1
7. YIKES!
8. DELAURA
9. SAWED OFF (10) + TZN
10. GORGON (8) + RUN

1122 3A
1122 3B
1122 3C
1122 3D
1122 3E

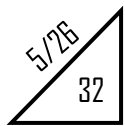
CEPTILIAN2

1. SUE STEP (20) + RUN
 2. MT. CLIMB (20) + RUN
-
- 3A. JANGLE LEG3
 - 3B. HACK-IT
 - 3C. SHOT PUT
 - 3D. SCORPION TO 3/BACK
 - 3E. PETRA

1-5
1-5
1-6
1-7
1-8

MID-POINT MTN

1. RAMPANT (10) + RUN
 2. TWO-STEP (20) + RUN
 3. JAGGER (12) + RUN
 4. KAMIKAZE 4-3-4-2-4-1-4-1
-
5. YETI
 6. STORK (20) + TZN
 7. C.H.B.
 8. WICCA



SLOPE

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

MTN3

1. BONSAI 3-1-4-2-4-1
2. EN GARDE
3. HOT COALS (10) + RUN

4. V-STEP (10) + RUN
5. RAMBO (10) + RUN
6. HIKES

7. BOVINE
8. SA PP
9. PEG LEG (8) + RUN

10. STORK (20) + TZN
11. B.O.R. (15) + TZN
12. SLING SHOT 3-2-4-2-3-1

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. BENCHED (30) + TZN
2. GRECO
3. SQ. JUMP (10) + RUN
4. SWAGGIN 1:1
5. VENOM

1-12
1,1
2,2
3,3...

CHECKLIST then C2

1. GALLOW 2-1-4-3-4-1
2. TRIFECTA! 6+
3. JACKALOPE
4. KOBOLD
5. K.O.D. (20) + TZN
6. HANG (10) + RUN
7. O-PINNED 2-1-3-1-4-1
8. WARLOCK
9. SHOT PUT
10. TROG
11. BULLDOG
12. TAKE OFF!



SLOPE

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

UTN

1. QUICK FT. (20) + RUN
2. STAMPEDE
3. BULLY

4. BONSAI 3-1-4-2-4-1
5. HIKES
6. RIBBITS (10) + RUN

7. ALI 22+
8. MASTODON
9. DELAURA

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

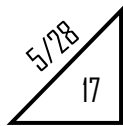
MESA

1. TWINKLE TOES (30) + TZN
2. STORK (20) + TZN
3. YETI
4. BUCKS
5. KOBOLD
6. RAMPAGE (12) + RUN
7. JACKALOPE
8. REV BOVINE
9. TROG
10. INCH WORM
11. SKUFFLE
12. OZARK

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

CAVITY

1. BANDIT (20) + RUN
2. BUZZARD
3. BULLDOG
4. BRIDGED BENCHED (30) + TZN
5. WICCA
6. MOGUL 6 TO FROG
7. STROW 1:1
8. XPP
9. MONGOOSE
10. SPEED SKATES (20) + RUN



SLOPE

1 **MOLE HILLS**

1,2

1,2,3 **1. EN GARDE**

1

1,2 **2. SKIPS**

1,2,3...

3. W. GREMLIN

1. SKUFFLE

2. VEXUM

3. BULLY

1. HIKES

2. BULLDOG

3. RAZOR

1. TRIFECTA 6+

2. APE SHOOT!

3. B. LUNGE

1. MONTAUK

2. SA PP

3. TYPHON

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

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

2, 3, 2, 4

4, 3, 4, 2

3

=ATERAL

1. KOBOLD

2. HYDRA

3. HIGH Xs

4. AMAROK

5. PINNED 2-1-3-1-4-1

1-4

1-8

1-12

1-16

MTN4

1. MONGOOSE

2. ALI 22+

3. SPEED SKATES (20) + RUN

4. BUZZARD

5. PABLO

6. STACK SHOT

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

8. JIGSAW

9. BOULDER

10. W. CROOK

11. SWAGGIN 1:1

12. BULLDOZER

13. OZARK

14. YETI

15. BANDIT (20) + RUN

16. JABBERWOCKY



SLOPE

1-10

10-1

U-TURN

1. GALLOW 2-1-3-1-4-1
2. SUE-STEP (20) + RUN
3. STAMPEDE
4. RAMBO (10) + RUN
5. BULLY
6. W. CROOK
7. BAYOK (6) + RUN
8. PUSH UP (10) + RUN
9. AMAROK
10. QUICKSAND (L)

1-15

6-15

10-15

FADED5

1. SUICIDE 2-1-3-1-4-1
2. TWO-STEP (20) + RUN
3. MOGUL (20) + RUN
4. SQUONQ
5. STAT SWAG (20) + TZN
6. TYSON
7. HIKES
8. PARATROOP (10) + RUN
9. TIP-TOES (20) + RUN
10. GORGON (8) + RUN
11. BULLDOZER
12. FLAMINGO (6) + TZN
13. PRIMATES 4-1-3-1-2-1
14. HALO 2-1-3-1-4-1
15. BALL N CHAIN

1-2

1-4

1-6

1-8

1-10

MTN2

1. RIBBITS (10) + RUN
2. V-STEP (10) + RUN
3. REV MASTODON
4. APE SHOOT!
5. JIGGY (20) + RUN
6. ROOSTER (10) + TZN
7. DEATH ROW 2-1-3-1-4-1
8. CROAKIN
9. BENCHED (30) + TZN
10. JACK ASS



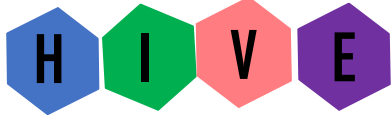
1-22
11,22,33...22
1,3,7,9...21
2,4,6,8...22

CHECKLIST, C2, ODDS, EVENS

- 1. BONSAI 3-1-4-2-4-1**
- 2. EN GARDE**
- 3. TAUNTAUN**
- 4. TIP-TOES (20) + RUN**
- 5. SWAGGIN 1:1**
- 6. POTTY SHOT**
- 7. MOGUL (20) + RUN**
- 8. PLATE PUSH**
- 9. APE SHOOT!**
- 10. PRIMATES 4-1-3-1-2-1**
- 11. TROG**
- 12. COALITION (10) + TZN**
- 13. JACKAL**
- 14. SLUSKI**
- 15. YIKES!**
- 16. YETI**
- 17. VENOM**
- 18. F. LUNGES**
- 19. TOES (20) + RUN**
- 20. OZARK**
- 21. SUICIDE 2-1-3-1-4-1**
- 22. M.I.M. 3-2-4-2-3-1**

5/31
23

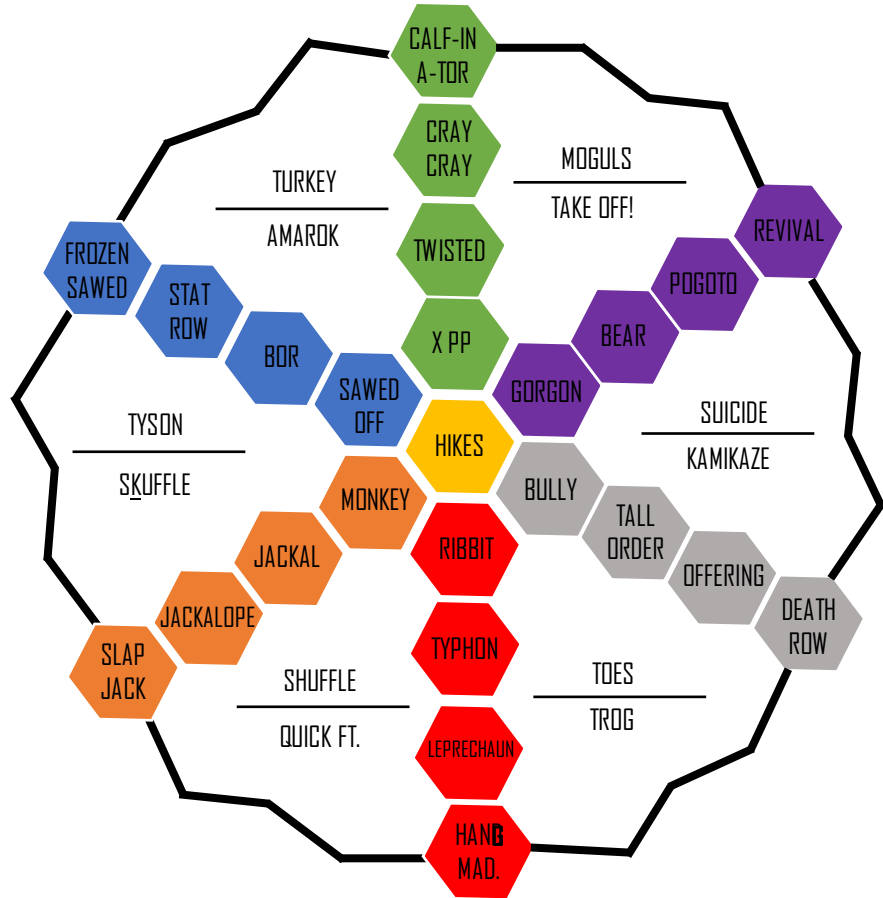
SLOPE



STARTING WITH SUICIDE WORKING IN A CHECKLIST MANNER CLOCKWISE, SWARM THE HIVE FOR A WARM UP. ONLY DO THE TASK ABOVE THE LINE.

THEN ENTER THE HIVE AT HIKES. WORK YOUR WAY OUT OF THE HIVE BY DOING MTNS WITH YOUR HIKE AS THE BASE TASK FOR ALL MTNS. WORK CLOCKWISE STARTING WITH HIKES to GORGON. AFTER EACH REVOLUTION AROUND THE HIVE YOU'LL ADD ANOTHER LAYER TO YOUR MTN. PERFORM EVERY TASK THROUGH THE MTN, DO NOT SKIP.

IF YOU FINISH THE LAST TASK (CALF-IN-ATOR) EXIT THE HIVE AND SWARM THE HIVE AGAIN BY COMPLETING THE EXTERIOR TASKS UNDER THE LINES IN A CHECKLIST PATTERN.



THE SYPHYER

TAP IN. TAME IT. LET IT OUT.

FORM FIRST

PERFORM EACH TASK TO THE BEST OF YOUR ABILITY. DON'T CHEAT YOURSELF IN PURSUIT OF A HIGHER SCORE.

COMPETITION SECOND

COMPETITION IS THE HEART OF SYPHYUS BUT SECONDARY TO FORM. YOU ARE YOUR GREATEST COMPETITION.

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

- NEVER PERFORM A STATIONARY TASK OUTSIDE OF THE ENDZONE
- REDEEM ANY TASKS PERFORMED OUT OF ORDER
- ALWAYS FACE THE FIELD
- LET THE PRO KNOW WHEN REDEEMING OR NEEDING A MODIFICATION
- NEVER STOP SHORT OF YOUR MARK
- IF YOU'RE UNSURE WHICH REP YOU'RE ON, DO ANOTHER
- TASK PERFORMED OUT OF ORDER ARE NOT GIVEN CREDIT

FOLLOW THE BOARD, NOT THE HERD

YOU'LL NEVER LEAD THE PACK IF YOU'RE WAITING TO FOLLOW SOMEONE ELSE. READY TO GO? ASK YOUR PRO. COMMITTING TASKS AND PROGRESSIONS TO MEMORY ENGAGE THE MIND AS WELL AS THE BODY.

THE PRO IS NOT A REFEREE

ALL PROS ARE EXPERIENCED VETERANS OF SYPHYUS TRAINING & HAVE BEEN RECOGNIZED FOR THEIR OF KNOWLEDGE AND RECALL OF THE FORMS, TASKS AND CIRCUITS OF SYPHYUS. ANY INSTRUCTION FROM YOUR PRO IS FOR YOUR SAFETY AND IMPROVEMENT.

NO SCORE? LET US KNOW BEFORE

YOU'RE NOT REQUIRED TO KEEP A SCORE. BUT IF YOU DO, PLEASE REMEMBER THE FOLLOWING:

- IF YOU DO NOT WANT A SCORE, LET US KNOW BEFORE YOU HIT THE TURF.
- IF WE MAKE AN ERROR OR FORGET TO IN ENTER YOUR SCORE PLEASE LET THE PRO KNOW UPON YOUR NEXT VISIT.
- PERSONAL MESSAGES AND TEXTS WILL NOT BE ANSWERED FOR SCORING PURPOSES.

PLATE ETIQUETTE

- DO NOT SWITCH PLATES MID-WORKOUT FOR ONE THAT "SLIDES" EASIER. SWEAT ON THE PLATE IS A GOOD THING.
- DO NOT INTENTIONALLY DROP PLATES FROM ANY POINT HIGHER THAN YOUR HIP AS IT DAMAGES THE TURF.
- PLEASE WIPE DOWN YOUR PLATE AND RETURN IT TO THE RACK AT THE END OF THE WORKOUT.