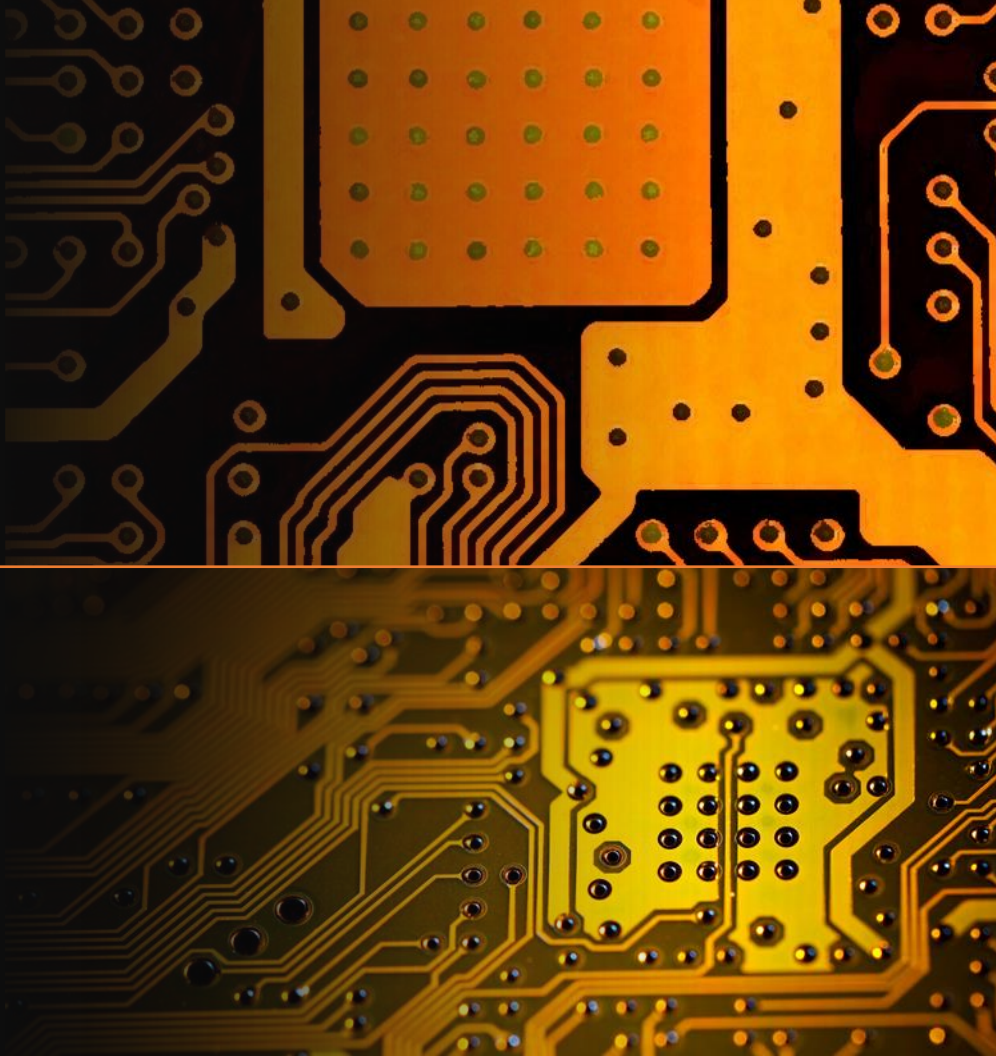
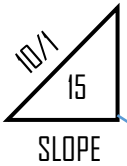
# MOTHERBOARD
# JUNE 2022






# 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

## 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

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.

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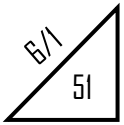


SLOPE

1 AA
12 BB
123 CC
1234 DD
12345 EE

## XION2

1. QUICK FT. (20) + RUN
2. EN GARDE
3. CURL WALK 6+
4. HIKES
5. BUCKS

A. TURKEYS
B. TYSONS
C. VEXED (10) + RUN
D. KOBOLD
E. BULLDOG

## CROSS-FIRE

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

1. BENCHED (30) + TZN
2. BONSAI 3-1-4-2-4-1
3. DIABLO
4. SKULLS (10) + TZN
5. SCALAWAG

A. REV BEAR
B. GIMPY DOG
C. COBRA (10) + PUSH

11,22,33...16,16

## CENTAUR2

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
9. HANG (10) + RUN
10. NEAPOLITAN
11. REV INCH WORM
12. HALO 2-1-3-1-4-1
13. VIP (10) + RUN
14. FLAMINGO (6) + TZN
15. JANGLE LEG3
16. AMAROK

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6/2

35

SLOPE

# LARGE PICK-TILIAN

1-10, pick a checklist of 5
1-10, pick a different checklist of 5
1-10, pick a different checklist of 5
1 checklist will remain undone.
Section C is used for scoring on the site.

1. SUICIDE 2-1-3-1-4-1
2. MT. CLIMB (20) + RUN
3. SHUFFLE
4. ROW STROLL 6+
5. INFINITY (20) + RUN
6. STAMPEDE
7. MOWGLI (12) + RUN
8. SQ. JUMP (10) + RUN
9. XPP
10. MONKEY CRAWL

## A.

1. W. GREMLIN
2. MIEL'S WHEELS
3. W. CROOK
4. HAG 1:1
5. JOHNNY APPLESEED

## B.

1. SQUONQ
2. KOBOLD
3. AU 22+
4. TWINKLE TOES (30) + TZN
5. CRAISE (20) + TZN

## C.

1. PLATE SHAKE 9+
2. CURL PRESS 5+
3. OFFERING
4. PINNED 2-1-3-1-4-1
5. DENSER 2-1-3-1-4-1

## D.

1. RAMBO (10) + RUN
2. CRAY-CRAY
3. LYCAN (10) + RUN
4. REV BOVINE
5. FLYING MONKEY

## RIPPLED

1233
2344
3455
4566
5677
6788
7899
89,10,10
9,10,10,11
10,11,12,12

1. BANDIT (20) + RUN
2. STROW 1:1
3. REV BULLDOG
4. TOES (20) + RUN
5. MOGUL PUSH
6. OGRE (10) + TZN
7. K.O.D. (20) + TZN
8. JACKAL
9. PISTON (10) + TZN
10. MASTODON
11. SA DIABLO
12. SHOT PUT

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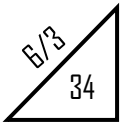


SLOPE

1
121
12321
1234321
123454321

## UPLIFT

1. BUTT KICKS
2. TWO-STEP (20) + RUN
3. TIP-TOES (20) + RUN
4. F. LUNGE
5. TORO

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

## MTN3

1. STACK SHOT
2. GRECO
3. TOES (20) + RUN
4. GIMPY DOG
5. POTTY SHOT
6. GALLOW 2-1-4-3-4-1
7. JIGGY (20) + RUN
8. BEAR
9. CYCLONE (12) + TZN
10. QUICKSAND (L)
11. EN GARDE
12. YAK

1-15
1-15

## CHECKLIST(2)

1. RUMP ROAST
2. TWISTED
3. BALL N CHAIN
4. GRIFTER (8) + SA PP
5. PEG LEG (8) + RUN
6. KAMIKAZE 4-3-4-2-4-1-4-1
7. INCH WORM
8. PIRATE
9. VENOM
10. QUICK FT. (20) + RUN
11. PLATE PUSH
12. TURKEYS
13. KITCHEN SINK (10) + TZN
14. BUZZARD
15. PRIMATES 4-1-3-1-2-1

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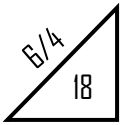


SLOPE

12
123344
123344555666
12334455566677778888

## ZENITH

1. BONSAI 3-1-4-2-4-1
2. W. GREMUN

---

3. SUE-STEP (20) + RUN
4. RAMPANT (10) + RUN

---

5. HIKES
6. HANG (10) + RUN

---

7. ANY CRAWL *[SAME CRAWL 4X]*
8. ANY PUSH *[SAME PUSH 4X]*

1X

2X

3X

4X

1-10
10-1

## U

1. SPIKES
2. BOVINE
3. B. LUNGE
4. JAGGER (12) + RUN
5. TYPHON
6. BANDIT (20) + RUN
7. CHICKIN 2-1-3-1-4-1
8. MONGOOSE
9. PUSH UP (10) + RUN
10. BULLDOZER

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

## SHRINKING

1. GATOR TO 3
2. GARGOYLE
3. SWASHBUCKLER
4. SLAP JACK
5. MIEL'S WHEELS
6. EXPLOSIONS
7. KNEEL CURL (6) + TZN
8. REV VIPER
9. SHALO 1:1
10. SUPP 10

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SLOPE

## MTN2

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

1-4 1-6 1-8 1-10 1-12 2. HOT COALS (10) + RUN

3. SWAGGIN 1:1

4. RAMBO (10) + RUN

5. BULLY

6. W. CROOK

7. BAYOK (6) + RUN

8. REV VIPER

9. SL BUCKS

10. FLYING JACKAL

11. ARACHNID

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

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FORWARD TASK TO 4, REV TASK TO 1. REPEAT.
(SO, YOU'LL DO A FULL TASK OF EACH VERSION)

## REDRUM

| | |
|---|---|
| 1. PLATE PUSH | REV PLATE PUSH |
| 2. BULLDOG | REV BULLDOG |
| 3. POTTY SHOT | HIKES |
| 4. F. LUNGE | B. LUNGE |
| 5. MASTODON | REV MASTODON |
| 6. DELAURA | SA DIABLO |
| 7. SQUONQ | SCALAWAG *(STAY LOW + SLOW)* |
| 8. POUNCER (10) + RUN | REV POUNCER (10) + RUN |
| 9. TURKEY | BUTT KICKS |
| 10. SL INCH | M.F.T. |

1-10 10-1 1-10

## И

1. TAUNTAUN
2. TALL ORDER 6+
3. PETRA
4. ALI 22+
5. CYCLONE (12) + TZN
6. SHUTTLE 3-2-4-2-3-1
7. SPD. SKATES (20) + RUN
8. SKY HIGH 4-1
9. MONTAUK
10. REV BOVINE

# MINI JACOB'S LADDER

6/6
24
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. SHUFFLE
2. BONSAI 3-1-4-2-4-1
3. RIBBITS (10) + RUN
4. STORK (20) + TZN
5. PABLO

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

## MTN2

1. JANGLE LEG3
2. KOBOLD
3. SHWAGGIN 1:1
4. TAKE OFF!
5. BULLY
6. HALO 2-1-3-1-4-1
7. HIKES
8. WARLOCK
9. W. CROOK
10. THRUST TO FROG

4. TWEAKER
3. ROOSTER (10) + TZN
2. BANDIT (20) + RUN

4.1. BEAR

3. SKUFFLE
2. TROG

4.1. SL BRDG BENCH (15) + TZN
3. DEATH ROW 2-1-3-1-4-1
2. SPEED SKATE (20) + RUN

4.1. B.N.C.
3. B. LUNGE
2. V-STEP (10) + RUN
1. SUICIDE 2-1-3-1-4-1

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

START HERE

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SLOPE

## REPTILIAN2

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

1. QUICK FT. (20) + RUN
2. W. GREMLIN
3. LYCAN (10) + RUN
4. MIEL'S WHEELS
5. BULLY

6A. CRAZY LEGS
6B. BEAR
6C. STORK (20) + TZN
6D. KIT. SINK (10) + TZN

PUSH, TASK
PUSH, TASK
PERFORM 1-8, 1-8

## GAUNTLET(2)

1. VEXED (10) + RUN
2. TROG
3. DIABLO
4. SABRE (8) + RUN
5. GARGOYLE
6. CURL PRESS5+
7. 45°
8. OZARK

## 1,2 PUNCH

1,22
1,22,3,44
1,22,3,44,5,66
1,22,3,44,5,66,7,88

1. TWO-STEP (20) + RUN
2. V-STEP (10) + RUN
3. KOBOLD
4. MOGUL PUSH
5. JAGGER (12) + RUN
6. ROOSTER (10) + TZN
7. DEATH ROW 2-1-3-1-4-1
8. CROAKIN

## EL CYCLE

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

1. TURKEYS
2. RDL (8) + TZN
3. TWISTED
4. REV MASTODON
5. BONSAI 3-1-4-2-4-1

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SLOPE

## CAVITY

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. TWO-STEP (20) + RUN
3. TYSONS
4. X PP
5. K.O.D. (20) + TZN
6. PUSH UP (10) + RUN
7. SQUONQ
8. POTTY SHOT
9. TURKEYS
10. REV ARACHNID

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

1-4
1-4

## CHECKLIST(2)

1. MT. CLIMB (20) + RUN
2. TALL ORDER 6+
3. BUCKS
4. TROG

1-20
6-20
11-20
16-20

## FADED5

1. TIPPY-TAP
2. SA DIABLO
3. BULLDOG
4. 313
5. GALLOW 2-1-4-3-4-1
6. MONGOOSE
7. 3 PT. STANCE
8. SHALO 1:1
9. EN GARDE
10. TWISTED
11. KOBOLD
12. SAWED OFF (10) + TZN
13. VIP (10) + RUN
14. SHUTTLE 3-2-4-2-3-1
15. SQUIBBLE
16. SWAGGIN 1:1
17. SCURL 1:1
18. GROWLER
19. SHOT PUT
20 GIMPY DOG

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SLOPE

# MONGREL + CHECKLIST BY COLUMN

1 ACROSS
1 ACROSS
2 ACROSS
1 ACROSS
2 ACROSS
3 ACROSS
1 ACROSS
2 ACROSS
3 ACROSS
4 ACROSS
1 ACROSS
2 ACROSS
3 ACROSS
4 ACROSS
5 ACROSS

A DOWN
B DOWN
C DOWN
D DOWN
E DOWN

| | A | B | C | D | E | F |
|---|---|---|---|---|---|---|
| 1 | EN GARDE | MT. CLIMB (20) + RUN | SWAGGIN 1:1 | RAMPANT (10) + RUN | HANG (10) + RUN | ALI 22+ |
| 2 | SQUONQ | MOGUL MADNESS 10 | ROW STROLL 6+ | RAMBO (10) + RUN | TAKE OFF! | SKULLS (10) + TZN |
| 3 | KOBOLD | JAGGER (10) + RUN | CHICKIN 1:1 | BULDOG | SL BUCKS | GRECO |
| 4 | W. CROOK | MINOTAUR | POTTY SHOT | GARGOYLE | O-BOR (10) + TZN | BUCKS |
| 5 | TIPPY-TAP | CURIOUS GORGE | TROG | SPIKES | THRUST to FROG | JABBERWOCKY |

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SLOPE

**SHORT CIRCUIT**

SEE YOUR TURF OR A PRO FOR CIRCUIT KEYS.

## A. MTN

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE
3. PLATE SHAKE 9+

## B. VERTEX

1. QUICK FT. (20) + RUN
2. POTTY SHOT
3. X PP

## C. EL CYCLE

1. MONKEY CRAWL
2. SQUONQ
3. SQ. THRUST (10) + RUN

## D. CHECKLIST (2)

1. ALI 22+
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. REV PLATE PUSH
4. W. GREMLIN

## E. CROSS-FIRE

1. STAMPEDE
2. BOVINE
3. CURL PRESS 5+

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

B. FROGS

C. YETI

## F. MT. NEVEREST

1X GRECO

2X TROG

3X MIEL'S WHEELS

## G. FADED

1. THRASHER
2. SAPP
3. TURKEYS

## H. U-TURN

1. QUICKSAND (L)
2. MASTODON
3. APE SHOOT

## I. CENTAUR3

1. SKY HIGH 4-1
2. JACKALOPE
3. O-PINNED 2-1-3-1-4-1

## J. MTN2

1. TRUMPET 9+
2. TRIFECTA! 6+

---

3. OZARK
4. INCH WORM

## K. CAVITY

1. TALL ORDER 6+
2. SL REVIVAL
3. DEVIL
4. GALLOW 2-1-4-3-4-1

# PLATONIC

## CENTAUR 2

1. SWAGGIN 1:1
2. W. GREMLIN
3. HIKES
4. MIEL'S WHEELS
5. PINNED 2-1-3-1-4-1
6. XPP
7. SAWED OFF (10) + TZN
8. HALO 2-1-3-1-4-1
9. W. CROOK
10. STORK (20) + TZN

## REV MTN3

1. BULLY
2. POTTY SHOT HOPS
3. TROMBONE

---

4. ROW STROLL
5. PLATE PUSH
6. TZN

---

7. POGOTO (6) + TZN
8. CURL WALK
9. 90° (10) + TZN

---

10. OGRE (10) + TZN
11. CYCLONE (12) + TZN
12. TWEAKER

## XION2

1. APE SHOOT!
2. SKULLS (10) + TZN
3. NEAPOLITAN
4. KOD (20) + TZN
5. BOR (15) + TZN
6. W. LUNGE

A. OFFERING
B. JACKALOPE
C. PLATE SHAKE
D. INCH WORM
E. SHOT PUT
F. VENOM

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1-4
1-8
1-12

## MTN4

1. QUICK FT. (20) + RUN
2. INFINITY (20) + RUN
3. PLATE SHAKE 9+
4. TYSONS

---

5. MONTAUK
6. NEAPOLITAN
7. MONGOOSE
8. YIKES!

---

9. JACKALOPE
10. REVIVAL
11. GALLOW 2-1-3-1-4-1
12. REV HYDRA

1123
2234
3345
4456
5567
6678
7789
889,10

## FLIPPLED

1. BULLDOG
2. TROG
3. W. CROOK
4. SKULLS (10) + TZN
5. LYCAN (10) + RUN
6. ROW STROLL 6+
7. DIABLO
8. SUICIDE 2-1-3-1-4-1
9. JAGGER (12) + RUN
10. CRAISE (20) + TZN

11223344
112233
1122
11

## REV HYBRID2

1. VEXED (10) + RUN
2. SHOT PUT
3. KIT. SINK (10) + TZN
4. JACK-ASS

1-5, 5-1

## U

1. SHUTTLE 3-2-4-2-3-1
2. TWO-STEP (20) + RUN
3. MT. CLIMB (20) + RUN
4. RIBBITS (10) + RUN
5. ALI 22+

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SLOPE

1
12
123
1
12
123...

# MOLE-HILLS

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

1. STAMPEDE
2. POTTY SHOT
3. GORGON (8) + RUN

1. SAWED OFF (10) + TZN
2. AMAROK
3. PETRA

1. STORK (20) + TZN
2. W. CROOK
3. REV MASTODON

1. RIBBITS (10) + RUN
2. PISTON (10) + TZN
3. GROWLER

1. TYSONS
2. G.B.D. (15) + RUN
3. DEVIL

1. BUCKS
2. B.O.R. (15) + TZN
3. PETRA

1. YETI
2. THRASHER
3. MANTIS (8) + RUN

1. JACKALOPE
2. SUICIDE 2-1-3-1-4-1
3. RAMP UP (8) + RUN

1. CYCLONE (12) + TZN
2. LUMBERJACK (8) + RUN
3. HALO 2-1-3-1-4-1

1. BEAR
2. SQUIBBLE
3. TRIFECTA! 6+

1. CHIMP (8) + RUN
2. BULLDOG
3. XPP

1. JIGGY (20) + RUN
2. APE SHOOT!
3. W. LUNGE

1. KOBOLD
2. TWISTED
3. TAUNTAUN

1. RAMPAGE (12) + RUN
2. HIKES
3. GARGOYLE

1. BENCHED (30) + TZN
2. TARASQ
3. TAKE OFF!

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30
SLOPE

## CROSS-FIRE

1. BONSAI 3-1-4-2-4-1
2. SWAGGIN 1:1
3. ALI 22+
4. STORK (20) + TZN
5. SLAP JACK
6. JIGSAW

1A, 1B, 1C
2A, 2B, 2C
3A, 3B, 3C
4A, 4B, 4C
5A, 5B, 5C
6A, 6B, 6C

A. W. GREMLIN
B. TOES (20) + RUN
C. RIBBITS (10) + RUN

## U-TURN

1-15
15-1

1. SKATES
2. BEAR
3. SAWED OFF (10) + TZN
4. NEAPOLITAN
5. RDL (8) + TZN
6. BENCHED (30) + TZN
7. HIKES
8. TROG
9. TURKEYS
10. COBRA (10) + PUSH
11. BANDIT (20) + RUN
12. ALT. SQUONQ
13. PROWLER (L)
14. SKUFFLE
15. REV B.N.C.

## CHAMELEON

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

1A. SCURL 1:1
1B. ZOOKEEPER
1C. HAG
1D. MIM 3-2-4-2-3-1

2. PINNED 2-1-3-1-4-1
3. K.O.D. (20) + TZN
4. POUNCER (10) + RUN

5A. TIPPY-TAP
5B. CROCKPOT (6) + TZN
5C. MASTODON
5D. TAKE OFF!

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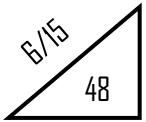


SLOPE

1-20, C2
1-20, C2
1-20, C2
1-20, C2

# TRAFFIC SPIKES

1. SUICIDE 2-1-3-1-4-1
2. STAMPEDE
3. SWAGGIN 1:1
4. MT. CLIMB (20) + RUN
5. SKY HIGH 4-1
6. VIP (10) + RUN
7. RIBBITS (10) + RUN
8. MONKEY
9. PUSH UP (10) + RUN
10. HIKES
11. SUPP 10
12. B. LUNGE
13. HALO 2-1-3-1-4-1
14. MONTAUK
15. INCH WORM
16. FLAMINGO (6) + TZN
17. TROG
18. GIMPY DOG
19. SAWED OFF (10) + TZN
20. TAUNTAUN

11
22
33
44

## CENTAUR2

1. K.O.D. (20) + TZN
2. DENSER 2-1-3-1-4-1
3. RAMP UP (8) + RUN
4. CURL MADNESS *3 + PIN*

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SLOPE

## MTN2

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

1. BONSAI 3-1-4-2-4-1
2. MOGUL (20) + RUN
3. SWAGGIN 1:1
4. W. GREMLIN
5. COALITION (10) + TZN
6. SKULLS (10) + TZN
7. B. LUNGE
8. O-B.O.R. (10) + TZN
9. SLUSKI
10. JACK BOX

## MESA

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

1. STORK (20) + TZN
2. REV BULLDOG
3. GALLOW 2-1-4-3-4-1
4. YIKES!
5. DEATHROW 2-1-3-1-4-1
6. RAMBO (10) + RUN
7. FROGS
8. PRIMATES 4-1-3-1-2-1
9. K.O.D. (20) + TZN
10. ARACHNID

## VERTEX

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

1. SHOT PUT
2. SCALAWAG
3. YETI
4. PLATE PUSH

## EL CYCLE

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

1. SLING SHOT 3-2-4-2-3-1
2. TIPPY-TAP
3. JAGGER (12) + RUN
4. MONGOOSE
5. BUCK UPS

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SLOPE

# TWO-THIRDS

FIRST PERFORM THE WARM UP MTN, THEN PERFORM THE BLUE AS A SIMPLE CHECKLIST 1-36. THEN, PERFORM 2/3RD OF THE CHECKLIST BY DOING 1-24. THEN REDUCE AGAIN BY GOING 1-16 TO FINISH THE WORKOUT.

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

## W/UP MTN

1. EN GARDE
2. MOGUL (20) + RUN
3. BULLY
4. TIPPY-TAP

1. YIKES!
2. ALI 22+
3. FLAMINGO (6) + TZN
4. RAMPAGE (12) + RUN
5. REV POUNCER (10) + RUN
6. TOES (20) + RUN
7. K.O.D. (20) + TZN
8. TWISTED
9. QUICK FT. (20) + RUN
10. SLAP JACK
11. W. GREMLIN
12. PARATROOP (10) + RUN
13. YAK
14. STROW 1:1
15. VEXED (10) + RUN
16. GRECO

---

17. SL OGRE (10) + TZN
18. SKUFFLE
19. SPIKES
20. JAGGER (12) + RUN
21. POTTY SHOT
22. MOWGLI (12) + RUN
23. G.B.D. (15) + RUN
24. REV PLATE PUSH

---

25. VIP (10) + RUN
26. HALO 2-1-3-1-4-1
27. GARGOYLE
28. GALLOW 2-1-4-3-4-1
29. 3 PT. STANCE
30. B. LUNGE
31. RAMBO (10) + RUN
32. GROWLER
33. WICCA
34. TROG
35. SUICIDE 2-1-3-1-4-1
36. M.F.T.

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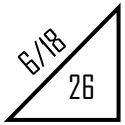


SLOPE

1-5
1-10
1-15
1-20
1-25
1-30

# MTN5

1. BONSAI 3-1-4-2-4-1
2. TURKEYS
3. SUE-STEP (20) + RUN
4. STAT SWAG (20) + TZN
5. ALT. SQUONQ
6. TIP-TOES (20) + RUN
7. MONGOOSE
8. HIKES
9. JACKALOPE
10. MOWGLI (12) + RUN
11. VIPER
12. ROW STROLL 6+
13. RIBBITS (10) + RUN
14. BUCKS
15. REV PLATE PUSH
16. OGRE (10) + TZN
17. YETI
18. BOULDER
19. ARACHNID
20. SUICIDE 2-1-3-1-4-1
21. TRIFECTA! 6+
22. RDL (8) +TZN
23. C.H.B.
24. JIGGY (20) + RUN
25. SAWED OFF (10) + TZN
26. FLYING MONKEY
27. SHALO 1:1
28. MIEL'S WHEELS
29. GARGOYLE
30. PLATE PUSH

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SLOPE

A1,A2,A3,A4,A5,A6,A7
B1,B2,B3,B4,B5,B6,B7
C1,C2,C3,C4,C5,C6,C7
D1,D2,D3,D4,D5,D6,D7

# TANGENTIAL

## A. CARDIO

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

QUICK FT. (20) + RUN

SPEED SKATES (20) + RUN

## B. CRAWL

GARGOYLE

MONGOOSE

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

## C. CARRY

SKY HIGH 4-1

SWAGGIN 1:1

CURL WALK 6+

## D. DRAG

ARACHNID

JACKALOPE

SA DIABLO

1. HIKES
2. POTTY SHOT
3. APE SHOOT
4. BUCKS
5. 3 PT. STANCE
6. ANACONDA
7. SHOT PUT

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SLOPE

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

## FADED2

1. HIGH KNEES
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. SWAGGIN 1:1
4. STAMPEDE
5. TWO-STEP (20) + RUN
6. YIKES!
7. STORK (20) + TZN
8. KOBOLD
9. EN GARDE
10. DELAURA

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## LABYRINTH

1-6, MTN
13-20, EL CYCLE
29-34, VERTEX
44-47, UPLIFT

1. SKIPS
2. REV BEAR
3. POTTY SHOT
4. TOES (20) + RUN
5. BULLY
6. HALO 2-1-3-1-4-1

A
AB
ABC

### MTN

A. RAMBO (10) + RUN
B. RIBBITS (10) + RUN
C. JACK BOX

13. SHUFFLE
14. JIGGY (20) + RUN
15. PINNED 2-1-3-1-4-1
16. ABD. MANTIS (8) + RUN
17. MIEL'S WHEELS
18. KNEELING CURL (6) + TZN
19. RDL (8) + TZN
20. SA PP

ABC
CBA
BB

### EL CYCLE

A. CYCLONE (12) + TZN
B. 90° PISTON (10) + TZN
C. SKULLS (10) + TZN

29. TIPPY-TAP
30. TROG
31. SQUONQ
32. REV BOVINE
33. MT. CLIMB (20) + RUN
34. QUICK FT. (20) + RUN

A
ABB
ABCCC

### VERTEX

A. PETRA
B. SWASHBUCKLER
C. MONGOOSE

44. APE SHOOT!
45. PEG LEG (8) + RUN
46. JACKAL
47. 3 PT. STANCE

A
ABA
ABCBA

### UPLIFT

A. X PP
B. TYPHON
C. SL INCH

SLOPE

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

## FILLING

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. W. GREMLIN
3. MIEL'S WHEELS
4. ENFORCER
5. REV INCH WORM
6. ARACHNID
7. BANDIT (20) + RUN
8. BEAR
9. PLATE SHAKE 9+
10. TOES (20) + RUN

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

## CAVITY

1. CHICKIN 2-1-3-1-4-1
2. TROG
3. FLAMINGO (6) + TZN
4. RDL (8) + TZN
5. OZARK
6. SHOT PUT
7. VEXUM
8. B. LUNGE
9. AMAROK
10. SPIKES

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. PRIMATES 4-1-3-1-2-1
2. ALI 22+
3. JIGGY (20) + RUN
4. B.O.R. (15) + TZN
5. QUICKSAND (L)

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SLOPE

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

## BODY WEIGHT MESA

1. QUICK FT. (20) + RUN
2. BONSAI 3-1-4-2-4-1
3. TOES (20) + RUN
4. JIGGY (20) + RUN
5. LYCAN (10) + RUN
6. RIBBITS (10) + RUN
7. GARGOYLE
8. CROOK
9. FLYING MONKEY
10. MOGUL MADNESS 10
11. SKUFFLE
12. TYPHON

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

## INTERRUPTED MTN GLUED PLATE

1. TROMBONE 6+
2. O-PINNED 2-1-3-1-4-1
3. SHWAGGIN 1:1
4. RDL (8) + TZN
5. SAWED OFF (10) + TZN
6. DEATH ROW 2-1-3-1-4-1

1-3

## CHECKLIST

1. STAMPEDE
2. TYSON
3. TURKEY

1-3

## CHECKLIST

1. HIGH Xs
2. KOBOLD
3. ALI 22+

1-10
10-1
1-10

## GROUNDED И

1. PLATE PUSH
2. MONTAUK
3. DIABLO
4. NEAPOLITAN
5. YETI
6. BOULDER
7. SLIGER
8. CRAY-CRAY
9. GRYPHON (8) + PUSH
10. SCORPION TO 3/BACK

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SLOPE

1. BONSAI 3-1-4-2-4-1
EN GARDE
PLATE SHAKE 9+
V-STEP (10) + RUN

2. VENOM
STAMPEDE
O-BOR (10) + TZN
FLYING MONKEY

3. TWO-STEP (20) + RUN
SKULLS (10) + TZN
INCH WORM
MASTODON

4 RIBBITS (10) + RUN
HIKES
KOBOLD
STACK SHOT

A. MOWGLI (12) + RUN
KNEELING SWAG (15) + TZN

B. GARGOYLE
RDL (8) + TZN

C. REV B.N.C.
BOULDER

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SLOPE

# DRY RUN

PERFORM ALL TASKS IN A CHECKLIST FORMAT, FIRST (HIGH X'S THRU CRAY-CRAY).
THEN GO BACK AND PERFORM EACH CIRCUIT BY ITS PROGRESSION.

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

## EXPANDING

1. HIGH Xs
2. TOES (20) + RUN
3. STAMPEDE
4. W. GREMLIN
5. QUICK FT. (20) + RUN
6. EN GARDE
7. HIKES
8. FLYING MONKEY
9. OGRE (10) + TZN
10. SLING SHOT 3-2-4-2-3-1

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

## CHAMELEON

1A. REV GARGOYLE
1B. LEPRECHAUNS
1C. 0-PINNED 2-1-3-1-4-1
1D. SUCK UPS

2. TWISTED
3. SKULLS (10) + TZN
4. MANTIS (8) + RUN

5A. KITCHEN SINK (10) + TZN
5B. DIABLO
5C. REVIVAL
5D. STORK (20) + TZN

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

## FADED2

1. WICCA
2. JOHNNY APPLESEED

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

5. VIP (10) + RUN
6. CYCLONE (12) + TZN

7. POTTY SHOT
8. MOWGLI (12) + RUN

9. TURKEYS
10. CRAY-CRAY

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SLOPE

# MATTERHORN

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

4 TWO-STEP (20) + RUN
1 TAUNTAUN
2 SWAGGIN 1:1

4 SQUONQ
1 GORGON (8) + RUN
2 MONGOOSE

4 RAMPANT (10) + RUN
1 YIKES
2 YETI

4 KOBOLD
1 COBRA (10) + PUSH
2 STORK (20) + TZN

4 XPP
1 LYCAN UP (10) + RUN
2 REV GROWLER

4 HANG (10) + RUN
1 SPIKES
2 PRIMATES 4-1-3-1-2-1

4 TYSONS
1 HELLION
2 MANTIS (8) + RUN

4 APE SHOOT!
1 BUZZARD
2 JIGGY (20) + RUN

4 MIEL'S WHEELS
1 VENOM
2 HALO 2-1-3-1-4-1

## CHECKLIST(2)

1-12
1-12

1. BONSAI 3-1-4-2-4-1
2. SKY-HIGH 4-1
3. MASTODON
4. GRECO
5. VIPER
6. ROW STROLL 6+
7. JUNKIE JUMP (8) + RUN
8. BUCKS
9. REV BOVINE
10. SUPP 10
11. TYPHON
12. CRAY-CRAY

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. SHUFFLE
2. SQUONQ
3. TOES (20) + RUN
4. BULLY
5. COALITION (10) + TZN
6. HIGH Xs
7. MONTAUK
8. HIKES
9. BUZZARD
10. SHALO 1:1

1-15
1-15

## CHECKLIST(2)

1. TAUNTAUN
2. TWINKLE TOES (30) + TZN
3. YETI
4. JANGLE LEG3
5. ROOSTER (10) + TZN
6. CROOK
7. TRUMPET 9+
8. 3 PT. STANCE
9. BULLDOG
10. ENFORCER
11. TOP SHELF (8) + TZN
12. KNEELING SWAG (15) + TZN
13. KOBOLD
14. OZARK
15. JOUNCE 2-1-3-1-4-1

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

## MT. NEVEREST

1X 313
2X PRIMATES 4-1-3-1-2-1
3X MIEL'S WHEELS
4X PLATE SHAKE 9+
5X AMAROK

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SLOPE

**BODY-WEIGHT ONLY!**

## REV XION

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

1. BONSAI 3-1-4-2-4-1
2. TOES (20) + RUN
3. ALI 22+
4. HANG (10) + RUN
5. VIP (10) + RUN
6 . GORGON (8) + RUN

A. RESURRECTION
B. GATOR TO 3
C. BULLFROG
D. GBD (15) + RUN
E. BULLSH!T
F. BOVINE

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

## CROSS-FIRE

1. GALLOW 2-1-4-3-4-1
2. RAMPAGE (12) + RUN
3. MONTAUK
4. TIPPY-TAP
5. AMAROK

A. JUNKIE JUMP (8) + RUN
B. BUZZARD
C. GROWLER

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

## DARK SIDE

1. JIGGY (20) + RUN
2. FROGS
3. ALT SQUONQ
4. MONGOOSE
5. MANTIS (8) + RUN

JIGGY MADNESS 10
THRUST TO FROG
KOBOLD
REV MONGOOSE
ABD MANTIS (8) + RUN

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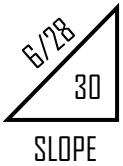


## MESA

1. SHUFFLE
2. TWO-STEP (20) + RUN
3. BULLY
4. BANDIT (20) + RUN
5. RAMBO (10) + RUN
6. LYCAN (10) + RUN
7. F. LUNGE
8. HALO 2-1-3-1-4-1
9. TURKEYS
10. PROWLER

## EL CYCLE MOLES

1. W. GREMLIN
2. SAWED OFF (10) + TZN
3. SPIKES

---

1. PRIMATES 4-1-3-1-2-1
2. RDL (8) + TZN
3. REV PLATE PUSH

---

1. TOES (20) + RUN
2. CURL PRESS 5+
3. SWASHBUCKLER

---

1. TYPHON
2. DENSER 2-1-3-1-4-1
3. MONGOOSE

## EXPANDING

1. BUCK UP
2. JIGGY (20) + RUN
3. POTTY SHOTS
4. JACKAL
5. BONSAI 3-1-4-2-4-1
6. PLATE PUSH
7. ROW STROLL 6+
8. REV BULLDOG
9. TARASQ
10. SL INCH

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SLOPE

# SYPHYLOGENY

SYPHYLOGENY CIRCUITS ARE DESIGNED TO SHOW YOU THE STEP-BY-STEP EVOLUTION OF A TASK STARTING AT THE GRANULAR BASE MOVEMENTS PROGRESSING TO THE LARGER MORE COMPLEX.

FROM LEFT TO RIGHT PERFROM ALL THE 1s FROM EACH SECTION. THEN, 1 AND 2 IN ORDER FROM EACH SECTION, FINALLY 1, 2,AND 3 IN ORDER FROM EACH SECTION. THIS IS ALSO KNOWN AS "PEAKS" PROGRESSION.

NEXT YOU'LL TURN THE SECTIONS INTO REPTILIANS BY PERFORMING 1-4A IN EACH SECTION, STILL LEFT TO RIGHT. CONTINUE TO DO 1-3, 4B; 1-3, 4C; 1-3, 4D.

| ENFORCER | TOP SHELF | HACK-IT | ORCA |
|---|---|---|---|
| 1. SKATES | 1. TARZAN | 1. RAMPANT (10) + RUN | 1. PISTON (10) + TZN |
| 2. TIPPY-TAP | 2. STAT W. SQUAT (10) + TZN | 2. RAMBO (10) + RUN | 2. MANTIS (8) + RUN |
| 3. SKUFFLE | 3. BOR (15) + TZN | 3. POUNCER (10) + RUN | 3. BENCHED (30) + TZN |
| 4a. SQUIBBLE | 4a. CYCLONE (12) + TZN | 4a. REV BULLDOG | 4a. SL MANTIS (8) + RUN |
| 4b. TIP TOES (20) + TZN | 4.b. KITCHEN SINK (10) + TZN | 4b. REV BOVINE | 4b. SL RESURRECTION |
| 4c. TWINKLE TOES (20) + TZN | 4c. CROCKPOT (6) + TZN | 4c. DIABLO | 4c. SCORPION TO 3/BACK |
| 4d. ENFORCER | 4d. TOP SHELF (8) + TZN | 4d. HACK-IT | 4d. ORCA TO 3/BACK |

6/30

33

SLOPE

1-12, 1-12, 1-12

## CHECKLIST(3)

1. GALLOW 2-1-4-3-4-1
2. STAMPEDE
3. TYSONS
4. V-STEP (10) + RUN
5. ROW STROLL 6+
6. HANG (10) + RUN
7. O-B.O.R. (10) + TZN
8. BULLDOG
9. XPP
10. TORO

STRIVE TO KEEP THE PLATE IN YOUR HAND(S) FOR THE ENTIRE CIRCUIT. CAN YOU MAINTAIN YOUR GRIP WITHOUT RESTING THE PLATE ON THE TURF OR A PART OF YOUR BODY? ALTERNATING BETWEEN SINGLE-HANDED GRIPS IS ALLOWED!

## *G.P.* REPTILIAN

1. CYCLONE (12) + TZN
2. BULLY
3. O-PINNED 2-1-3-1-4-1

4A. W. CROOK

4B. SKY HIGH 4-1

4C. HAG 1:1

1-6, 6-1

## U

1. POTTY SHOTS
2. AMAROK
3. SWASHBUCKLER
4. TROG
5. INCH WORM
6. BALL N CHAIN

1
12
123
1234

## MTN

1. MOWGLI (12) + RUN
2. SAPP
3. ATTACK-IT
4. TAKE OFF!

GO BACK TO PERFORM THE GP AND MTN AGAIN.

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# THE SYPHER

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 SYPHUS BUT SECONDARY TO FORM. YOU ARE YOUR GREATEST COMPETITION.

## THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

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

## 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 SYPHUS TRAINING & HAVE BEEN RECOGNIZED FOR THEIR OF KNOWLEDGE AND RECALL OF THE FORMS, TASKS AND CIRCUITS OF SYPHUS. 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.