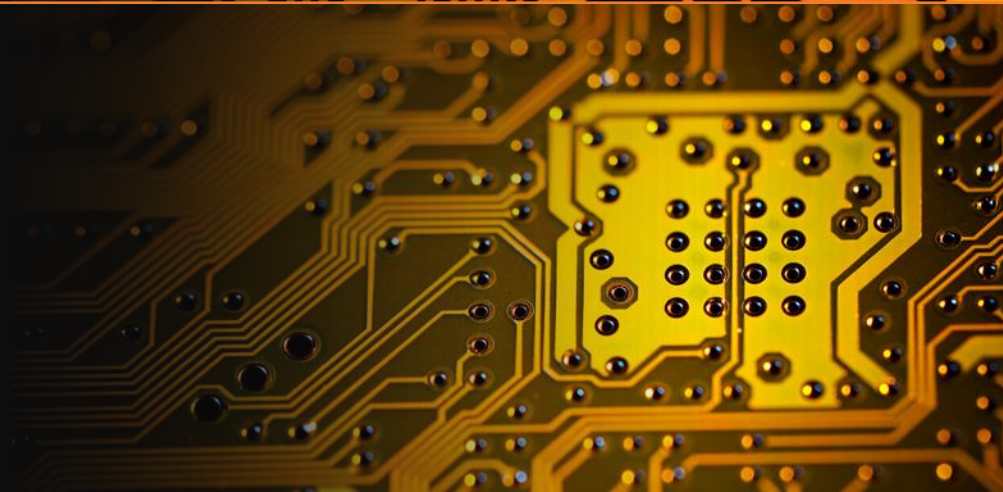
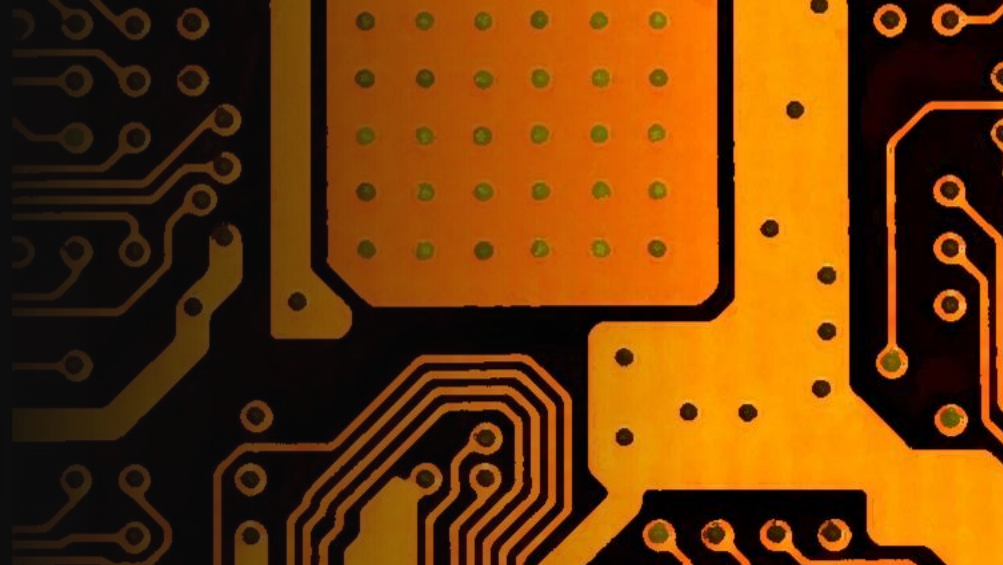


MOTHERBOARD  
AUGUST 2022

---





# 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

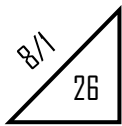
1. ALT. SQUONQ
2. RAMBO (10) + RUN
3. BANDIT (20) + RUN
4. CYCLONE (12) + TZN
5. BOULDER

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

## MESA2

1. BONSAI 3-1-4-2-4-1
2. V-STEP MADNESS
3. TARASQ
4. MONKEY
5. XPP
6. CURL WALK
7. BOVINE
8. GATOR TO 3

Circuit keys noted in smaller font and or the Circuit Glossary.



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

## MTN2

1. EN GARDE
2. INFINITY (20) + RUN
3. SWAGGIN 1:1
4. ROW STROLL 6+
5. ALT. SQUONQ
6. MONKEY
7. HANG (10) + RUN
8. BULLDOG
9. VENOM
10. TWEAKER (L)

11,22,33,44,55,66  
66,55,4,33,22,11

## U2

1. ARACHNID
2. TAUNTAUN
3. CYCLONE (12) + TZN
4. HALO 2-1-3-1-4-1
5. B. LUNGE
6. W. CROOK

## 1-4 CHECKLIST

1. GBD (15) + RUN
2. HAG 1:1
3. SL MANTIS (8) + RUN
4. K.O.D. (20) + TZN

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

## REPTILAIN2

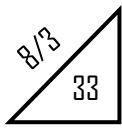
1. TWO-STEP (20) + RUN
  2. BONSAI 3-1-4-2-4-1
  3. SAWED OFF (10) + TZN
  4. DEATH ROW 2-3-1-4-1
  5. MONTAUK
- 
- 6A. JACK-ASS  
6B. DIABLO  
6C. STORK (20) + TZN  
6D. VEXUM



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

# TRAFFIC SPIKES

- |                         |                          |              |
|-------------------------|--------------------------|--------------|
| 1. HOT COALS (10) + RUN | 11. VEXED (10) + RUN     |              |
| 2. BONSAI 3-1-4-2-4-1   | 12. GARGOYLE             |              |
| 3. TURKEYS              | 13. YETI                 | CENTAUR2     |
| 4. KOBOLD               | 14. YIKES!               | 1. MONTAUK   |
| 5. TYSONS               | 15. APE SHOOT!           | 2. CRAY-CRAY |
| 6. BANDIT (20) + RUN    | 16. BUZZARD              | 3. BULLDOG   |
| 7. LYCAN (10) + RUN     | 17. TORO                 | 4. DELAURA   |
| 8. CURL PRESS 5+        | 18. MOWGLI (12) + RUN    |              |
| 9. XPP                  | 19. SUICIDE 2-1-3-1-4-1  |              |
| 10. FLAMINGO (6) + TZN  | 20. O-PINNED 2-1-3-1-4-1 |              |



SLOPE

## MTN3

- 1-3 1. SUE STEP (20) + RUN
- 1-6 2. MT. CLIMB (20) + RUN
- 1-9 3. RAMBO (10) + RUN
- 1-12 4. HANG (10) + RUN
- 1-15 5. CURL WALK 6+
- 6. KNEEL SWAG (20) + TZN
- 7. JIGGY (20) + RUN
- 8. BUCKS
- 9. SA P.P.
- 10. PIRATE
- 11. SCALWAG
- 12. BOVINE
- 13. THRASHER
- 14. AMAROK
- 15. REV INCH

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

## MESA

- 1. SKATES
- 2. TIPPY-TAP
- 3. KAMIKAZE 4-3-4-2-4-1-4-1
- 4. HIKES
- 5. TRIFECTA! 6+
- 6. GBD (15) + RUN
- 7. JIGGY (20) + RUN
- 8. B.O.R. (15) + TZN
- 9. RDL (8) + TZN
- 10. SHOT PUT

1-12  
1-12

## CHECKLIST(2)

- 1. JACKAL
- 2. GATOR TO 3
- 3. W. GREMLIN
- 4. CRAISE (20) + TZN
- 5. VENOM
- 6. BENCHED (30) + TZN
- 7. TWISTED
- 8. REV HYDRA
- 9. SWASHBUCKLER
- 10. MONKEY
- 11. TAUNTAUN
- 12. PLATE PUSH



DO EACH TASK THE NUMBER OF TIMES LISTED AND  
PERFORM IN A CHECKLIST MANNER  
PATTERN REMAINS CONSISTENT THROUGHOUT

## MATTERHORN

### 3 EN GARDE

1 SUE-STEP (20) + RUN

### 3 KOBOLD

---

3 VEXED (10) + RUN

1 STAT SWAG (20) + TZN

3 RIBBITS (10) + RUN

---

3 W. GREMLIN

1 INCH WORM

3 CRAZY LEGS

---

3 TROG

1 MANTIS (8) + RUN

3 RDL (8) + TZN

---

3 PUSH UP (10) + RUN

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

3 TURKEYS

1-5, 6A

1-5, 6B

1-5, 6C

1-5, 6D

## REPTILIAN

1. SQUONQ

2. APE SHOOT!

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

4. FLAMINGO (6) + TZN

5. GRECO

---

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

6B. CHICKIN 2-1-3-1-4-1

6C. JOUNCE 2-1-3-1-4-1

6D. CHUPACABRA

1

121

12321

1234321

123454321

## UPLIFT

1. **SCALAWAG** (FORM FOCUS!)

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

3. SKULLS (10) + TZN

4. JACK ASS

5. HAMSTRUNG



1-6, 6-4  
4-9, 9-4  
4-6, 6-1

## PLAY THE FIELD

### SHUTTLE 3-2-4-2-3-1 1

---

1. TOES (20) + RUN

2. EN GARDE

3. SWAGGIN 1:1 2

---

4. MOGUL (20) + RUN

5. PLATE PUSH

6. MONTAUK 3

---

7. HIKES

8. TYSON

9. GRECO 4

---

1-10  
10-1  
1-10

N

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

2. VENOM

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

4. HOT COALS (10) + RUN

5. AMAROK

6. BUCKS

7. RDL (8) + TZN

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

9. REVIVAL

10. STORK (20) + TZN

1-5 CHECKLIST(2)

1-5 1. B. LUNGE

2. SKUFFLE

3. BOVINE

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

5. TORO

1-5 CHECKLIST(2)

1-5

1. MANTIS (8) + RUN

2. GIMPY DOG

3. YIKES!

4. BENCHED (30) + TZN

5. OFFERING

1-5 CHECKLIST(2)

1-5

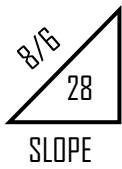
1. YETI

2. B.N.C.

3. OZARK

4. MOWGLI (12) + RUN

5. NEAPOLITAN



## PICK YOUR GAUNTLET

AFTER PERFORMING THE WARM UP MTN, CHOOSE ANY TASK FROM THE GAUNTLET BANK AND PERFORM THAT TASK BEFORE EACH TASK IN GAUNTLET 1. MOVE ONTO GAUNTLET 2 AND CHOOSE A DIFFERENT TASK FROM THE BANK. CONTINUE CHOOSING A NEW TASK FOR EACH GAUNTLET, NO REPEATS.

### GAUNTLET BANK

- A. 3 PT STANCE
- B. GROWLER
- C. STATROG (10) + RUN
- D. NO GIMMIES
- E. BOVINE
- F. GBD (15) + RUN
- G. BOR (15) + TZN
- H. BUZZARD
- I. MANTIS (8) + RUN
- J. LUMBERJACK (8) + RUN

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

## WARM UP MTN

- 1. RUN
- 2. QUICK FT (20) + RUN
- 3. W. CROOK
- 4. PLATE PUSH

## GAUNTLET 1

- 1. F. LUNGE
- 2. LYCAN (10) + RUN
- 3. CURL WALK 6+
- 4. TYSON
- 5. SL BUCKS

## GAUNTLET 2

- 1. TRIFECTA 6+
- 2. STORK (20) + TZN
- 3. RIBBITS (10) + RUN
- 4. REV BEAR
- 5. JIGGY (20) + RUN

## GAUNTLET 3

- 1. BULLDOZER
- 2. BANDIT (20) + RUN
- 3. OFFERING
- 4. DIABLO
- 5. MOGUL (20) + RUN

## GAUNTLET 4

- 1. TALL ORDER 6+
- 2. AMAROK
- 3. KOD (20) + TZN
- 4. ALI 22+
- 5. HALO 2-1-3-1-4-1

## GAUNTLET 5

- 1. SPD SKATES (20) + RUN
- 2. SKIPS
- 3. COALITION (10) + TZN
- 4. JUNKIE JUMP (8) + RUN
- 5. REV INCH

## GAUNTLET 6

- 1. GIMPY DOG
- 2. 0-PINNED 2-1-3-1-4-1
- 3. RAMPANT (10) + RUN
- 4. ROOTED GROOT (8) + PUSH
- 5. KOBOLD

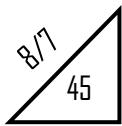
## GAUNTLET 7

- 1. MT. CLIMB (20) + RUN
- 2. ENFORCER
- 3. SAWED OFF (10) + TZN
- 4. JAGGER (12) + RUN
- 5. TAUNTAUN

## GAUNTLET 8

- 1. SL BOULDER
- 2. TROMBONE 6+
- 3. SHUTTLE RUN 3-2-4-2-3-1
- 4. SL TOES (20) + RUN
- 5. REVIVAL





SLOPE

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

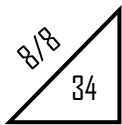
**EXPANDING**

1. JACKALOPE
2. STACK SHOT
3. RIBBITS (10) + RUN
4. TWINKLE TOES (30) + TZN
5. QUICK FT. (20) + RUN
6. SUICIDE 2-1-3-1-4-1
7. BULLY
8. XPP
9. SLIGER
10. SUCK UPS

**CUBED**

Make mini mtns with the center primates task being your base.  
 Work clock-wise around the cube starting with PRIMATE > ALT SQUONQ,  
 PRIMATES > CURL WALK and so on until you get to PRIMATES > 3 PT. STANCE.  
 Then add on an additional layer with PRIMATES > ALT SQUONQ > KOBOLD.  
 Continue on in this fashion until you complete PRIMATES > 3 PT > SPIKES.  
 Finally finish the circuit by doing each of the gray tasks in the order of:  
 MFT > 3I3 > DRCA > BONSAI > TAUNTAUN > JANGLE LEG > REV ARACHNID > ANACONDA

JIGSAW	JANGLE LEGS	OZARK	REV ARACHNID	SPIKES
TAUNTAUN	JIGGY (20) + RUN	REV PLATE PUSH	3 PT. STANCE	ANACONDA
GIMPY DOG	PEG LEG (8) + RUN	PRIMATES 4-1-3-1-2-1	ALT. SQUONQ	KOBOLD
BONSAI 3-1-4-2-4-1	STAT. TYPHON (10) + RUN	PUSH UP (10) + RUN	CURL WALK 6+	M.F.T.
TYPHON	DRCA to 3/back	SCORPION TO 3/BACK	3I3	SCURL 1:1



SLOPE

PERFORM AS A CHECKLIST BY  
DOING EACH TASK THE NUMBER OF  
TIMES INDICATED.

1-15  
1-15

**CHECKLIST(2)**

- 2 BONSAI 3-1-4-2-4-1
- 4 MT. CLIMB (20) + RUN
- 3 W. GREMLIN
- 2 HIKES
- 1 GORGON (8) + RUN
- 1 RAMPAGE (12) + RUN
- 1 PLATE PUSH
- 2 BEAR
- 3 POTTY SHOT
- 3 ROW STROLL 6+
- 2 TOES (20) + RUN
- 1 NEAPOLITAN

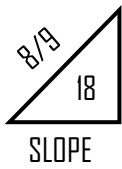
- 1. TROG
- 2. AMAROK
- 3. B.N.C.
- 4. TYPHON
- 5. VIPER

- 6. BENCHED (30) + TZN
- 7. DEVIL
- 8. SLIGER
- 9. SHALO 1:1
- 10. MONKEY

## CHAOS

- 2 SL PUSH UP (10) + RUN
- 4 SQ. JUMPS (10) + RUN
- 2 SWAGGIN 1:1
- 1 REV BOVINE
- 4 SQUONQ
- 2 BUCKS
- 4 GIMPY DOG
- 3 CYCLONE (12) + TZN
- 1 SQ. THRUST (10) + RUN
- 2 INCH WORM
- 1 SLING SHOT 3-2-4-2-3-1
- 4 APE SHOOT!

- 11. TAUNTAUN
- 12. ENFORCER
- 13. THRASHER
- 14. RAMBO (10) + RUN
- 15. GROWLER



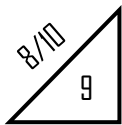
1-5  
1-10  
1-15  
1-20  
1-25  
1-30

## MTN5

1. QUICK FT. (20) + RUN
2. TURKEYS
3. SUE-STEP (20) + RUN
4. STAT SWAG (20) + TZN
5. ALT. SQUONQ
6. COALITION (10) + TZN
7. MONGOOSE
8. HIKES
9. SLAP JACK
10. MDWGLI (12) + RUN

11. VIPER
12. ROW STROLL 6+
13. RIBBITS (10) + RUN
14. BUCKS
15. SLUSKI
16. SL DGRE (10) + TZN
17. YETI
18. GRECO
19. VEXED (10) + RUN
20. SUICIDE 2-1-3-1-4-1

21. TRIFECTA! 6+
22. RDL (8) + TZN
23. D-PINNED 2-1-3-1-4-1
24. JIGGY (20) + RUN
25. SAWED OFF (10) + TZN
26. SLIGER
27. CROOKED BULLY
28. JACK BOX
29. GARGOYLE
30. PLATE PUSH



SLOPE

## RIPPLED

1233  
2344  
3455  
4566  
5677  
6788  
7899  
8910,10

1. BONSAI 3-1-4-2-4-1
2. V-STEP (10) + RUN
3. SQUONQ
4. PLATE SHAKE 9+
5. SA P.P.
6. TWINKLE TOES (30) + TZN
7. BEAR
8. APE SHOOT!
9. SLAP JACK
10. GORGON PUSH UP (8) + RUN

1  
112  
111223  
1111222334

## AND 1

1. TYSONS
2. CURL WALK 6+
3. TROG
4. M.F.T.

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

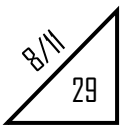
## EL CYCLE

1. HIKES
2. MOGUL PUSH
3. FROZEN CROOK :08
4. JUNKIE JUMP (8) + RUN

1, AA  
12, BB  
123, CC  
1234, CC  
12345, DD  
123456, EE

## XION2

- |                           |              |
|---------------------------|--------------|
| 1. TAUNTAUN               | A. TWISTED   |
| 2. VIP (10) + RUN         | B. VENOM     |
| 3. SPD. SKATES (20) + RUN | C. ENFORCER  |
| 4. REV BULLDOG            | D. DIABLO    |
| 5. PEG LEG (8) + RUN      | E. GIMPY DOG |
| 6. RAMPANT (10) + RUN     | F. BULLDOZER |



SLOPE

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

## CROSS-FIRE

1. EN GARDE
2. PLATE PUSH
3. KNEELING CURL (6) + TZN
4. YETI
5. KITCHEN SINK (10) + TZN

- A. SUE STEP (20) + RUN
- B. SWAGGIN 1:1
- C. YIKES!

1  
12  
123  
1  
12  
123..

## MOLE HILLS

1. CHICKIN 2-1-3-1-4-1
  2. JIGGY (20) + RUN
  3. W. CROOK
- 
1. VIP (10) + RUN
  2. BONSAI 3-1-4-2-4-1
  3. SCORPION TO 3/BACK

1. HOT COALS (10) + RUN
  2. RDL (8) + TZN
  3. INCH WORM
- 
1. TROMBONE 6+
  2. SCALAWAG
  3. SHALO 1:1

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

## REPTILIAN2

1. TALL ORDER 6+
  2. REV BULLDOG
  3. SUICIDE 2-1-3-1-4-1
  4. MIEL'S WHEELS
- 
- 5A. REV B.N.C.
  - 5B. BULLDOZER
  - 5C. PARATROOP (10) + RUN
  - 5D. OZARK
- 
1. GIMPY DOG
  2. ALI 22+
  3. HACK-IT
- 
1. MT. CLIMB (20) + RUN
  2. VIPER
  3. TAKE OFF!



SLOPE

## 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. SUICIDE 2-1-3-1-4-1
2. HOT COALS (10) + RUN
3. KOBOLD
4. PLATE PUSH
5. PRIMATES 4-1-3-1-2-1

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

1. OGRE (10) + TZN
2. POTTY SHOT
3. RIBBITS (10) + RUN
4. BUCKS
5. SKY HIGH 4-1

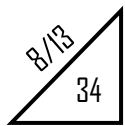
## DARK SIDE

- HAMSTRUNG
- SHOT PUT
- CROAKIN
- SUCK UPS
- HALO 2-1-3-1-4-1

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

## FADED

1. QUICKSAND Ⓛ
2. REV MASTODON
3. STORK (20) + TZN
4. VEXUM
5. BONSAI 3-1-4-2-4-1
6. TYSON
7. AMAROK



SLOPE

1-8  
8-1  
1-8

W

1. SHUFFLE
2. MT. CLIMB (20) + RUN
3. W. GREMLIN
4. COALITION (10) + TZN
5. VEXED (10) + RUN
6. ALI 22+
7. SQ. JUMP (10) + RUN
8. PRIMATES 4-1-3-1-2-1

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

## EL CYCLE

1. BONSAI 3-1-4-2-4-1
2. REV B.N.C.
3. SUE-STEP (20) + RUN
4. SQUIBBLE
5. SUPP(10)

1-8  
1-8

## CHECKLIST(2)

1. OFFERING
2. JAGGER (12) + RUN
3. HALO 2-1-3-1-4-1
4. ANTEATER
5. RDL (8) + TZN
6. FROGS
7. MUGGER (12) + RUN
8. MIM 3-2-4-2-3-1

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

## MTN2

1. SCALAWAG
2. DIABLO

---

3. SPIKES
4. ROW STROLL 6+

---

5. CRAY-CRAY
6. SAWED OFF (10) + TZN

---

7. KAMIKAZE 4-3-4-2-4-1-4-1
8. BUZZARD

---

9. JACKALOPE
10. WICCA



SLOPE

1-12

## 1-12 CHECKLIST(2)

1. BONSAI 3-1-4-2-4-1
2. SHUFFLE
3. HOT COALS (10) + RUN
4. TYSONS
5. RIBBITS (10) + RUN
6. JIGGY (20) + RUN
7. PLATE SHAKE 9+
8. X PP
9. B.N.C.
10. MONGOOSE
11. APE SHOOT!
12. STAT SQUAT (10) + RUN

1-10

3-10

5-10

7-10

9-10

## FADED2

1. SL BUCKS
2. SCORPION TO 3/BACK
3. VEXUM
4. TARASQ
5. CURL PRESS 5+
6. EN GARDE
7. GRIFTER (8) + SA PP
8. MANTIS (8) + RUN
9. SHOT PUT
- 10 KAMIKAZE 4-3-4-2-4-1-4-1

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

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

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

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

## CEPTILIAN2

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

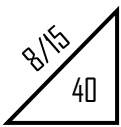
5A. SL INCH

5B. MIM 3-2-4-2-3-1

5C. RAZOR

5D. ENFORCER





SLOPE

I  
12  
123  
1234

**MTN**

1. TWO-STEP (20) + RUN
2. SHUFFLE
3. BULLY
4. POTTY SHOTS

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

**VERTEX**

1. W. CROOK
2. GRYPHON (8) + PUSH
3. KOBOLD
4. PRIMATES 4-1-3-1-2-1

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

**EL CYCLE**

1. CYCLONE (12) + TZN
2. F. LUNGE
3. JIGGY (20) + RUN
4. BOVINE

1-2  
1-4 **MTN2**

1. SL BUCKS
2. OFFERING
3. GARGOYLE
4. GORGON + PUSH UP (8) + RUN

1-3  
2-4

**MESA**

1. HOT COALS (10) + RUN
2. RDL (8) + TZN
3. BENCHED (30) + TZN
4. TYPHON

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

**=IBRIOUS**

1. VENOM
2. MIEL'S WHEELS
3. VIP (10) + RUN
4. SPIKES

1-3, 4A, 4A  
1-3, 4B, 4B

**REPTILIAN2**

1. BUZZARD
2. SA DIABLO
3. TARASQ

---

- 4A. ARACHNID
- 4B. THRASHER

III  
222  
333  
444

**CENTAUR3**

1. LYCAN (10) + RUN
2. SWAGGIN 1:1
3. GIMPY DOG
4. TYSONS



DO EACH TASK THE NUMBER OF TIMES LISTED AND PERFORM IN A CHECKLIST MANNER PATTERN REMAINS CONSISTENT THROUGHOUT

### MATTER HORN

- 2 EN GARDE
- 3 TWO-STEP (20) + RUN
- 1 BULLY
- 3 BANDIT (20) + RUN

---

- 2 TAUNTAUN
- 3 MIEL'S WHEELS
- 1 PUSH UP (10) + RUN
- 3 ALT SQUONQ

---

- 2 RIBBITS (10) + RUN
- 3 REV BULLDOG
- 1 POGOTO (6) + TZN
- 3 NEAPOLITAN

---

- 2 APE SHOOT!
- 3 OGRE (10) + TZN
- 1 HAG 1:1
- 3 VIP (10) + RUN

1-8  
8-5  
5-12

### "KOPPA"

- 1. SQUIBBLE
- 2. TOES (20) + RUN
- 3. MONKEY
- 4. CYCLONE (12) + TZN
- 5. GARGOYLE
- 6. TWINKLE TOES (30) + TZN
- 7. TARASQ
- 8. MOGUL PUSH
- 9. OFFERING
- 10. SWAGGIN 1:1
- 11. DEVIL
- 12. CROOK

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

### REV ZENITH

- 1. RESURRECTION 1X

---

- 2. JIGSAW

---

- 3. STACK SHOT 2X

---

- 4. O-BOR (10) + TZN

---

- 5. MONTAUK 3X

---

- 6. HIKES

---

- 7. STAMPEDE 4X

---

- 8. XPP



SLOPE

1-3  
1-6  
1-9  
1-12  
1-15

### MTN3

1. SHUTTLE RUN 3-2-4-2-3-1
2. HOT COALS (10) + RUN
3. KNEEL CURL (6) + TZN

---

4. VIP (10) + RUN
5. YIKES
6. RIBBITS (10) + RUN

---

7. KOBOLD
8. BALL N CHAIN
9. STORK (20) + TZN

---

10. JIGGY (20) + RUN
11. AMAROK
12. SKULLS (10) + TZN

---

13. CRAISE (20) + TZN
14. VEXUM
15. 313

12  
123344  
123344555666  
12334455566677778888

### ZENITH

1. REV PLATE PUSH 1X
2. SHOT PUT

---

3. ROW STROLL 6+
4. BANDIT (20) + RUN 2X

---

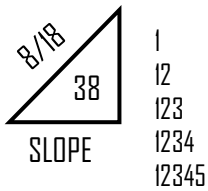
5. PRIMATES 4-1-3-1-2-1 3X
6. SCALAWAG

---

7. MIEL'S WHEELS

---

8. ANY PUSH *THAT'S NOT A  
REGULAR PLATE PUSH OR XPP* 4X



**MTN**

1. MT. CLIMB (20) + RUN
2. SWAGGIN 1:1
3. BULLY
4. LYCAN UP (10) + RUN
5. SQ. THRUST (10) + RUN

**FADED**



- 12345  
2345  
345  
45  
5
1. SL BOULDER
  2. PIRATE
  3. BONSAI 3-1-4-2-4-1
  4. APE SHOOT!
  5. BOVINE

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

**CROSS-FIRE**

1. W. GREMLIN
2. VIP (10) + RUN
3. B. LUNGE
4. XPP

- A. VENOM
- B. THRASHER
- C. GBD (15) + RUN

1-14, 14-1 U

1. TAKE OFF!
2. HANG (10) + RUN
3. TIP-TOES (20) + RUN
4. JUNKIE JUMP (8) + RUN
5. HALD 2-1-3-1-4-1
6. RAMP UP (8) + RUN
7. BEAR
8. TOES (20) + RUN
9. SA PP
10. YIKES!
11. JABBERWOCKY
12. OFFERING
13. TYPHON
14. YETI

8/19

29

SLOPE

# C R A M S E S H

1  
12  
123  
1234  
FOR ALL  
CIRCUITS

## ACE-IT

1. SUICIDE 2-1-3-1-4-1
2. QUICK FT. (20) + RUN
3. SWAGGIN 1:1
4. HIKES

## STUDY IT

1. W. CROOK
2. LYCAN (10) + RUN
3. TROMBONE 6+
4. SL OGRE (10) + TZN

## ACE-IT

1. PLATE PUSH
2. GROWLER
3. MIEL'S WHEELS
4. POTTY SHOT

## STUDY IT

1. CURL PRESS 5+
2. MANTIS (8) + RUN
3. JUNKIE (8) + RUN
4. K.O.D. (20) + TZN

## ACE-IT

1. VENOM
2. APE SHOOT!
3. BUCKS
4. M.I.M. 3-2-4-2-3-1

## STUDY IT

1. SKATES
2. HALO 2-1-3-1-4-1
3. SLAP JACK
4. BOULDER

## ACE-IT

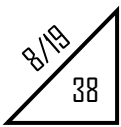
1. MT. CLIMB (20) + RUN
2. BUTT KICKS
3. INCH WORM
4. KAMIKAZE 4-3-4-2-4-1-4-1

## STUDY IT

1. RIBBITS (10) + RUN
2. BENCHED (30) + TZN
3. B.D.R. (15) + TZN
4. TYPHON

## ACE-IT

1. B.N.C.
2. CRAZY-LEGS
3. REV PLATE PUSH
4. TAKE OFF!



SLOPE

11,22,33

11,22,33,44,55,66

11,22,33,44,55,66,77,88,99

### HYBRID2 MTN3

1. TOES (20) + RUN
2. TYSON
3. JIGGY (20) + RUN

---

4. TROMBONE 6+
5. W. CROOK
6. HANG (10) + RUN

---

7. GORGON PUSH UP (8) + RUN
8. RAMPAGE (12) + RUN
9. RAZOR PUSH

1-10  
10-1

U

1. GBD (15) + RUN
2. PEG LEG (8) + RUN
3. ARACHNID
4. SQ. JUMP (10) + RUN
5. SAWED OFF (10) + TZN
6. JACK BOX
7. K.O.D. (20) + TZN
8. SUPP 10
9. SL OGRE (10) + TZN
10. CURL MADNESS 3 + PIN

1,AA  
12,BB  
123,CC  
1234,DD  
12345,EE

XION2

1. TWO-STEP (20) + RUN
2. HIGH Xs
3. SL MANTIS (8) + RUN
4. BULLY
5. SHALO 1:1

- A. BENCHED (30) + TZN
- B. CALF-IN-ATOR
- C. COBRA (10) + PUSH
- D. TYPHON
- E. BULLDOZER



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**



SLOPE

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

## EXPANDING

1. SL BOULDER
2. HALO 2-1-3-1-4-1
3. SQ. JUMP (10) + RUN
4. TYSONS
5. SUE-STEP (20) + RUN
6. V-STEP (10) + RUN
7. ALI 22+
8. FLYING MONKEY
9. PUSH UP (10) + RUN
10. CURL PRESS 5+

1-8  
1-8  
1-8

## CHECKLIST(3)

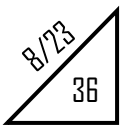
1. DIABLO
2. CROAKIN
3. SCALAWAG
4. PINNED 2-1-3-1-4-1
5. SHWAGGIN 1:1
6. CRAISE (20) + TZN
7. GBD (15) + RUN
8. STORK (20) + TZN

1  
121  
12321  
1234321  
132454321

## UPLIFT

1. SWASHBUCKLER
2. CYCLONE (12) + TZN
3. SKUFFLE
4. HANG (10) + RUN
5. GATOR TO 3





# PLATONIC

SLOPE

A.

**BODY WEIGHT**

**WARM UP MTN**

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

2. **SHUFFLE**

3. **QUICK FT. (20) + RUN**

4. **MONGOOSE**

1-5, 6A

1-5, 6B

1-5, 6C

1-5, 6C

C.

**REPTILAIN**

1. **TZN**

2. **ROW STROLL 6+**

3. **APE SHOOT!**

4. **OFFERING**

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

6A. **ANACONDA**

6B. **REV ARACHNID**

6C. **M.F.T.**

6D. **ATTACK IT**

VENOM, TASK

VENOM, TASK...

D.

**VENOM GAUNTLET**

1. **SKY HIGH 4-1**

2. **SPIKES**

3. **JACKALOPE**

4. **SHOT PUT**

5. **RDL (8) + TZN**

6. **KNEEL CURL (6) + TZN**

7. **WALRUS**

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

9. **SLUSKI**

10. **BUCKS**

1-4

4-1

E.

**U-TURN**

1. **TROMBONE 6+**

2. **SA DIABLO**

3. **W. GREMLIN**

4. **REV PLATE PUSH**

1

122

12333

1234444

12345555

B.

**VERTEX**

1. **HIKES**

2. **MIEL'S WHEELS**

3. **STACK SHOT**

4. **SWAGGIN 1:1**

5. **PLATE PUSH**



SLOPE

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

## MTN2

1. GALLOW 2-1-4-3-4-1
2. SHUFFLE
3. SWAGGIN 1:1
4. QUICK FT (20) + RUN
5. XPP
6. 3 PT. STANCE
7. VIPER
8. SKY HIGH 4-1
9. JACKALOPE
10. VEXUM

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

## REPTILIAN2

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. GARGOYLE
3. W. GREMLIN
4. MONGOOSE
5. SL BUCKS
- 6A. REV B.N.C.
- 6B. SA DIABLO
- 6C. SLING SHOT 3-2-4-2-3-1
- 6D. HACK-IT
- 6E. ANACONDA

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

## CHAOS

- 1 STAMPEDE
- 1 HOT COALS (10) + TZN
- 3 TROG
- 2 MASTODON
- 1 HAG 1:1
- 3 SUE-STEP (20) + RUN
- 2 TWISTED
- 2 JACK-ASS
- 2 REV HYDRA
- 3 MIEL'S WHEELS
- 2 HIKES
- 1 WALRUS
- 1 NEAPOLITAN



SLOPE

PERFORM AS CHECKLISTS  
IN THE FOLLOWING ORDER

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

- 1. TWO-STEP (20) + RUN  
TYSON  
JIGGY (20) + RUN**
- 2. SQ. JUMP (10) + RUN  
V-STEP (10) + RUN  
B.O.R. (15) + TZN**
- 3. TIP-TOES (20) + RUN  
KOD (20) + TZN  
W. STAT SQUAT (10) + TZN**
- 4. ALI 22+  
GBD (15) + RUN  
45°**
- 5. CYCLONE (12) + TZN  
SKULLS (10) + TZN  
TURKEYS**
- 6. 90° (10) + TZN  
SUPP (10)  
PLATE SHAKE 9+**

# CROSS-LISTS

- A. MT. CLIMB (20) + RUN  
GREMLIN**
- B. YIKES!  
CHICKIN 2-1-3-1-4-1**
- C. ROOTED GROOT (8) + PUSH  
FROZEN CROOK8**



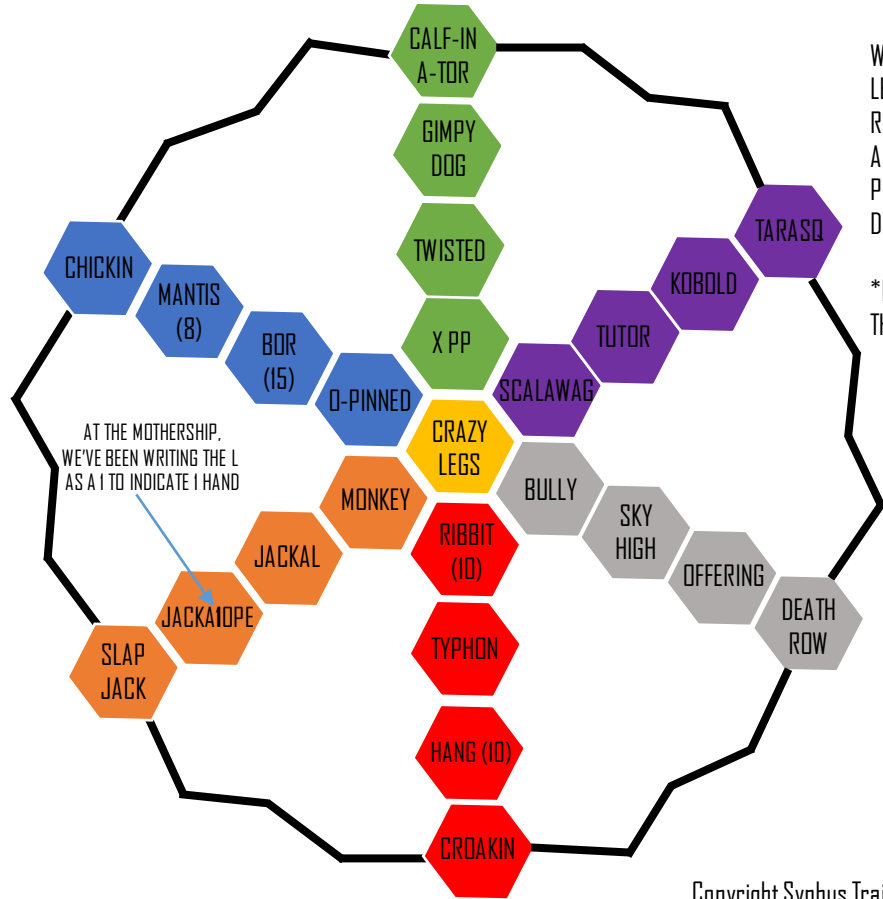
SLOPE

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

MTN

1. QUICK FT. (20) + RUN
2. SWAGGIN 1:1
3. V-STEP (10) + RUN
4. STAMPEDE

# HIVE



WORK YOUR WAY OUT OF THE HIVE BY PERFORMING SIMULTANEOUS MTNS WITH CRAZY LEGS AS THE BASE TASK FOR EACH MTN.

WORK CLOCKWISE STARTING WITH CRAZY LEGS TO SCALAWAG. AFTER EACH REVOLUTION AROUND THE HIVE YOU'LL ADD ANOTHER LAYER TO YOUR MTN. PERFORM EVERY TASK THROUGH THE MTN. DO NOT SKIP.

\*NOTE\* UNLIKE THE TRADITIONAL CIRCUIT, THERE ARE NO EXTERIOR TASKS



SLOPE

1-20

# CHECKLIST

- |                         |                           |                       |
|-------------------------|---------------------------|-----------------------|
| 1. SUICIDE 2-1-3-1-4-1  | 8. COALITION (10) + TZN   | 15. K.O.D. (20) + TZN |
| 2. TURKEYS              | 9. W. CROOK               | 16. SHWAGGIN 1:1      |
| 3. ALT. SQUONQ          | 10. HIKES                 | 17. VIPER             |
| 4. SQUANTOES (20) + RUN | 11. REV MASTODON          | 18. MONGOOSE          |
| 5. VEXED (10) + RUN     | 12. DEATH ROW 2-1-3-1-4-1 | 19. TYSONS            |
| 6. PLATE SHAKE 9+       | 13. BULLFROG              | 20. EXPLOSIONS        |
| 7. MONTAUK              | 14. PLATE PUSH            |                       |

TWISTED, TASK  
TWISTED, TASK...

## TWISTED GAUNTLET

III,222,333...

## CENTAUR3

- |                       |                         |                         |                        |
|-----------------------|-------------------------|-------------------------|------------------------|
| 1. TAUNTAUN           | 5. SAWED OFF (10) + TZN | 1. RDL (8) + TZN        | 6. TORO                |
| 2. PUSH UP (10) + RUN | 6. SKULLS (10) + TZN    | 2. POTTY SHOT           | 7. TALL ORDER 6+       |
| 3. TARASQ             | 7. PETRA                | 3. PRIMATES 4-1-3-1-2-1 | 8. SQ. JUMP (10) + RUN |
| 4. STORK (20) + TZN   | 8. APE SHOOT!           | 4. SPIKES               | 9. MIEL'S WHEELS       |
|                       |                         | 5. OGRE (10) + TZN      | 10. BULLDOG            |

8/28  
27

SLOPE

899 OK

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

## MTN2

1. EN GARDE
2. INFINITY (20) + RUN

---

3. W. CROOK
4. PLATE SHAKE 9+

---

5. KOBOLD
6. ROOSTER (10) + TZN

---

7. DEATH ROW 2-1-3-1-4-1
8. CROAKIN

---

9. BENCHED (30) + TZN
10. JACK ASS

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

## SPLIT-PEAK

1. ALI 22+
2. PUSH UP (10) + RUN
3. REV GREMLIN
4. JIGGY (20) + RUN
5. SLUSKI
6. MONKEY
7. STACK SHOT
8. SCALAWAG
9. JIGSAW
10. ANACONDA

1-8  
8-1  
1-8



1. SQUIBBLE
2. CYCLONE (12) + TZN
3. TROG
4. TORO
5. BULLY
6. MONGOOSE
7. YETI
8. TAKE OFF!



SLOPE

## CHECKLIST

1. GALLOW 2-1-4-3-4-1
2. MOGULS (20) + RUN
3. TOES (20) + RUN
4. TROMBONE 6+
5. W. GREMLIN
6. HANG (10) + RUN
7. MONTAUK
8. POTTY SHOT
9. SLAP JACK
10. CHIMP (8) + RUN
11. XPP
12. BUCKS
13. B.O.R. (15) + TZN
14. CYCLONE (12) + RUN
15. MASTODON

## *IT'S A KEEPER!*

Similar to gone fishin' or a large PYP Reptilian2. Perform the large checklist 1-15, then choose one of the tasks from the "KEEPERS" task bank and perform that task twice. Repeat up to 6x. Cannot repeat a "KEEPER" task.

## *KEEPERS*

SL INCH

M.F.T.

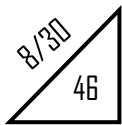
WICCA

SL RESURRECTION

MR. ATLAS

HACK-IT

DEVASTATOR6



SLOPE

11,22,33...

## CENTAUR2

1. SUICIDE 2-1-3-1-4-1
2. QUICK FT. (20) + RUN
3. SWAGGIN 1:1
4. COALITION (10) + TZN
5. RIBBITS (10) + RUN
6. PRIMATES 4-1-3-1-2-1
7. TRIFECTA! 6+
8. PLATE PUSH
9. THRASHER
10. INCH WORM

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

## HOUR GLASS

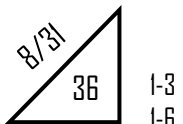
1. MIEL'S WHEELS
2. SUE-STEP (20) + RUN
3. BUZZARD
4. REV B.N.C.
5. JUNKIE JUMP (8) + RUN
6. SA PP
7. 90° (10) + TZN
8. ROW STROLL 6+

1123  
2234  
3345  
4456  
5567  
6678  
77889  
889,10

## FLIPPED

1. DELAURA
2. SAWED OFF (10) + TZN
3. BUTT KICKS
4. CRAISE (20) + TZN
5. D-PINNED 2-1-3-1-4-1
6. NEAPOLITAN
7. VEXED (10) + RUN
8. SUPP(10)
9. C.H.B.
10. TYPHON





SLOPE

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

## MTN3

1. BONSAI 3-1-4-2-4-1
2. W. GREMLIN
3. TWO-STEP (20) + RUN

---

4. SQUONQ
5. GORGON (8) + RUN
6. HIKES

---

7. BANDIT (20) + RUN
8. SL PUSH UP (10) + RUN
9. PEG LEG (8) + RUN

---

10. MONGOOSE
11. BULLDOG
12. REV GROWLER

OFFERING, TASK  
OFFERING, TASK...

## OFFERING GAUNTLET

1. ARACHNID
2. STORK (20) + TZN
3. OGRE (10) + TZN
4. GRIFTER (8) + SA PP
5. CHICKIN 2-1-3-1-4-1
6. SHOT PUT
7. TRUMPET 9+
8. MANTIS (8) + RUN
9. FLAMINGO (6) + TZN
10. AMAROK

- 1-6
- 1-7
- 1-8
- 1-9

## MID-POINT MTN

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. SKY HIGH 4-1
3. MOGUL PUSH
4. O-B.O.R. (10) + TZN
5. GARGOYLE
6. PABLO
7. REV INCH
8. GATOR TO 3
9. VENOM

# 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.