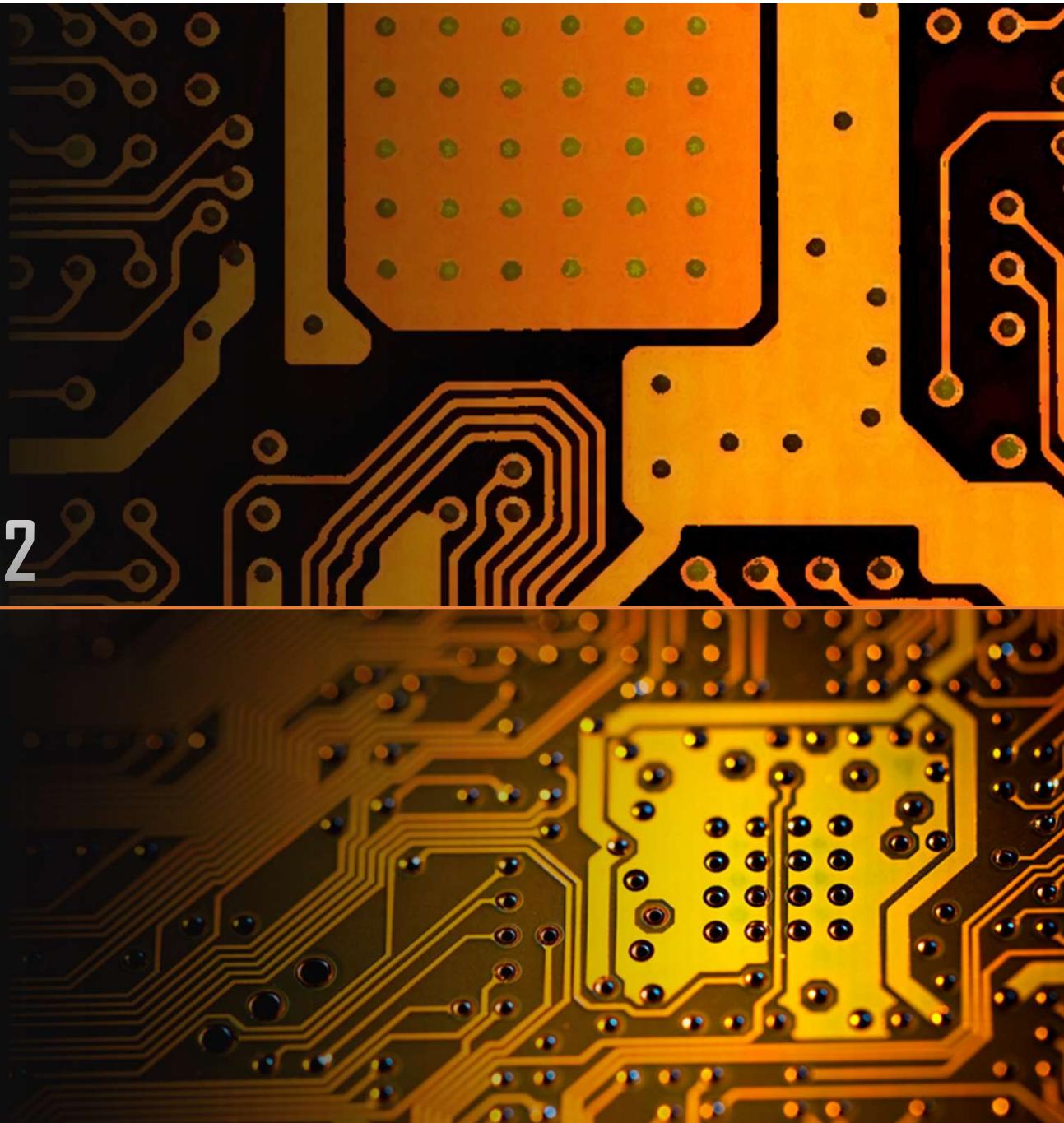


MOTHERBOARD

SEPTEMBER 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

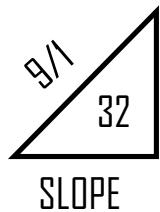
1. ALT. SQUONQ
2. RAMBO (10) + RUN
3. BANDIT (20) + RUN
4. CYCLONE (12) + TZN
5. BOULDER

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.



1 A
12 BA
123 CBA
1234 DCBA
12345 EDCBA
123456 FEDCBA

XI-TURN

1. SUE-STEP (20) + RUN
 2. PLATE SHAKE 9+
 3. HOT COALS (10) + RUN
 4. GARGOYLE
 5. XPP
 6. HALO 2-1-3-1-4-1
-
- A. SHUFFLE
 - B. MT. CLIMB (20) + RUN
 - C. HIKES
 - D. YETI
 - E. BEAR
 - F. SLUSKI



12
123344
123344555666

ZENITH

1. BOULDER
 2. REV SCORPION TO 3/BACK
 3. W. GREMLIN
 4. JIGGY (20) + RUN
 5. VENOM
 6. BENCHED (30) + TZN
- 1X 2X 3X

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

EL CYCLE

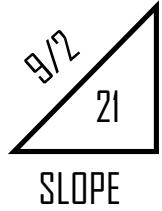


1. F. LUNGE
2. MIEL'S WHEELS
3. TYSONS
4. PRIMATES 4-1-3-1-2-1
5. JACK-ASS

1-6,6-1

U

1. SA P.P.
2. SL BUCKS
3. FLAMINGO (6) + TZN
4. TYPHON
5. PROWLER
6. INCH WORM



1,2
1-4
1-6, U-TURN
1-8, MESA
1-10, REPTILIAN
1-12
1-14

MTN2

1. SUICIDE 2-1-3-1-4-1
2. MT. CLIMB (20) + RUN
3. SWAGGIN 1:1
4. KOBOLD
5. HIKES
6. RIBBITS (10) + RUN
7. XPP
8. SKULLS (10) + TZN
9. REV BULLDOG
10. INCH WORM
11. TORO
12. MUGGER (12) + RUN
13. WICCA
14. SWASHBUCKLER

INTERRUPTED MTN2

1-6,6-1 U

1. F. LUNGE
2. TURKEYS
3. CYCLONE (12) + TZN
4. SHOT PUT
5. B.N.C.
6. ALI 22+

123
234
345

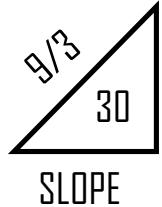
MESA

1. MOWGLI (12) + RUN
2. W. GREMLIN
3. TARASQ
4. PUSH UP (10) + RUN
5. GARGOYLE

I-3, 4A
I-3, 4B
I-3, 4C

REPTILIAN

1. FLYING MONKEY
2. DENSER 2-1-3-1-4-1
3. OGRE (10) + TZN
- 4A. NEAPOLITAN
- 4B. THRASHER
- 4C. VENOM



Perform the tasks in a checklist format, completing each task the number of times noted. Task repetition pattern repeated throughout the entire workout.

MATTER HORN

3 HIGH Xs

2 SQUONQ

1 SWAGGIN 1:1

1 GORGON (8) + RUN

3 VIP (10) + RUN

2 NEAPOLITAN

1 SKUFFLE

1 MONTAUK

3 MIEL'S WHEELS

2 YIKES!

1 FLAMINGO (6) + TZN

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

3 AMAROK

2 ROW STROLL 6+

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

1 GRECO

3 TURKEY

2 PLATE PUSH

1 TYPHON

1 RESURRECTION

3 PARATROOP (10) + RUN

2 ABD. MANTIS (8) + RUN

1 SPIKES

1 REV BULLDOG

3 RAMPAGE (12) + RUN

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

1 45°

1 BRIDGED BENCHED (30) + TZN

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

2 INCH WORM

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

1 VIPER

3 HOT COALS (10) + RUN

2 SKULLS (10) + TZN

1 STACK SHOT

1 POGOTO (6) + TZN

3 MT. CLIMB (20) + RUN

2 SCURL 1:1

1 JOHNNY APPLESEED

1 COBRA (10) + PUSH

3 KOBOLD

2 MONKEY

1 TUCKS (10) + RUN

1 BUZZARD

3 STAMPEDE

2 SL BUCKS

1 WICCA

1 SAWED OFF (10) + TZN

3 HANG (10) + RUN

2 PISTON (10) + TZN

1 JACK-ASS

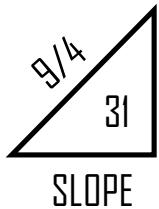
1 GIMPY DOG

3 CURL WALK 6+

2 SAPP

1 JACKAL

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



"BACK to SCHOOL" ABC U-TURN

BY: JEN DEMERCURIO

A-Z, Z-A

WARM UP =

1. SPRINT
2. QUICK FT. (20) + RUN
3. SHUFFLE
4. MOGUL (20) + RUN
5. STAMPEDE

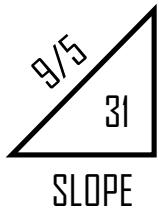
1,2,1,3,1,4,1,5

2,3,2,4,2,5

3,4,3,5,

4,5

- A. ALI 22+
- A. ANTEATER
- B. BULLDOZER
- B. BUNYAN
- C. CURL PRESS 5+
- D. DEATH ROW 2-1-3-1-4-1
- D. DIABLO
- E. EN GARDE
- F. FUZZARD
- G. GARGOYLE
- G. GALLOW 2-1-4-3-4-1
- H. HOPSCOTCH
- H. HANG MADNESS 6
- I. INCH WORM
- J. JANGLE LEG3
- K. KING KONG
- K. KOBOLD
- L. LYCAN (10) + RUN
- M. MIEL'S WHEELS
- N. NEAPOLITAN
- O. OGRE (10) + TZN
- O. OFFERING
- P. PINNED 2-1-3-1-4-1
- P. PRIMATES 4-1-3-1-2-1
- Q. QUICKSAND L
- R. ROW STROLL 6+
- R. ROOTED GROOT (8) + PUSH
- S. SKATES
- S. SLING SHOT 3-2-4-2-3-1
- T. TURKEYS
- T. TRIFECTA! 6+
- U. UNTAMED 4-1-3-1-2-1
- U. UNLEASHED
- V. VEXED (10) + RUN
- W. WARRIOR
- X. X.P.P.
- Y. YIKES!
- Z. ZOOKEEPER



"BACK to SCHOOL" ABC U-TURN

BY: JEN DEMERCURIO

A-Z, Z-A

- A. ALI 22+
- A. ANTEATER
- B. BULLDOZER
- B. BUNYAN
- C. CURL PRESS 5+
- D. DEATH ROW 2-1-3-1-4-1
- D. DIABLO
- E. EN GARDE
- F. FUZZARD
- G. GARGOYLE
- G. GALLOW 2-1-4-3-4-1
- H. HOPSCOTCH
- H. HANG MADNESS 6
- I. INCH WORM
- J. JANGLE LEG3
- K. KING KONG
- K. KOBOLD
- L. LYCAN (10) + RUN
- M. MIEL'S WHEELS
- N. NEAPOLITAN
- O. OGRE (10) + TZN
- O. OFFERING
- P. PINNED 2-1-3-1-4-1
- P. PRIMATES 4-1-3-1-2-1
- Q. QUICKSAND (L)
- R. ROW STROLL 6+
- R. ROOTED GROOT (8) + PUSH
- S. SKATES
- S. SLING SHOT 3-2-4-2-3-1
- T. TURKEYS
- T. TRIFECTA! 6+
- U. UNTAMED 4-1-3-1-2-1
- U. UNLEASHED
- V. VEXED (10) + RUN
- W. WARRIOR
- X. X.P.P.
- Y. YIKES!
- Z. ZOOKEEPER

WARM UP =

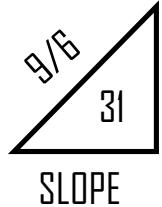
1. SPRINT
2. QUICK FT. (20) + RUN
3. SHUFFLE
4. MOGUL (20) + RUN
5. STAMPEDE

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

2,3,2,4,2,5

3,4,3,5,

4,5



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

VOYAGE

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

2. TYSONS

3. V-STEP (10) + RUN

4A. PLATE SHAKE 9+

4B. SAWED OFF (10) + TZN

4C. O-B.O.R. (10) + TZN

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

5A. HANG (10) + RUN

5B. MIEL'S WHEELS

5C. GBD (15) + RUN

6A. BENCHED (30) + TZN

6B. MANTIS (8) + RUN

7A. GATOR TO 3

I
121
12321
1234321
123454321

UPLIFT

1. QUICK FT. (20) + RUN

2. BUCKS

3. LYCAN (10) + RUN

4. DIABLO

5. JOHNNY APPLESEED

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

CROSS-FIRE

1. COBRA (10) + PUSH

2. RAMPAGE (12) + RUN

A. YETI

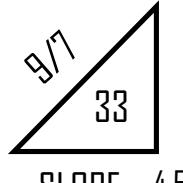
3. TWISTED

B. POTTY SHOT

4. AMAROK

C. TAKE OFF!

5. OFFERING



SLOPE 4.5
3-6
2-7
1-8

EXPANDING

- 1. REV PLATE PUSH**
- 2. PLATE PUSH**
- 3. TRUMPET 9+**
- 4. GALLOW 2-1-4-3-4-1**
- 5. TOES (20) + RUN**
- 6. TWINKLE TOES (30) + TZN**
- 7. STORK (20) + TZN**
- 8. BUCKS**

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

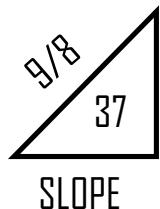
EXPANDING

- 1. SL INCH**
- 2. VEXUM**
- 3. PIRATE**
- 4. CHIMP (8) + RUN**
- 5. MOWGLI (12) + RUN**
- 6. TWO-STEP (20) + RUN**
- 7. BULLY**
- 8. BANDIT (20) + RUN**
- 9. JIGGY (20) + RUN**
- 10. PEG LEG (8) + RUN**
- 11. MASTODON**
- 12. SHALO 1:1**

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

EXPANDING

- 1. SUPP 10**
- 2. REVIVAL**
- 3. YIKES!**
- 4. JAGGER (12) + RUN**
- 5. INFINITY (20) + RUN**
- 6. JUNKIE JUMP (8) + RUN**
- 7. BULLDOG**
- 8. SQ. THRUST (10) + RUN**



CHECKLIST(2)s

1. SHUTTLE 3-2-4-2-3-1
2. TYSONS
3. SWAGGIN 1:1
4. ALI 22+
5. MOGUL (20) + RUN
 1. SQ. JUMP (10) + RUN
 2. CURL PRESS 5+
 3. BEAR
 4. APE SHOOT!
 5. SQ. THRUST (10) + RUN
1. RDL (8) + TZN
2. XPP
3. JAGGER (12) + RUN
4. BOVINE
5. CHICKIN 2-1-3-1-4-1

1-5
1-5

1-5
1-5

1-5
1-5

PUSH, TASK
PUSH, TASK....

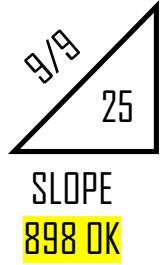
GAUNTLET

1. BUZZARD
2. WICCA
3. HALO 2-1-3-1-4-1
4. W. GREMLIN
5. TROG
6. 90°(10) + TZN
7. MONTAUK
8. RAMBO (10) + RUN
9. REV B.N.C.
10. C.H.B.
11. BONSAI 3-1-4-2-4-1
12. CRAISE (20) + TZN

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

REV MTN3

1. CYCLONE (12) + TZN
2. GRIFTER (8) + SA PP
3. TIPPY-TAP
4. PINNED 2-1-3-1-4-1
5. REV BULLDOG
6. MONGOOSE
7. VIP (10) + RUN
8. ROW STROLL 6+
9. COALITION (10) + TZN
10. TALL ORDER 6+
11. PRIMATES 4-1-3-1-2-1
12. M.I.M. 3-2-4-2-3-1

I-15
15-1

U

1. BONSAI 3-1-4-2-4-1
2. SHUFFLE
3. SUE STEP (20) + RUN
4. VEXED (10) + RUN
5. STAT SWAG (20) + TZN
6. KOBOLD
7. MONKEY
8. ROW STROLL 6+
9. TOES (20) + RUN
10. FLAMINGO (6) + TZN
11. BUCKS
12. W. CROOK
13. RAMPANT (10) + RUN
14. OGRE (10) + TZN
15. ARACHNID

I AA
I2 BB
I23 CC
I234 DD
I2345 EE

1. PETRA
2. TAUNTAUN
3. KITCHEN SINK (10) + TZN
4. JACKALOPE
5. REV BEAR

I
I2
I23
I234
I2345

MTN

1. SPD SKATES (20) + RUN
2. TURKEYS
3. ABD. PUSH UP (8) + RUN
4. DELAURA
5. TORO

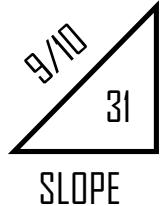
XION2

- A. K.O.D. (20) + TZN
- B. SQUIBBLE
- C. FROGS
- D. SKULLS (10) + TZN
- E. HAG 1:1

I-5
2-5
3-5
4,5
5

FADED

1. PRIMATES 4-1-3-1-2-1
2. MOWGLI (12) + RUN
3. RAZOR
4. SUICIDE 2-1-3-1-4-1
5. TYPHON



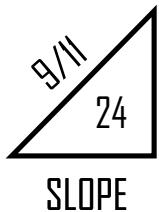
LABYRINTH

Perform all the tasks in black as a checklist and all the harder red tasks as the progression indicates.

1. SUICIDE 2-1-3-1-4-1
2. BANDIT (20) + RUN
3. SWAGGIN 1:1
4. QUICK FT. (20) + RUN
5. TROMBONE 6+
6. VIP (10) + RUN
7. LYCAN (10) + RUN
8. HIKES

9. ALI 22+
 10. JIGGY (20) + RUN
 11. XPP
 12. MUGGER (12) + RUN
- C2
- AA A. GORGON (8) + RUN
 - BB B. F. LUNGE
 - CC C. SPIKES
 - EE D. BULLDOG
 - E. TYPHON
23. SKY HIGH 4-1
 24. TIPPY-TAP
 25. POTTY SHOT
 26. INFINITY (20) + RUN
 27. TURKEYS
 28. B.O.R. (15) + TZN
 29. SCALAWAG
 30. MT. CLIMB (20) + RUN
 31. SHUTTLE 3-2-4-2-3-1
 32. SKUFFLE

- MESA
- ABC A. VENOM
 - BCD B. VIPER
 - C. VEXUM
 - D. DEVIL
39. GBD (15) + RUN
 40. SQUONQ
 41. APE SHOOT!
 42. SQ. JUMP (10) + RUN
 43. STAMPEDE
 44. CRAISE (20) + TZN
 45. SKULLS (10) + TZN
 46. TARASQ
 47. B. LUNGE
 48. RDL (8) + TZN
 49. 3 PT. STANCE
 50. HIGH KNEES
- A
ABA
- ABCBA
- UPLIFT
- A. REV MASTODON
 - B. MOGUL PUSH
 - C. WICCA
79. GALLOW 2-1-4-3-4-1
 80. SKATES
 81. TWINKLE TOES (30) + TZN
 82. TWO-STEP (20) + RUN
 83. GARGOYLE
 84. PLATE PUSH



MOLE HILLS

1
12
123
1
12
123...

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

1. HIKES
2. PLATE SHAKE 9+
3. TROG

1. LYCAN UP (10) + RUN
2. CRAZY LEGS
3. W. CROOK

1. BANDIT (20) + RUN
2. MONTAUK
3. MANTIS (8) + RUN

1. MIEL'S WHEELS
2. FLAMINGO (6) + TZN
3. W. LUNGE

1. TAUNTAUN
2. DENSER 2-1-3-1-4-1
3. GBD (15) + RUN

1. SA APP
2. INCH WORM
3. VIP (10) + RUN

1. YETI
2. SL BUCKS
3. OFFERING

1. INFINITY (20) + RUN
2. CYCLONE (12) + TZN
3. BUZZARD

1. KOBOLD
2. THRASHER
3. TWISTED

1. TYSONS
2. MOGULS (20) + RUN
3. SCORPION TO 3/BACK

1. JUNKIE JUMP (8) + RUN
2. EN GARDE
3. REV BOVINE

1. POTTY SHOT
2. JACKAL
3. VIPER

1. HANG (10) + RUN
2. PUSH UP (10) + RUN
3. GARGANTUAN

1. AMAROK
2. SQUONQ
3. PRIMATES 4-1-3-1-2-1



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. SUICIDE 2-1-3-1-4-1
2. EN GARDE
3. SWAGGIN 1:1
4. RIBBITS (10) + RUN
5. PINNED 2-1-3-1-4-1
6. BANDIT (20) + RUN
7. ROW STROLL 6+
8. CRAISE (20) + TZN
9. PUSH UP (10) + RUN
10. TIP-TOES (20) + RUN

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

EXPANDING

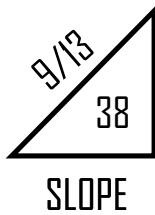
1. SLING SHOT 3-2-4-2-3-1
2. RDL (8) + TZN
3. APE SHOOT!
4. MONKEY
5. JIGGY (20) + RUN
6. STAMPEDE
7. B.O.R. (15) + TZN
8. 45°
9. SKULLS (10) + TZN
10. ARACHNID

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

REPEAT

CENTAUR 2X2

1. YIKES!
2. HALO 2-1-3-1-4-1
3. MIEL'S WHEELS
4. TARASQ
5. STORK (20) + TZN
6. VIP (10) + RUN
7. GARGOYLE
8. CRAY-CRAY



12
123344
123344555666
12334455566677778888

ZENITH

1. **BONSAI** 3-1-4-2-4-1
2. **QUICK FT.** (20) + RUN
3. **W. GREMLIN**
4. **TRUMPET** 9+
5. XPP
6. **MONGOOSE**
7. **RIBBITS** (10) + RUN
8. **PINNED** 2-1-3-1-4-1

1-8
123,678
12,78
1,8

CAVITY

1. **CRAY-CRAY**
 2. **SPIKES**
 3. **KIT. SINK** (10) + TZN
 4. **GRECO**
 5. **STACK SHOT**
 6. **BUCKS**
 7. **K.O.D.** (20) + TZN
 8. **KAMIKAZE** 4-3-4-2-4-1-4-1
- 1X 11,22,33... **CENTAUR2**
1. **SCURL 1:1**
 2. **VIP (10)** + RUN
 3. **BULLDOZER**
 4. **REV PLATE PUSH**
 5. **BALL N CHAIN**
 6. **GALLOW** 2-1-4-3-4-1
 7. **RDL** (8) + TZN
 8. **C.H.B.**
 9. **SHOT PUT**
 10. **PLATE PUSH**



SLOPE

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

PATTERN REMAINS
CONSISTENT
THROUGHOUT

MATTER HORN

3 STAMPEDE

2 MOGULS (20) + RUN

1 HIGH Xs

3 RAMBO (10) + RUN

2 SWAGGIN 1:1

1 CURL PRESS 5+

3 W. GREMLIN

2 HANG (10) + RUN

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

3 TOES (20) + RUN

2 3 PT. STANCE

1 TARASQ

3 BULLDOG

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

1 SUCK UPS

3 PLATE PUSH

2 REV PLATE PUSH

1 PEG LEG (8) + RUN

11
22
33...

C2

- 1. SKIPS**
- 2. SL OGRE (10) + TZN**
- 3. O-BOR (10) + TZN**
- 4. BOVINE**
- 5. INFINITY (20) + RUN**
- 6. SA DIABLO**
- 7. MUGGER (12) + RUN**
- 8. POTTY SHOT**
- 9. 313**
- 10. BENCHED (30) + TZN**

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

REV MTN3

1. RIBBITS (10) + RUN

2. CHIMP (8) + RUN

3. APE SHOOT!

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

5. PUSH UP (10) + RUN

6. CRAZY LEGS

7. CYCLONE (12) + TZN

8. CROAKIN

9. MONGOOSE

10. SLUSKI

11. TIPPY-TAP

12. PETRA



CHECKLIST(3)

- 1-10 1. EN GARDE
- 1-10 2. HOT COALS (10) + RUN
- 1-10 3. STAMPEDE
- 4. SWAGGIN 1:1
- 5. QUICK FT. (20) + RUN
- 6. BULLDOG
- 7. BULLY
- 8. MIEL'S WHEELS
- 9. SA PP
- 10. PABLO

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DELAURA, TASK
DELAURA, TASK...

DELAURA GAUNTLET

- 1. BEAR
- 2. ROTATING SQUAT
- 3. HIKES
- 4. TIPPY-TAP
- 5. BUCKS
- 6. OGRE (10) + TZN

1-8 CHECKLIST(2)
1-8

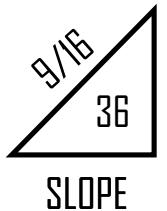
- 1. TAUNTAUN
- 2. SKULLS (10) + TZN
- 3. LYCAN (10) + RUN
- 4. TWISTED
- 5. JIGGY (20) + RUN
- 6. POTTY SHOT
- 7. STORK (20) + TZN
- 8. RIBBITS (10) + RUN

MTN

- 1. MT. CLIMB (20) + RUN
- 2. CURIOUS GEORGE 1
1,2
- 3. KOBOLD 1,2,3
- 4. MONTAUK 1,2,3,4,5
- 5. PINNED 2-1-3-1-4-1 1,2,3,4,5,6
- 6. TWEAKER 1

1-8 CHECKLIST

- 1. REV VIPER
- 2. BONSAI 3-1-4-2-4-1
- 3. AMAROK
- 4. B.N.C.
- 5. REVIVAL
- 6. MOGUL PUSH
- 7. SHOT PUT
- 8. TROG



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. TOES (20) + RUN
2. TURKEYS
3. STAMPEDE
4. PLATE SHAKE 9+
5. VENOM
6. SQUONK
7. DEATH ROW 2-3-1-4-1
8. F. LUNGE
9. CRAISE (20) + TZN
10. BAYOK (6) + RUN

1-12
12-1

U-TURN

1. FLAMINGO (6) + TZN
2. HANG (10) + RUN
3. EXPLOSIONS
4. BENCHED (30) + TZN
5. POTTY SHOTS
6. HOT COALS (10) + RUN
7. JESTER
8. CYCLONE (12) + TZN
9. JACKALOPE
10. RIBBITS (10) + RUN
11. HELLION
12. BONSAI 3-1-4-2-4-1

PERFROM AS A CHECKLIST
DOING EACH TASK NUMBER OF
TIMES NOTED. PATTERN IS
UNIFORM THROUGHOUT.

MATTERHORN

2 TARASQ

2 MONGOOSE

1 NEAPOLITAN

2 TYSONS

2 MIEL'S WHEELS

1 THRASHER

2 HAG 1:1

2 ANTEATER

1 313

2 SWAGGIN 1:1

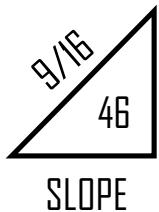
2 GARGANTUAN

1 JOHNNY APPLESEED

2 VIPER

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

1 GARGOYLE



MESA

1. GALLOW 2-1-4-3-4-1
2. MT. CLIMB (20) + RUN
3. SUE-STEP (20)+RUN
4. SQ. JUMP (10)+RUN
5. TYSONS
6. TRUMPET 9+
7. RAMPANT (10) + RUN
8. SPIKES

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

VERTEX

1. FROZEN LUNGES
2. CYCLONE (12) + TZN
3. SKIPS
4. PRIMATES 4-1-3-1-2-1

MAD HATTER

MESA
DRAW
MTN
DRAW
VERTEX
DRAW
REPTILIAN2
DRAW

CENTAUR 3

A.	313	B.	PIRATE
C.	ZOOKEEPER	D.	BOULDER

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

MTN

1. XPP
2. MOWGLI (12)+RUN
3. HALO 2-1-3-1-4-1
4. CRAISE (20) + RUN
5. REV MASTODON

REPTILIAN2

1. DENSER 2-1-3-1-4-1
2. HOPSCOTCH
3. HIKES
4. BONSAI 3-1-4-2-4-1

- 5A. THRUST TO FROG
- 5B. WICCA
- 5C. BUZZARD
- 5D. MONGOOSE



DARK SIDE

1. HIGH KNEES
2. QUICK FT. (20) + RUN
3. ALT. SQUONQ
4. RAMBO (10) + RUN

U

1. SAWED OFF (10) + TZN
2. TRIFECTA 6+
3. VENOM
4. TROG
5. W. CROOK
6. BULLSH!T
7. BONSAI 3-1-4-2-4-1
8. JOUNCE 2-1-3-1-4-1

HIGH Xs
ALI 22+
KOBOLD
BULLDOG

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

CROSS-FIRE

1. JAGGER (12) + RUN
2. GALLOW 2-1-4-3-4-1
3. O-PINNED 2-1-3-1-4-1
4. SCALAWAG
5. JUNKIE JUMP (8) + RUN

A. BUCKS
B. HAG

и

1. JACK-ASS
2. MOGUL (20) + RUN
3. STACK SHOT
4. SHWAGGIN 1:1
5. TOES (20) + RUN
6. 45°
7. VIPER
8. GBD (15) + RUN
9. MIEL'S WHEELS
10. NEAPOLITAN
11. SHUTTLE RUN 3-2-4-2-3-1

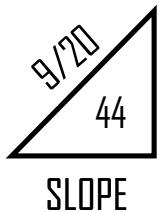
9/19
29

SLOPE

MTN5

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

1. TURKEYS
2. TWO STEP (20) + RUN
3. MT. CLIMB(20) + RIM
4. BULLY
5. W. CROOK
6. VIP (10) + RUN
7. YIKES!
8. PARATROOP (10) + RUN
9. ALI 22+
10. TWISTED
11. MONKEY
12. TROMBONE 6+
13. GBD (15) + RUN
14. DENSER 2-1-3-1-4-1
15. SUPP 10
16. REV GARGOYLE
17. SLAP JACK
18. CALF-IN-ATOR
19. SKULLS (10) + TZN
20. TARASQ
21. BUZZARD
22. RDL (8) + TZN
23. STACK SHOT
24. SL GORGON (8) + RUN
25. DELAURA
26. OZARK
27. YETI
28. MUGGER (12) + RUN
29. PIRATE
30. TAKE OFF!



1
12
123
1234
12345

MTN

1. HOT COALS (10) + RUN
2. INFINITY (20) + RUN
3. PLATE SHAKE 9+
4. HIKES
5. REV VIPER

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

EL CYCLE

1. SUPP (10)
2. TAUNTAUN
3. GARGOYLE
4. JIGGY (20) + RUN
5. BUZZARD

RAPTURE

ORDER

- MTN
CHECKLIST(2)
VERTEX
CHECKLIST(2)
EL CYCLE
CHECKLIST(2)
GAUNTLET
CHECKLIST(2)

I-3 I-3 CHECKLIST(2)

1. B.N.C.
2. SQ. JUMP (10) + RUN
3. DIABLO

1
122
12333
1234444

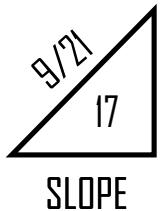
VERTEX

1. GALLOW 2-1-4-3-4-1
2. SL BRID. SKULLS (10) + TZN
3. NEAPOLITAN
4. MONKEY

PUSH, TASK
PUSH, TASK...

GAUNTLET

1. TURKEYS
2. JOHNNY APPLESEED
3. SL INCH
4. RDL (8) + TZN
5. SAWED OFF (10) + TZN
6. GATOR TO 3
7. KNEELING SWAG (15) + TZN
8. TIP-TOES (20) + RUN



I-12
I-12
I-12

CHECKLIST(3)

1. QUICK FT. (20) + RUN
2. SQUONQ
3. V-STEP (10) + RUN
4. W. GREMLIN
5. SQUANTOES (20) + RUN
6. HIKES
7. HANG (10) + RUN
8. APE SHOOT!
9. RIBBITS (10) + RUN
10. NEAPOLITAN
11. BULLDOG

I-15
6-15
11-15

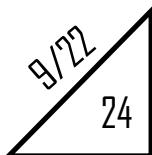
FADED5

1. SUICIDE 2-1-3-1-4-1
2. SUE-STEP (20) + RUN
3. MOGUL (20) + RUN
4. PUSH UP (10) + RUN
5. STAT SWAG (20) + TZN
6. TYSON
7. HIKES
8. PARATROOP (10) + RUN
9. TIP-TOES (20) + RUN
10. POUNCER (10) + 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

I,6
12,67
123,678
1234,6789
1-10

SPLIT-PEAK

1. GALLOW 2-1-4-3-4-1
2. CYCLONE (12) + TZN
3. GBD (15) + RUN
4. FROZEN GREMLIN :08
5. SL BOULDER
6. KNEEL CURL (6) + TZN
7. BANDIT (20) + RUN
8. BUCKS
9. HALO 2-1-3-1-4-1
10. JACK BOX



SLOPE

1A, 1A, 2-5, 6A, 6A

1B, 1B, 2-5, 6B, 6B

1C, 1C, 2-5, 6C, 6C

1D, 1D, 2-5, 6D, 6D **CHAMELEON 2**

1A. SHUFFLE

1B. ALT. SQUONQ

1C. MONTAUK

1D. KNEELING CURL (6) + TZN

2. MT. CLIMB (20) + RUN

3. TWO-STEP (20) + RUN

4. TRUMPET 9+

5. LYCAN (10) + RUN

6A. PLATE PUSH

6B. MIEL'S WHEELS

6C. SQ. JUMP (10) + RUN

6D. PUSH UP (10) + RUN

2X
EACH

2X
EACH

1-8
8-1
1-8

И

1. TROG

2. SL TOES (20) + RUN

3. OGRE (10) + TZN

4. TYPHON

5. DIABLO

6. YETI

7. W. GREMLIN

8. TWISTED

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

FADED 2

1. JANGLE LEG 3

2. APE SHOOT!

3. BENCHED (30) + TZN

4. MONKEY

5. VIP (10) + RUN

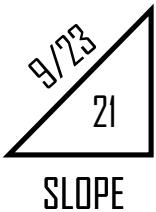
6. KAMIKAZE 4-3-4-2-4-1-4-1

7. SAWED OFF (10) + TZN

8. SL MANTIS (8) + RUN

9. F. LUNGE

10. TAKE OFF!



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

TOES (20) + RUN

V-STEP (10) + RUN

PLATE SHAKE 9+

2. POTTY SHOT

STAT CURL (6) + TZN

JIGGY (20) + RUN

KOBOLD

3. CRAISE (20) + TZN

GIMPY DOG

TIPPY-TAP

YETI

4. ALI 22+

UNLEASHED

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

SWASHBUCKLER

5. RAMPAGE (12) + RUN

SKULLS (10) + TZN

SHOT PUT

BANDIT (20) + RUN

A. STAT SWAG (20) + TZN

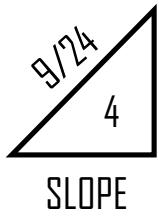
W. GREMLIN

B. 90°(10) + TZN

TROG

C. VEXUM

REV VIPER



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

MTN3

A.

1. SHUFFLE
2. SUE-STEP (20) + RUN
3. SHUTTLE RUN 3-2-4-2-3-1
4. V-STEP (10) + RUN
5. HIKES
6. BANDIT (20) + RUN
7. TYSON
8. SWAGGIN 1:1
9. TROG
10. ENFORCER
11. ALI 22+
12. GATOR TO 3

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

B.

EL CYCLE

1. W. LUNGE
2. O-PINNED 2-1-3-1-4-1
3. GALLOW 2-1-4-3-4-1
4. SKY HIGH 4-1
5. REV PLATE PUSH

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

C.

EQUALIBRIOS

1. MOWGLI (12) + RUN
2. GIMPY DOG
3. SUICIDE 2-1-3-1-4-1
4. REV BULLDOG
5. PISTON (10) + TZN

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

D.

SHRINKING

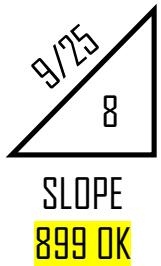
1. POTTY SHOT
2. STROW 1:1
3. RDL (8) + TZN
4. RAMBO (10) + RUN
5. KOBOLD
6. MUGGER (12) + RUN
7. QUICK FT. (20) + RUN
8. SL BOULDER

1-4
1-3
1-2
1

E.

REV MTN

1. CURL PRESS 5+
2. RIBBITS (10) + RUN
3. ARACHNID
4. TWEAKER ^L



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

MESA

1. EN GARDE
2. TURKEYS
3. TWO-STEP (20) + RUN
4. BULLY
5. HIKES
6. CYCLONE (12) + TZN
7. MOGUL (20) + RUN
8. 0-PINNED 2-1-3-1-4-1
9. MONKEY
10. F. LUNGE
11. SLING SHOT 3-2-4-2-3-1
12. CHIMP (8) + RUN

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

EXPANDING

1. JESTER
2. AMAROK
3. STORK (20) + TZN
4. BULLDOG
5. BONSAI 3-1-4-2-4-1
6. RAMBO (10) + RUN
7. APE SHOOT!
8. TWINKLE TOES (30) + TZN
9. PUSH UP (10) + RUN
10. M.F.T.

1
122
122333
1223334444
122333444455555

MT. NEVEREST

1. PETRA
2. KOBOLD
3. SKY HIGH 4-1
4. MIEL'S WHEELS
5. PLATE PUSH



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

A.

CROSS-FUSION

1. HOT COALS (10) + RUN
 2. TIPPY-TAP
 3. TROMBONE 6+
 4. RAMBO (10) + RUN
 5. SL GORGON (8) + RUN
-
- A. ALI 22+
 - B. JIGGY (20) + RUN
 - C. MONTAUK

111,222,333...

C.

CENTAUR3

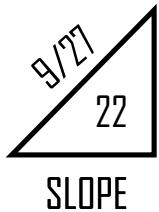
1. YETI
 2. TALL ORDER 6+
 3. HANG (10) + RUN
 4. SKULLS (10) + TZN
-
5. 3 PT. STANCE
 6. MONGOOSE
 7. TROG
 8. NEAPOLITAN

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

B.

REV MTN2

1. BANDIT (20) + RUN
2. YIKES!
3. MANTIS (8) + RUN
4. KNEELING SWAG (15) + TZN
5. BOVINE
6. QUICK FT. MADNESS 10
7. OFFERING
8. SLAP JACK
9. SL INCH
10. SHALO 1:1



- XION2**
1. SHUTTLE RUN 3-2-4-2-3-1
 2. MOGUL (20) + RUN
 3. TURKEY
 4. HIKES
 5. GORGON (8) + RUN
 6. REV VIPER

I-10
II,
22,
33...

- IA, 2-6
IB, 2-6
IC, 2-6
ID, 2-6

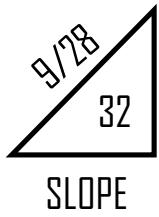
- A. TOES (20) + RUN
- B. V-STEP (10) + RUN
- C. MIEL'S WHEELS
- D. SPEED SKATES (20) + RUN
- E. STAT TYPHON (10) + RUN
- F. XPP

INVERTILIAN

- 1A. TARASQ
- 1B. JACK BOX
- 1C. 313
- 1D. HAMSTRUNG
2. GALLOW 2-1-4-3-4-1
3. LYCAN (10) + RUN
4. POTTY SHOT
5. KITCHEN SINK (10) + TZN
6. MONKEY

CHECKLIST to C2

1. RAMPANT (10) + RUN
2. CHICKIN 2-1-3-1-4-1
3. SA PP
4. SHWAGGIN 1:1
5. HOT COALS (10) + RUN
6. TORO
7. B.O.R. (15) + TZN
8. TRIFECTA! 6+
9. TIP-TOES (20) + RUN
10. REV INCH WORM



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

Perform as a checklist
"Chuck" all the 1s.

Perform all the 2s and 3s.

"Chuck" the 2s.

Perform a checklist with just the 3s.

2 CRAISE (20) + TZN

1 JACK ASS

3 HIKES

2 FLAMINGO (6) + TZN

1 GRIFTER (8) + SA PP

3 HANG (10) + RUN

1 CYCLONE (12) + TZN

2 MIEL'S WEELS

2 DELAURA

1 STACK SHOT

3 MONTAUK

- 1. EN GARE**
- 2. W. GREMLIN**
- 3. RAMBO (10) + RUN**
- 4. SA PP**
- 5. OGRE (10) + TZN**
- 6. SQ. THRUST (10) + RUN**

CHUCK-IT

- 1 JOUNCE 2-1-3-1-4-1**
- 2 SUPP 10**
- 1 POTTY SHOT**
- 3 TAKE OFF!**
- 2 BENCHED (30) + TZN**
- 1 KAMIKAZE 4-3-4-2-4-1-4-1**
- 1 MIM 3-2-4-2-3-1**
- 3 RDL (8) + TZN**
- 2 ARACHNID**
- 1 SKULLS (10) + TZN**
- 3 TYSONS**

XION

- A. TOES (20) + RUN**
- B. HOT COALS (10) + RUN**
- C. PARATROOP (10) + RUN**
- D. CRAZY LEGS**
- E. TROG**
- F. REV GARGOYLE**

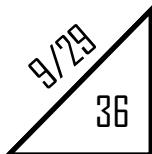
1-5, 5-1

2-4, 4-2

3,3

EL CYCLE

- 1. HALF-BLADED**
- 2. STAT HALO (18) + TZN**
- 3. BONSAI 3-1-4-2-4-1**
- 4. ALI 22+**
- 5. APE SHOOT**



SLOPE

1 DOWN, 1 ACROSS,
2 DOWN, 2 ACROSS,
3 DOWN, 3 ACROSS
4 ACROSS

MINI DENALI

1 SUICIDE 2-1-3-1-4-1	W. CROOK	HIKES	TROMBONE 6+
2 TYSON	F. LUNGE	MONGOOSE	SHALO 1:1
3 TWO-STEP (20) + RUN	ENFORCER	ROW STROLL 6+	INCH WORM
4 GORGON (8) + RUN	HOPSCOTCH	APE SHOOT!	G.B.D. (15) + RUN

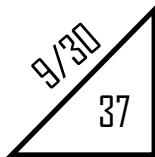
MTN2

- 1.2 **BANDIT (20) + RUN**
- 1-4 **KOBOLD**
- 1-6 **VIP (10) + RUN**
- 1-8 **RIBBITS (10) + RUN**
- 1-10 **TRIFECTA! 6+**
- 2. **BULLDOG**
- 3. **RDL (8) + TZN**
- 4. **REV SCORPION TO 3/BACK**
- 5. **ALI 22+**
- 6. **WICCA**

IA, 2-5, 6A
IB, 2-5, 6B
IC, 2-5, 6C
ID, 2-5, 6D

CHAMELEON

- 1A.** **TIP-TOES (20) + RUN**
- 1B.** **JACKAL**
- 1C.** **POUNCER (10) + RUN**
- 1D.** **W. LUNGE**
- 2.** **3 PT. STANCE**
- 3.** **VENOM**
- 4.** **KAMIKAZE 4-3-4-2-4-1-4-1**
- 5.** **STARASQ (16) + RUN**
- 6A.** **HAG**
- 6B.** **BRIDGED BENCHED (30) + TZN**
- 6C.** **BUCKS**
- 6D.** **PRIMATES 4-1-3-1-2-1**



SLOPE

1,2

1-4

1-6

1-8

1-10

MTN2**1. SUICIDE 2-1-3-1-4-1****2. SUE-STEP (20) + RUN****3. TYSON****4. PLATE SHAKE 9+****5. JIGGY (20) + RUN****6. W. CROOK****7. TARASQ****8. GARGOYLE****9. JACKALOPE****10 SL BUCKS**

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

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

CASCADE**10. PUSH UP (10) + RUN****8. ROOSTER (10) + TZN****6. STROW 1:1****4. SHOT PUT****2. REV MASTODON**

* *ANY PUSH THAT'S NOT A
REGULAR PLATE PUSH OR XPP*

1. 45°**3. RDL (8) + TZN****5. SQ. JUMP (10) + RUN****7. SL BOULDER****9. KITCHEN SINK (10) + TZN**

1-3

1-3, 4-6, 4-6

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

MT. NEVERLIST**1. BANDIT (20) + RUN****2. SWAGGIN 1:1****3. INCH WORM****4. VIP (10) + RUN****5. TORO****6. CHICKIN 2-1-3-1-4-1****7. PRIMATES 4-1-3-1-2-1****8. STAMPEDE****9. BONSAI 3-1-4-2-4-1**

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 OUTSIDE 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 WHICH 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 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.