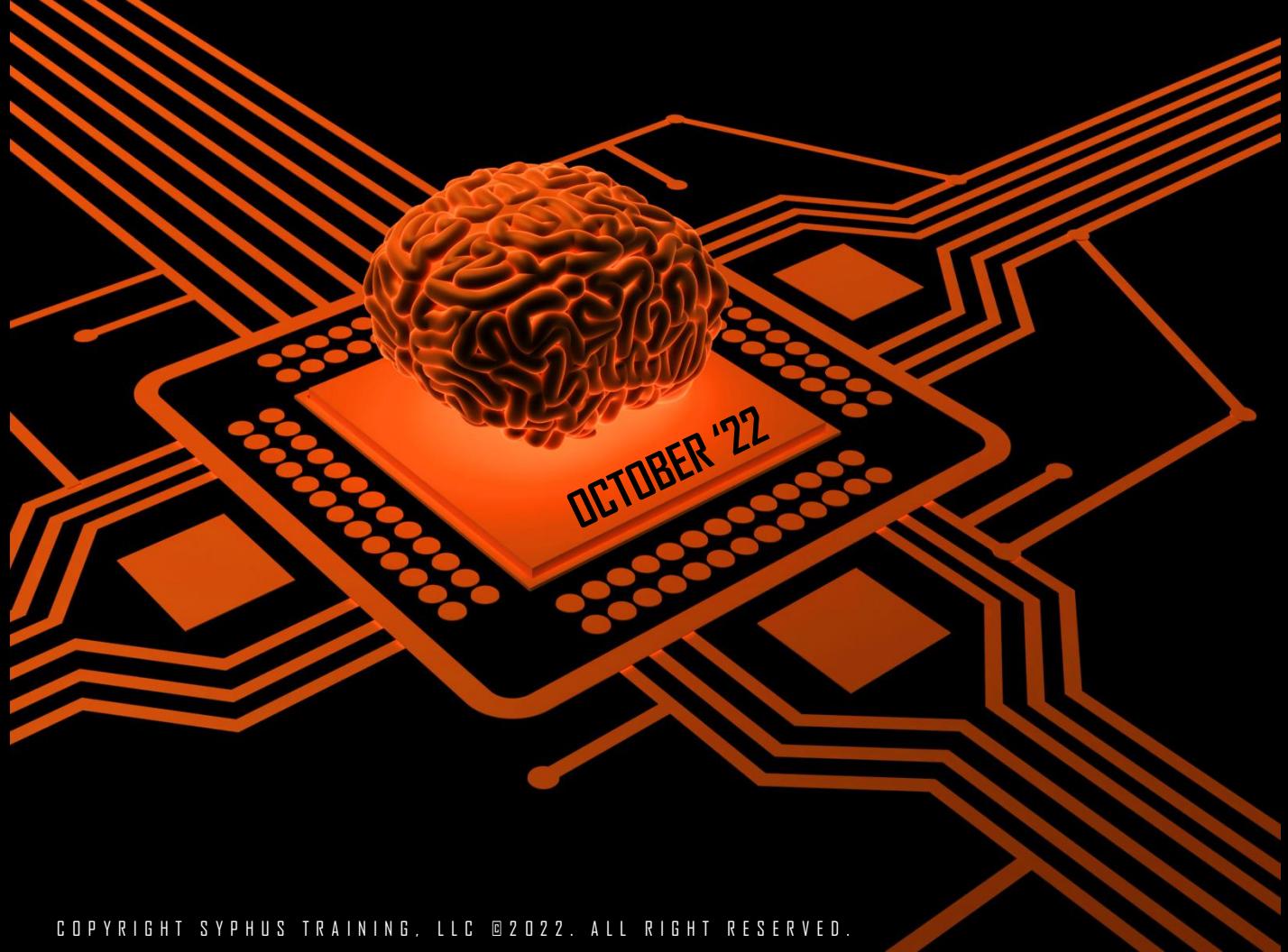


M O T H E R B O A D





HOW TO READ THE MOTHERBOARD

The date of this Motherboard and the SLOPE difficulty rating.

Circuit keys show the order in which to perform tasks.

Circuit title.

I.I
I.I.2.2
I.I.2.2.3.3
I.I.2.2.3.3.4.4
I.I.2.2.3.3.4.4.5.5

HYBRID2

- 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

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

"Ladder Tasks are indicated by this symbol.

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

Minimum rep count indicator; used for certain traveling tasks.

CHECKLIST(2)

1. **BONSAI 3-1-4-2-4-1**
2. **TURKEYS**
3. **BUTT KICKS**
4. **EN GARDE**
5. **TYSONS**
6. **KOBOLD**

Barn-burner...ish

Checklist(2)

Pick any push from each comment, do it 2x.

Checklist(2)

Choose a different task from each comment, do it 2x

Checklist(2), perform the remaining task from each comment, **only 1x**

PUSH 4 PINK

**Ann N. Emmity**

Plate push, miel's wheels, SUPP 10

**Jessica Gapske**

Crazy legs, swashbuckler, neopolitan

**Hollie Linne-Clair**

Delaura, XPP, warlock

**Jen DeMercurio**

Jigsaw

SAPP

Gimpy

**AJ Unkie**

Gargantuan, Take Off, Enforcer

**Casey Nilson**

If not then venom, vexum, Greco

**Kristy Keagy**

Razor, Mim, and Rev plate push

**Morgan Marchido**

Boulder, mogul push, twisted

**Shannon Reaume**

Calf in Nator

Jackass

Ozark

**Sue Johnson**

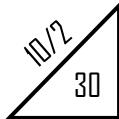
Chupacabra , Cray cray, bulldozer

**Ms. N. Nackshun**

Twizzy, Sling-shot, Rev. Arachnid

**Lauren Carr**

Jackbox, SL Boulder, rev inch



SLOPE

I-3

I-3, 4-6, 4-6

I-3, 4-6, 4-6, 7-9, 7-9, 7-9

ZEN-LISTS

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

4. MT. CLIMB (20) + RUN
5. CURL WALK 6+
6. YIKES!

7. SQ. JUMP (10) + RUN
8. MONKEY
9. VEXUM

1X

2X

3X

I-8
8-1
I-8

и

1. MIEL'S WHEELS
2. BUCKS
3. GRECO
4. BONSAI 3-1-4-2-4-1
5. SLIGER
6. VIP (10) + RUN
7. W. LUNGE
8. GARGOYLE

I-3
I-6
I-9
I-12
I-15

MTN3

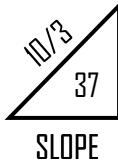
1. TWO-STEP (20) + RUN
2. JAGGER (12) + RUN
3. YETI

4. TIPPY-TAP
5. SLUSKI
6. PEG LEG (8) + RUN

7. SKY-HIGH 4-1
8. TYPHON
9. SAWED OFF (10) + TZN

10. TYSON
11. REVIVAL
12. TRUMPET 9+

13. MOGUL (20) + RUN
14. NEAPOLITAN
15. PABLO



I-2
I-4
I-6
I-8
I-10

MTN2

1. SHUTTLE 3-2-4-2-3-1
2. V-STEP (10) + RUN
3. SHUFFLE
4. MOWGLI (12) + RUN
5. YIKES!
6. YETI
7. BUCKS
8. MANTIS (8) + RUN
9. TYPHON
10. BUZZARD

I-5, BA BA
I-5, BB BB
I-5, BC BC
I-5, BD BD

REPTILIAN2

1. SAWED OFF (10) + TZN
2. BENCHED (30) + TZN
3. STAMPEDE
4. GROWLER
5. OGRE (10) + TZN
- 6A. VEXUM
- 6B. STORK (20) + TZN
- 6C. JACKAL
- 6D. REV B.N.C.

I-10
I-10
I-10

CHECKLIST(3)

1. VENOM
2. SHALO 1:1
3. CYCLONE (12) + TZN
4. MONKEY
5. TORO
6. CRAY-CRAY
7. SWAGGIN 1:1
8. W. CROOK
9. TWO-STEP (20) + RUN
10. RIBBITS (10) + RUN



I2
I23344
I23344555666
I233445556667778888

ZENITH

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. MT. CLIMB (20) + RUN
3. STAT SWAG (20) + TZN
4. INFINITY (20) + RUN
5. XPP
6. PLATE SHAKE 9+
7. 3 PT. STANCE
8. PRIMATES 4-1-3-1-2-1

I23
234
345
456
567
678
789
89,10
9,10,11
10,11,12

1. MT. ATLAS
2. CUJO L
3. PETRA
4. VEXED (10) + RUN
5. ALI 22+
6. O-PINNED 2-1-3-1-4-1
7. CRAISE (20) + TZN
8. BOVINE
9. JIGGY (20) + RUN
10. TARASQ
11. RAMPAGE (12) + RUN
12. TAKE OFF!

MESA

I
I2
I23
I234
I2345

MTN

1. SUICIDE 2-1-3-1-4-1
2. HELLION
3. B. LUNGE
4. COALITION (10) + TZN
5. NEAPOLITAN



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

PATTERN
REMAINS
CONSISTENT
THROUGHOUT.

MATTERHORN

- 3 SHUFFLE
 - 1 SUE-STEP (20) + RUN
 - 1 PLATE SHAKE 9+
-

- 3 HIKES
 - 1 ALT SQUONQ
 - 1 TOES (20) + RUN
-

- 3 TIPPY-TAP
 - 1 B.O.R. (15) + TZN
 - 1 LYCAN (10) + RUN
-

- 3 ROW STROLL 6+
 - 1 VENOM
 - 1 HALO 2-1-3-1-4-1
-

- 3 GROWLER
 - 1 TROG
 - 1 SAPP
-

- 3 POTTY SHOT
- 1 BRIDGED BENCH (30) + TZN
- 1 BOULDER

I
I22
I2333
I23444

VERTEX

1. COBRA (10) + PUSH
2. VEXED (10) + RUN
3. CROOK
4. DELAURA

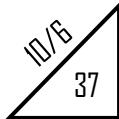
I-8
8-I U

1. SCURL 1:1
2. YETI
3. BANDIT (20) + RUN
4. APE SHOOT!
5. GIMPY DOG
6. V-STEP (10) + RUN
7. SPIKES
8. YAK

I
I21
I2321
I234321
I23454321

UPLIFT

1. MONTAUK
2. BONSAI 3-1-4-2-4-1
3. TWISTED
4. TRIFECTA! 6+
5. TWEAKER



1 A
12 BA
123 CBA
1234 DCBA
12345 EDCBA

SLOPE

CRAZY LEGS, TASK
CRAZY LEGS, TASK...

CRAZY LEGS GAUNTLET

XI-TURN

1. SUE-STEP (20) + RUN
2. EN GARDE
3. BANDIT (20) + RUN
4. HIKES
5. DELAURA

- A. SWAGGIN 1:1
- B. BULLY
- C. MIEL'S WHEELS
- D. REV BULLDOG
- E. TYPHON

1. SCALAWAG

2. W. CROOK

3. PISTON (10) + TZN

4. MASTODON

5. VENOM

6. LYCAN (10) + RUN

7. CYCLONE (12) + TZN

8. MONGOOSE

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

10. RAMBO (10) + RUN

И

7. YETI

8. HANG (10) + RUN

9. GORGON (8) + RUN

10. GBD (15) + RUN

11. INCH WORM

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

1-12 1. SPIKES

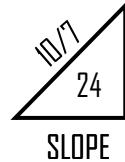
12-1
1-12 2. BUZZARD

3. TOP SHELF (8) + TZN

4. SHOT PUT

5. TROG

6. DENSER 2-1-3-1-4-1



III,222,333...

CENTAUR3

EXPANDING

- 5,6 1. REV PLATE PUSH
- 4-7 2. GROWLER
- 3-8 3. SA PP
- 2-9 4. W. GREMLIN
- 1-10 5. BONSAI 3-1-4-2-4-1
- 6. MOGUL (20) + RIM
- 7. VIP (10) + RUN
- 8. RIBBITS (10) + RUN
- 9. SKULLS (10) + TZN
- 10. SUPP 10

- 1. PUSH UP (10) + RUN
- 2. TROG
- 3. DIABLO
- 4. STAMPEDE
- 5. GARGOYLE
- 6. CURL PRESS5+
- 7. TOES (20) + RUN
- 8. SLAP JACK
- 9. CHICKIN 2-1-3-1-4-1
- 10. NEAPOLITAN

1234444

12333

122

1

REVERTEX

1
112
111223

AND1

- 1. POTTY SHOT
- 2. SL BUCKS
- 3. CYCLONE (12) + TZN
- 4. TURKEYS
- 1. VENOM
- 2. STACK SHOT
- 3. REV HYDRA



MTN3

1. TWO-STEP (20) + RUN

I-10,
I-1

U

2. TYSONS

I-3
I-6
I-9
I-12
I-15

3. BULLY

4. SQUONQ

5. COALITION (10) + TZN

6. HIKES

7. JUNKIE JUMP (8) + RUN

8. TWISTED

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

10. JACKAL

11. MT. CLIMB (20) + RUN

12. KOBOLD

13. MIM 3-2-4-2-3-1

14. JOHNNY APPLESEED

15. REVIVAL

1. W. CROOK

2. GBD (15) + RUN

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

4. STIGMA (10) + RUN

5. 45°

6. SHOT PUT

7. PEG LEG (8) + RUN

8. GARGOYLE

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

10. JAGGER (12) + RUN

II2233, 4A

II2233, 4B

II2233, 4C

CEPTILIAN2

1. MEL'S WHEELS

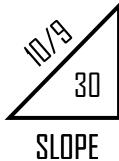
2. TRIFECTA! 6+

3. ALT SQUONQ

4A. SLUSKI

4B. WARRIOR

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



1.1 CENTAUR2 TO CHECKLIST

2.2
3.3...
1-10

1. EN GARDE

2. MT. CLIMB (20) + RUN

3. SWAGGIN 1:1

4. SUE-STEP (20) + RUN

5. SKUFFLE

6. RAMPANT (10) + RUN

7. ROW STROLL 6+

8. POTTY TO BULLDOG

9. SAWED OFF (10) + TZN

10. LYCAN UP (10) + RUN

A
A,B,B
A,B,B,C
A,B,B,C,D,D
A,B,B,C,D,D,E

MATTER HORN HYBRID

A 1 QUICK FT. (20) + RUN

B 2 MONGOOSE

C 1 HAG 1:1

D 2 ARACHNID

E 1 GRECO

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

FLIPPED

1. C.H.B.
2. CURL WALK 6+

3. JESTER

4. CRAISE (20) + TZN

5. RDL (8) + TZN

6. GARGANTUAN

7. VIP (10) + RUN

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

9. TURKEYS

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

11. APE SHOOT!

12. VOODOO

10/10

50

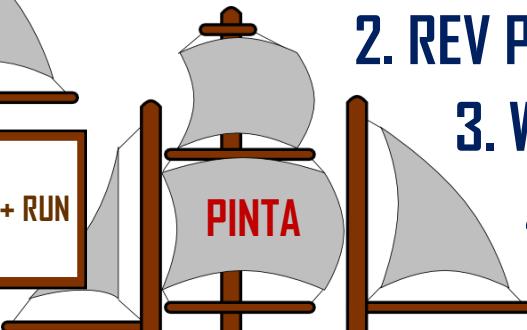
SLOPE

Formerly Known as

COLUMBUS DAY



- | | |
|--------------------|----------------------|
| 1. BUTT KICKS | 4. TRUMPET 9+ |
| 2. TYSONS | 5. MOWGLI (12) + RUN |
| 3. TOES (20) + RUN | 6. KOBOLD |



- | | |
|----------------------------------|--|
| ROW STROLL 6+ BEAR
APE SHOOT! | 4. TURKEYS
5. YIKES!
6. PINNED 2-1-3-1-4-1 |
|----------------------------------|--|



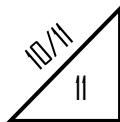
- | | |
|-------------------|------------------|
| 1. BULLY | 4. YETI |
| 2. GBD (15) + RUN | 5. MIEL'S WHEELS |
| 3. VIP (10) + RUN | 6. SCALAWAG |

1. BOULDER
2. REV PLATE PUSH
3. W. LUNGE
4. QUICKSAND
5. SHALO 1:1
6. REV INCH
7. HAG 1:1
8. THRUST TO FROG
9. BENCHED (30) + TZN
10. JACK BOX

Help each ship cross the Atlantic to the new world. Each ship is a c2, The Atlantic and America are Checklists.

Order: Nina, ATL, USA
Pinta, ATL, USA
Santa, ATL, USA

1. SHUTTLE 3-2-4-2-3-1
2. SWAGGIN 1:1
3. GREMLIN
4. STAMPEDE
5. EN GARDE



SLOPE

INVERSE LABYRINTH

PERFORM "EASIER" GREEN SECTIONS BY THE PROGRESSION LISTED, PERFORM ALL "HARDER" BLACK SECTIONS AS A CHECKLIST.

C3

- AAA** A. EN GARDE
- BBB** B. QUICK FT. (20) + RUN
- CCC** C. SWAGGIN 1:1
- DDD** D. BANDIT (20) + RUN

13. GORGON (8) + RUN**14. CHICKIN 2-1-3-1-4-1****15. GARGOYLE****16. CURL MADNESS 3+PIN****17. MANTIS (8) + RUN****18. NEAPOLITAN****19. B. LUNGE****20. QUICKSAND ⏳****MESA**

- ABC** A. STAMPEDE
- BCD** B. SUICIDE 2-1-3-1-4-1
- C. TOES (20) + RUN
- D. W. GREMLIN

27. ATTACK IT**28. FLAMINGO (6) + TZN****29. SUPP 10****30. YAK****31. SAWED OFF (10) + TZN****32. MASTODON****33. DIABLO****34. TUCKS (10) + RUN****CHECKLIST (2)****A-D A. TURKEYS****B. MT. CLIMB (20) + RUN****C. TAUNTAUN****D. V-STEP (10) + RUN****43. KOD (20) + TZN****44. VENOM****45. SKULLS (10) + TZN****46. INCH WORM****47. TUTOR****48. 3 PT. STANCE****49. JUNKIE JUMP (8) + RUN****50. MR. ATLAS to 3/back****I****A. SKY HIGH 4-1****B. SUE-STEP (20) + RUN****C. KOBOLD****60. JANGLE LEG 3****61. RDL (8) + TZN****62. VEXUM****63. MOGLI (12) + RUN****64. HAMSTRUNG****65. MONKEY****66. CRAISE (20) + TZN****67. TALL ORDER 6+****MTN****A. GALLOW 2-1-4-3-4-1****AB. SQUANTOES (20) + RUN****ABC. HALO 2-1-3-1-4-1****74. TORO****75. GBD (15) + RUN****76. SWASHBUCKLER****77. 313****78. ABD PUSH UP (8) + RUN****79. KAMIKAZE 4-3-4-2-4-1-4-1****80. ALT SQUONQ****81. GARGANTUAN****EL CYCLE****ABCD A. TIP-TOES (20) + RUN****DCBA B. MOGUL MADNESS 10****BC C. APE SHOOT!****CB D. SKATES**



1-3, 4A
1-3, 4A, 4B, 5A
1-3, 4A, 4B, 4C, 5A, 5B, 6A
1-3, 4A, 4B, 4C, 4D, 5A, 5B, 5C, 6A, 6B, 7A



VOYAGE

1. JIGGY (20) + RUN
2. REV MASTODON
3. TARASQ

- 4A. TURKEY
- 4B. CHICKIN 2-1-3-1-4-1
- 4C. VENOM
- 4D. FLAMINGO (6) + TZN

- 5A. SWAGGIN 1:1
- 5B. RDL (8) + TZN
- 5C. MOGUL TO FROG 6

- 6A. COBRA (10) + PUSH
- 6B. BONSAI 3-1-4-2-4-1

- 7A. ORCA to 3/BACK

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

FILLING

1. POTTY SHOT
2. GIMPY DOG
3. BANDIT (20) + RUN
4. SL PUSH UP (10) + RUN
5. SLAP JACK
6. JIGSAW
7. JANGLE LEG3
8. MANTIS (8) + RUN
9. W. CROOK
10. GRECO
11. SPEED SKATES (20) + RUN
12. SKATES

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

=IBRIOS

1. SUICIDE 2-1-3-1-4-1
2. SUE-STEP (20) + RUN
3. SKUFFLE
4. YIKES!
5. ROW STROLL 6+

GONE FISHIN'

PERFORM EACH SECTION AS A MTN [1,1,2,1,2,3...]

AT THE END OF EACH SECTION "GO FISHING" FOR A TASK FROM THE NOTED LIST.
YOU CANNOT REPEAT A "GONE FISHING" TASK.

1. QUICK FT. (20) + RUN

2. STAMPEDE

3. SQUONK

4. OFF THE DOCK

1. BULLY

2. ROW STROLL 6+

3. OFF THE DOCK

1. JIGGY (20) + RUN

2. MANTIS (8) + RUN

3. SUPP (10)

4. OFF THE DOCK

1. RIBBITS (10) + RUN

2. TROG

3. OFF THE DOCK

1. BOVINE

2. LYCAN (10) + RUN

3. REV MASTODON

4. SHALLOW

1. SPIKES

2. APE SHOOT!

3. SHALLOW

1. OGRE (10) + TZN

2. B. LUNGE

3. KITCHEN SINK (10) + TZN

4. SHALLOW

1. DIABLO

2. INCH WORM

3. SHALLOW

1. FLAMINGO (6) + TZN

2. BENCHED (30) + TZN

3. TRIFECTA! 6+

4. DEEP SEA

1. POGOTO (6) + TZN

2. SWAGGIN 1:1

3. DEEP SEA

1. X PP

2. DEEP SEA

3. ENFORCER

4. DEEP SEA

1. REV BULLDOG

2. JABBERWOCKY

3. DEEP SEA

OFF THE DOCK

A. MUGGER (12) + RUN

B. TIP-TOES (20) + RUN

C. MOGLI (12) + RUN

D. SQUANTOES (20) + RUN

E. POTTY SHOTS

SHALLOW

A. MONKEY

B. FROGS

C. BULLDOZER

D. ANTEATER

E. NO GIMMIES

DEEP SEA

A. DELAURA

B. WARRIOR

C. JACKAL

D. SL PUSH UP (10) + RUN

E. B-TOWN BUMP (6) + RUN

F. SWASHBUCKLER



5,6

4-7

3-8

2-9

1-10

EXPANDING

12, 34, 12, 56, 12, 78

34, 56, 34, 78

56, 78

=(2)**1. ARACHNID****2. XPP****3. TROMBONE 6+****4. HOT COALS (20) + RUN****5. SUICIDE 2-1-3-1-4-1****6. SUE-STEP (20) + RUN****7. HIKES****8. BOVINE****9. AMAROK****10. W. LUNGE****1. SAPP****2. MT. CLIMB (20) + RUN****3. GBD (15) + RUN****4. MIEL'S WHEELS****5. VIPER****6. RDL (8) + TZN****7. PABLO****8. STORK (20) + TZN****A.****B.****C.****D.****ALTERNATE KEY:**

A,B,A,C,A,D

B,C,B,D

C,D

1-6

1-8

1-10

1-12

MID-POINT MTN2**1. INFINITY (20) + RUN****2. SKULLS (10) + TZN****3. SQ. JUMP (10) + RUN****4. VIP (10) + RUN****5. APE SHOOT****6. JAGGER (12) + RUN****7. KITCHEN SINK (10) + TZN****8. BONSAI 3-1-4-2-4-1****9. MASTODON****10. TROG****11. SWASHBUCKLER****12. JACK-ASS**



SLOPE

MESA

- 1-3 1. SUICIDE 2-1-3-1-4-1
- 2-4
- 3-5 2. QUICK FT. (20) + RUN
- 4-6
- 5-7 3. MOGUL (20) + RUN
- 6-8
- 7-9 4. ALI 22+
- 8-10
- 5. TIP-TOES (20) + RUN
- 6. RAMPAGE (12) + RUN
- 7. YIKES!
- 8. TRUMPET 9+
- 9. REV BEAR
- 10. SUPP (10)

11.22.33...
1-10

C2 TO CHECKLIST

- 1. SL BUCKS
- 2. PUSH UP (10) + RUN
- 3. SQUIBBLE
- 4. DENSER 2-1-3-1-4-1
- 5. BULLDOG
- 6. MUGGER (12) + RUN
- 7. TAUNTAUN
- 8. GRYPHON (8) + PUSH
- 9. RAMPANT (10) + RUN
- 10. STAT CURL (6) + TZN

1
1/2
111223
1111222334

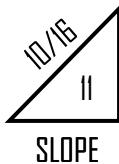
AND1

- 1. MONGOOSE
- 2. HANG (10) + RUN
- 3. SHWAGGIN 1:1
- 4. REVIVAL

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

EL CYCLE

- 1. WICCA
- 2. ENFORCER
- 3. SQUONQ
- 4. TORO



I-5
I-10
I-15
I-20
I-25
I-30

- TURF WARS
TAPER 2022**
- 1. QUICK FT. (20) + RUN**
 - 2. SQUONK**
 - 3. W. GREMLIN**
 - 4. PLATE SHAKE 9+**
 - 5. BANDIT (20) + RUN**

 - 6. GALLOW 2-1-4-3-4-1**
 - 7. SQ. JUMPS (10) + RUN**
 - 8. MONTAUK**
 - 9. CURL PRESS 5+**
 - 10. MONKEY**

 - 11. B. LUNGE**
 - 12. PLATE PUSH**
 - 13. THRASHER**
 - 14. RAMBO (10) + RUN**
 - 15. PRIMATES 4-1-3-1-2-1**

MTN5

- 16. DIABLO**
- 17. SWAGGIN 1:1**
- 18. OGRE (10) + TZN**
- 19. B.O.R. (15) + TZN**
- 20. ALI 22+**

- 21. CRAY-CRAY**
- 22. DENSER 2-1-3-1-4-1**
- 23. LYCAN (10) + RUN**
- 24. BUCKS**
- 25. VEXED (10) + RUN**

- 26. ARACHNID**
- 27. SQ. THRUST (10) + RUN**
- 28. JAGGER (12) + RUN**
- 29. GATOR TO 3**
- 30. NEAPOLITAN**

TURF WARS 2022

WHAT

Our 9th annual intra-location competition.

WHO

All members. All turfs.

RESTRICTIONS

Only one score per person per day. If you run twice in a day, your first score will be kept.

WHEN

Competition runs Monday, Oct. 17th – Friday, Oct. 21st. Wager Workout on Monday, Oct. 24th.

HOW

Just show up and workout! Newer members who've never experienced The tournament takes place automatically by tallying all the scores from each turf and comparing them against its Seasonal Boulder to see which turf has the best week-long performance.

THE STAKES

Winners of Turf Wars get their turf's name etched on the Turf Wars Plate Trophy. The winning turf also creates a "Wager Workout", which includes a carefully curated playlist for the other turfs to endure. Wager Workouts and playlists must be submitted to the *PRO's FACEBOOK PAGE* prior to the first day of Turf Wars.

TURF WARS HANDICAPPING

ROO +/- OVER SEASONAL BOULDER

We'll take your ROO for the day and subtract it from your Seasonal Boulder to find a +/- score.

Name	Home Turf	ROO	30	S	C	+/ -	CAP
Tim O'Halla	SCS	855	780	818	782	37	37
Love Bagga	Shelby	855	801	817	717	38	38
Elizabeth ...	Harrison	855	693	691	684	164	100
Jessica Ga...	Brownstown	831	776	808	727	23	23

100 POINT CAP

A CAP is placed 100 points above and below your Seasonal Boulder. The MAX points you can score/lose for your turf is 100 points. Any scores above or below this 100 point cap still count on your dashboard, they're just not factored into the competition.

ACCUMULATIVE TURF +/-

A running total will be kept for all the +/- scores registered at each turf. The turf with the best score at the end of the week wins Turf Wars!

1-15

6-20

16-25

21-30

26-35

31-40

TURF WARS 1

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

2. EN GARDE

3. SQUONQ

4. BULLY

5. COALITION (10) + TZN

6. HIKES

7. TURKEYS

8. MIEL'S WHEELS

9. PUSH UP (10) + RUN

10. PLATE PUSH

11. KOBOLD

12. POTTY SHOTS

13. LYCAN (10) + RUN

14. REV BEAR

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

MESA X 5

16. GIMPY DOG

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

18. TROG

19. BOVINE

20. BUCKS

21. B. LUNGE

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

23. W. CROOK

24. TAUNTAUN

25. INCH WORM

26. CROAKIN

27. REV MASTODON

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

29. OFFERING

30. MONKEY

31. DIABLO

32. SHUFFLE

33. REV HYDRA

34. APE SHOOT!

35. THRASHER

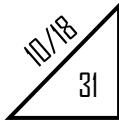
36. STAMPEDE

37. BALL N CHAIN

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

39. AMAROK

40. TAKE OFF!



TURF WARS 2

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

MTN2

1. EN GARDE
2. QUICK FT. (20) + RUN
3. SWAGGIN I:1
4. ROW STROLL 6+
5. MONTAUK
6. BULLY
7. JACKAL
8. PINNED 2-1-3-1-4-1
9. JESTER
10. SLAP JACK

PUSH, TASK
PUSH, TASK...
I-8, REPEAT

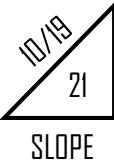
GAUNTLET(2)

1. JACK-ASS
2. YIKES!
3. TROMBONE 6+
4. VEXUM
5. BULLDOG
6. W. GREMLIN
7. SLUSKI
8. SKY HIGH 4-1

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

REPTILIAN2

1. GALLOW 2-1-4-3-4-1
2. TYPHON
3. STACK SHOT
4. GARGOYLE
5. CURL WALK 6+
- 6A. ATTACK IT
- 6B. GRECO
- 6C. SHOT PUT
- 6D. MOGUL PUSH



TURF WARS 3

CHECKLIST(3)

- 1 GALLOW 2-1-4-3-4-1
- 2 HOT COALS (10) + RUN
- 3 STAMPEDE
- 4 SWAGGIN 1:1
- 5 EN GARDE
- 6 PLATE SHAKE 9+
- 7 SQUONQ
- 8 SUE STEP (20) + RUN
- 9 XPP
- 10 BULLY
- 11 MONGOOSE
- 12 HIKES
- 13 MOWGLI (12) + RUN
- 14 POTTY SHOTS
- 15 MASTODON
- 16 JACKALOPE
- 17 TWO-STEP (20) + RUN
- 18 TAUNTAUN
- 19 VIPER
- 20 TYSON
- 21 JAGGER (12) + RUN
- 22 SLING SHOT 3-2-4-2-3-1
- 23 REV BALL N CHAIN
- 24 CURIOUS GEORGE
- 25 BUCKS
- 26 DIABLO
- 27 SLUSKI
- 28 PRIMATES 4-1-3-1-2-1
- 29 SA P.P.
- 30 REV PLATE PUSH



TRAFFIC SPIKES

TURF WARS 4

I-20, CENTAUR 2
I-20, CENTAUR 2
I-20, CENTAUR 2
I-20, CENTAUR 2

- | | | | |
|---------------------|-------------------------|---------------|--------------------------|
| 1. INCH WORM | 2. REV B.N.C. | 3. DELAURA | 4. REVIVAL |
| 1. BUTT KICKS | 2. HOT COALS (10) + RUN | 11. MONGOOSE | 12. SKY HIGH 4-1 |
| 3. SHUFFLE | 4. SWAGGIN 1:1 | 13. TIPPY-TAP | 14. RAMBO (10) + RUN |
| 5. CURL PRESS 5+ | 6. HIKES | 15. MASTODON | 16. BONSAI 3-1-4-2-4-1 |
| 7. TOES (20) + RUN | 8. ROW STROLL 6+ | 17. TAUNTAUN | 18. MOWGLI (12) + RUN |
| 9. GORGON (8) + RUN | 10. SA P.P. | 19. TYSONS | 20. O-PINNED 2-1-3-1-4-1 |

CENTAUR2



TURF WARS 5

CROSS-LISTS

PERFORM EACH SECTION AS A
CHECKLIST AND IN THE
FOLLOWING PATTERN:

1A, 1B, 1C

2A, 2B, 2C

3A, 3B, 3C

4A, 4B, 4C

5A, 5B, 5C

1. QUICK FT. (20) + RUN
BONSAI 3-1-4-2-4-1
SWAGGIN 1:1
MT. CLIMB (20) + RUN

2. HIKES
PLATE PUSH
F. LUNGE
APE SHOOT!

3. MONKEY
TURKEY
BOULDER
TWISTED

4. THRASHER
STAMPEDE
YETI
TAKE OFF!

5. REV MASTODON
SKY-HIGH
AMAROK
BULLDOG

A. KOBOLD
CURL WALK 6+

B. REV BEAR
SA PP

C. INCH WORM
GARGOYLE



I-30, II,22,33,...30,30

CHECKLIST to CENTAUR2

1. BONSAI 3-1-4-2-4-1
2. MOGUL (20) + RUN
3. TOES (20) + RUN
4. TROMBONE 6+
5. COALITION (10) + TZN
6. XPP
7. GORGON PUSH UP (8) + RUN
8. HIKES
9. SAWED OFF (10) + TZN
10. SA P.P.
11. KOBOLD
12. VENOM
13. POTTY SHOTS
14. RAMBO (10) + RUN
15. BOVINE
16. DEATH ROW 2-3-1-4-1
17. GRIFTER (8) + SA PP
18. GBD (15) + RUN
19. AMAROK
20. GALLOW 2-1-4-3-4-1
21. 313
22. HANG (10) + RUN
23. TAUNTAUN
24. STACK SHOT
25. WARRIOR
26. REV VIPER
27. JIGGY (20) + RUN
28. BULLY
29. REVIVAL
30. MOGUL PUSH

10/23
2

SLOPE

4 SQUARE

PERFORM EACH
SQUARE BY THE
PROGRESSION
NOTED AND IN THE
FOLLOWING ORDER:

A

1. SUICIDE 2-1-3-1-4-1
2. TWO-STEP (20) + RUN
3. MOWGLI (12) + RUN
4. SWAGGIN 1:1
5. SQUONQ

B

1. STAMPEDE
2. CYCLONE (12) + TZN
3. BENCHED (30) + TZN
4. BOVINE
5. TAKE OFF!

C

1. 45°
2. POTTY SHOT
3. SHALO 1:1
4. TARASQ
5. TORO

D

1. HOT COALS (10) + RUN
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. HIKES
4. CURIOUS GEORGE
5. SPARROW 

A - CHECKLIST
D - MTN
B - MESA
A - CENTAUR2
C - U-TURN
B - CHECKLIST
D - CHECKLIST
A - VERTEX
C - GAUNTLET
B - CENTAUR2

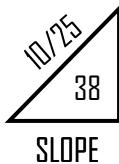


WAGER WORKOUT

A WORKOUT CREATED BY THE WINNING TURF OF TURF WARS.

ALL OTHER TURFS WILL DO THIS WORKOUT AS "PUNISHMENT" ALONG WITH THE SPECIAL PLAYLIST SUBMITTED BY THE WINNING TURF VIA SPOTIFY.

MORE DETAILS ON THE WAGER WORKOUTS TO BE ANNOUNCED CLOSER TO THE START OF THE TOURNAMENT.



I-4
I-8
I-12
I-16

MTN4

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN
3. TYSONS
4. INFINITY (20) + RUN
5. SKY-HIGH 4-1
6. CHIMP (8) + RUN
7. MIEL'S WHEELS
8. GIMPY DOG
9. JACKALOPE
10. STORK (20) + TZN
11. SL OGRE (10) + TZN
12. O-PINNED 2-1-3-1-4-1
13. PUSH UP (10) + RUN
14. GARGOYLE
15. TOP SHELF (8) + TZN
16. VEXED (10) + RUN

1,2,33,44,555,666,7777,8888
1,2,33,44,555,666,
1,2,33,44,
1,2 **REV ZENITH**

1. PETRA
2. BULLDOZER
3. BENCHED (30) + TZN
4. MONKEY
5. TROG
6. PLATE SHAKE 9+
7. XPP
8. SHOT PUT

1X

2X

3X

4X



I-3
I-6
I-9
I-12

MTN3

1. TWO-STEP (20) + RUN
2. EN GARDE
3. SWAGGIN 1:1
4. BANDIT (20) + RUN
5. TROMBONE 6+
6. POTTY SHOT
7. VEXED (10) + RUN
8. NEAPOLITAN
9. HALO 2-1-3-1-4-1
10. APE SHOOT!
11. CURL PRESS 5+
12. FLYING MONKEY

XPP, TASK (ODDS)
MONTAUK, TASK (EVEN)
XPP, TASK
MONTAUK, TASK....

ALTERNATING GAUNTLET

1. CYCLONE (12) + TZN
2. BUCKS
3. FROZEN CROOK8
4. BONSAI 3-1-4-2-4-1
5. PUSH UP (10) + RUN
6. GBD (15) + RUN
7. REV PLATE PUSH
8. O-PINNED 2-1-3-1-4-1
9. RDL (8) + TZN
10. SKULLS (10) + TZN

I-12
I-5, 8-I2
I-4, 9-I2
I-3, 10-I2
I,2,I1,I2
I,I2

CAVITY

1. SUICIDE 2-1-3-1-4-1
2. FLAMINGO (6) + TZN
3. REV BULLDOG
4. TARASQ
5. DEATH ROW 2-1-3-1-4-1
6. PEG LEG (8) + RUN
7. WARLOCK
8. 3 PT. STANCE
9. SAWED OFF (10) + TZN
10. DENSER 2-1-3-1-4-1
11. V-STEP (10) + RUN
12. B.N.C

MATTER HORN

PERFORM EACH TASK THE NUMBER OF TIMES INDICATED AND IN A CHECKLIST FORMAT. PATTERN REMAINS CONSISTENT THROUGHOUT.

2 QUICK FT. (20) + RUN

1 SHUTTLE RUN 3-2-4-2-3-1

2 LYCAN (10) + RUN

3 SWAGGIN 1:1

1 HIKES

2 SUE-STEP (20) + RUN

1 SKIPS

2 GORGON (8) + RUN

3 PLATE SHAKE 9+

1 POTTY SHOT

2 TWO-STEP (20) + RUN

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

2 VIPER

3 TRIFECTA! 6+

1 APE SHOOT!

2 TOES (20) + RUN

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

2 MASTODON

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

1 THRASHER

2 HOT COALS (10) + RUN

1 STAMPEDE

2 MONGOOSE

3 PISTON (10) + TZN

1 ANACONDA

2 TWINKLE TOES (30) + TZN

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

2 JABBERWOCKY

3 ROOSTER (10) + TZN

1 STACK SHOT

2 CRAISE (20) + TZN

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

2 GARGOYLE

3 CYCLONE (12) + TZN

1 SHOT PUT

2 COALITION (10) + TZN

1 TURKEY

2 DECALF

3 SKY-HIGH 4-1

1 SL BUCKS

2 STAT TYSON (20) + RUN

1 EN GARDE

2 YAK

3 BULLY

1 SPIKES

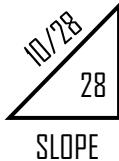
2 SQUANTOES (20) + RUN

1 SHUFFLE

2 PETRA

3 CURL WALK 6+

1 SLAP JACK



WARM UP VERTEX

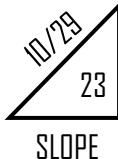
1. EN GARDE
- 1,2,2
1,2,3,3,3 2. SUE-STEP (20) + RUN
3. V-STEP (10) + RUN

VERTEX	
A. TROMBONE 6+	1X
A. MOGUL PUSH	
B. TAUNTAUN	2X
A. MONKEY	
B. 3 PT. STANCE	3X
C. CURL WALK 6+	
A. SQ. JUMP (10) + RUN	
B. VEXUM	
C. SKULLS (10) + TZN	4X
D. CHICKIN 2-1-3-1-4-1	
A. MIEL'S WHEELS	
B BONSAI 3-1-4-2-4-1	
C. SHWAGGIN 1:1	5X
D. INCH WORM	
E. GARGOYLE	

THIS CIRCUIT BLENDS VERTEX AND ZENITH. PERFORM EACH COLORED SECTION AS A CHECKLIST. DO EACH CHECKLIST THE NUMBER OF TIMES NOTED ON THE RIGHT THE FIRST TIME YOU GET TO THAT SECTION AND THEN ONLY ONCE EVERY TIME THEREAFTER.

FULL ORDER:

- A
A, AB, AB
A, AB, ABC, ABC, ABC,
A, AB, ABC, ABCD, ABCD, ABCD, ABCD
A, AB, ABC, ABCD, ABCDE, ABCDE, ABCDE, ABCDE, ABCDE



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

REV MTN2

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. HOT COALS (10) + RUN
3. SPD. SKATES (20) + RUN
4. TYSON
5. HIKES
6. STAT SWAG (20) + TZN
7. CURL WALK 6+
8. ALI 22+
9. ROTATING SQUAT
10. SLING SHOT 3-2-4-2-3-1

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

CENTAUR2

1. APE SHOOT!
2. BALL N CHAIN
3. VIP (10) + RUN
4. OGRE (10) + TZN
5. VIPER
6. BULLY
7. BUCKS
8. RDL (8) + TZN
9. PINNED 2-1-3-1-4-1
10. RIBBITS (10) + RUN
11. SHALO 1:1
12. YETI

1-4
4-1

1-4
4-1

1-4
4-1

1-4
4-1

U-MOLES

1. W. CROOK
2. MANTIS (8) + RUN
3. MONTAUK
4. BONSAI 3-1-4-2-4-1

 1. JIGGY (20) + RUN
 2. SAWED OFF (10) + TZN
 3. VENOM
 4. CYCLONE (12) + TZN

1. AMAROK
2. SA PP
3. SKULLS (10) + TZN
4. SQUONQ

1. PIRATE
2. EN GARDE
3. ROW STROLL 6+
4. TORO



SLOPE

1
12
123
1234
12345
123456

MTN

1. SUE STEP (20) + RUN
2. EN GARDE
3. PLATE SHAKE 9+
4. HANG (10) + RUN
5. BAYOK (6) + RUN
6. FLAMINGO (6) + TZN

I-10, 10-I

U

1. SCALAWAG
2. VEXED (10) + RUN
3. GARGOYLE
4. RDL (8) + TZN
5. ALI 22+
6. MANTIS (8) + RUN
7. SKULLS (10) + TZN
8. JUNKIE (8) + RUN
9. K.O.D. (20) + TZN
10. INCH WORM

DEVIL'S NIGHT

ORDER:

MTN, CHECK
MESA, CHECK
U, CHECK
XION2, CHECK

CHECKLIST

DIABLO
DEVIL
HELLION

123

234

345

456

567

678

MESA

1. CURL PRESS 5+
2. GALLOW 2-1-4-3-4-1
3. VIP (10) + RUN
4. OGRE (10) + TZN
5. MASTODON
6. STIGMATA (10) + RUN
7. HALO 2-1-3-1-4-1
8. JIGGY (20) + RUN

I AA

I2 BB

I23 CC

I234 DD

XION2

- | | |
|------------------------|----------------------|
| 1. BUTT KICKS | A. MONGOOSE |
| 2. O-B.O.R. (10) + TZN | B. CRAISE (20) + TZN |
| 3. GBD (15) + RUN | C. TROG |
| 4. JACKAL | D. SA PP |

10/31

37

SLOPE**BARNBURNER+
MAD HATTER**

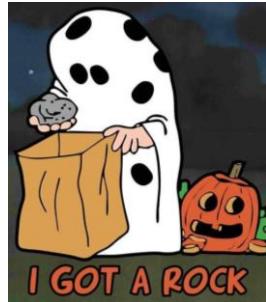
Only the nice neighbors let you pick your treat, those who aren't, pick for you. Go door-to-door, selecting 1 task per door, do it 1x. Second time through, choose a different task, do it 2x. Third pass, different task, 3x. Fourth pass, remaining task, 4x.

When you arrive at a house with a rock, a random task will be chosen for you. Repeats are allowed.

Pros: Selection process could mad hatter-style, use a die, throw a dart; be creative!

WARM-UP**CHECKLIST(2)**

1. SHUFFLE
2. QUICK FT. (20) + RUN
3. HIGH Xs
4. W. GREMLIN



**BANDIT(20)
MOGUL(20)
VEXED(20)
RAMBO(10)**

**BULLY
OFFERING
W. CROOK
ROW STROLL**

**BEAR
MONKEY
ENFORCER
YETI**

**DIABLO
BOULDER
TORO
RAMP-UP(8)**

**VENOM
TWISTED
VEXUM
GIMPY**

**TIP-TOES(20)
TWO-STEP(20)
SUE-STEP(20)
P. SHAKE**

**INCH
WICCA
W. LUNGE
SL BOULDER**

**SKUFFLE
EN GARDE
SCALAWAG
KOBOLD**

**SL REVIVAL
HACK-IT
M.F.T.
BULLSH!T**

**BONSAI
SHUTTLE
SUICIDE
GALLOW**

THE SYPHER

THE SYPHER IS THE SYPHUS TRAINING CODE OF CONDUCT. TAP IN. TAME IT. LET IT OUT.

FORM FIRST

PERFORM EACH TASK TO THE BEST OF YOUR ABILITY. DON'T CHEAT YOURSELF.

COMPETITION SECOND

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

NO SCORE? LET US KNOW BEFORE

NOT ALL WORKOUTS NEED TO COUNT FOR A SCORE. TO PREVENT STAT PADDING, LET YOUR PRO KNOW BEFORE GAMETIME THAT YOU WISH TO OPT OUT.

AVOID THE FORBIDDEN 4

1. NEVER STOP SHORT OF THE END ZONE
2. NEVER SWITCH PLATES MID-WORKOUT
3. NEVER PERFORM A + RUN/TZN TASK OUTSIDE OF THE END ZONE
4. NEVER INTENTIONALLY SKIP A TASK

FOLLOW THE BOARD, NOT THE HERD

YOU'LL NEVER LEAD THE PACK IF YOU'RE ALWAYS FOLLOWING. AIM TO COMMIT TASKS AND PROGRESSIONS TO MEMORY. SYPHUS IS MEANT TO ENGAGE THE MIND AS WELL AS THE BODY.

THE PRO IS YOUR COACH, NOT A REFEREE

ANY CRITICISM FROM YOUR PRO IS FOR YOUR SAFETY AND BETTERMENT OF YOUR WORKOUT.

STUPIDITY IS NEVER REWARDED

- A TASK PERFORMED OUT OF ORDER IS NOT GIVEN CREDIT
- IF YOU PERFORM A TASK OUT OF ORDER, CALL IT OUT TO THE PRO AND THE JUNKIE NEXT TO YOU
- REDEEM ANY TASKS PERFORMED OUT OF ORDER
- IF YOU'RE UNSURE WHAT REP YOU'RE ON; DO ANOTHER

LET IT OUT

PROFLANITY AND PRIMAL OUTBURSTS ARE PERMITTED, IF NOT ENCOURAGED.

EMBRACE THE HANGOVER