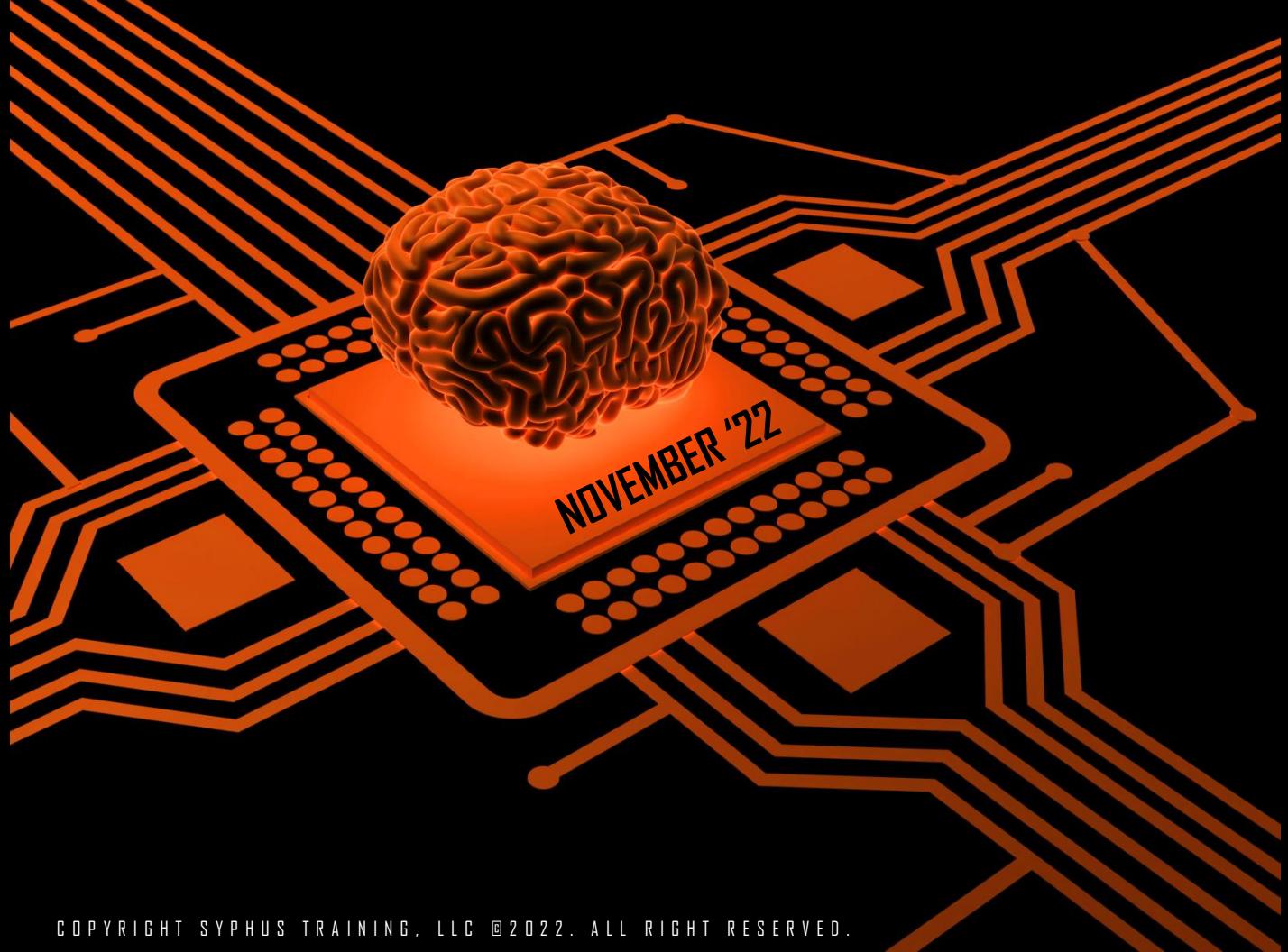


M O T H E R B O A D





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

MESA2

- 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."

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.



SLOPE

I, AA
I2, BB
I23, CC
I234, DD
I2345, EE
I23456, FF

XION2**1. BONSAI 3-1-4-2-4-1****2. MT. CLIMB (20) + RUN****3. HIKES****4. CURL WALK 6+****5. F. LUNGE****6. SCALAWAG****A. STAMPEDE****B. TOES (20) + RUN****C. MONGOOSE****D. RIBBITS (10) + RUN****E. MUGGER (12) + RUN****F. RAMP UP (8) + RUN**

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

=ATERAL**1. TIP-TOES (20) + RUN****2. TALL ORDER 6+****3. BOVINE****4. VENOM****MOLE-HILLS**

I
I2
I23
I
I2
I23
I234...

1. ALI 22+**2. DIABLO****3. SKUFFLE****1. STAT SWAG (20) + TZN****2. SLAP JACK****3. HANG (10) + RUN****4. STROW 1:1****1. MOWGLI (12) + RUN****2. G.B.D. (15) + RUN****3. GIMPY DOG****1. RAMPANT (10) + RUN****2. GALLOW 2-1-4-3-4-1****3. C.H.B.****1. SQUOND****2. INCH WORM****3. BULLDOG****1. MANTIS (8) + RUN****2. OFFERING****3. AMAROK****1. GRECO****2. TAKE OFF!**



MINI CHECKLIST(3)s

1. HIGH KNEES
I-4
2. GALLOW 2-1-4-3-4-1
I-4
3. SUE-STEP (20) + RUN
I-4
4. VEXED (10) + RUN

1. RIBBITS (10) + RUN
I-4
2. ROW STROLL 6+
I-4
3. POTTY SHOT
I-4
4. MONKEY

1. STAT SWAG (20) + TZN
I-4
2. SUPP 10
I-4
3. RDL (8) + TZN
I-4
4. SKULLS (10) + TZN

1. AMAROK
I-4
2. W. CROOK
I-4
3. MASTODON
I-4
4. PARATROOP (10) + RUN

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

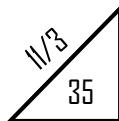
MTN4

1. TWISTED
2. MT. CLIMB (20) + RUN
3. TRUMPET 9+
4. RAMBO (10) + RUN

5. TURKEYS
6. LYCAN (10) + RUN
7. MOGUL MADNESS 10
8. REV BEAR

9. FLAMINGO (6) + TZN
10. HALO 2-1-3-1-4-1
11. KAMIKAZE 4-3-4-2-4-1-4-1
12. COBRA (10) + PUSH

13. M.F.T.
14. POUNCER (10) + RUN
15. BOVINE
16. TAKE OFF!



SLOPE

1

1,2,2

1,2,3,3,3

1,2,3,4,4,4

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

A. VERTEX

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. SPEED SKATES (20) + RUN
3. V-STEP (10) + RUN
4. TURKEYS
5. TWISTED

1

1,1,2

1,1,1,2,2,3

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

B. ANDI

1. MONKEY
2. HOT COALS (10) + RUN
3. BUCKS
4. INCH WORM

1,2

1-4

1-6

1-8

C. MTN2

1. JUNKIE JUMP (8) + RUN
2. CHICKIN 2-1-3-1-4-1
3. SCALAWAG
4. STROW 1:1
5. TROG
6. MANTIS (8) + RUN
7. W. LUNGE
8. TORO

IA, IB

2A, 2B

3A, 3B

4A, 4B

D. CROSS-FIRE

A. YIKES!

B. NEAPOLITAN



I A
I2 BA
I23 CBA
I234 DCBA
I2345 EDCBA
I23456 FECDBA

XI-TURN

- | | |
|-------------------------|-----------------------|
| 1. GALLOW 2-1-4-3-4-1 | A. SWAGGIN 1:1 |
| 2. MT. CLIMB (20) + RUN | B. LYCAN (10) + RUN |
| 3. TYSONS | C. CURL WALK 6+ |
| 4. GORGON (8) + RUN | D. HIKES |
| 5. BENCHED (30) + TZN | E. CYCLONE (12) + TZN |
| 6. DIABLO | F. REV BULLDOG |

II,22,33...I2,I2

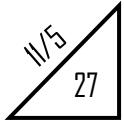
CENTAUR2

- | | |
|-------------------------|------------------------|
| 1. KIT. SINK (10) + TZN | 7. RDL (8) + TZN |
| 2. VEXED (10) + RUN | 8. INFINITY (20) + RUN |
| 3. TARASQ | 9. OZARK |
| 4. O-PINNED 2-1-3-1-4-1 | 10. BUZZARD |
| 5. BOVINE | 11. OGRE (10) + TZN |
| 6. MIEL'S WHEELS | 12. MASTODON |

1-16
5-16
9-16
13-16

FADED4

- | |
|--------------------------|
| 1. REV B.N.C. |
| 2. TYPHON |
| 3. SHOT PUT |
| 4. INCH WORM |
| 5. BONSAI 3-1-4-2-4-1 |
| 6. YETI |
| 7. SA P.P. |
| 8. REV BEAR |
| 9. POTTY SHOT |
| 10. MONKEY |
| 11. STAMPEDE |
| 12. CHICKIN 2-1-3-1-4-1 |
| 13. MOWGLI (12) + RUN |
| 14. COALITION (10) + TZN |
| 15. GARGOYLE |
| 16. TAKE OFF! |



12
123344
123344555666
1233445556667778888

ZENITH

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

3. KOBOLD
4. HANG (10) + RUN

5. PLATE SHAKE 9+
6. XPP

7. APE SHOOT!

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

1X

2Z

3X

4X

I-12, I2-1

U

1. VIP (10) + RUN
2. BUZZARD
3. TORO
4. VENOM
5. FLAMINGO (6) + TZN
6. DENSER 2-1-3-1-4-1
7. SLIGER
8. SLUSKI
9. TROG
10. BANDIT (20) + RUN
11. HALO 2-1-3-1-4-1
12. SL MANTIS (8) + RUN

I-5, GA GA
I-5, GB GB
I-5, GC GC
I-5, GD GD

REPTILIAN2

1. 3 PT. STANCE
2. JUNKIE (8) + RUN
3. STACK SHOT
4. SKY HIGH 4-1
5. BULLY

- 6A. ATTACK IT
- 6B. SCURL 1:1
- 6C. JIGSAW
- 6D. QUICKSAND



1-16
1-12, 13-16
1-8, 9-16
1-4, 5-16
1-16

- | | |
|--|--|
| <ol style="list-style-type: none">1. EN GARDE2. SUE STEP (20) + RUN3. SWAGGIN 1:14. TYSONS<hr/>5. CURL WALK 6+6. LYCAN UP (10) + RUN7. HIKES8. BULLDOG<hr/>9. PUSH UP (10) + RUN10. JACKALOPE11. SKY HIGH 4-112. POTTY SHOTS<hr/>13. BUCKS14. RIBBITS (10) + RUN15. ROW STROLL 6+16. BOVINE | <p>DARK-SIDE4</p> <p>SQUONQ</p> <p>HANG (10) + RUN</p> <p>SHWAGGIN 1:1</p> <p>TARASQ</p> <hr/> <p>CURL MADNESS 3 + PIN</p> <p>FLYING MONKEY</p> <p>YIKES!</p> <p>BULLDOZER</p> <hr/> <p>SCORPION TO 3/BACK</p> <p>JACKAL</p> <p>HAG 1:1</p> <p>POTTY SHOTS HOPS</p> <hr/> <p>SL BUCKS</p> <p>CROAKIN</p> <p>DEATH ROW 2-1-3-1-4-1</p> <p>GIMPY DOG</p> |
|--|--|



1
121
12321
1234321
123454321

UPLIFT

1. HOT COALS (10) + RUN
2. SHUFFLE
3. TRUMPET 9+
4. SL GORGON (8) + RUN
5. O-B.O.R. (10) + TZN

1
122
12333
1234444

VERTEX

1. BOULDER
2. POTTY SHOT
3. GARGOYLE
4. VEXUM

I, AA
I2, BB
I23, CC
I234, DD
I2345, EE

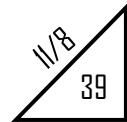
XION2

1. KOBOLD
2. VIP (10) + RUN
3. PINNED 2-1-3-1-4-1
4. F. LUNGE
5. JACK ASS

U

I-12, I2-1

1. SUICIDE 2-1-3-1-4-1
 2. MASTODON
 3. SAWED OFF (10) + TZN
 4. SABRE (8) + RUN
 5. SLAP JACK
 6. CRAY-CRAY
7. RDL (8) + TZN
 8. CYCLONE (12) + TZN
 9. MONTAUK
 10. SKULLS (10) + TZN
 11. AMAROK
 12. NEapolitan



SLOPE

I-3
I-6
I-9
I-12
I-15**MTN3**

1. BONSAI 3-1-4-2-4-1
2. MT. CLIMB (20) + RUN
3. **BULLY**
4. TIP-TOES (20) + RUN
5. JIGGY (20) + RUN
6. ALT SQUONQ
7. INFINITY (20) + RUN
8. VIPER
9. ABD. MANTIS (8) + RUN
10. STACK SHOT
11. KIT. SINK (10) + TZN
12. SCALAWAG
13. PROWLER L
14. THRASHER
15. SLING SHOT 3-2-4-2-3-1

I-10,

I-10

CHECKLIST(2)

1. MOGUL (20) + RUN
2. SLUSKI
3. BENCHED (30) + TZN
4. APE SHOOT!
5. ROTATING SQUAT
6. REV BOVINE
7. COBRA (10) + PUSH
8. SHUTTLE 3-2-4-2-3-1
9. 90°(10) + TZN
10. DIABLO

II2233, 4A

II2233, 4B

II2233, 4C

CEPTILIAN2

1. BUZZARD
2. REV B.N.C.
3. TURKEYS
- 4A. SL BOULDER
- 4B. MR. ATLAS
- 4C. PRIMATES 4-1-3-1-2-1



I-20, 21A 21A
I-20, 21B 21B
I-20, 21C 21C
I-20, 21D 21D

REPTILIAN2

TRAFFIC-SPIKES

- | | | |
|--------------------------------|------------------------------------|--------------------------------|
| 1. TOES (20) + RUN | 11. GBD (15) + RUN | 21A. HACK-IT |
| 2. STAMPEDE | 12. YETI | 21B. M.F.T. |
| 3. PLATE SHAKE 9+ | 13. HALO 2-1-3-1-4-1 | 21C. SCORPION to 3/back |
| 4. SQUONQ | 14. MUGGER (12) + RUN | 21D. WICCA |
| 5. MT. CLIMB (20) + RUN | 15. TWINKLE TOES (30) + TZN | |
| 6. HIKES | 16. MIEL'S WHEELS | |
| 7. W. GREMLIN | 17. TIPPY-TAP | |
| 8. CURL WALK 6+ | 18. MONGOOSE | |
| 9. PLATE PUSH | 19. STORK (20) + TZN | |
| 10. POUNCER (10) + RUN | 20. JACKALOPE | |



1.2
1-4
1-6
1-8
1-10

MTN2

1. SUE STEP (20) + RUN
2. SKATES
3. BANDIT (20) + RUN
4. SWAGGIN 1:1
5. SQ. JUMPS (10) + RUN
6. TALL ORDER 6+
7. XPP
8. BULLDOG
9. VENOM
10. REVIVAL

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

CAVITY

1. APE SHOOT!
2. BOR (15) + TZN
3. SHUTTLE 3-2-4-2-3-1
4. CURL PRESS 5+
5. SL INCH
6. GRIFTER (8) + SA PP
7. AMAROK
8. O-PINNED 2-1-3-1-4-1
9. MOWGLI (12) + RUN
10. PEG LEG (8) + RUN

11,22,33...10,10
1-10

C2 TO CHECKLIST

1. RDL (8) + TZN
2. CRAZY LEGS
3. BENCHED (30) + TZN
4. MONKEY
5. SUPP (10)
6. ROW STROLL 6+
7. CRAISE (20) + TZN
8. OFFERING
9. BUCKS
10. GARGOYLE



SLOPE

1123

2234

3345...

FLIPPED**1. HIGH KNEES****2. HOT COALS (11) + RUN****3. EN GARDE****4. V-STEP (11) + RUN****5. LYCAN (11) + RUN****6. HIKES****7. SAWED OFF (11) + TZN****8. SQ. JUMP (11) + RUN****9. REV BEAR****10. O-PINNED 2-1-3-1-4-1****11. FROZEN CROOK 11****11:11**

TACKLE THESE 121 TASKS (THAT'S 11X11) WHILE ALSO ADDING OR SUBTRACTING AN EXTRA REP FROM TASKS THAT ARE TYPICALLY 10 OR 12 REPS. THERE ARE MORE TASKS THAT REQUIRE YOU TO DO MORE REPS THAN FEWER, SO YOU'LL BE AWARDED (ROUGHLY) 11 POINTS FOR EVERY 10 TASKS FINISHED. FOR INSTANCE, IF SOMEONE FINISHES ONE SAPP, THAT IS THE 69TH TASK, AND WOULD BE AWARDED 66 EXTRA POINTS. FINAL SCORES WILL NOT BE EXACTLY 11 POINT INCREMENTS IN ALL CASES, BUT SHOULD BE CLOSE. PROS CAN REFER TO THE CHART ON THE FOLLOWING PAGE FOR SCORE ENTRY.

1-11
11-1

U

- 1. SL BRG SKULLS (11) + TZN**
- 2. RIBBITS (11) + RUN**
- 3. YETI**
- 4. HALO 2-1-3-1-4-1**
- 5. RAMPANT (11) + RUN**
- 6. HANG (11) + RUN**
- 7. O-B.O.R. (11) + TZN**
- 8. OGRE (11) + TZN**
- 9. VIP (11) + RUN**
- 10. TROG**
- 11. CYCLONE (11) + TZN**

HYBRID2

- | | |
|------------------------------|--------------------------------|
| 1. SKIPS | 1. RAMBO (11) + RUN |
| 2. MOWGLI (11) + RUN | 2. COALITION (11) + TZN |
| 3. SA APP | 3. BOVINE |
| 4. ROOSTER (11) + TZN | 4. RAMPAGE (11) + RUN |
| 5. COBRA (11) + PUSH | 5. PARATROOP (11) + RUN |
| 1.1 | 6. PUSH UP (11) + RUN |
| 1.1.2.2 | 7. MUGGER (11) + RUN |
| 1.1.2.2,3,3 | 8. KITCHEN SINK (11) + TZN |
| 1.1.2.2,3,3,4,4 | 9. PISTON (11) + TZN |
| 1.1.2.2,3,3,4,4,5,5 | 10. JAGGER (11) + TZN |
| | 11. MOGUL PUSH |



I22
I22344
I22344566
I22344566788

1,2 PUNCH

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

2. V-STEP (10) + RUN

3. KOBOLD

4. HIKES

5. JIGGY (20) + RUN

6. BALL N CHAIN

7. VEXUM

8. DIABLO

MOGUL PUSH, TASK
MOGUL PUSH, TASK...

MOGUL PUSH GAUNTLET

1. TORO
2. VIPER
3. SKULLS (10) + TZN
4. W. CROOK
5. TROG
6. BONSAI 3-1-4-2-4-1
7. SHOT PUT
8. REV HYDRA
9. SPD SKATES (20) + RUN
10. TRUMPET 9+

1
12
123
1234
12345

MTN

1. NEAPOLITAN
 2. RAMBO (10) + RUN
 3. STACK SHOT
 4. B. LUNGE
 5. OZARK
- 1-5, 5-1
2-4, 4-2
3,3
- EL CYCLE
1. JACKALOPE
 2. TROMBONE 6+
 3. SA P.P.
 4. RIBBITS (10) + RUN
 5. SLUSKI

11/13
45
SLOPE

Serpent Section
Finishes Here

SERPENT

Start Serpent
Section Here

1.2.3 2.3.4 3.4.5 4.5.6 MESA	1	2	3	4	5	6
	RUN	STAMPEDE	SWAGGIN I:I	JIGGY (20) + RUN	CROOK	POTTY SHOT
I-3, 4A I-3, 4B I-3, 4C REPTILIAN	QUICK FT. (20) + RUN	CRAZY LEGS	CYCLONE (12) + TZN	(4A) JAGGER (12) + RUN	(4B) PRIMATES 4-I-3-I-2-I	(4C) CURIOUS GEORGE
RED RUM	VIPER	REV VIPER	BOULDER	REV INCH	PLATE PUSH	REV PLATE PUSH
I-6 G-1 U-TURN	VIP (10) + RUN	MONTAUK	HIKES	JABBERWOCKY	MUGGER (12) + RUN	APE SHOOT!

DARK SIDE

1. B.N.C.
2. GRECO
3. SQ. JUMP (10)+RUN
4. RAMPANT (10) + RUN

SLUSKI
PETRA

KIT. SINK (10) + TZN
RAMBO (10) + RUN



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**

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

PLATONIC

REV MTN3

- 1. BULLY**
- 2. POTTY SHOT HOPS**
- 3. TROMBONE ⁶⁺**
- 4. ROW STROLL ⁶⁺**
- 5. PLATE PUSH**
- 6. TZN**
- 7. POGOTO (6) + TZN**
- 8. CURL WALK ⁶⁺**
- 9. 90° (10) + TZN**
- 10. OGRE (10) + TZN**
- 11. CYCLONE (12) + TZN**
- 12. TWEAKER ^L**

I.AA
I,2,BB
I,2,3,CC
I,2,3,4,DD
I,2,3,4,5,EE
I,2,3,4,5,FF

XION2

- A. OFFERING**
- B. JACKALOPE**
- C. PLATE SHAKE ⁹⁺**
- D. INCH WORM**
- E. SHOT PUT**
- F. VENOM**



FLEXIBILITY

UPPER BODY

CARDIO

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

START HERE →

JACOB'S LADDER

5.1. POTTY SHOTS

4. RDL (8) + TZN

3. JIGGY (20) + RUN

2. RAMPAGE (12) + RUN

5.1. RAMPANT (10) + RUN

4. CURL MADNESS 3 + PIN

3. SKULLS (10) + TZN

2. 90° (10) + TZN

5.1. STAT. SWAG (20) + TZN

4. SUE STEP (20) + RUN

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

2. STAMPEDE

1. SHUFFLE

5. TAKE OFF!

4. BOULDER

3. SA P.P.

2. GIMPY DOG

5.1. PLATE PUSH

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

3. DIABLO

2. B.N.C.

5.1. JACKALOPE

4. CURIOUS GEORGE

3. SLUSKI

2. HIKES

5.1. POTTY SHOTS

PUSH

DRAG

THROW



SLOPE

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

1. SHUFFLE
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. TROMBONE 6+
4. PRIMATES 4-1-3-1-2-1
5. RIBBITS (10) + RUN

I-18 (A-F)
I-6, I3-I8 (A,B,E,F)
I-3, I6-I8 (A,F)**CAVITY X 3****1. MONTAUK****2. SQUIBBLE****3. POTTY SHOT****4. BUCKS****5. SWASHBUCKER****6. SUICIDE 2-1-3-1-4-1****7. SA DIABLO****8. SHALO 1:1****9. STATARASQ (16) + RUN****10. CUJO** (L)**11. SL OGRE (10) + TZN****12. JACK ASS****13. TIP-TOES (20) + RUN****14. DEATH ROW 2-1-3-1-4-1****15. JACKALOPE****16. TYSONS****17. PUSH UP (10) + RUN****18. HIKES****A****B****C****D****E****F****U**I-12
I2-I**1. STORK (20) + TZN****2. MANTIS (8) + RUN****3. PIRATE****] 4. WIZARD****5. MONKEY****6. JIGGY (20) + RUN****7. APE SHOOT!****8. TOES (20) + RUN****9. 90° (10) + TZN****10. SQ. THRUST (10) + RUN****11. REV B.N.C.****12. X PP**

INTERRUPTED

MTN2

1,2
1-4
U-TURN
1-6
UPLIFT
1-8
SINAI
1-10
1-12

1. QUICK FT. (20) + RUN
2. SUE-STEP (20) + RUN
3. W. CROOK
4. **POTTY SHOT**
5. JUNKIE JUMP (8) + RUN
6. KNEELING CURL (6) + TZN
7. O-PINNED 2-1-3-1-4-1
8. GORGON + PUSH UP (8) + RUN
9. SHOT PUT
10. PABLO
11. MT. CLIMB (20) + RUN
12. PLATE PUSH

1-6
6-1 U

1. TIP-TOES (20) + RUN

2. OFFERING

3. CRAY-CRAY

4. HANG (10) + RUN

5. APE SHOOT!

6. BULLDOG

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

UPLIFT

1. AMAROK
2. ROW STROLL 6+
3. SWASHBUCKLER
4. REVIVAL

EXPLOSION SINAI

- | | | |
|---------------------|-----------------------|--|
| 2 EXPLOSIONS | 2 EXPLOSIONS | PERFORM NUMBER OF EXPLOSIONS NOTED, THEN THE FOLLOWING TASK ONCE |
| 1. KOBOLD | 4. CYCLONE (12) + TZN | |
| 2 EXPLOSIONS | 2 EXPLOSIONS | |
| 2. VEXUM | 5. TALON (6) + PUSH | |
| 2 EXPLOSIONS | 2 EXPLOSIONS | |
| 3. REV BEAR | 6. YETI | |



SLOPE

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

REPTILIAN2

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

- 6A. TROMBONE 6+
- 6B. SL GORGON (8) + RUN
- 6C. BEAR
- 6D. BULLFROG

PUSH, TASK
PUSH, TASK...

GAUNTLET

1. 3 PT. STANCE
2. CHICKIN 2-1-3-1-4-1
3. RDL (8) + TZN
4. DIABLO
5. TURKEYS
6. SKY HIGH 4-1
7. REV MASTODON
8. JIGGY (20) + RUN
9. YETI
10. STORK (20) + TZN
11. TARASQ
12. C.H.B.

I-3

2-4

3-5

4-6

5-7

6-8

7-9

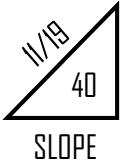
8-10

9-11

10-12

MESA

1. OFFERING
2. HANG (10) + RUN
3. MIEL'S WHEELS
4. INFINITY (20) + RUN
5. HAG
6. REV BEAR
7. SQUONQ
8. SLUSKI
9. DEATH ROW 2-3-1-4-1
10. JOUNCE 2-1-3-1-4-1
11. JACKALOPE
12. COBRA (10) + PUSH



LABYRINTH

1. BONSAI 3-1-4-2-4-1
2. TOES (20) + RUN
3. TURKEYS
4. SWAGGIN 1:1
5. PLATE SHAKE 9+
6. ALI 22+
7. ROW STROLL 6+
8. SQUONQ
9. STAMPEDE
10. GORGON (8) + RUN
MTN

A

A. VENOM

AB

B. V-STEP (10) + RUN

ABC

C. VIPER

ABCD

D. VEXUM

21. CURL WALK 6+
22. TROG

22. GALLOW 2-1-4-3-4-1
23. TYPHON
24. STACK SHOT
25. GARGOYLE
26. CURL PRESS 5+
27. ATTACK IT
28. GRECO
MESA
- ABC A. F. LUNGE
- BCD B. PARATROOP (10) + RUN
- C. BOULDER
- D. JUNKIE (8) + RUN
35. SUICIDE 2-1-3-1-4-1
36. HIKES
37. TIPPY-TAP
38. APE SHOOT!
39. EN GARDE
40. BANDIT (20) + RUN

EL CYCLE

A. BENCHED (30) + TZN

B. REV BEAR

C. BULLY

D. PUSH UP (10) + RUN

53. MT. CLIMB (20) + RUN

54. SCALAWAG

55. W. CROOK

56. MONKEY

57. TAUNTAUN

58. SUPP (10)

59. CYCLONE (12) + TZN

60. BUCKS

61. B. LUNGE

62. XPP

ABC FADED

BC A. SL INCH

B. ARACHNID

C. INCH WORM

69. SKIPS

70. YETI

71. SKY HIGH 4-1

72. W. GREMLIN

73. TARASQ

A-D, D-A U

A. NEAPOLITAN

B. RAZOR

C. BULLDOZER

D. GIMPY DOG



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

SLOPE MTN2

1. QUICK FT. (20) + RUN
2. COALITION (10) + TZN

3. BULLY
4. SQ. JUMPS (10) + RUN

5. MIEL'S WHEELS
6. LYCAN (10) + RUN

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

8. SA PP

9. SPIKES

10. REV INCH

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

VOYAGE

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

3. MOWGLI (12) + RUN

- 4A. POTTY SHOTS
- 4B. FROGS
- 4C. ENFORCER
- 4D. REV HYDRA

- 5A. STORK (20) + TZN

- 5B. GBD (15) + RUN

- 5C. KIT. SINK (10) + TZN

- 6A. MANTIS (8) + RUN

- 6B. CRAZY LEGS

- 7A. GRYPHON (8) + PUSH

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

MATTERHORN

- 3 INFINITY (20) + RUN
- 2 TROMBONE 6+
- 3 45°
- 3 BULLDOG
- 2 HALO 2-1-3-1-4-1
- 3 AMAROK
- 3 B.O.R. (15) + TZN
- 2 CRAY-CRAY
- 3 OGRE (10) + TZN
- 3 RAMBO (10) + RUN
- 2 PEG LEG (8) + RUN
- 3 XPP



SLOPE

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

1. TWO-STEP (20) + RUN

SWAGGIN 1:1

W. GREMLIN

JIGGY (20) + RUN

2. SKULLS (10) + TZN

MONGOOSE

STORK (20) + TZN

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

3. RAMPANT (10) + RUN

SAWED OFF (10) + TZN

DELAURA

V-STEP (10) + RUN

4. DIABLO

TYSONS

MIEL'S WHEELS

SLING SHOT 3-2-4-2-3-1

A. CHIMP (8) + RUN

HIKES

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

B. BEAR

GRECO

TYPHON

C. GBD (15) + RUN

SHOT PUT

TAKE OFF!



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

A. EL CYCLE

1. SUICIDE 2-1-3-1-4-1
2. SUE-STEP (20) + RUN
3. PLATE SHAKE 9+
4. V-STEP (10) + RUN

1,2
1,2,33,44
1,2,33,44,555,666

C. ZENITH

1. 90° (10) + TZN
 2. KITCHEN SINK (10) + TZN
 3. ROW STROLL 6+
 4. TROG
 5. MOWGLI (12) + RUN
 6. PRIMATES 4-1-3-1-2-1
- 1X
2X
3X

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

B. REV HYBRID2

1. XPP
2. MIEL'S WHEELS
3. FLAMINGO (6) + TZN
4. PABLO

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

D. MOLE HILLS

1. JIGGY (20) + RUN
 2. SAWED OFF (10) + TZN
 3. 3 PT. STANCE
 1. SLALOM
 2. F. LUNGE
 3. GARGOYLE
 4. QUICKSAND
 1. PUSH UP (10) + RUN
 2. AMAROK
 3. WICCA
 1. APE SHOOT!
 2. W. GREMLIN
 3. BUCKS
 4. JACK-ASS
- (L)



1233
2344
3455
4566...

RIPPLED

1. TWO-STEP (20) + RUN
2. TURKEYS
3. SKIPS
4. PLATE SHAKE 9+
5. RAMBO (10) + RUN
6. YIKES!
7. PINNED 2-1-3-1-4-1
8. NEAPOLITAN
9. GORGON (8) + RUN
10. CROAKIN

12345
2345
345
45
5

FADED

1. SKY HIGH 4-1
2. KNEELING CURL (6) + TZN
3. MIEL'S WHEELS
4. JIGGY (20) + RUN
5. PRIMATES 4-1-3-1-2-1

1-4

4-1

2,3

3,2

EL CYCLE

1. REV PLATE PUSH
2. 3 PT. STANCE
3. MOGUL (20) + RUN
4. JUNKIE JUMP (8) + RUN

PERFORM AS A CHECKLIST DOING EACH TASK THE NUMBER OF TIMES LISTED. PATTERN REMAINS CONSISTENT THROUGHOUT.

MATTERHORN

- 2 WARRIOR
- 2 MT. CLIMB (20) + RUN
- 1 ABD. JANGLE LEG 3

- 2 CYCLONE (12) + TZN
- 2 SKUFFLE
- 1 VIPER

- 2 KOBOLD
- 2 ABD. FLAMINGO (6) + TZN
- 1 THRUST TO FROG

- 2 W. GREMLIN
- 2 SL BRDG SKULLS (10) + TZN
- 1 ANACONDA

- 2 ABD. PUSH UP (8) + RUN
- 2 BOVINE
- 1 PLATE PUSH

WARM UP
CHECKLIST(3)
 1. BONSAI 3-1-4-2-4-1
 2. STAMPEDE
 3. INFINITY (20) + RUN
 4. SWAGGIN 1:1

A. CRANBERRY SAUCE

1. TRIFECTA! 6+
2. CURL PRESS 5+
3. RIBBITS (10) + RUN
4. PARATROOP (10) + RUN

B. MASHED POTATOES

1. LYCAN (10) + RUN
2. ALI 22+
3. SQ. JUMP (10) + RUN
4. MUGGER (10) + RUN

C. CORN

1. OGRE (10) + TZN
2. RAMP UP (8)+RUN
3. SL MANTIS (8) + RUN
4. O-BOR (10) + TZN

D. YAMS

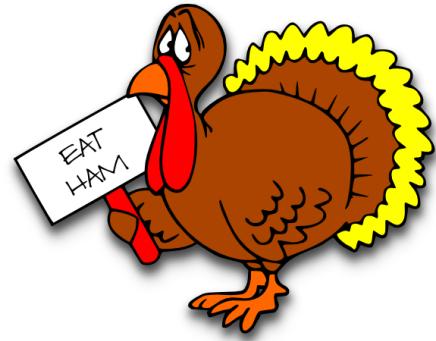
1. X PP
2. BEAR
3. NO GIMMIES
4. SA PP

E. STUFFING

1. BULLFROG
2. SHOT PUT
3. W. LUNGE
4. BOULDER

F. GRAVY

1. TIPPY-TAP
2. CROOK
3. W. GREMLIN
4. TYSONS

THE FEAST 9.0**G. GREEN BEAN CASSEROLE**

1. RDL (8) + TZN
2. JACKAL
3. 90° (10) + TZN
4. CRAY-CRAY

H. PUMPKIN PIE

1. SNUFF BOX
2. GROOTSLANG
3. CUJO (L)
4. VOODOO (L)

I. TURKEY

1. TURKEY
2. TURKEY
3. TURKEY
4. TURKEY

START WITH THE CHECKLIST(3) WARM UP.

PICK ONE TASK FROM EACH CATEGORY AND PERFORM IT ONCE. GO IN ORDER BY CATEGORY (A-I).

SECOND TIME THROUGH CHOOSE A DIFFERENT TASK IN EACH CATEGORY, DO IT TWICE.

REPEAT 3X PER TASK. REPEAT 4X PER TASK.

EXCEPT FOR TURKEYS, REPEATING A TASK LATER IN THE WORKOUT IS PROHIBITED.

WARM UP

CHECKLIST(3)

1. BONSAI 3-1-4-2-4-1
2. STAMPEDE
3. INFINITY (20) + RUN
4. SWAGGIN 1:1

LEFTOVERS

A. CRANBERRY SAUCE

1. TRIFECTA! 6+
2. CURL PRESS 5+
3. RIBBITS (10) + RUN
4. PARATROOP (10) + RUN

D. YAMS

1. X PP
2. BEAR
3. NO GIMMIES
4. SA PP

B. MASHED POTATOES

1. LYCAN (10) + RUN
2. ALI 22+
3. SQ. JUMP (10) + RUN
4. MUGGER (10) + RUN

E. STUFFING

1. BULLFROG
2. SHOT PUT
3. W. LUNGE
4. BOULDER

C. CORN

1. OGRE (10) + TZN
2. RAMP UP (8)+RUN
3. SL MANTIS (8) + RUN
4. O-BOR (10) + TZN

F. GRAVY

1. TIPPY-TAP
2. CROOK
3. W. GREMLIN
4. TYSONS

G. GREEN BEAN CASSEROLE

1. RDL (8) + TZN
2. JACKAL
3. 90° (10) + TZN
4. CRAY-CRAY

H. PUMPKIN PIE SAME WORKOUT AS YESTERDAY? TRY A NEW ROUTE!

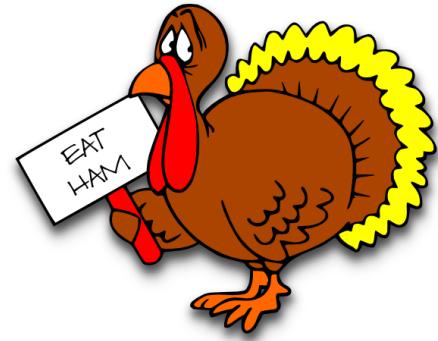
START WITH THE CHECKLIST(3) WARM UP.

PICK ONE TASK FROM EACH CATEGORY AND PERFORM IT ONCE. GO IN ORDER BY CATEGORY (A-I).

SECOND TIME THROUGH CHOOSE A DIFFERENT TASK IN EACH CATEGORY, DO IT TWICE.

REPEAT 3X PER TASK. REPEAT 4X PER TASK.

EXCEPT FOR TURKEYS, REPEATING A TASK LATER IN THE WORKOUT IS PROHIBITED.





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

EXPANDING

1. GATOR TO 3

2. SAPP

3. TOES (20) + RUN

4. RAMBO (10) + RUN

5. SWAGGIN 1:1

6. APE SHOOT!

7. REV BULLDOG

8. TYSONS

9. SKULLS (10) + TZN

10. JOHNNY APPLESEED

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

CU2

1. SHOT PUT

2. FLAMINGO (6) + TZN

3. PEG LEG (8) + RUN

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

5. OGRE (10) + TZN

6. W. CROOK

7. REV B.N.C.

8. POTTY SHOT

9. GALLOW 2-1-4-3-4-1

10. BOVINE



SLOPE

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

MTN3

1. HOT COALS (10) + RUN
2. HIGH Xs
3. SWAGGIN 1:1

4. SQ. JUMP (10) + RUN
5. VIP (10) + RUN
6. TROMBONE 6+

7. BAYOK (6) + RUN
8. SCALAWAG
9. HALO 2-1-3-1-4-1

10. VENOM
11. REV PLATE PUSH
12. SUPP 10

IN A CHECKLIST FORMAT PERFORM
EACH TASK NUMBER OF TIMES NOTED.
PATTERN REMAINS CONSISTENT THROUGHOUT.

I-I2
I2-I

U

MATTER HORN

- 1 TRIFECTA! 6+
- 2 SPIKES
- 3 MOGUL (20) + RUN

- 1 BOULDER
- 2 OGRE (10) + TZN
- 3 MONTAUK

- 1 STACK SHOT
- 2 CHICKIN 2-1-3-1-4-1
- 3 TAKE OFF!

- 1 BUZZARD
- 2 AMAROK
- 3 BULLY

- 1 SLAP JACK
- 2 SPEED SKATES (20) + RUN
- 3 REV GARGOYLE

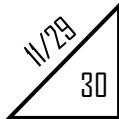
1. ALT. SQUONQ
2. HIKES
3. CRAZY LEGS
4. SKY HIGH 4-1
5. TYPHON
6. CURL PRESS 5+
7. 45°
8. VEXED (10) + RUN
9. SL INCH
10. GALLOW 2-1-4-3-4-1
11. B.O.R. (15) + TZN
12. DENSER 2-1-3-1-4-1

1-3

1-3, 4-6, 4-6

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

MT. NEVERLIST**1. QUICK FT. (20) + RUN****2. SKATES****3. W. GREMLIN****4. COALITION (10) + TZN****5. MIEL'S WHEELS****6. HIKES****7. SKULLS (10) + TZN****8. OGRE (10) + TZN****9. STATAROG (10) + RUN****1X****2X****3X**PERFORM AS A MTN DOING EACH
TASK NUMBER OF TIMES INDICATED.**CHASM****1 JAGGER (12) + RUN****2 V-STEP (10) + RUN****1 MONGOOSE****2 CYCLONE (12) + TZN****1 REV INCH****2 STAMPEDE**TWISTED,
TASK,
TWISTED,
TASK...**TWISTED GAUNTLET****1. YETI****2. CRAISE (20) + TZN****3. INFINITY (20) + RUN****4. SHALO 1:1****5. SKUFFLE****6. WICCA****7. RIBBITS (10) + RUN****8. ABD. MANTIS (8) + RUN****9. YAK****10. SQUANTOES (20) + RUN****11. RDL (8) + TZN****12. STROW 1:1****13. TURKEY****14. MONTAUK**



SLOPE

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

Relapse Relapse

- A. RELAPSE**
1. **TOES (20) + RUN**
 2. **MOGUL (20) + RUN**
 3. **SAPP**
 4. **45°**

B. MINI BOOMMERANG

1

2

3

4

D	STACK SHOT	NO GIMMIES	JACKAL	RIBBITS (10) + RUN
C	VENOM	MONGOOSE	KOD (20) + TZN	LYCAN UP (10) + RUN
B	BEAR	ALI 22+	BUCKS	SNUFF BOX
A	SQUONQ	STORK (20) + TZN	BULLY	BONSAI 3-1-4-2-4-1

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

- C. FLIPPED**
1. **BAYOK (6) + RUN**
 2. **DENSER 2-1-3-1-4-1**
 3. **GALLOW 2-1-4-3-4-1**
 4. **RAZOR**
 5. **SKULLS (10) + TZN**
 6. **TIP-TOES (20) + RUN**
 7. **TARASQ**
 8. **SLING SHOT 3-2-4-2-3-1**
 9. **TURKEY**
 10. **WICCA**

Perform each task once and in the following order:
 Start with Squonq in box A1, move upwards and over completing all the tasks in red until you reach D4.
 Then, do the same thing for the tasks in green, starting at A2 and ending at C4. Then do the same for blue from A3 to B4. Then, perform Bonsai twice, and "BooMMerang" your way back to the beginning by reversing the order: B4 – A3, C4 – A2, D4 – A1.



ZEN-LISTS

1. QUICK FT. (20) + RUN
2. SKATES
3. KAMIKAZE 4-3-4-2-4-1-4-1

4. RAMBO (10) + RUN
5. MIEL'S WHEELS
6. YIKES!

7. BENCHED (30) + TZN
8. JUNKIE JUMP (8) + RUN
9. PRIMATES 4-1-3-1-2-1

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

EL CYCLE

1. CRAISE (20) + TZN
2. ROW STROLL 6+
3. SKY-HIGH 4-1
4. VITRIOL ⊖

IX
2X
3X

III
222
333...

CENTAUR3

1. TYSON
2. BOULDER
3. KOBOLD
4. BULLY
5. JACKAL
6. JIGGY (20) + RUN
7. LUMBERJACK (8) + RUN
8. TORO

II223344
II2233
II22
II

REV HYBRID2

1. SWASHBUCKLER
2. YETI
3. 90° (10) + TZN
4. SLING SHOT 3-2-4-2-3-1

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