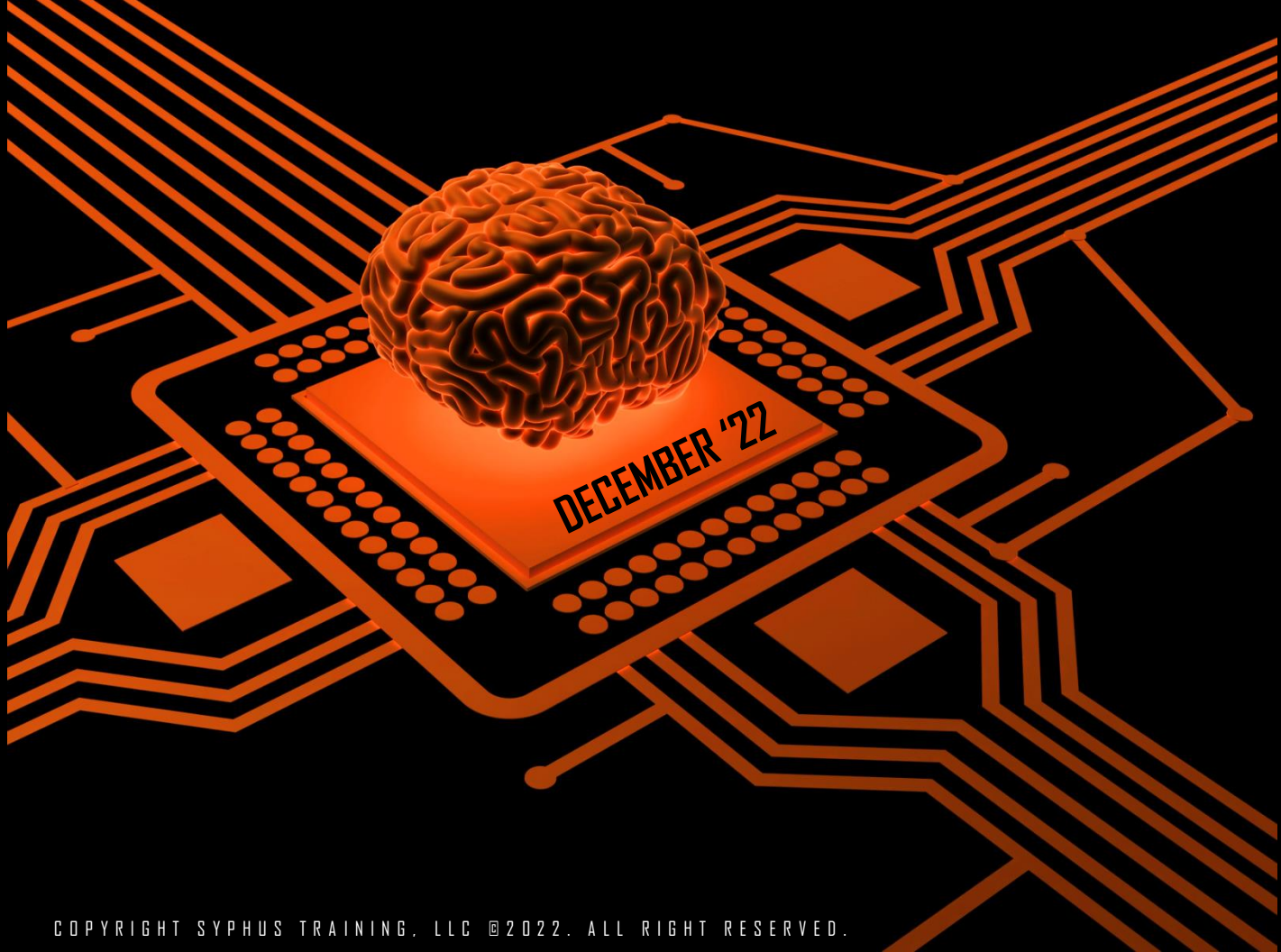
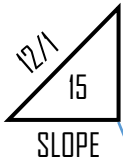


M
O
T
H
E
R
B
O
A
R
D





HOW TO READ THE MOTHERBOARD

Circuit keys show the order in which to perform tasks.

The date of this Motherboard and the SLOPE difficulty rating.

Circuit title.

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

HYBRID2

MESA2

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

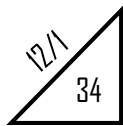
EQUALATERAL

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

Minimum rep count indicator; used for certain traveling tasks.

"Ladder Tasks are indicated by this symbol.



SLOPE

MTN2

1-2
1-4
1-6
1-8
1-10
1-12

1. GALLOW 2-1-4-3-4-1
2. HOT COALS (10) + RUN

3. BANDIT (20) + RUN
4. BULLY

5. SAWED OFF (10) + TZN
6. YIKES!

7. BOVINE
8. XPP

- 9 TORO

10. SLAP JACK

11. YETI
12. WICCA

1
121
12321
1234321
123454321

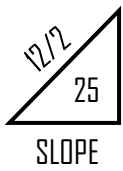
UPLIFT

1. TWO-STEP (20) + RUN
2. BENCHED (30) + TZN
3. BUCKS
4. REV PLATE PUSH
5. TAUNTAUN

1-10
10-1

U

1. BULLFROG
2. POTTY SHOT
3. STAMPEDE
4. STORK (20) + TZN
5. VEXED (10) + RUN
6. SUPP 10
7. GARGOYLE
8. JIGGY (20) + RUN
9. CYCLONE (12) + TZN
10. TWISTED



12
123344
12334455556666
1233445555666677778888

ZENITH

1. SUICIDE 2-1-3-1-4-1
2. SWAGGIN 1:1

3. MT. CLIMB (20) + RUN
4. SQ. JUMPS (10) + RUN

5. INFINITY (20) + RUN
6. PLATE PUSH

7. BALL N CHAIN
8. ALI 22+

1X

2X

3X

4X

111.222.333.444,
555.666.777.888

CENTAUR3

1. PEG LEG (8) + RUN
2. APE SHOOT!
3. PUSH UP (10) + RUN
4. KOBOLD
5. VIP (10) + RUN
6. RDL (8) + TZN
7. W. GREMLIN
8. OGRE (10) + TZN

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

REPTILIAN2

1. SQUONQ
2. MOGUL PUSH
3. ROW STROLL 6+
4. AMAROK
5. 90°(10) + TZN
- 6A. PROWLER (L)
- 6B. SAPP
- 6C. REV INCH
- 6D. SHOT PUT

DUNK TANK

1. HOT COALS (10) + RUN
2. BONSAI 3-1-4-2-4-1
3. PLATE SHAKE 9+
4. SUE STEP (20) + RUN
5. ALI 22+
6. KOBOLD
7. LYCAN UP (10) + RUN
8. HIKES
9. CYCLONE (12) + TZN
10. SA P.P.
11. GRAISE (20) + TZN
12. VENOM
13. POTTY SHOTS
14. RAMBO (10) + RUN
15. BOVINE
16. TWISTED
17. DELAURA
18. DIABLO
19. SHWAGGIN 1:1
20. W. CROOK
21. REV HYDRA
22. HALO 2-1-3-1-4-1
23. TYPHON
24. GBD (15) + RUN
25. APE SHOOT!
26. ATTACK IT
27. SKUFFLE
28. HANG (10) + RUN
29. MONGOOSE
30. TAKE OFF!

A

25. WARRIOR

26. REV VIPER

27. JIGGY (20) + RUN

28. BULLY

29. REVIVAL

30. MOGUL PUSH

25. VEXED (10) + RUN

26. POUNCER (10) + RUN

27. TARASQ

28. JAGGER (12) + RUN

29. RESURRECTION

30. GIMPY DOG

25. 45°

26. TURKEYS

27. BOR (15) + TZN

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

29. MONGOOSE

30. TAKE OFF!

C



SLOPE

1-4
1-8
1-12

MTN4

1. GALLOW 2-1-4-3-4-1
2. SWAGGIN 1:1
3. MOGULS (20) + RUN
4. W. GREMLIN
5. MUGGER (12) + RUN
6. TRUMPET 9+
7. MIEL'S WHEELS
8. PLATE PUSH
9. SPIKES
10. INCH WORM
11. CHICKIN 2-1-3-1-4-1
12. PRIMATES 4-1-3-1-2-1

1
122
12333
1234444
123455555

VERTEX

1. SLING SHOT 3-2-4-2-3-1
2. CURL WALK 6+
3. REV BULLDOG
4. F. LUNGE
5. BUTT KICKS

1-6
1-6

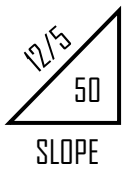
CHECKLIST(2)

1. SHALD 1:1
2. DENSER 2-1-3-1-4-1
3. REV BOVINE
4. MR. ATLAS
5. APE SHOOT!
6. ALT. SQUONQ

1-10
10-1
1-10

W

1. RAZOR
2. REV BEAR
3. TIP-TOES (20) + RUN
4. RAMP UP (8) + RUN
5. JACKAL
6. REV MASTODON
7. KAMIKAZE 4-3-4-2-4-1-4-1
8. YETI
9. REV B.N.C.
10. MOWGLI (12) + RUN



- 2 EN GARDE
- 2 MT. CLIMB (20) + RUN
- 1 **TOES (20) + RUN**

- 2 VEXED (10) + RUN
- 2 TROMBONE 6+
- 1 **XPP**

- 2 TURKEYS
- 2 CYCLONE (12) + TZN
- 1 **RIBBITS (10) + RUN**

- 2 MANTIS (8) + RUN
- 2 OFFERING
- 1 **GROWLER**

- 2 NEAPOLITAN
- 2 F. LUNGE
- 1 **BONSAI 3-1-4-2-4-1**

- 2 SL PUSH UP (10) + RUN
- 2 B.O.R. (15) + TZN
- 1 **MASTODON**

- 2 VENOM
- 2 SKULLS (10) + TZN
- 1 **COALITION (10) + TZN**

- 2 REV VIPER
- 2 0-PINNED 2-1-3-1-4-1
- 1 **BUZZARD**

- 2 BUCKS
- 2 TROG
- 1 **ARACHNID**

- 2 SUPP 10
- 2 BANDIT (20) + RUN
- 1 **THRASHER**

- 2 AMAROK
- 2 CRAISE (20) + TZN
- 1 **OGRE (10) + TZN**

- 2 TYSONS
- 2 STACK SHOT
- 1 **MONTAUK**

- 2 CRAY-CRAY
- 2 VIP (10) + RUN
- 1 **OZARK**

- 2 BULLY
- 2 TYPHON
- 1 **SLUSKI**

- 2 HANG (10) + RUN
- 2 INCH WORM
- 1 **JIGSAW**

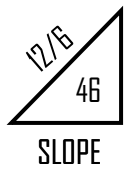
- 2 SA PP
- 2 GBD (15) + RUN
- 1 **BENCHED (30) + TZN**

- 2 GRIFTER (8) + SA PP
- 2 GARGOYLE
- 1 **SKIPS**

MATTERHORN

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

PATTERN REMAINS CONSISTENT THROUGHOUT.



- 1 AA
- 12 BB
- 123 CC
- 1234 DD
- 12345 EE
- 123456 FF

XION2

PP, TASK
PP, TASK...
1-8, 1-8

- | | |
|-------------------------|-------------------------|
| 1. QUICK FT. (20) + RUN | A. SWAGGIN 1:1 |
| 2. GALLOP 2-1-4-3-4-1 | B. PLATE SHAKE 9+ |
| 3. BANDIT (20) + RUN | C. HIKES |
| 4. FLAMINGO (6) + TZN | D. BULLDOG |
| 5. VENOM | E. B. LUNGE |
| 6. REVIVAL | F. KIT. SINK (10) + TZN |

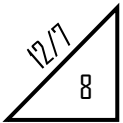
GAUNTLET(2)

1. BUZZARD
2. HALO 2-1-3-1-4-1
3. VIPER
4. BAYOK (6) + RUN
5. O-PINNED 2-1-3-1-4-1
6. INCH WORM
7. SL OGRE (10) + TZN
8. SHOT PUT

1-20

CHECKLIST

- | | | | |
|------------------------|-----------------------|----------------------|------------------------|
| 1. HELLION | 6. YETI | 11. BULLDOZER | 16. HAMSTRUNG |
| 2. CROAKIN | 7. TURKEYS | 12. BOVINE | 17. RIBBITS (10) + RUN |
| 3. SLAP JACK | 8. W. LUNGE | 13. JIGGY (20) + RUN | 18. MASTODON |
| 4. SUICIDE 2-1-3-1-4-1 | 9. BENCHED (30) + TZN | 14. POTTY SHOT HOPS | 19. SCORPION TO 3/BACK |
| 5. VEXED (10) + RUN | 10. RDL (8) + TZN | 15. SA PP | 20. XPP |



SLOPE

MTN2

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

EXPANDING

- 11 22 33 4A
- 11 22 33 4B
- 11 22 33 4C
- 11 22 33 4D

- 1,2
- 1-4
- 1-6
- 1-8
- 1-10
- 1-12

1. SUE-STEP (20) + RUN
2. SHUTTLE 3-2-4-2-3-1

3. BULLY
4. HANG (10) + RUN

5. INFINITY (20) + RUN
6. LYCAN (10) + RUN

7. TROG
8. BEAR

9. PABLO
10. MIEL'S WHEELS

11. SUPP 10
12. REV HYDRA

1. JACKALOPE
2. ARACHNID
3. GBD (15) + RUN
4. TAUNTAUN
5. RIBBITS (10) + RUN
6. MANTIS (8) + RUN
7. CURL WALK 6+
8. MONTAUK
9. THRASHER
10. BONSAI 3-1-4-2-4-1

CEPTILIAN2

1. REV GROWLER
2. TYSONS
3. RAMBO (10) + RUN

- 4A. DEVASTATOR 6
- 4B. WICCA
- 4C. GATOR TO 3
- 4D. PRIMATES 4-1-3-1-2-1



1-15,
15-1 U

1. GALLOW 2-1-4-3-4-1
2. SWAGGIN 1:1
3. MT. CLIMB (20) + RUN
4. VIP (10) + RUN
5. XPP
6. SQ. JUMPS (10) + RUN
7. GORGON (8) + RUN
8. HIKES
9. W. CROOK
10. KOBOLD
11. F. LUNGE
12. CHIMP (8) + RUN
13. JIGGY (20) + RUN
14. POTTY SHOT HOPS
15. PRIMATES 4-1-3-1-2-1

MONTAUK, TASK
DENSER, TASK...

ALTERNATING GAUNTLET

1. DEVIL
2. TRUMPET 9+
3. OGRE (10) + TZN
4. SKULLS (10) + TZN
5. VEXUM
6. HALO 2-1-3-1-4-1
7. STAMPEDE
8. TYPHON
9. CROOKED BULLY
10. SLUSKI

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

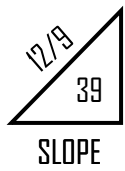
REV MTN3

1. RDL (8) + TZN
2. B.O.R. (15) + TZN
3. AMAROK

4. OFFERING
5. SQUONQ
6. GRYPHON (8) + PUSH

7. BANDIT (20) + RUN
8. SKY HIGH 4-1
9. BOULDER

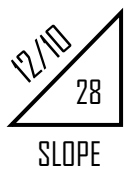
10. TURKEYS
11. JACK BOX
12. REV SCORPION TO 3/BACK



1-30
1-30
1-30

CHECKLIST(3)

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. TOES (20) + RUN
3. HOT COALS (10) + RUN
4. ALI 22+
5. BULLY
6. ROW STROLL 6+
7. TROMBONE 6+
8. MUGGER (12) + RUN
9. MOWGLI (12) + RUN
10. VIP (10) + RUN
11. PLATE PUSH
12. SAPP
13. XPP
14. HIKES
15. POTTY SHOT
16. APE SHOOT!
17. RIBBITS (10) + RUN
18. SQ. JUMPS (10) + RUN
19. JUNKIE (8) + RUN
20. BOVINE
21. GARGOYLE
22. SL RESURRECTION
23. O-PINNED 2-1-3-1-4-1
24. CHICKIN 2-1-3-1-4-1
25. DEATH ROW 2-1-3-1-4-1
26. INCH WORM
27. ARACHNID
28. SL INCH
29. W. CROOK
30. PRIMATES 4-1-3-1-2-1



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

FILLING

1. QUICK FT. (20) + RUN
2. KOBOLD
3. TWINKLE TOES (30) + TZN
4. STAT TYSON (20) + RUN
5. QUICKSAND Ⓛ
6. SHALD 1:1
7. SAWED OFF (10) + TZN
8. CURL PRESS 5+
9. ALT. SQUONQ
10. SWAGGIN 1:1

1-7
1-8
1-9
1-10

MID-POINT MTN

1. TAKE OFF!
2. CYCLONE (12) + TZN
3. POTTY SHOT
4. V-STEP (10) + RUN
5. BULLDOG
6. JAGGER (12) + RUN
7. KIT. SINK (10) + TZN
8. REV GARGOYLE
9. DIABLO
10. BUTT KICKS

1-12
4-12
7-12
9-12

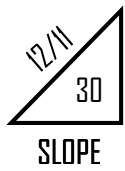
FADED3

1. PETRA
2. RAMPAGE (12) + RUN
3. YIKES!

4. HAG 1:1
5. VIPER
6. MOGUL (20) + RUN

7. B. LUNGE
8. EN GARDE
9. TORO

10. VENOM
11. TRUMPET 9+
12. NEAPOLITAN



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

1. W. GREMLIN
 2. RAMPANT (10) + RUN
 3. ROW STROLL 6+
-

1. ALT. SQUONK
 2. MOWGLI (12) + RUN
 3. YIKES!
-

1. BANDIT (20) + RUN
 2. MOGUL PUSH
 3. VIPER
-

1. SL BRDG BENCH (15) + TZN
 2. SKY HIGH 4-1
 3. SQUIBBLE
-

1. PINNED 2-1-3-1-4-1
 2. COALITION (10) + TZN
 3. YETI
-

1. CYCLONE (12) + TZN
 2. MASTODON
 3. DIABLO
-

1. TIP-TOES (20) + RUN
 2. STAMPEDE
 3. OGRE (10) + TZN
-

1. VENOM
 2. TARASQ
 3. GALLOW 2-1-4-3-4-1
-

1. BULLY
 2. POTTY SHOT
 3. JOUNCE 2-1-3-1-4-1
-

1. SPD SKATES (20) + RUN
 2. PISTON (10) + TZN
 3. ALI 22+
-

1. REV HYDRA
 2. BALL N CHAIN
 3. RAMBO (10) + RUN
-

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

1. PLATE PUSH
 2. V-STEP (10) + RUN
 3. REVIVAL
-

1. SHUTTLE 3-2-4-2-3-1
 2. JACKAL
 3. BULLFROG
-

MOLE HILLS

1
12
123
1
12
123...



INTERRUPTED MTN2

1. HOT COALS (10) + RUN
2. SKATES

3. PLATE SHAKE 9+
4. BANDIT (20) + RUN

5. SPIKES
6. B. LUNGE

7. ARACHNID
8. BAYOK (6) + RUN

9. VOODOO (L)

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

11. FLAMINGO (6) + TZN

12. TAKE OFF!

1,2
1-4
1-6. VERTEX
1-8. C3
1-10, UPLIFT
1-12

1
122
12333
1234444

VERTEX

1. HANG (10) + RUN
2. GRECO
3. PUSH UP (10) + RUN
4. ANY PUSH

C3

(MUST REPEAT THE SAME 4X)

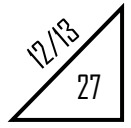
1. TAUNTAUN
2. SA PP
3. GALLOW 2-1-4-3-4-1
4. SCALAWAG

III
222
333
444

1
121
12321
1234321

UPLIFT

1. CRAY-CRAY
2. REV PLATE PUSH
3. CURIOUS GEORGE
4. SKY HIGH 4-1



REPTILIAN n+n

- 1. BONSAI 3-1-4-2-4-1
- 2. TURKEYS
- 3. V-STEP (10) + RUN
- 4. CURL WALK 6+
- 5. LYCAN (10) + RUN
- 6. SUE STEP (20) + RUN
- 7. HIKES
- 8. JAGGER (12) + RUN
- 9A. ENFORCER
- 10A. STORK (20) + TZN
- 9B. OGRE (10) + TZN
- 10B. COBRA (10) + PUSH
- 9C. OFFERING
- 10C. POTTY SHOTS

1-8, 9A 10A
 1-8, 9B 10B
 1-8, 9C 10C

SLOPE

1
 12
 123
 1234

MTN

- 1. APE SHOOT!
- 2. SUPP 10
- 3. REV BULLDOG
- 4. PEG LEG (8) + RUN

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

EL CYCLE

- 1. PABLO
- 2. STAMPEDE
- 3. PRIMATES 4-1-3-1-2-1
- 4. SQUANTOES (20) + RUN
- 5. RDL (8) + TZN

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

CHECKLIST to C2

- 1. TAUNTAUN
- 2. GBD (15) + RUN
- 3. BOULDER
- 4. TIP-TOES (20) + RUN
- 5. MUGGER (12) + RUN
- 6. TWO STEP (20) + RUN
- 7. VIPER
- 8. WARRIOR
- 9. SHOT PUT
- 10. AMAROK



SLOPE

1-15
15-1

U

1. SUICIDE 2-1-3-1-4-1
2. MT. CLIMB (20) + RUN.
3. TURKEYS
4. BULLY
5. TOES (20) + RUN
6. W. GREMLIN
7. GORGON (8) + RUN
8. HIKES
9. BULLDOG
10. PLATE PUSH
11. POTTY SHOT
12. RIBBITS (10) + RUN
13. TALL ORDER 6+
14. BUCKS
15. MONKEY

1
112

111223
1111222334

AND1

1. PINNED 2-1-3-1-4-1
2. YETI
3. JUNKIE (8) + RUN
4. GBD (15) + RUN

FADED2

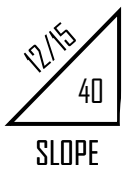
1-8
3-8
5-8
7,8

1. PETRA
2. VIP (10) + RUN
3. STORK (20) + TZN
4. THRASHER
5. BUZZARD
6. BEAR
7. SLAP JACK
8. REV VIPER

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

REPTILIAN3

1. BONSAI 3-1-4-2-4-1
 2. SKY HIGH 4-1
 3. RDL (8) + TZN
 4. MONTAUK
-
- 5A. VENOM
 - 5B. SPIKES
 - 5C. DELAURA



SINAI SPEED BUMPS

PERFORM THE CHECKLIST AND THEN PERFORM 5
"EXPLOSIONS" WHICH IS AN ALL OUT SPRINT.

1-25, EXPLOSIONS 5X
1-25, EXPLOSIONS 5X
1-25, EXPLOSIONS 5X

1. EN GARDE
2. TYSONS
3. W. CROOK
4. STAT SWAG (20) + TZN
5. INFINITY (20) + RUN
6. W. GREMLIN
7. BULLY
8. K.O.D. (20) + TZN
9. MIEL'S WHEELS
10. SQ. THRUST (10) + RUN
11. MANTIS (8) + RUN
12. JIGGY (20) + RUN
13. XPP
14. BUCKS
15. POTTY SHOT
16. STATARASQ (16) + RUN
17. TORO
18. O-B.O.R. (10) + TZN
19. JUNKIE (8) + RUN
20. BOVINE
21. CYCLONE (12) + TZN
22. FLYING JACKAL
23. W. LUNGE
24. INCH WORK
25. REV BEAR

EXPLOSIONS 5X



SLOPE

EXPANDING by 3's

13-18

10-21

7-24

4-27

1-30

1. REV INCH

2. MIEL'S WHEELS

3. STACK SHOT

4. BUCKS

5. MUGGER (12) + RUN

6. TWO STEP (20) + RUN

7. SCALAWAG

8. RAMP UP (8) + RUN

9. SA DIABLO

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

11. FLAMINGO (6) + TZN

12. W. GREMLIN

13. QUICK FT. (20) + RUN

14. SWAGGIN 1:1

15. EN GARDE

16. BULLY

17. V-STEP (10) + RUN

18. RIBBITS (10) + RUN

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

20. MONKEY

21. KIT. SINK (10) + TZN

22. THRASHER

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

24. 313

25. BEAR

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

27. OGRE (10) + TZN

28. JIGSAW

29. REV BULLDOG

30. RAZOR



SLOPE

1-12

12-1

U

1. BONSAI 3-1-4-2-4-1
2. SUE STEP (20) + RUN
3. MT. CLIMB (20) + RUN
4. TROMBONE 6+
5. HIKES
6. BANDIT (20) + RUN
7. KOBOLD
8. ROW STROLL 6+
9. MONTAUK
10. SA PP
11. TWINKLE TOES (30) + TZN
12. POGOTO (6) + TZN

123454321

1234321

12321

121

1

DOWNSHIFT

1. STAMPEDE
2. LYCAN UP (10) + RUN
3. RAMPAGE (12) + RUN
4. CYCLONE (12) + TZN
5. MATTADOR (L)

1-4, 5A

1-4, 5B

1-4, 5C

REPTILIAN

1. PLATE PUSH
2. YETI
3. REV PLATE PUSH
4. APE SHOOT!
- 5A. GATOR TO 3
- 5B. PEG LEG (8) + RUN
- 5C. CRAISE (20) + TZN

122

122344

1223445666

1,2 PUNCH

1. DELAURA
2. SPIKES
3. STORK (20) + TZN
4. MONGOOSE
5. SLUSKI
6. MIM 3-2-4-2-3-1

12/18
33

SLOPE

DREIDEL DREIDEL DREIDEL

Mad hatter workout, with a spin! When you arrive at the mad hatter section, spin your dreidel and perform the corresponding task 3x. Repeats are allowed. NEW tasks in pink, see Joe M. for demo.

B EL CYCLE

- 1. TURKEYS
- 2. VEXUM
- 3. HALO MARCH (20) + TZN
- 4. XPP
- 5. YETI

A

MTN2

- 1. BONSAI 3-1-4-2-4-1
- 2. MOGUL (20) + RUN

- 3. PLATE SHAKE 9+
- 4. TOES (20) + RUN

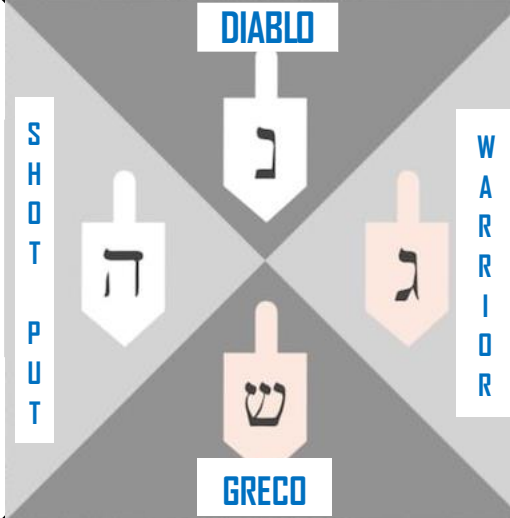
- 5. CURL WALK 6+
- 6. SQ. JUMP (10) + RUN

- 7. MT. CLIMB (20) + RUN
- 8. BUCKS

C

H

- 1. SPD SKATES (20) + RUN
- 2. JAGGER (12) + RUN
- 3. FROGREMLIN 4(6)+ RUN
- 4. KOBOLD
- 5. CYCLONE (12) + TZN
- 6. REV BULLDOG
- 7. APE SHOOT!
- 8. MONGOOSE



D

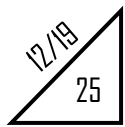
VERTEX

- 1. SUICIDE 2-1-3-1-4-1
- 2. CRAISE (20) + TZN
- 3. SPIKES
- 4. PRIMATES 4-1-3-1-2-1

KEY:

- A, Dreidel
- B, Dreidel
- C, Dreidel
- D, Dreidel

See your turf for circuit keys



SLOPE

CUL-DE-SACS

1-10
EL CYCLE
10-1

U

1. EN GARDE
2. TOES (20) + RUN
3. GALLOW 2-1-4-3-4-1
4. MOGULS (20) + RUN
5. BULLY
6. TWO STEP (20) + RUN
7. MONTAUK
8. SQ. JUMP (10) + RUN
9. KNEEL CURL (6) + TZN
10. ROW STROLL 6+

1-4, 4-1
2332

EL CYCLE

1. PUSH UP (10) + RUN
2. RAMBO (10) + RUN
3. KOBOLD
4. PLATE PUSH

1-10
MTN
10-1

U

1. REV BULLDOG
2. STAMPEDE
3. YETI
4. TIP-TOES (20) + RUN
5. PINNED 2-1-3-1-4-1
6. BENCHED (30) + TZN
7. B. LUNGE
8. SUPP 10
9. GARGOYLE
10. SUICIDE 2-1-3-1-4-1

1
12
123
1234

MTN

1. MOGUL PUSH
2. SAWED OFF (10) + TZN
3. BUCKS
4. PROWLER (L)

1-10
FADED
10-1

U

1. TAUNTAUN
2. MT. CLIMB (20) + RUN
3. VEXED (10) + RUN
4. REV BALL N CHAIN
5. DEATH ROW 2-3-1-4-1
6. SKATES
7. W. GREMLIN
8. HANG (10) + RUN
9. COBRA (10) + PUSH
10. INFINITY (20) + RUN

1-4
2-4
3,4
4

FADED

1. SL RESURRECTION
2. THRUST TO FROG
3. CYCLONE (12) + TZN
4. XPP



SLOPE

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

MTN2

1. BONSAI 3-1-4-2-4-1
2. MT. CLIMB (20) + RUN
3. TRUMPET 9+
4. V-STEP (10) + RUN
5. HIKES
6. KOBOLD
7. STORK (20) + TZN
8. TWISTED
9. INCH WORM
10. ROOTED GROOT (8) + PUSH

1
122
122333
1223334444

MT. NEVEREST

- 1X DIABLO
- 2X POTTY SHOT
- 3X ANY CRAWL
- 4X 45°

1-5
1-5
1-5

CHECKLIST(3)

1. GRECO
2. SLAP JACK
3. JIGGY (20) + RUN
4. MANTIS (8) + RUN
5. DENSER 2-1-3-1-4-1

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

REV MTN3

1. HAG 1:1
2. TYSONS
3. CRAZY LEGS
4. SWAGGIN 1:1
5. BANDIT (20) + RUN
6. GALLOW 2-1-4-3-4-1
7. TORO
8. AMAROK
9. ANACONDA
10. KIT. SINK (10) + TZN
11. OZARK
12. JOUNCE 2-1-3-1-4-1



SLOPE

1-8

8-1

1-8

N

1. QUICK FT. (20) + RUN
2. HOT COALS (10) + RUN
3. SWAGGIN 1:1
4. W. GREMLIN
5. APE SHOOT!
6. LYCAN (10) + RUN
7. TROMBONE 6+
8. XPP

12

123344

123344555666

12334455566677778888

ZENITH

1. PETRA
2. JACK-ASS
3. STAMPEDE
4. TROG
5. HIKES
6. VENOM
7. BULLY
8. RIBBITS (10) + RUN

1-5, 6A 6A

1-5, 6B 6B

1-5, 6C 6C

1-5, 6D 6D

REPTILIAN2

- 1X 1. MOWGLI (12) + RUN
2. SCALAWAG
- 2X 3. JACKAL
4. OGRE (10) + TZN
- 3X 5. SHOT PUT
- 6A. TURKEYS
- 6B. WICCA
- 4X 6C. NEAPOLITAN
- 6D. TYSONS

GLUED PLATE DUNK TANK

12/22

26

SLOPE

Similar to Reptilian
1-30 w/section A
1-30 w/section B
1-30 w/section C

Attempt to do blue sections
as a glued plate.

1. SUICIDE 2-1-3-1-4-1
2. TURKEYS
3. W. CROOK
4. VIP (10) + RUN
5. SUE STEP (20) + RUN
6. MOWGLI (12) + RUN
7. HIKES
8. ALI 22+
9. POTTY SHOTS
10. CURL PRESS 5+
11. 0-PINNED 2-1-3-1-4-1
12. SAWED OFF (10) + TZN
13. CHICKIN 2-1-3-1-4-1
14. KIT. SINK (10) + TZN
15. FLAMINGO (6) + TZN
10. BULLY
11. SHWAGGIN 1:1
12. ROW STROLL 6+
13. OFFERING
14. W. GREMLIN
15. SKY HIGH 4-1
10. CURL WALK 6+
11. PINNED 2-1-3-1-4-1
12. SWAGGIN 1:1
13. HALO 2-1-3-1-4-1
14. W. LUNGE
15. STAT SWAG (20) + TZN
16. BOVINE
17. TAKE OFF!
18. AMAROK
19. GBD (15) + RUN
20. GALLOW 2-1-4-3-4-1
21. BAYOK (6) + RUN
22. HANG (10) + RUN
23. TAUNTAUN
24. JACKALOPE
25. B.O.R. (15) + TZN
26. RDL (8) + TZN
27. HAG 1:1
28. CYCLONE (12) + TZN
29. DENSER 2-1-3-1-4-1
30. TROMBONE 6+
25. 0-B.O.R. (10) + TZN
26. DEATH ROW 2-1-3-1-4-1
27. TALL ORDER 6+
28. TRUMPET 9+
29. SCURL 1:1
30. W. ROTATING SQUAT
25. HALO MARCH (20) + TZN
26. TRIFECTA! 6+
27. STROW 1:1
28. STAT HALO (18) + TZN
29. STAT W. LUNGE (8) + TZN
30. TARZAN



SLOPE

U-TURN

1-46, 46-1

AIN'T NO REST FOR THE WICKED

This workout was suggested by a fellow Junkie as a way to push through a task without resting in "No Man's Land" between the end zones.

Attempt to perform this U-Turn without having to take a rest (ie. Dropping the plate to rest, stopping movement mid-task or using resting techniques like using hands to push off quads on a lunge).

The penalty for resting mid-task? Returning back to the nearest end zone to start the task (or half task) all over again. If you are on a Pinned, O-Pinned, or Halo and you take a rest, return to Line number 1 but continue on the pass that you were on. Running is required on a running task like Suicide or Gallow.

Max "re-do" is one full task, or two half tasks. Extra points are not awarded for redos.

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. SKIPS
3. SWAGGIN 1:1
4. W. CROOK
5. ALI 22+
6. TIPPY-TAP
7. PLATE SHAKE 9+
8. CURL MADNESS 3
9. KOBOLD
10. X PP
11. MIEL'S WHEELS
12. PINNED 2-1-3-1-4-1
13. F. LUNGE
14. FLYING MONKEY
15. TROMBONE 6+
16. SKUFFLE
17. TRIFECTA 6+
18. SQUIBBLE
19. BUZZARD
20. INCH WORM
21. MASTODON
22. BULLY
23. TALL ORDER 6+
24. OZARK
25. TURKEYS
26. JUNKIE JUMP (8) + RUN
27. TROG
28. TYPHON
29. HALO 2-1-3-1-4-1
30. ARACHNID
31. SQUANTOES (20) + RUN
32. CALF-IN-ATOR
33. DECALF
34. NEAPOLITAN
35. SUICIDE 2-1-3-1-4-1
36. JACK-ASS
37. SL BOULDER
38. GALLOW 2-1-4-3-4-1
39. DIABLO
40. STAMPEDE
41. C.H.B.
42. SQUONQ
43. WICCA
44. TYSONS
45. STROW 1:1

12/24

22

SLOPE

Similar to peaks/mongrel.

1,1,1,1,1,1,1,

12,12,12,12,12,12,12,12...

No sections eliminated like
in peaks.

WARM-UP

CHECKLIST(2)

1. GALLOW 2-1-4-3-4-
2. SHUFFLE
3. SQUONK
4. TYSONS
5. ALI 22+

STOCKINGS



12/26
36

DREIDEL DREIDEL DREIDEL

Mad hatter workout, with a spin! When you arrive at the mad hatter section, spin your dreidel and perform the corresponding task 2x. Repeats are allowed.

SLOPE

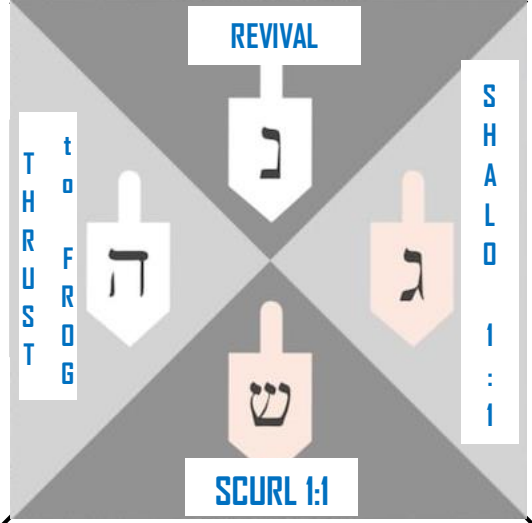
A EXPANDING

1. STORK (20) + TZN
2. SA PP
3. FROGREMLIN 4(6) + RUN
4. STAMPEDE
5. TWO-STEP (20) + RUN
6. BULLY
7. W. GREMLIN
8. TALL ORDER 6+
9. TARASQ
10. ANACONDA

B

UPLIFT

1. COALITION (10) + TZN
2. RAMBO (10) + RUN
3. HALO 2-1-3-1-4-1
4. VIPER
5. W. LUNGE



C

REV CHASM

- A 2X ANY PUSH
- B 1X SL PUSH UP (10) + RUN
- C 3X BUZZARD
- D 1X WICCA

CHECKLIST

1. ALI 22+
2. THRASHER
3. PRIMATES 4-1-3-1-2-1
4. EXPLOSIONS

KEY:

- A, Dreidel
- B, Dreidel
- C, Dreidel

Finish w/checklist, no dreidel after

See your turf for circuit keys

AABCCCD
 AABCCC
 AAB
 AA



SPEED BUMP CHECKLIST (2)

1-49. Perform only the Red As
1-49 Perform only the Red Bs

1. BONSAI 3-1-4-2-4-1
2. HOT COALS (10) + RUN
3. EN GARDE
4. ALT. SQUONK
5. MT. CLIMB (20) + RUN
6. TYSONS
7. YIKES!
8. TOES (20) + RUN
9. TIPPY-TAP
10. PUSH UP (10) + RUN
11. MONTAUK
12. TROG
13. RIBBITS (10) + RUN
14. TWO-STEP (20) + RUN
15. K.O.D. (20) + TZN
- A. OZARK | B. MR. ATLAS to 3/BACK**
17. W. CROOK
18. CYCLONE (12) + TZN
19. INCH WORM
20. HANG (10) + RUN

21. D-BOR (10) + TZN
22. G.B.D. (15) + RUN
23. BUCKS
24. BAYOK (6) + RUN
25. GALLOW 2-1-4-3-4-1
- A. JANGLE LEG 3 | B. STROW 1:1**
27. BULLDOG
28. MIEL'S WHEELS
29. DEVIL
30. HOPSCOTCH
31. 3 PT. STANCE
32. MANTIS (8) + RUN
33. OGRE (10) + TZN
34. SAWED OFF (10) + TZN
35. GRYPHON (8) + PUSH
36. CURL PRESS 5+
- A. DRCA to 3/BACK | B. WALRUS**
38. SHUTTLE RUN 3-2-4-2-3-1
39. GARGOYLE
40. VEXUM

41. PISTON (10) + TZN
42. SUPP (10)
43. WARLOCK
44. RAMPAGE (12) + RUN
45. RDL (8) + TZN
46. TRUMPET 9+
- A. W. ROT. SQUAT | B. W. REVIVAL**
48. FLAMINGO (6) + TZN
49. HIGH Xs
50. AMAROK



MANY MINIS

Perform each circuit as you normally would. Execute each circuit in columns from top down and left to right.

See your turf circuit keys.

MTN

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

U

1. CURL PRESS 5+
2. BULLDOG
3. MIEL'S WHEELS

MESA

1. LYCAN (10) + RUN
2. QUICK FT. (20) + RUN
3. TROG
4. TRIFECTA 6+
5. PINNED 2-1-3-1-4-1

MTN

1. VEXED (10) + RUN
2. CYCLONE (12) + TZN
3. TWIX

EL CYCLE

1. W. CROOK
2. MONGOOSE
3. BONSAI 3-1-4-2-4-1

MTN2

1. ROW STROLL 6+
2. CURIOUS GEORGE
3. OFFERING
4. SHOT PUT

CENTAUR 3

1. AMAROK
2. VENOM
3. KOBOLD

MTN

1. B.O.R. (15) + TZN
2. HANG (10) + RUN
3. COBRA (10) + PUSH

FADED

1. REV INCH
2. STAMPEDE
3. JACKAL
4. RAMPAGE (12) + RUN

CHECKLIST (2)

1. YAK
2. VIP (10) + RUN
3. GREGO

HYBRID2

1. HIKES
2. SA PP
3. ATTACK-IT

REV MTN2

1. ALI 22+
2. GARGOYLE
3. TALL ORDER 6+
4. BANDIT (20) + RUN



1-3
1-6
EQUALIBRIOUS
1,2,1,3
2,3
1-9 (ON MTN3)

MTN3

1. EN GARDE
2. MOGUL (20) + RUN
3. TROMBONE 6+

4. SQUONQ
5. HALO 2-1-3-1-4-1
6. STAMPEDE

7. APE SHOOT!
8. HYDRA
9. O-PINNED 2-1-3-1-4-1

FADED 2

1. GATOR to 3/BACK
2. JANGLE LEG 3

3. MONKEY

4. TROG

5. G.B.D. (15) + RUN

6. SKY HIGH 4-1

7. TRIFECTA 6+

8. MUGGER (10) + RUN

9. W. GREMLIN

10. SLALOM

EQUALIBRIOUS

1. SWAGGIN 1:1
2. X PP
3. POGOTO (6) + TZN

1-10
3-10
U
1-4, 4-1
5-10
7-10
CENTAUR2
11, 22, 33, 44
9,10

CENTAUR 2

1. 45°
2. TALL ORDER 6+
3. FANG (5) + PUSH
4. AMAROK

U

1. SUPP (10)
2. SAWED OFF (10) + TZN
3. YETI
4. INCH WORM

1-8
EL CYCLE
1-3, 3-1, 2,2
2-7
REPTILIAN
1-3, 4A, 1-3, 4B
3-6
4,5

SHRINKING MTN

1. GRIFTER (8) + SAPP
2. BONSAI 3-1-4-2-4-1
3. FLAMINGO (6) + TZN
4. SKATES
5. PRIMATES 4-1-3-1-2-1
6. MIEL'S WHEELS
7. SL BUCKS
8. PROWLER ^(L)

EL CYCLE

1. VIPER
2. PARATROOP (10) + RUN
3. INFINITY (20) + RUN

REPTILIAN

1. ALI 22+
2. MONTAUK
3. DENSER 2-1-3-1-4-1

- 4A. 313
- 4B. BULLDOZER



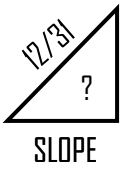
SLOPE

This is an old throw-back. Some of the tasks such as Fangs, Leprechaun and Frozen Pipes we rarely do and can be swapped out for another task in the mod index.

ICE CUBED

LEPRECHAUN	TOES (20) + RUN REV INCH		REV P. PUSH	BANDIT (20) + RUN STATARASQ (16) + RUN		KOBOLD
HIKES	APE SHOOT!		FROZEN PIPES 8		CYCLONE (12) TZN +	TWO STEP (20) + RUN
GRYPHON (8) + PUSH		VENOM	TURKEY	SUE-STEP (20) + RUN		JOUNCE 2-1-3-1-4-1
HALO 2-1-3-1-4-1	FROZEN LUNGE 5	MUGGER (10) + RUN	PRIMATES 4-1-3-1-2-1	X PP	FROZEN CROOK 8	BUTTKICKS
EN GARDE		CURL PRESS 5+	POTTY SHOT	STAMPEDE		SUICIDE 2-1-3-1-4-1
TORO	JIGGY (20) + RUN		FROZEN GREMLIN		TROG	WICCA
FANGS (5) + PUSH	SWAGGIN 1:1 JACK BOX		REV BEAR	QUICK FT. (20) + RUN SL INCH		DIABLO

Start by completing the exterior BLACK tasks in a Centaur2 pattern. Start with Suicide and work your way around the Cube clockwise until you finish Two-Step. Enter the center of the Cube and work your way outwards from the center Primates in a MTN pattern on EACH arm/color. Start with Primates, XPP. Then clockwise to Primates, Stampede and so-forth until you complete Primates, Sue-Step. Continue by adding another layer/task to your MTNS. Note the third number in every other MTN is a "Frozen" task hence the name Ice Cubed. Finish the workout by performing a Checklist of very difficult tasks in BLACK on the exterior, starting with Wicca moving clockwise and ending with Jounce.



YEARBOOK...TBD



INITIATION

SEE YOUR HOME TURF'S
INITIATION BOARD!

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

PROFANITY AND PRIMAL OUTBURSTS ARE PERMITTED, IF NOT ENCOURAGED.

EMBRACE THE HANGOVER