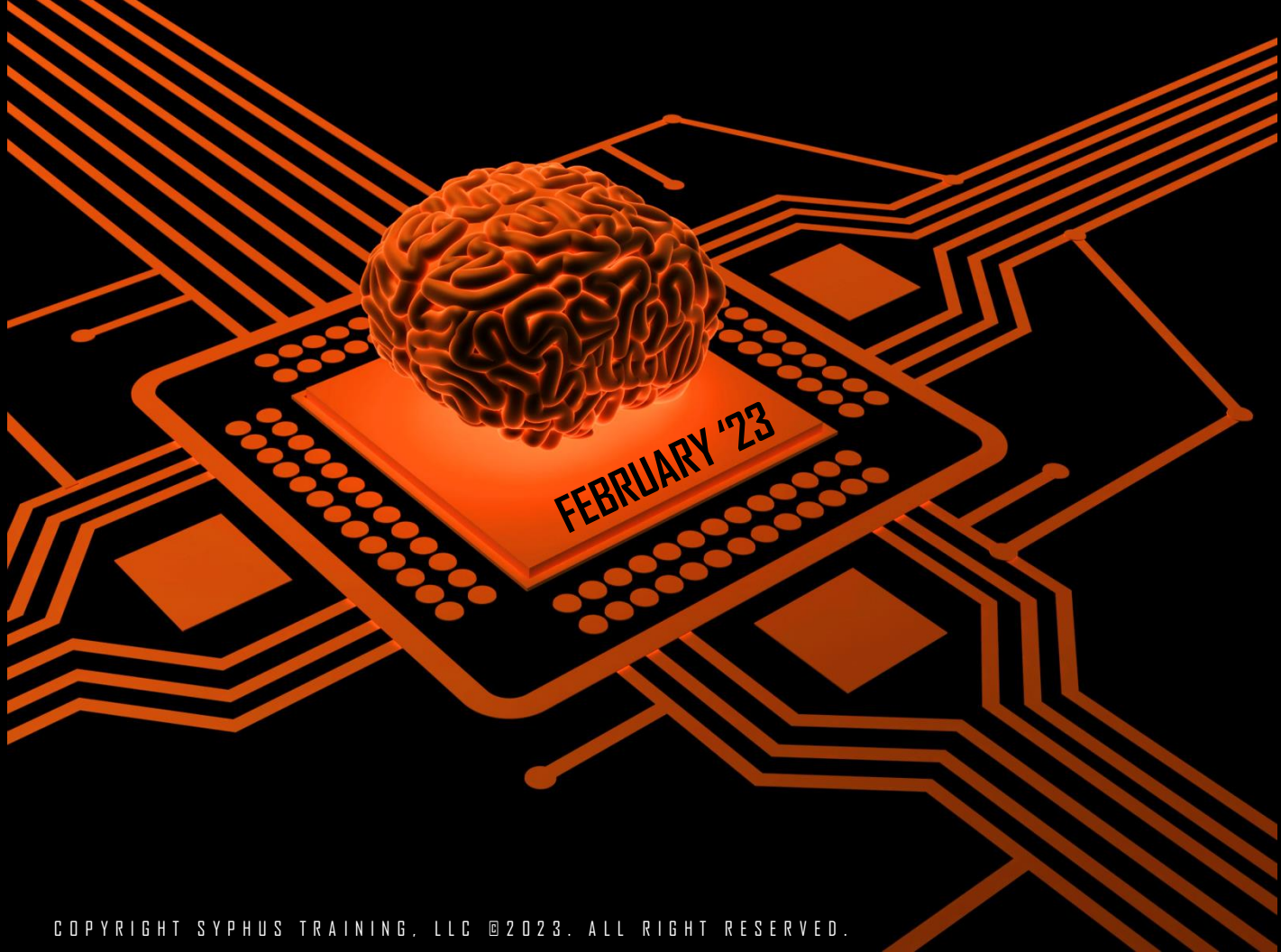
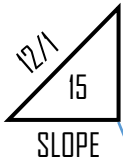


M  
O  
T  
H  
E  
R  
B  
O  
A  
R  
D





# 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

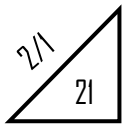
EQUALATERAL

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

Rapture-style workout.

# Operação Prato

[Inspired by "Operacao Prato" - Click to Learn More](#)

**Key:**

A, Checklist

B, Checklist

C, Checklist

- 123
- 234
- 345
- 456
- 567
- 678
- 789
- 89,10
- 9,10,11
- 10,11,12

**A.**

## MESA

1. BONSAI 3-1-4-2-4-1
2. SUE STEP (20) + RUN
3. KOBOLD
4. BANDIT (20) + RUN
5. HIKES
6. VIP (10) + RUN
7. RIBBITS (10) + RUN
8. MONKEY
9. CRAZY LEGS
10. ROW STROLL 6+
11. BUCKS
12. TROG

**B.**

## REPTILIAN

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

1. TAUNTAUN
2. BOVINE
3. SWAGGIN 1:1
- 4A. ∞ (20) + RUN
- 4B. RAZOR
- 4C. YETI

**C.**

## MTN2

- 1,2
  - 1-4
  - 1-6
  - 1-8
  - 1-10
  - 1-12
- TURKEYS 1.
  - W. GREMLIN 2.
  - JIGGY (20) + RUN 3.
  - PINNED 2-1-3-1-4-1 4.
  - 90° (10) + TZN 5.
  - MONTAUK 6.
  - AMAROK 7.
  - HALO 2-1-3-1-4-1 8.
  - SKY HIGH 4-1 9.
  - B. LUNGE 10.
  - XPP 11.
  - 313 12.

### CHECKLIST

1. ABD. PUSH UP (8) + RUN
2. ABD. MANTIS (8) + RUN
3. ABD. FLAMINGO (6) + TZN
4. CHUPACABRA



## REPTILIAN

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

1. SUICIDE 2-1-3-1-4-1
  2. MT. CLIMB (20) + RUN
  3. TYSONS
  4. VEXED (10) + RUN
  5. PLATE SHAKE 9+
- 
- 6A. MONTAUK  
6B. NEAPOLITAN  
6C. JACKAL  
6D. REV INCH

12131415  
232425  
3435  
45

## EQUALIBRIOUS

1. CURL WALK 6+
2. 3 PT. STANCE
3. B. LUNGE
4. VIPER
5. HOT COALS (10) + RUN

1-8  
8-1

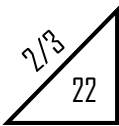
## U

1. BULLFROG
2. GALLOW 2-1-4-3-4-1
3. KOBOLD
4. BULLDOZER
5. MUGGER (12) + RUN
6. JABBERWOCKY
7. DENSER 2-1-3-1-4-1
8. CRAISE (20) + TZN

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

## EXPANDING

1. OZARK
2. TOES (20) + RUN
3. FLAMINGO (6) + TZN
4. KNEEL SWAG (15) + TZN
5. SCALAWAG
6. MOGUL (20) + RUN
7. PRIMATES 4-1-3-1-2-1
8. MANTIS (8) + RUN
9. POTTY SHOTS
10. REV GROWLER



SLOPE

# GONE FISHIN'

1  
12  
123  
123, PICK FROM DESIGNATED LIST.

1  
12  
123  
123, PICK

1  
12  
123  
123, PICK

1  
12  
12, PICK

NO REPEATING TASKS!

OFF THE DOCK
BULLDOG
GROWLER
VIPER
DELAURA
BEAR

1. BONSAI 3-1-4-2-4-1
2. QUICK FT. (20) + RUN
3. KOBOLD
4. OFF THE DOCK

- 
1. SHWAGGIN 1:1
  2. PLATE PUSH
  3. SQ. JUMP (10) + RUN
  4. OFF THE DOCK

- 
1. GALLOW 2-1-4-3-4-1
  2. VIP (10) + RUN
  3. WARRIOR
  4. OFF THE DOCK

- 
1. CYCLONE (12) + TZN
  2. JIGGY (20) + RUN
  3. OFF THE DOCK

SHALLOWS
SL PUSH UP (10) + RUN
POUNCER (10) + RUN
HAG 1:1
GRIFTER (8) + SA PP
BAYOK (6) + RUN

1. DEATH ROW 2-1-3-1-4-1
2. MOWGLI (12) + RUN
3. MONTAUK
4. SHALLOWS

- 
1. CURL WALK 6+
  2. SABRE (8) + RUN
  3. CALF-IN-ATOR
  4. SHALLOWS

- 
1. MONKEY
  2. SUPP (10)
  3. K.O.D. (20) + TZN
  4. SHALLOWS

- 
1. POTTY SHOT
  2. RDL (8) + TZN
  3. SHALLOWS

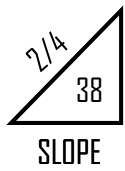
DEEP SEA
DIABLO
INCH WORM
BOULDER
SHOT PUT
GRECO

1. TAUNTAUN
2. SKULLS (10) + TZN
3. VEXED (10) + RUN
4. DEEP SEA

- 
1. W. CROOK
  2. GBD (15) + RUN
  3. LOWLY (10) + RUN
  4. DEEP SEA

- 
1. O-B.O.R. (10) + TZN
  2. PARATROOP (10) + RUN
  3. ANACONDA
  4. DEEP SEA

- 
1. TIPPY-TAP
  2. CRAY-CRAY
  3. DEEP SEA



## PYP SPEED BUMPS

PERFORM ALL THE BLUES AS A CHECKLIST. WHEN YOU ARRIVE AT A RED SPEED BUMP CHOOSE A TASK FROM THE BANK BELOW AND PERFORM IT TWICE. REPEAT THE CHECKLIST UP TO 4X, NEVER REPEATING A SPEED BUMP TASKS.

- 1-14, 15,15, 16-20, 21,21
- 1-14, 15,15, 16-20, 21,21
- 1-14, 15,15, 16-20, 21,21
- 1-14, 15,15, 16-20, 21,21

1. SUICIDE 2-1-3-1-4-1
2. MT. CLIMB (20) + RUN
3. SWAGGIN 1:1
4. EN GARDE
5. BANDIT (20) + RUN
6. CURL WALK 6+
7. TIPPY-TAP
8. LYCAN (10) + RUN
9. SQ. JUMP (10) + RUN
10. HALO 2-1-3-1-4-1
11. APE SHOOT!
12. MONTAUK
13. CYCLONE (12) + TZN
14. CROAKIN
15. PYP SPEED BUMP (2X)
16. KAMIKAZE 4-3-4-2-4-1-4-1
17. POTTY SHOT
18. MIEL'S WHEELS
19. TAUNTAUN
20. ARACHNID
21. PYP SPEED BUMP (2X)

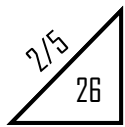
## SPEED BUMP BANK

**JACK BOX**  
**M.F.T.**

**SL INCH**  
**SL REVIVAL**

**HACK-IT**  
**THRUST TO FROG**

**CUJO** (L)  
**W. ROT SQUAT**



SLOPE

1-12, 12-1 U

1. QUICK FT. (20) + RUN
2. SWAGGIN 1:1
3. MT. CLIMB (20) + RUN
4. W. GREMLIN
5. KOBOLD
6. COALITION (10) + TZN
7. SQ. JUMP (10) + RUN
8. POTTY SHOT
9. MONKEY
10. CYCLONE (12) + TZN
11. F. LUNGE
12. NEAPOLITAN

12345677  
1234566  
123455  
12344  
1233  
122  
11

## DOUBLE DOWN

1. TIP-TOES (20) + RUN
2. ROW STROLL 6+
3. CURIOUS GEORGE
4. SHUTTLE 3-2-4-2-3-1
5. JACKALOPE
6. SPIKES
7. REV PLATE PUSH

1-12  
4-12  
7-12  
10-12

## FADED3

1. GRECO
2. VIPER
3. BUCK UPS

---

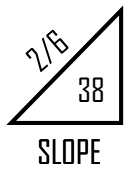
4. KAMIKAZE 4-3-4-2-4-1-4-1
5. JAGGER (12) + RUN
6. REV MASTODON

---

7. ROW STROLL 6+
8. SQ. THRUST (10) + RUN
9. K.O.D. (20) + TZN

---

10. XPP
11. REV BULLDOG
12. MONGOOSE



# A-Z (N)

(A-Z, Z-A, A-Z)

1-6

6-1

1-6

## WARM-UP

N

1 - SHUFFLE

2 - SHUTTLE RUN<sup>324231</sup>

3 - MT. CLIMB (20)

4 - TYSON

5 - BULLY

6 - V-STEP (10)

A - ANTEATER

B - BUZZARD

C - COALITION (10) + TZN

D - DEVIL

E - EN GARDE

F - FLYING MONKEY

G - GATOR TO 3

H - HANG (10) + RUN

I - INCHWORM

J - JAGGER (12) + RUN

K - KITCHEN SINK (10) + TZN

L - LYCAN UP (10) + RUN

M - MONTAUK

N - NO GIMMIES

O - OFFERING

P - PRIMATES<sup>413121</sup>

Q - QUICK FEET (20) + RUN

R - ROW STROLL<sup>6+</sup>

S - SUPP (10)

T - TIPPY TAP

U - UNLEASHED

V - VIPER

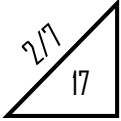
W - WARRIOR

X - XPP

Y - YIKES!

Z - ZOOKEEPER





SLOPE

# JACOB'S LADDER

- 5. WICCA
- 4. MONGOOSE
- 3. BENGCHED (30) + TZN
- 2. YIKES!

## 5.1. BONSAI 3-1-4-2-4-1

- 4. ROOTED GROOT (8) + PUS

- 3. STIGMATA (10) + RUN

- 2. VEXUM

## 5.1. 0-PINNED 2-1-3-1-4-1

- 4. SCALAWAG

- 3. STACK SHOT

- 2. SL OGRE (10) + TZN

## 5.1. ENFORCER

- 4. SQUIBBLE

- 3. QUICK FT. (20) + RUN

- 2. REV VIPER

## 5.1. SQUONQ

- 4. MONKEY

- 3. SQ. THRUST (10) + RUN

- 2. BULLY

## 5.1. TOES (20) + RUN

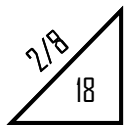
- 4. ALI 22+

- 3. SKY HIGH 4-1

- 2. TWO-STEP (20) + RUN

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

1  
12  
123  
1234  
12345  
12  
123  
1234  
12345  
12  
123  
1234  
12345  
12  
123  
1234  
12345  
12  
123  
1234  
12345



SLOPE

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

## MTN2

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

---

3. VIP (10) + RUN
4. SWAGGIN 1:1

---

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

---

7. SKULLS (10) + TZN
8. 45°

---

9. X PP
10. DIABLO

11, 22, 33...

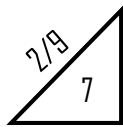
## CENTAUR2

1. HIKES
2. VIPER
3. O-PINNED 2-1-3-1-4-1
4. BUCKS
5. PRIMATES 4-1-3-1-2-1
6. ROW STROLL 6+
7. FUZZARD
8. CURL PRESS 5+
9. VENOM
10. RDL (8) + TZN
11. SPIKES
12. GRECO

1-15, 15-1

U

1. PROWLER Ⓛ
2. HANG (10) + RUN
3. POTTY SHOT
4. TROMBONE 6+
5. MIEL'S WHEELS
6. INCH WORM
7. BENCHED (30) + TZN
8. TORO
9. CROAKIN
10. TURKEY
11. MOGUL PUSH
12. QUICK FT. (20) + RUN
13. APE SHOOT!
14. SAWED OFF (10) + TZN
15. SCORPION to 3/BACK



SLOPE

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

1. TWO-STEP (20) + RUN
2. SUE-STEP (20) + RUN
3. HIKES
4. SQ. JUMP (10) + RUN
5. COALITION (10) + TZN
6. BOULDER

## XION2

- A SUICIDE 2-1-3-1-4-1
- B SWAGGIN 1:1
- C PLATE PUSH
- D CURL PRESS 5+
- E JAGGER (12) + RUN
- F B. LUNGE



## CHAOS

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

- |                     |                      |
|---------------------|----------------------|
| 2 MOWGLI (12) + RUN | 3 RAMPAGE (12) + RUN |
| 1 MASTODON          | 2 RAZOR              |
| 3 STAMPEDE          | 1 JACKALOPE          |
| 3 MONTAUK           | 2 SLAP JACK          |
| 1 TYSON             | 1 VEXED (10) + RUN   |
| 2 KOBOLD            | 2 VEXUM              |
| 1 TARASQ            | 1 UNLEASHED          |
| 2 SKUFFLE           | 1 EXPLOSIONS         |
| 1 SQUIBBLE          | 2 TAKE OFF!          |

1-12  
3-12  
7-12  
9-12

## FADED3

1. REV SCORPION TO 3/BACK
2. TUCKS (10) + RUN
3. COBRA (10) + PUSH

---

4. CRAISE (20) + TZN
5. BALL N CHAIN
6. DGRE (10) + TZN

---

7. POTTY SHOT
8. INFINITY (20) + RUN
9. SAWED OFF (10) + TZN

---

10. REV BULLDOG
11. TIP-TOES (20) + RUN
12. GIMPY DOG





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

## MTNS

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

---

6. TWO-STEP (20) + RUN
7. BULLY
8. STAT ROW (6) + TZN
9. STAMPEDE
10. F. LUNGE

---

11. V-STEP (10) + RUN
12. INCH WORM
13. REV YAK
14. 3 PT. STANCE
15. SL PUSH UP (10) + RUN

---

16. HAG 1:1
17. MUGGER (12) + RUN
18. YETI
19. POUNCER (10) + RUN
20. SL DGRE (10) + TZN

---

21. RAZOR
22. SCALAWAG
23. STRANGLEHOLD
24. FROGS
25. KNEEL CURL (6) + TZN

---

26. FLYING JACKAL
27. EN GARDE
28. REV INCH
29. XPP
30. REV GATOR TO 3



SLOPE

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

## REPTILIANZ

1. BONSAI 3-1-4-2-4-1
  2. TWO-STEP (20) + RUN
  3. W. GREMLIN
  4. TYSONS
- 
- 5A. BANDIT (20) + RUN
  - 5B. YIKES!
  - 5C. F. LUNGE
  - 5D. BENCHED (30) + TZN

- 1
- 12
- 123
- 1234
- 12345

MTN

1. SHOT PUT
2. HANG (10) + RUN
3. PINNED 2-1-3-1-4-1
4. QUICKSAND
5. THRUST TO FROG

- 1234444
- 12333
- 122
- 1

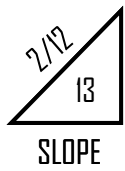
## REVERTEX

1. CYCLONE (12) + TZN
2. BAYOK (6) + RUN
3. YETI
4. XPP

PRIMATE, PRIMATE, TASK  
 PRIMATE, PRIMATE, TASK...

DOUBLE PRIMATE  
 GAUNTLET

1. B.N.C.
2. SUICIDE 2-1-3-1-4-1
3. STORK (20) + TZN
4. LYCAN UP (10) + RUN
5. ROW STROLL 6+
6. JAGGER (12) + RUN
7. SL BUCKS
8. JACKALOPE
9. GALLOP 2-1-4-3-4-1
10. REV PLATE PUSH



1-8  
1-8  
1-8

## CHECKLIST(3)

1. QUICK FT. (20) + RUN
2. TYSONS
3. MOGUL (20) + RUN
4. TAUNTAUN
5. LYCAN (10) + RUN
6. W. GREMLIN
7. CURL PRESS 5+
8. NEAPOLITAN

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

1,22  
1,22,3,44  
1,22,3,44,5,66  
1,22,3,44,5,66,7,88  
1,22,3,44,5,66,7,88,9,10,10

## CROSS-FIRE

1. XPP
2. YETI
3. BENCHED (30) + TZN
4. HAG 1:1

- A. POTTY SHOT
- B. RIBBITS (10) + RUN
- C. GBD (15) + RUN

## 1,2 PUNCH

1. MIEL'S WHEELS
2. APE SHOOT!
3. PISTON (10) + TZN
4. TROG
5. ALI 22+
6. REV MASTODON
7. STORK (20) + TZN
8. VEXUM
9. BANDIT (20) + RUN
10. TAKE OFF!

2/13  
36

SLOPE

**THE MONGREL**

1 ACROSS  
1 ACROSS  
2 ACROSS  
1 ACROSS  
2 ACROSS  
3 ACROSS  
1 ACROSS  
2 ACROSS  
3 ACROSS  
4 ACROSS  
1 ACROSS  
2 ACROSS  
3 ACROSS  
4 ACROSS  
5 ACROSS  
1 ACROSS  
2 ACROSS  
3 ACROSS  
4 ACROSS  
5 ACROSS  
6 ACROSS

	A	B	C	D
1	<b>MT. CLIMB (20) + RUN</b>	<b>SUICIDE 2-1-3-1-4-1</b>	<b>TROMBONE 6+</b>	<b>HOT COALS (10) + RUN</b>
2	<b>RAMBO (10) + RUN</b>	<b>SKY HIGH 4-1</b>	<b>RIBBITS (10) + RUN</b>	<b>ENFORCER</b>
3	<b>OGRE (10) + TZN</b>	<b>X PP</b>	<b>90° (10) + TZN</b>	<b>SLIGER</b>
4	<b>TWO-STEP (20) + RUN</b>	<b>INCH WORM</b>	<b>FROZEN CROOK 8</b>	<b>MANTIS (8) + RUN</b>
5	<b>STAT ROW (6) + TZN</b>	<b>SL BUCK</b>	<b>B. LUNGE</b>	<b>JABBERWOCKY</b>
6	<b>QUICKSAND</b> Ⓛ	<b>HAG 1:1</b>	<b>TROG</b>	<b>SLING SHOT 3-2-4-2-3-1</b>

A DOWN, B DOWN, C DOWN, D DOWN



# Heart - Throb 2023

## A - SHUFFLE GAUNTLET

1. QUICK FT (20) + RUN
2. KAMIKAZE<sup>43424141</sup>
3. SWAGGIN' <sup>1:1</sup>
4. EN GARDE
5. HOT COALS (10) + RUN
6. CURL PRESS<sup>5+</sup>
7. SQUAT JUMP (10) + RUN
8. PARATROOP (10) + RUN

## D - MONGOOSE GAUNTLET

1. CURIOUS GEORGE
2. ABD. MANTIS (8) + RUN
3. JAGGER (12) + TZN
4. SQUAT THRUST (10) + TZN
5. VIP (10) + RUN
6. INCHWORM
7. BUCKS
8. STAMPEDE

## B - ALT SQUONQ GAUNTLET

- 1- PLATE SHAKE<sup>9+</sup>
- 2- SKUFFLE
- 3- CRAZY LEGS
- 4- SHOT PUT
- 5- FROGREMLIN<sup>4</sup> (6) + RUN
- 6- HALO<sup>213141 36+</sup>
- 7- PETRA
- 8- OGRE (10) + TZN

## E - BUZZARD GAUNTLET

- 1- MUGGER (12) + RUN
- 2- FROGS
- 3- TWINKLE TOES (30) + TZN
- 4- YIKES!
- 5- TRIFECTA!<sup>6+</sup>
- 6- HOP SCOTCH
- 7- VENOM
- 8- POTTY TO BULLDOG

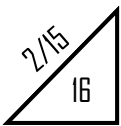
## C - XPP GAUNTLET

- 1- W. LUNGE
- 2- BALL N' CHAIN
- 3- ROW STROLL<sup>6+</sup>
- 4- HALO MARCH (20/20) + TZN
- 5- MOWGLI (12) + RUN
- 6- TROG
- 7- SKY HIGH
- 8- GRECO PUSH

## F - TYSON GAUNTLET

- 1- SCORPION TO 3/BACK
- 2- SAWED OFF (10) + TZN
- 3- MASTODON
- 4- SCURL<sup>1:1</sup>
- 5- DIABLO
- 6- QUICKSAND<sup>L</sup>
- 7- SQUIBBLE
- 8- REV BEAR





SLOPE

# PEAKS

## SMOKY

1. BONSAI 3-1-4-2-4-1
2. 2-STEP (20) + RUN
3. HANG (10) + RUN
4. LEPRECHAUN
5. RIBBITS (10) + RUN
6. JNK. JUMP (8) + RUN
7. JACK BOX
8. TAKE OFF!

## APPALACHIAN

1. MT. CLIMB (20) + RUN
2. MOGUL (20) + RUN
3. V-STEP (10) + RUN
4. BANDIT (20) + RUN
5. JIGGY (20) RUN
6. RAMP UP (8) + RUN
7. SL MANTIS (8) + RUN

## ROCKY

1. LYCAN (10) + RUN
2. BOVINE
3. VIPER
4. MASTODON
5. BEAR
6. GATOR TO 3

## ANDES

1. SQUONQ
2. ALT. SQUONQ
3. KOBOLD
4. AMAROK
5. W. ROT. SQUAT

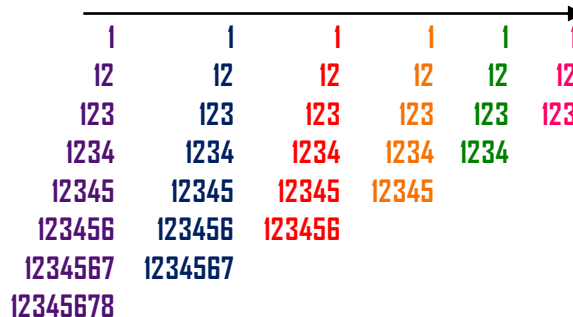
## HIMALAYAN

1. TOES (20) + RUN
2. SQUANTOES (20) + RUN
3. CALF-IN-ATOR
4. DECALF

## ALPS

1. SQ. THRUST (10) + RUN
2. THRUST to FROG
3. REVIVAL

FROM LEFT TO RIGHT PERFORM ALL THE 1s.  
 THEN, FROM LEFT TO RIGHT PERFORM 1, 2 FROM EACH MTN  
 CONTINUE UNTIL YOU COMPLETE EACH MTN AND REMOVE  
 IT FROM THE LIST.



# 2023 MARCH MAYHEM SCHEDULE

<b>FEBRUARY</b> 12	13	14	15	16 TRIALS	17 TRIALS	18 TRIALS
19 TRIALS	20	21	22	23 ROUND 1	24 ROUND 1	25 ROUND 1
26 ROUND 1	27	28	<b>MARCH</b> 1	2 ROUND 2	3 ROUND 2	4 ROUND 2
5 ROUND 2	6	7	8	9 ROUND 3	10 ROUND 3	11 ROUND 3
12 ROUND 3	13	14 ROUND 4	15 ROUND 4	16 ROUND 4	17	18 FINALS TIME & TURF TBD

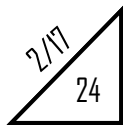
2/16  
36

# MARCH MAYHEM - TRIALS

SLOPE

		ROQ		ROQ
1. HIGH KNEES	BUTT KICKS	X	24. DIABLO	435
2. EN GARDE	STAMPEDE	X	25. SPIKES	462
3. TYSONS	TAUNTAUN	X	26. CHICKIN 2-1-3-1-4-1	498
4. BULLY	KOBOLD	X	27. TARZAN	501
5. SWAGGIN 1:1	W. GREMLIN	X	28. APE SHOOT!	513
6. CURL WALK 6+	TROMBONE 6+	X	29. OZARK	562
7. SUE-STEP (20) + RUN	QUICK FT. (20) + RUN	X	30. TARASQ	577
8. RIBBITS (10) + RUN	F. LUNGE	X	31. MOGUL PUSH	607
9. PLATE PUSH	X PP	X	32. TORO	650
10. PINNED 2-1-3-1-4-1	DEATH ROW 2-1-3-1-4-1	X	33. POTTY SHOT	665
11. GARGOYLE	BULLDOG	X	34. MONTAUK	692
12. BEAR	BOVINE	X	35. BALL N CHAIN	730
13. BONSAI 3-1-4-2-4-1	SUICIDE 2-1-3-1-4-1	X	36. PUSH UP (10) + RUN	757
14. SCALAWAG	ALI 22+	X	37. GALLOW 2-1-4-3-4-1	762
15. CRAZY LEGS	SA PP	X	38. JACK BOX	813
16. STACK SHOT	BUCK UP	X	39. REV PLATE PUSH	860
17. YIKES!	VEXUM	297	40. MIEL'S WHEELS	884
18. TURKEY	SKIPS	300	41. REVIVAL	939
19. JACKALOPE	REV HYDRA	327	42. GARGANTUAN	974
20. SKY HIGH 4-1	W. CROOK	334	43. TRUMPET 9+	988
21. B. LUNGE	TYPHON	360	44. SQUONQ	992
22. YETI	MONGOOSE	381	45. PRIMATES 4-1-3-1-2-1	1013
23. MT. CLIMB (20) + RUN	INFINITY (20) + RUN	393		

NOTE: NOT ALL TASKS MAY BE AN EVEN POINT-FOR-POINT SUBSTITUTION AS PORTRAYED IN THE MOD-INDEX. THIS IS OK FOR TOURNAMENT PURPOSES.



SLOPE

- IAA
- I2BB
- I23CC
- I234DD
- I2345EE
- I23456FF

**XION2**

PERFORM AS A CHECKLIST. DO EACH TASK THE NUMBER OF TIMES LISTED.

**MATTERHORN**

- 2 STAMPEDE**
- 1 ZOOKEEPER**
- 2 SL BRDG BENCH (15) + TZN**

---

- 2 OFFERING**
- 1 PARATROOP (10) + RUN**
- 2 JIGGY (20) + RUN**

---

- 2 VIP (10) + RUN**
- 1 MIEL'S WHEELS**

---

- 2 HAG 1:1**
- 2 TIPPY-TAP**

---

- 1 BOVINE**
- 2 CRAY-CRAY**

---

- 2 STATARASQ (16) + RUN**
- 1 DIABLO**
- 2 OGRE (10) + TZN**

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

**MTN2**

- 1. INFINITY (20) + RUN**
- 2. KOBOLD**

---

- 3. RIBBITS (10) + RUN**
- 4. MONKEY**

---

- 5. POTTY SHOT**
- 6. SA PP**

---

- 7. ARACHNID**
- 8. CURL MADNESS3**

---

- 9. INCH WORM**
- 10. SHOT PUT**



SLOPE

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

## MESA

1. EN GARDE
2. TYSONS
3. BONSAI 3-1-4-2-4-1
4. SWAGGIN 1:1
5. BANDIT (20) + RUN
6. HANG (10) + RUN
7. CRAISE (20) + TZN
8. BAYOK (6) + RUN

1234  
1234  
1234  
1234  
1234

## DARK-SIDE

1. RAMBO (10) + RUN
2. MOGUL (20) + RUN
3. VIP (10) + RUN
4. LYCAN (10) + RUN

12345  
2345  
345  
45  
5

## FADED

1. TOP SHELF (8) + TZN
2. TWO-STEP (20) + RUN
3. SPIKES
4. BUCKS
5. CRAZY LEGS

- BULLDOG  
MASTODON  
VIPER  
MONKEY

12  
123344  
123344555666  
12334455566677778888

## ZENITH

1. KAMIKAZE 4-3-4-2-4-1-4-1 1X
2. BOULDER 

---
3. B. LUNGE 2X
4. REV PLATE PUSH 

---
5. SKY HIGH 4-1 3X
6. SLAP JACK 

---
7. YETI 4X
8. PLATE PUSH



SLOPE

1  
121  
12321  
1234321  
123454321  
12345654321

## UPLIFT

1. BUTT KICKS
2. MT. CLIMB (20) + RUN
3. SWAGGIN 1:1
4. SA PP
5. BENCHED (30) + TZN
6. DEVIL

## CHECKLIST (2)

- 1-12 1. BULLY
- 1-12 2. TARASQ
3. THRASHER
4. HALD 2-1-3-1-4-1
5. GARGOYLE
6. MUGGER (12) + RUN
7. SPIKES
8. TUCKS (10) + RUN
9. OZARK
10. TWO STEP MADNESS 10
11. M.F.T.
12. KOBOLD

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

## SHRINKING

1. TURKEYS
2. O-PINNED 2-1-3-1-4-1
3. RDL (8) + TZN
4. SKULLS (10) + TZN
5. MONTAUK
6. KAMIKAZE 4-3-4-2-4-1-4-1
7. CRAY-CRAY
8. GBD (15) + RUN
9. W. LUNGE
10. JACK-ASS



PERFORM AS A  
CHECKLIST AND DO  
EACH TASK THE  
NUMBER OF TIMES  
INDICATED.

→ **MATTERHORN**

**1 POUNCER (10) + RUN**

**2 MOWGLI (12) + RUN**

**4 W. CROOK**

---

**1 CRAISE (20) + TZN**

**2 TARASQ**

**4 ROW STROLL 6+**

---

**1 PETRA**

**2 PLATE PUSH**

**4 SQUIBBLE**

---

**1 JACK-ASS**

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

**4 MONTAUK**

---

**1 GRECO**

**2 RAMPANT (10) + RUN**

**4 TURKEY**

1-4, 5A,5A, 4-1

1-4, 5B,5B, 4-1

1-4, 5C,5C, 4-1

**UPTILIAN**

**1. BANDIT (20) + RUN**

**2. PARATROOP (10) + RUN**

**3. O-BOR (10) + TZN**

**4. VENOM**

---

**5A. SCURL 1:1**

**5B. FLYING JACKAL**

**5C. GARGOYLE**

**MESA**

**1. SUE-STEP (20) + RUN**

**2. EN GARDE**

**3. SWAGGIN 1:1**

**4. TIP-TOES (20) + RUN**

**5. V-STEP (10) + RUN**

**6. STAT TYSON (20) + RUN**

**7. HANG (10) + RUN**

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

**9. ENFORCER**

**10. BULLDOG**

123

234

345

456

567

678

789

8910



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

## EXPANDING

1. **TYPHON**
2. **PLATE PUSH**
3. **TROMBONE 6+**
4. **SUICIDE 2-1-3-1-4-1**
5. **QUICK FT. (20) + RUN**
6. **MOGUL (20) + RUN**
7. **LYCAN (10) + RUN**
8. **RIBBITS (10) + RUN**
9. **MONTAUK**
10. **REVIVAL**

1-12  
12-1

U

1. **BOULDER**
2. **JIGGY (20) + RUN**
3. **TROG**
4. **OGRE (10) + TZN**
5. **VEXUM**
6. **W. CROOK**
7. **CYCLONE (12) + TZN**
8. **TORO**
9. **HIKES**
10. **REV VIPER**
11. **SWAGGIN 1:1**
12. **BENCHED (30) + TZN**

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

## CEPTILIAN2

1. **PRIMATES 4-1-3-1-2-1**
  2. **MIEL'S WHEELS**
  3. **NEAPOUTAN**
- 
- 4A. **GRYPHON (8) + PUSH**
  - 4B. **C.H.B.**
  - 4C. **GATOR TO 3**
  - 4D. **WCCA**





SLOPE

123  
234  
345  
456  
567  
678  
789  
8910

MESA

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. AU 22+
3. MT. CLIMB (20) + RUN
4. PLATE SHAKE 9+
5. ALT. SQUONQ
6. HIKES
7. VEXED (10) + RUN
8. JUNKIE JUMP (8) + RUN
9. REV BEAR
10. SCORPION TO 3/BACK

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

ODDS, EVENS, CHECKLIST

1. KIT SINK (10) + TZN
2. SKULLS (10) + TZN
3. B. LUNGE
4. ROW STROLL 6+
5. W. GREMLIN
6. FLAMINGO (6) + TZN
7. BUZZARD
8. STACK SHOT
9. RDL (8) + TZN
10. HAG 1:1
11. BUNYAN
12. SCURL 1:1

PERFORM AS A CHECKLIST  
AND DO EACH TASK AS MANY  
TIMES INDICATED.

CHAOS

- 2 GIMPY DOG
- 1 SL BUCKS
- 3 JACKALOPE
- 3 STAMPEDE
- 2 CRAISE (20) + TZN
- 1 CHICKIN 2-1-3-1-4-1
- 2 KOBOLD
- 3 V-STEP (10) + RUN
- 1 THRASHER
- 2 SCALAWAG
- 1 POUNCER (10) + RUN
- 3 YETI
- 4 SA PP
- 1 GORGON (8) + RUN
- 3 MONGOOSE
- 1 DELAURA



SLOPE

# MARCH MAYHEM - ROUND 1

		ROQ		ROQ	
1. <b>BONSAI 3-1-4-2-4-1</b>	<b>SUICIDE 2-1-3-1-4-1</b>	X	24. <b>GALLOW 2-1-4-3-4-1</b>	<b>SHUTTLE 3-2-4-2-3-1</b>	369
2. <b>STAMPEDE</b>	<b>SKIPS</b>	X	25. <b>W. GREMLIN</b>	<b>SCALAWAG</b>	378
3. <b>SHUFFLE</b>	<b>SKATES</b>	X	26. <b>INCH WORM</b>	<b>PETRA</b>	416
4. <b>HOT COALS (10) + RUN</b>	<b>TWO-STEP (20) + RUN</b>	X	27. <b>SPD SKATE (20) + RUN</b>	<b>MT. CLIMB (20) + RUN</b>	428
5. <b>SWAGGIN 1:1</b>	<b>SKY HIGH 4-1</b>	X	28. <b>REV B.N.C.</b>	<b>SUPP (10)</b>	469
6. <b>ALT. SQUONG</b>	<b>TYSONS</b>	X	29. <b>TARASQ</b>	<b>CURL PRESS 5+</b>	484
7. <b>PRIMATES 4-1-3-1-2-1</b>	<b>SA PP</b>	X	30. <b>VIPER</b>	<b>REV BULLDOG</b>	510
8. <b>ROW STROLL 6+</b>	<b>KNEEL CURL (6) + TZN</b>	X	31. <b>STIGMATA (10) + RUN</b>	<b>SABRE (8) + RUN</b>	531
9. <b>RIBBITS (10) + RUN</b>	<b>LYCAN (10) + RUN</b>	X	32. <b>DEVIL</b>	<b>SHWAGGIN 1:1</b>	576
10. <b>BULLDOG</b>	<b>GARGOYLE</b>	X	33. <b>SHOT PUT</b>	<b>COBRA (10) + PUSH</b>	618
11. <b>VENDM</b>	<b>VEVUM</b>	X	34. <b>ALI 22+</b>	<b>MIEL'S WHEELS</b>	636
12. <b>TAUNTAUN</b>	<b>EN GARDE</b>	X	35. <b>HANG (10) + RUN</b>	<b>FROGS</b>	654
13. <b>AMAROK</b>	<b>SLAP JACK</b>	X	36. <b>TWISTED</b>	<b>CRAY-CRAY</b>	685
14. <b>TROG</b>	<b>SUE-STEP (20) + RUN</b>	X	37. <b>HALD 2-1-3-1-4-1</b>	<b>HAG 1:1</b>	718
15. <b>HIKES</b>	<b>TROMBONE 6+</b>	X	38. <b>YETI</b>	<b>TAKE OFF!</b>	739
16. <b>MOWGLI (12) + RUN</b>	<b>VIP (10) + RUN</b>	X	39. <b>TARZAN</b>	<b>TARZAN</b>	742
17. <b>PINNED 2-1-3-1-4-1</b>	<b>DENSER 2-1-3-1-4-1</b>	X	40. <b>ARACHNID</b>	<b>MASTODON</b>	781
18. <b>MONTAUK</b>	<b>MONKEY</b>	X	41. <b>BANDIT (20) + RUN</b>	<b>POTTY SHOT</b>	793
19. <b>KOBOLD</b>	<b>BULLY</b>	X	42. <b>THRASHER</b>	<b>BOULDER</b>	836
20. <b>APE SHOOT!</b>	<b>MUGGER (12) + RUN</b>	284	43. <b>PIRATE</b>	<b>GRECO</b>	879
21. <b>3 PT. STANCE</b>	<b>POTTY SHOT</b>	307	44. <b>DELAURA</b>	<b>YAK</b>	913
22. <b>BUCKS</b>	<b>REV GARGOYLE</b>	341	45. <b>CRAZY LEGS</b>	<b>NEAPOLITAN</b>	944
23. <b>MONGOOSE</b>	<b>GROWLER</b>	362			

NOTE: NOT ALL TASKS MAY BE AN EVEN POINT-FOR-POINT SUBSTITUTION AS PORTRAYED IN THE MOD-INDEX. THIS IS OK FOR TOURNAMENT PURPOSES.



SLOPE

1-3

1-3,4-6,4-6

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

## ZEN-LISTS

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

---

4. RAMBO (10) + RUN
5. TWINKLE-TOES (30) + TZN
6. STAT ROW (6) + TZN

---

7. AMAROK
8. F. LUNGE
9. SHOT PUT

1-5-1

1-4-1

1-3-1

1,2,1

1

## DOWNSHIFT

1. PLATE PUSH
2. SWAGGIN 1:1
3. RIBBITS (10) + RUN
4. PINNED 2-1-3-1-4-1
5. MATTADOR (L)

1-8

1-8

1-8

1-8

## CHECKLIST(4)

1. TROG
2. BRDG BENCH (30) + TZN
3. JAGGER (12) + RUN
4. DEVIL
5. STORK (20) + TZN
6. BONSAI 3-1-4-2-4-1
7. GARGOYLE
8. VENOM

2/25  
26

SLOPE

III,222,333, 4A  
III,222,333, 4B

### CEPTILIAN3

1. SUE-STEP (20) + RUN
2. EN GARDE
3. SUICIDE 2-1-3-1-4-1

---

- 4A. GORGON (8) + RUN
- 4B. PROWLER (L)

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

### EL CYCLE

1. KNEEL CURL (6) + TZN
2. 3 PT. STANCE
3. XPP
4. 45°

1123  
2234  
3345  
4456  
5567  
6678

### FLIPPED

1. VIPER
2. TWINKLE TOES (30) + TZN
3. BANDIT (20) + RUN
4. REV B.N.C.
5. JIGGY (20) + RUN
6. ABD FLAMINGO (6) + TZN
7. JUNKIE JUMP (8) + RUN
8. SLAP JACK

112233  
1122  
11

### REV HYBRID2

1. SAWED OFF (10) + TZN
2. BOVINE
3. CROAKIN

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

### FADED2

1. DIABLO
2. 313

---

3. TYSONS
4. RDL (8) + TZN

---

5. POTTY SHOT
6. MONGOOSE

---

7. OFFERING
8. DELAURA



SLOPE

1-10  
10-1  
1-10

**N**

1. BONSAI 3-1-4-2-4-1
2. SWAGGIN 1:1
3. INFINITY (20) + RUN
4. TWO-STEP (20) + RUN
5. V-STEP (10) + RUN
6. CURL WALK 6+
7. SQ. JUMP (10) + RUN
8. VEXED (10) + RUN
9. MONTAUK
10. YIKES!

VENOM, TASK  
VENOM, TASK...

## VENOM GAUNTLET

1. THRASHER
2. BULLDOG
3. SLING SHOT 3-2-4-2-3-1
4. K.O.D. (20) + TZN
5. JAGGER (12) + RUN
6. W. ROT. SQUAT
7. KOBOLD
8. HALO 2-1-3-1-4-1
9. BOVINE
10. SAWED OFF (10) + TZN

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

## CASCADE

10. RDL (8) + TZN
8. RIBBITS (10) + RUN
6. GBD (15) + RUN
4. F. LUNGE
2. MIEL'S WHEELS
- \* PRIMATES 4-1-3-1-2-1
1. STORK (20) + TZN
3. CYCLONE (12) + TZN
5. BENCHED (30) + TZN
7. DENSER 2-1-3-1-4-1
9. REV GATOR TO 3



SLOPE

## REV MTN<sup>5</sup>

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

1. BUTT KICKS
2. QUICK FT (20) + RUN
3. GALLOWS 2-1-4-3-4-1
4. V-STEP (10) + RUN
5. HIKES

---

6. TRUMPET 9+
7. ALI 22+
8. BULLDOG
9. SQ. JUMP (10) + RUN
10. MIEL'S WHEELS

---

11. CYCLONE (12) + TZN
12. POTTY SHOT
13. NEAPOLITAN
14. TARASQ
15. RESURRECTION

---

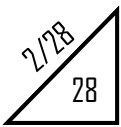
16. CRAISE (20) + TZN
17. BAYOK (6) + RUN
18. GARGOYLE
19. GIMPY DOG
20. KAMIKAZE 4-3-4-2-4-1-4-1

---

21. INCH WORM + PUSH UP
22. VEXED (10) + RUN
23. TIP-TOES (20) + RUN
24. PINNED 2-1-3-1-4-1
25. DENSER 2-1-3-1-4-1

---

26. MONGOOSE
27. BENCHED (30) + TZN
28. TYPHON
29. FLAMINGO (6) + TZN
30. BULLDOZER



## SLOPE

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

1A  
12B  
123C  
1234D  
12345E

## XION LISTS

1. **BONSAI 3-1-4-2-4-1**  
**QUICK FT. (20) + RUN**  
**ALT SQUONQ**  
**MOGUL (20) + RUN**

2. **VEXED (10) + RUN**  
**HIKES**  
**MONGOOSE**  
**HANG (10) + RUN**

3. **GARGOYLE**  
**STAT HALD (18) + TZN**  
**SUCK UPS**  
**OGRE (10) + TZN**

4. **45°**  
**SKULLS (10) + TZN**  
**TWISTED**  
**KITCHEN SINK (10) + TZN**

5. **TALL ORDER 6+**  
**FLAMINGO (6) + TZN**  
**B.N.C.**  
**PIRATE**

**A. COALITION (10) + TZN**  
**LYCAN UP (10) + RUN**  
**STAT ROW (6) + TZN**  
**STAT TYSON (20) + RUN**

**B. ABD MANTIS (8) + RUN**  
**MUGGER (12) + RUN**  
**D-BDR (10) + TZN**  
**INCH WORM**

**C. SLINGSHOT 3-2-4-2-3-1**  
**GRIFFER (8) + SAPP**  
**TURKEY**  
**NEAPOLITAN**

**D. TARASQ**  
**REV POUNCER (10) + RUN**  
**REV MASTODON**  
**REV INCH**

**E. PARATROOP (10) + RUN**  
**JACK-ASS**  
**BUZZARD**  
**SWASHBUCKLER**

# 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