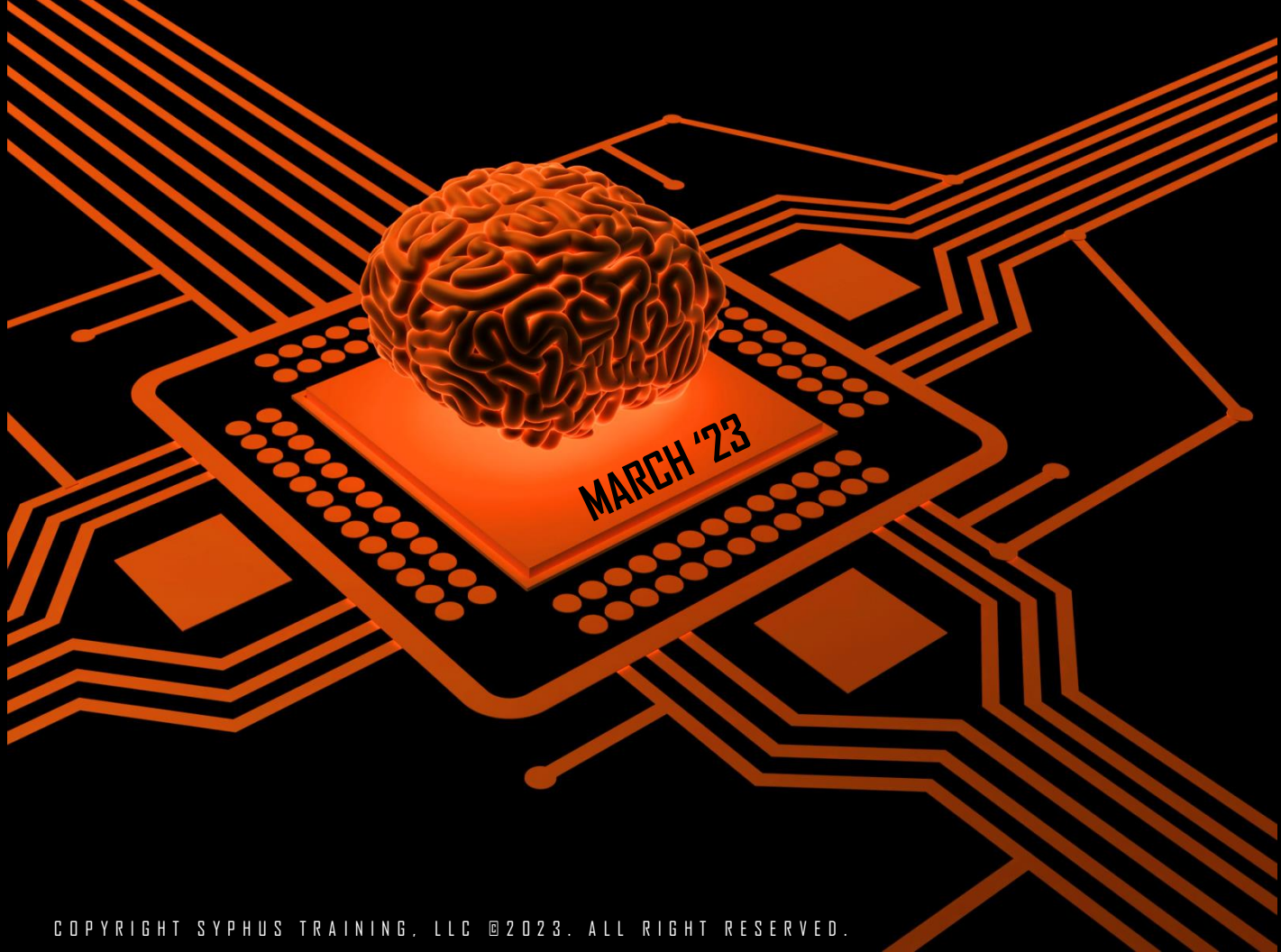
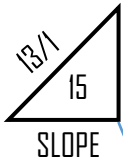


M
O
T
H
E
R
B
O
A
R
D





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

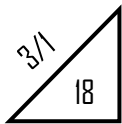
EQUALATERAL

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

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

A. XION

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. MOGULS (20) + RUN
3. BULLY
4. POTTY SHOT
5. MONKEY
6. BUZZARD

1
121
12321
1234321
123454321

B. UPLIFT

1. ROW STROLL 6+
2. MIEL'S WHEELS
3. TWO-STEP (20) + RUN
4. STAT HALO (18) + TZN
5. REV INCH

A. SKIPS

B. GREMLIN

C. SQUANTOES (20) + RUN

D. SQ. JUMP (10) + RUN

E. MONTAUK

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

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

C. EL CYCLE

1. MANTIS (8) + RUN

2. YETI

3. MUGGER (12) + RUN

4. GIMPY DOG

5. FROZEN LUNGE 5

1-9
1-6
1-3

D. REV MTN3

1. ENFORCER

2. SL REVIVAL

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

4. APE SHOOT!

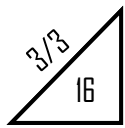
5. CHICKIN 2-1-3-1-4-1

6. QUICK FT. (20) + RUN

7. TARASQ

8. SL BUCKS

9. REV GATOR TO 3



SLOPE

III

222

333...

CENTAUR3

1. TOES (20) + RUN
2. SQUONQ
3. SWAGGIN 1:1
4. V-STEP (10) + RUN
5. CURL WALK 6+
6. XPP
7. SKUFFLE
8. JAGGER (12) + RUN
9. 3 PT. STANCE
10. BALL N CHAIN

1-10

1-4,7-10

1-3,8-10

1,2,9,10

1,10

CAVITY

1. RAMBO (10) + RUN
2. BUCKS
3. OFFERING
4. JUNKIE JUMP (8) + RUN
5. TWEAKER Ⓛ
6. THRASHER
7. CURIOUS GEORGE
8. OGRE (10) + TZN
9. TROG
10. DELAURA

PERFORM AS A CHECKLIST.

DO EACH TASK NUMBER OF TIMES LISTED.
REP PATTERN REMAINS THE SAME THROUGHOUT.

MATTERHORN

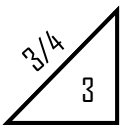
- 4 LYCAN (10) + RUN
- 1 STACK SHOT
- 1 GARGOYLE

- 4 STAMPEDE
- 1 SL INCH
- 1 W. CROOK

- 4 PRIMATES 4-1-3-1-2-1
- 1 SA DIABLO
- 1 KAMIKAZE 4-3-4-2-4-1-4-1

- 4 PLATE PUSH
- 1 SKY HIGH 4-1
- 1 SLAP JACK

- 4 TURKEY
- 1 JOUNCE 2-1-3-1-4-1
- 1 BULLDOG



SLOPE

MT. OLYMPUS

PERFORM THESE CIRCUITS IN THEIR NORMAL PROGRESSION BUT STACKED AS A MTN PROGRESSION

ORDER

MESA

MESA

U-TURN

MESA

U-TURN

MTN

MESA

U-TURN

MTN

EL CYCLE

MESA

U-TURN

MTN

EL CYCLE

VEXUM GAUNTLET

MESA

1-3

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

2-4

2. SUE-STEP (20) + RUN

3. STAMPEDE

4. PLATE SHAKE 9+

U-TURN

1-4

1. HIKES

4-1

2. RIBBITS (10) + RUN

3. GARGOYLE

4. FLAMINGO (6) + TZN

MTN

1

1. JIGGY (20) + RUN

12

123

2. RDL (8) + TZN

3. WICCA

EL CYCLE

1-3

1. TYPHON

3-1

2.2

2. SKY HIGH 4-1

3. PUSH UP (10) + RUN

VEXUM GAUNTLET

VEX. TASK

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

VEX. TASK

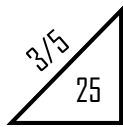
2. REV PLATE PUSH

VEX. TASK

3. DIABLO

VEX. TASK

4. TYSON



SLOPE

A CHECKLIST (1-16) WHERE EACH PASS THROUGH SUBSTITUTES DIFFERENT SECTIONS FROM THE ALPHABETICAL LIST.

KEY:

1-16

1-8, ABCD, 13-6

EFGH, 5-16

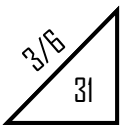
1-4, IJKL, 9-16

1-12, MNOP

P-A

SPLICER

1. BONSAI 3-1-4-2-4-1
 2. MT. CLIMB (20) + RUN
 3. SWAGGIN 1:1
 4. SUE-STEP (20) + RUN
 5. MIEL'S WHEELS
 6. ROW STROLL 6+
 7. MONKEY
 8. POTTY SHOT
 9. TROG
 10. SAWED OFF (10) + TZN
 11. BULLDOZER
 12. BUZZARD
 13. TRIFECTA! 6+
 14. GARGOYLE
 15. STAMPEDE
 16. JIGSAW
- A. YETI
 - B. SKATES
 - C. QUICKSAND (L)
 - D. BOULDER
 - E. KOBOLD
 - F. TIPPY-TAP
 - G. MILIPEDE (L)
 - H. PETRA
 - I. ALT SQUONQ
 - J. TIP-TOES (20) + RUN
 - K. CUJO (L)
 - L. GRECO
 - M. AMAROK
 - N. SPD SKATES (20) + RUN
 - O. SPARROW (L)
 - P. GREGORIAN (8) + RUN



SLOPE

- 1-5, 6AGA
- 1-5, 6B6B
- 1-5, 6C6C
- 1-5, 6D6D

REPTILIAN2

1. EN GARDE
 2. QUICK FT. (20) + RUN
 3. STAT SWAG (20) + TZN
 4. TYSON
 5. POTTY SHOT
-
- 6A. RIBBITS (10) + RUN
 - 6B. MASTODON
 - 6C. REV B.N.C.
 - 6D. DEVIL

1234444
 12333
 122
 1

REVERTEX

1. DENSER 2-1-3-1-4-1
2. B. LUNGE
3. MONGOOSE
4. 3 PT. STANCE

1-6
 1-6
 1-6

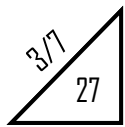
CHECKLIST(3)

1. GALLOW 2-1-4-3-4-1
2. YETI
3. SAWED OFF (10) + TZN
4. SPEED SKATES (20) + RUN
5. TROG
6. PIRATE

1-8
 2-7
 3-6
 4.5

SHRINKING

1. INCH + PUSH UP
2. APE SHOOT!
3. STORK (20) + TZN
4. ALI 22+
5. ROW STROLL 6+
6. TUCKS (10) + RUN
7. RDL (8) + TZN
8. M.F.T.



SLOPE

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

MTN2

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

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

5. POTTY SHOTS
6. ALT SQUONK

7. CYCLONE (12) + TZN
8. REV BULLDOG

9. SLAP JACK
10. PETRA

- 1123
- 2234
- 3345
- 4456
- 5567
- 6678
- 7789
- 88910

FLIPPED

1. FROGS
2. O-PINNED 2-1-3-1-4-1
3. MIEL'S WHEELS
4. SPIKES
5. AMAROK
6. F. LUNGE
7. TRIFECTA! 6+
8. SCALAWAG
9. GBD (15) + RUN
10. STACK SHOT

ANY PUSH GAUNTLET

1. SUE-STEP (20) + RUN
2. GARGOYLE
3. BUZZARD
4. SL PUSH UP (10) + RUN
5. VEXED (10) + RUN
6. BOVINE

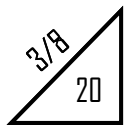
ANY PUSH, TASK, DIFF
PUSH, TASK...

- NO REPEATS
- NO REGULAR OR
XPPS PERMITTED

7. RDL (8) + TZN
8. RAMPAGE (12) + RUN
9. MUGGER (12) + RUN
10. JAGGER (12) + RUN
11. DECALF
12. JABBERWOCKY

PUSH OPTIONS

BullDozer	Crazy Legs
Boulder	DeLaura
SL Boulder	Gimpy Dog
Jangle Leg3	Calf-in-ator
Neapolitan	Cray-Cray
SA P.P.	Gargantuan
Enforcer Push	Swashbuckler
Take Off!	
Razor Push	JigSaw
Mogul Push	Boulder Push
Vexum	Greco Push
Venom	Warlock



SLOPE

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

EXPANDING

1. RESURRECTION
2. RIBBITS (10) + RUN
3. V-STEP (10) + RUN
4. COALITION (10) + TZN
5. QUICK FT. (20) + RUN
6. GALLOW 2-1-4-3-4-1
7. HIKES
8. BEAR
9. ABD. MANTIS (8) + TZN.
10. SWASHBUCKLER

INTERMITTENT GLUED PLATE

CHECKLIST (2) MOLE-HILLS

- 1-3 1. PLATE SHAKE 9+
- 1-3 2. DEATH ROW 2-3-1-4-1
- 1,2 3. KITCHEN SINK (10) + TZN
- 1,2 1. TURKEY
- 1-3 2. BONSAI 3-1-4-2-4-1
- 1,2 1. SWAGGIN 1:1
- 1,2... 2. CURL MADNESS 3+PIN
- 3. JOHNNY APPLESEED
- 1. STAMPEDE
- 2. TYSON
- 1. PINNED 2-1-3-1-4-1
- 2. TROMBONE 6+
- 3. RDL (8) + TZN
- 1. RAMBO (10) + RUN
- 2. VIPER

III
222
333
444
555

CENTAUR3

1. TWINKLE TOES (30) + TZN
2. ENFORCER
3. BANDIT (20) + RUN
4. MONGOOSE
5. B.N.C.

12345
1234
123
12
1

REV MTN

1. MT. CLIMB (20) + RUN
2. YIKES!
3. JACKALOPE
4. KAMIKAZE 4-3-4-2-4-1-4-1
5. CUJO Ⓛ



MARCH MAYHEM - ROUND 3

		ROQ			ROQ
1. SUICIDE 2-1-3-1-4-1	BONSAI 3-1-4-2-4-1		24. GIMPY DOG	TAKE OFF!	463
2. SUE-STEP (20) + RUN	TWO-STEP (20) + RUN	X	25. TARASQ	HANG (10) + RUN	477
3. SQUONQ	TIPPY-TAP	X	26. QUICK FT. (20) + RUN	TOES (20) + RUN	486
4. MOWGLI (12) + RUN	MT. CLIMB (20) + RUN	X	27. W. GREMLIN	W. GREMLIN	495
5. PLATE SHAKE 9+	CURL WALK 6+	X	28. THRUST TO FROG	JOUNCE 2-1-3-1-4-1	541
6. HIKES	JIGGY (20) + RUN	X	29. STAMPEDE	TAUNTAUN	543
7. KOBOLD	TROG	X	30. COALITION (10) + TZN	TIP-TOES (20) + RUN	558
8. B. LUNGE	YAK	X	31. INCH WORM	PETRA	598
9. REV BULLDOG	GARGOYLE	X	32. DENSER 2-1-3-1-4-1	D-PINNED 2-1-3-1-4-1	628
10. AMAROK	GROWLER	X	33. TORO	PIRATE	671
11. SWAGGIN 1:1	TYSONS	X	34. KAMIKAZE 4-3-4-2-4-1-4-1	KAMIKAZE 4-3-4-2-4-1-4-1	680
12. VEXUM	VEJOM	X	35. PUSH UP (10) + RUN <i>(on toes)</i>	FLAMINGO (6) + TZN	707
13. ROW STROLL 6+	SQUIBBLE	X	36. REV VIPER	DELAURA	741
14. STACK SHOT <i>(on toes)</i>	BUCKS	X	37. SLING SHOT 3-2-4-2-3-1	REV B.N.C.	778
15. YETI	ENFORCER	X	38. SKY HIGH 4-1	REV GREMLIN	783
16. TURKEY	EN GARDE	X	39. JACKALOPE	BOVINE	811
17. HAG 1:1	DEATH ROW 2-1-3-1-4-1	300	40. BOULDER	BUZZARD	855
18. WARRIOR	HALO 2-1-3-1-4-1	333	41. RAMBO (10) + RUN	TRUMPET 9+	869
19. GALLOW 2-1-4-3-4-1	SHUTTLE 3-2-4-2-3-1	339	42. APE SHOOT!	STAT ROW (6) + TZN	881
20. SPIKES	BULLDOZER	366	43. XPP	PLATE PUSH	902
21. MIEL'S WHEELS	SA PP	390	44. DEVIL	QUICKSAND	949
22. REV HYDRA	REV GROWLER	420	45. NEAPOLITAN	MONGOOSE	974
23. BULLY	HOT COALS (20) + RIN	432			

NOT ALL TASKS MAY BE AN EVEN POINT-FOR-POINT SUBSTITUTION AS PORTRAYED BY THE MOD-INDEX AND SOME TASKS MAY REPEAT IN A WORKOUT; THIS IS OK FOR TOURNAMENT PURPOSES.



SLOPE

MTN2

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

1. HOT COALS (10) + RUN
2. STAMPEDE
3. PLATE SHAKE 9+
4. KOBOLD
5. RAMPANT (10) + RUN
6. NEAPOLITAN
7. TRIFECTA! 6+
8. DIABLO
9. REV HYDRA
10. ARACHNID

1.1.1.2.2.2, 3A
1.1.1.2.2.2, 3B
1.1.1.2.2.2, 3C
1.1.1.2.2.2, 3D

CEPTILIAN3

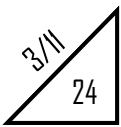
1. INFINITY (20) + RUN
2. TYSON
- 3A. SCORPION TO 3/BACK
- 3B. W. LUNGE
- 3C. BULLSHIT
- 3D. OZARK

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

1. AMAROK
2. ROOSTER (10) + TZN
3. MANTIS (8) + RUN
4. ENFORCER
5. JAGGER (12) + RUN

CROSS-FIRE

- A. STORK (20) + TZN
- B. KITCHEN SINK (10) + TZN
- C. THRASHER



SLOPE

1-12
1-12

CHECKLIST(2)

1. BONSAI 3-1-4-2-4-1
2. HOT COALS (10) + RUN
3. MT. CLIMB (20) + RUN
4. PLATE SHAKE 9+
5. INFINITY (20) + RUN
6. 3 PT. STANCE
7. LYCAN (10) + RUN
8. KNEELING SWAG (15) + TZN
9. PEG LEG (8) + RUN
10. ENFORCER
11. RAMBO (10) + RUN
12. MASTODON

122
122344
122344566
122344566788

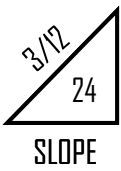
1,2 PUNCH MTN2

1. YIKES!
2. TRIFECTA! 6+
3. SLUSKI
4. JAGGER (12) + RUN
5. RDL (8) + TZN
6. GARGOYLE
7. EN GARDE
8. JACK BOX

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

SPLIT-PEAK

1. W. GREMLIN
2. POTTY SHOT
3. ROOSTER (10) + TZN
4. STAT. W. LUNGE (8) + TZN
5. DIABLO
6. TYSON
7. PUSH UP (10) + RUN
8. TROG
9. VENOM
10. 313



MOUNTAINOUS MOLE HILLS

ONCE YOU PERFORM MOLE-HILLS, RETURN TO THE BEGINNING AND COMPLETE AS A MTN IN SECTIONS USING THE FOLLOWING KEY:

- 1-3
- 1-6
- 1-9
- 1-13
- 1-17

1
1,2
1,2,3

4
4,5
4,5,6

7
7,8
7,8,9

10
10,11
10,11,12
10,11,12,13

14
14,15
14,15,16
14,15,16,17

1. HIGH KNEES
2. QUICK FT. (20) + RUN
3. VIP (10) + RUN

4. ROW STROLL 6+
5. B.O.R. (15) + TZN
6. 90° PISTON (10) + TZN

7. BEAR
8. YETI
9. GROWLER

10. HOPSCOTCH
11. F. LUNGE

12. SL TOES (20) + RUN
13. W. STAT SQUAT (10) + TZN

14. VENOM
15. BUCKS
16. INCH WORM
17. JACKALOPE

BODY WEIGHT CARDIO

UPPER BODY

CRAWL

LOWER BODY

PLATE WORK

THIS IS IN THE SCORES AS A TWIX, LEAVE AS IS. THROWBACK WORKOUT. DO HOPSCOTCH. SCORE TWIX



SLOPE

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

=ATERAL

1. TOES (20) + RUN
2. TYSON
3. STAT SWAG (20) + TZN
4. LYCAN (10) + RUN
5. JIGGY (20) + RUN

1-10
3-10
5-10
7-10
9.10

FADED2

1. STAT ROW (6) + TZN
2. REVIVAL
3. NO GIMMIES
4. TRIFECTA 6+
5. JUNKIE JUMP (8) + RUN
6. HAG 1:1
7. GBD (15) + RUN
8. REV PLATE PUSH
9. EN GARDE
10. TWINKLE TOES (30) + TZN

1,2
1,2,33,44
1,2,33,44,555,666
1,2,33,44,555,666,7777,8888

ZENITH

1. COBRA (10) + PUSH 1X
2. B. LUNGE
3. BONSAI 3-1-4-2-4-1 2X
4. BOULDER
5. MONGOOSE
6. STAMPEDE 3X
7. MIEL'S WHEELS
8. ANY 4 PUSHES 4X



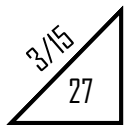
IN SCORING AS VENOMS



MARCH MAYHEM - ROUND 4

		ROQ			ROQ
1. GALLOW 2-1-4-3-4-1	HOT COALS (10) + RUN		24. OZARK	M.I.M. 3-2-4-2-3-1	469
2. ALT. SQUONQ	BONSAI 3-1-4-2-4-1	X	25. SKY HIGH 4-1	SKY HIGH 4-1	474
3. SKATES	EN GARDE	X	26. ARACHNID	SUPP ID	514
4. SHUFFLE	TURKEYS	X	27. SL BUCKS	TORD	557
5. VEXED (10) + RUN	STAT ROW (6) + TZN	X	28. F. LUNGE	BEAR	582
6. KNEEL CURL (6) + TZN	V-STEP (10) + RUN	X	29. W. GREMLIN	TYSONS	590
7. TIPPY-TAP	STAPMEDE	X	30. REV BEAR	MOGUL PUSH	621
8. SA PP	HIKES	X	31. SWAGGIN 1:1	SWAGGIN 1:1	629
9. YAK	BULLDOG	X	32. VIPER	HYDRA	657
10. POTTY SHOT	AMAROK	X	33. SKUFFLE	W. CROOK	659
11. BOVINE	CURIOUS GEORGE	X	34. THRASHER	GRECO	702
12. ATTACK-IT	JESTER	X	35. SCALAWAG	ALI 22+	723
13. SWASHBUCKLER	BULLDOG	X	36. REV GARGOYLE	STACK SHOT (<i>On Toes</i>)	761
14. SQUONQ	SQUONQ	X	37. MIEL'S WHEELS	NEAPOLITAN	785
15. HALO 2-1-3-1-4-1	STORK (20) + TZN	X	38. QUICK FT. (20) + RUN	MT. CLIMB (20) + RUN	793
16. SLAP JACK	MONKEY	X	39. JAGGER (12) + RUN	MUGGER (12) + RUN	814
17. 3 PT. STANCE	COALITION (10) + TZN	315	40. TROG	BULLY	826
18. SUE-STEP (20) + RUN	APE SHOOT!	327	41. TAUNTAUN	BUTT KICKS	828
19. DELAURA	GROWLER	360	42. YETI	FROGS	849
20. SHUTTLE 3-2-4-2-3-1	SUICIDE 2-1-3-1-4-1	366	43. SHOT PUT	REV B.N.C.	892
21. TWISTED	VEXUM	396	44. PLATE PUSH	PLATE PUSH	913
22. MONGOOSE	XPP	417	45. PRIMATES 4-1-3-1-2-2	LYCAN (10) + RUN	934
23. HIGH KNEES	SKIPS	420			

NOT ALL TASKS MAY BE AN EVEN POINT-FOR-POINT SUBSTITUTION AS PORTRAYED BY THE MOD-INDEX AND SOME TASKS MAY REPEAT IN A WORKOUT; THIS IS OK FOR TOURNAMENT PURPOSES.



SLOPE

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

SPLIT-FADE

1. SUICIDE 2-1-3-1-4-1
2. MT. CLIMB (20) + RUN
3. BULLY
4. TWO-STEP (20) + RUN
5. VIP (10) + RUN

6. COALITION (10) + TZN
7. ALI 22+
8. XPP
9. APE SHOOT!
10. GARGOYLE

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

FADED MTN3

1. CYCLONE (12) + TZN
2. W. CROOK
3. OZARK

4. GORGON (8) + RUN
5. RDL (8) + TZN
6. FLYING MONKEY

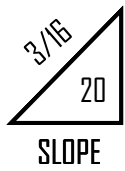
7. STORK (20) + TZN
8. TROG
9. SUCK UPS

10. BANDIT (20) + RUN
11. ALT SQUONQ
12. TROMBONE 6+

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

SINKING THE

P	PIRATE
	1. OGRE (10) + TZN
	2. SA PP
	3. RIBBITS (10) + RUN
	4. TYSON



1AA
12BB
123CC
1234DD
12345EE

MAYHEM FINALS "TAPER"

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

A.

XION2

B.

CROSS-FIRE

1. EN GARDE
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. TROMBONE 6+
4. GORGON (8) + RUN
5. HALO 2-1-3-1-4-1

- A. MOGUL (20) + RUN
- B. SUE STEP (20) + RUN
- C. SQ. JUMP (10) + RUN
- D. JIGGY (20) + RUN
- E. APE SHOOT!

1. NEAPOLITAN
2. MANTIS (8) + RUN
3. TROG
4. BOVINE
5. 45°

- A. MOGUL (20) + RUN
- B. SUE STEP (20) + RUN

C.

CHECKLIST(3)

1-8
1-8
1-8

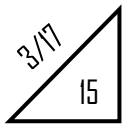
1. YETI
2. SAWED OFF (10) + TZN
3. JACKALOPE
4. TOES (20) + RUN
5. GBD (15) + RUN
6. BUCKS
7. VEXUM
8. CURL WALK 6+

D.

REV MTN2

1-8
1-6
1-4
1.2

1. HIKES
2. PLATE PUSH
3. MONKEY
4. BONSAI 3-1-4-2-4-1
5. SHWAGGIN 1:1
6. BENCHED (30) + TZN
7. TYPHON
8. INCH WORM



SLOPE



PERFORM EVERYTHING AS A CENTAUR2 [11, 22, 33...]

AS SOON AS YOU COMPLETE TASK 12 LOOK TO THE TIMER;

THE NUMBER OF THE MINUTES "HAND" WILL DETERMINE WHICH TASK YOU'LL DO FOR LUCKY NUMBER 13.

PERFORM #13 TWICE, TOO.

REPEAT THIS PROGRESSION UP TO 4X.

ALL "LUCK OF THE IRISH" TASKS ARE LISTED IN THE SCORES AS LEPRECHAUN.

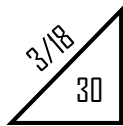
CENTAUR2

1. GALLOW 2-1-4-3-4-1
2. V-STEP (10) + RUN
3. SQUONQ
4. BULLY
5. BANDIT (20) + RUN
6. HANG (10) + RUN
7. GORGON (8) + RUN
8. 3 PT. STANCE
9. SA P.P.
10. CROAKIN
11. MONTAUK
12. SQ. THRUST (10) + RUN
13. LUCK O' THE IRISH

LUCK O' THE IRISH

MINUTE "HAND ON TIMER

- | | |
|---|-------------------------|
| 1 | CURL PRESS 5+ |
| 2 | GBD (15) + RUN |
| 3 | SQ. JUMP (10) + RUN |
| 4 | OFFERING |
| 5 | TWINKLE TOES (30) + TZN |
| 6 | YIKES! |
| 7 | LEPRECHAUN |
| 8 | PARATROOP (10) + RUN |
| 9 | JIGGY (20) + RUN |
| 0 | ALI 22+ |

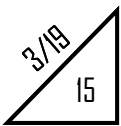


SLOPE

MARCH MAYHEM - FINALS

1. SUICIDE 2-1-3-1-4-1	BONSAI 3-1-4-2-4-1	ROQ			ROQ
2. SHUFFLE	EN GARDE	X	24. MOGUL PUSH	VENOM	453
3. QUICK FT. (20) + RUN	KOBOLO	X	25. REV VIPER	MASTODON	487
4. MT. CLIMB (20) + RUN	TRUMPET 9+	X	26. W. GREMLIN	W. GREMLIN	495
5. TYSONS	TURKEYS	X	27. PRIMATES 4-1-3-1-2-1	SWASHBUCKLER	516
6. XPP	CURL WALK 6+	X	28. JACKAL	REV BOVINE	550
7. MONGOOSE	YETI	X	29. GIMPY DOG	CYCLONE (12) + TZN	581
8. SQUIBBLE	HIKES	X	30. DENSER 2-1-3-1-4-1	GARGANTUAN	611
9. AMAROK	GROWLER	X	31. TAUNTAUN	STAMPEDE	613
10. HIGH Xs	SQUONQ	X	32. VIP (10) + RUN	POTTY SHOTS	628
11. PUSH UP (10) + RUN <i>(On Toes)</i>	B. LUNGE	X	33. MOWGLI (12) + RUN	JAGGER (12) + RUN	643
12. HANG (10) + RUN	CURL PRESS 5+	X	34. REV MASTODON	PIRATE	683
13. DIABLO	INCH WORM	X	35. TROG	APE SHOOT!	695
14. SWAGGIN 1:1	SWAGGIN 1:1	X	36. HACK-IT	WICCA	748
15. GARGOYLE	BULLDOZER	X	37. ANACONDA	SA DIABLO	795
16. MIEL'S WHEELS	TAKE OFF!	X	38. SHUTTLE 3-2-4-2-3-1	SHUTTLE 3-2-4-2-3-1	800
17. TARASQ	W. CROOK	X	39. SHOT PUT	TORO	843
18. REV PLATE PUSH	DEVIL	324	40. VEXUM	TWISTED	875
19. GALLOW 2-1-4-3-4-1	SKY HIGH 4-1	330	41. SLAP JACK	YIKES!	892
20. MONKEY	CRAZY LEGS	351	42. MONTAUK	RAZOR	920
21. BALL N CHAIN	BUCKS	387	43. TWO-STEP (20) + RUN	SUE-STEP (20) + RUN	931
22. TYPHON	JACKALOPE	414	44. YAK	REV BULLDOG	959
23. TIPPY-TAP	ALT. SQUONQ	423	45. PLATE PUSH	PLATE PUSH	980

NOT ALL TASKS MAY BE AN EVEN POINT-FOR-POINT SUBSTITUTION AS PORTRAYED BY THE MOD-INDEX AND SOME TASKS MAY REPEAT IN A WORKOUT; THIS IS OK FOR TOURNAMENT PURPOSES.



SLOPE

1A

12BB

123CCC

1234DDDD

12345EEEE

A. XERXES

- | | |
|-------------------------|--------------------|
| 1. SHUFFLE | A. TOES (20) + RUN |
| 2. QUICK FT. (20) + RUN | B. STAMPEDE |
| 3. V-STEP (10) + RUN | C. SWAGGIN 1:1 |
| 4. O-B.O.R. (10) + TZN | D. HIKES |
| 5. REVIVAL | E. PLATE PUSH |

B. SWITCHEROO

1-10

1-10

1-10

- | | |
|---------------------------|----------------------|
| 1. AMAROK | JAGGER (12) + RUN |
| 2. DELAURA | REV BEAR |
| 3. MIEL'S WHEELS | ENFORCER |
| 4. BONSAI 3-1-4-2-4-1 | SUICIDE 2-1-3-1-4-1 |
| 5. SQUIBBLE | SQUANTOES (20) + RUN |
| 6. SLING SHOT 3-2-4-2-3-1 | STACK SHOT |
| 7. KOBOLD | PLATE SHAKE 9+ |
| 8. HOT COALS (10) + RUN | EXPLOSIONS |
| 9. GIMPY DOG | SLAP JACK |
| 10. MOGUL (20) + RUN | INFINITY (20) + RUN |



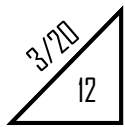
C. MINI EL CYCLES

1-3,3-1

2,2

1. BUZZARD
2. VENOM
3. BEAR
-
1. W. ROT. SQUAT
2. PINNED 2-1-3-1-4-1
3. YETI
-
1. TARASQ
2. ROW STROLL 6+
3. NEAPOLITAN
-
1. MANTIS (8) + RUN
2. TAKE OFF!
3. DENSER 2-1-3-1-4-1

PERFORM 1-10 AS A CHECKLIST(3) WITH A TWIST. THE FIRST TIME THROUGH YOU CAN CHOOSE ANY TASK (EITHER THE BLUE OR THE RED), THEN THE SECOND TIME THROUGH, YOU WILL HAVE TO DO THE **OTHER** TASK THAT YOU DIDN'T DO THE FIRST TIME THROUGH. THE THIRD TIME, YOU MUST REVERT BACK TO YOU FIRST SELECTIONS. SCORES ENTERED IN AS THE BLUE LIST.



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

REPTILIAN

SLOPE
896 ok

1. BONSAI 3-1-4-2-4-1
2. BANDIT (20) + RUN
3. TURKEYS
4. SUE-STEP (20) + RUN
5. HIKES

- 6A. LYCAN (10) + RUN
- 6B. TROG
- 6C. GROWLER

REPTILIAN

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

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. B. LUNGE
3. PUSH UP (10) + RUN
4. CROAKIN

- 5A. SUPP (10)
- 5B. B.N.C.
- 5C. OGRE (10) + TZN

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

REPTILIAN

1. TYSON
2. RAMPANT (10) + RUN
3. KOBOLD
- 4A. MONKEY
- 4B. DECALF
- 4C. OFFERING
- 4D. SKULLS (10) + TZN

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

REPTILIAN

1. C.H.B.
2. MT. CLIMB (20) + RUN
3. SPIKES
- 4A. DENSER 2-1-3-1-4-1
- 4B. YAK

1-2, 3A
1-2, 3B
1-2, 3C
1-2, 3D
1-2, 3E

REPTILIAN

1. SKY HIGH 4-1
2. TOES (20) + RUN

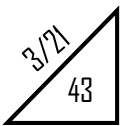
- 3A. HALO 2-1-3-1-4-1
- 3B. REV PLATE PUSH
- 3C. REV BEAR
- 3D. SHOT PUT
- 3E. REV INCH

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

REPTILIAN

1. INFINITY (20) + RUN
2. SL MANTIS (8) + RUN
3. TWISTED
4. CYCLONE (12) + TZN
5. AMAROK

- 6A. BOULDER
- 6B. SA DIABLO
- 6C. GIMPY DOG



SLOPE

1,2

1,2,3,3,4,4

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

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

ZENITH

1. EN GARDE

2. TURKEYS

3. HOT COALS (10) + RUN

4. YIKES!

5. ALI 22+

6. TROMBONE 6+

7. NEAPOLITAN

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

1X

2X

3X

4X

1, AA

1,2, BB

1,2,3, CC

1,2,3,4, DD

1,2,3,4,5, EE

1,2,3,4,5,6, FF

1-10

10-1

U-TURN

1. SWASHBUCKLER

2. MIEL'S WHEELS

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

4. FLAMINGO (6) + TZN

5. RDL (8) + TZN

6. SKATES

7. CHIMP (8) + RUN

8. YETI

9. MANTIS (8) + RUN

10. OFFERING

XION2

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

2. TYSONS

3. PLATE PUSH

4. TRIFECTA! 6+

5. BUZZARD

6. THRASHER

A. BENCHED (30) + TZN

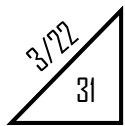
B. STRANGLEHOLD

C. TARASQ

D. VENOM

E. JAWBREAKER

F. GRECO



SLOPE

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

EXPANDING

1. SL BUCKS
2. GIMPY DOG
3. SL GORGON (8) + RUN
4. MT. CLIMB (20) + RUN
5. STAMPEDE
6. TURKEYS
7. SUE-STEP (20) + RUN
8. STORK (20) + TZN
9. SL PUSH UP (10) + RUN
10. SUPP MADNESS 5

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

FADED VERTEX

1. SQUONQ
2. VEXUM
3. TALL ORDER 6+
4. BONSAI 3-1-4-2-4-1
5. WICCA

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

MTN2

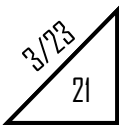
1. APE SHOOT!
2. JIGGY MADNESS 10

3. ALI 22+
4. PIRATE

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

7. PISTON (10) + TZN
8. 45°

9. TARASQ
10. DECALF



SLOPE

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

EXPANDING

1. KITCHEN SINK (10) + TZN
2. PUSH UP (10) + RUN
3. HIKES
4. PLATE SHAKE 9+
5. GALLOW 2-1-4-3-4-1
6. MT. CLIMB (20) + RUN
7. SUE-STEP (20) + RUN
8. MONKEY
9. 45°
10. MATTADOR (L)

- 1-4
- 1-8
- 1-12
- 1-16

MTN4

1. TWISTED
2. STAT ROW (6) + TZN
3. EN GARDE
4. TYPHON

5. SKULLS (10) + TZN
6. MONTAUK
7. MOWGLI (12) + RUN
8. W. GREMLIN

9. SAWED OFF (10) + TZN
10. SUPP (10)
11. RAMPANT (10) + RUN
12. FLYING JACKAL

13. HALO 2-1-3-1-4-1
14. MONGOOSE
15. SUICIDE 2-1-3-1-4-1
16. OZARK

- 1-12
- 1-12

CHECKLIST(2)

1. JAGGER (12) + RUN
2. TYSON
3. ARACHNID
4. SWAGGIN 1:1
5. BULLFROG
6. SQ. JUMP (10) + RUN
7. RDL (8) + TZN
8. MUGGER (12) + RUN
9. BUCKS
10. BULLDOG



SLOPE

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

A. CEPTILIANZ

- 1. EN GARDE
- 2. TWINKLE TOES (30) + TZN
- 3. TYSON
- 4A. LYCAN (10) + RUN
- 4B. 3 PT. STANCE
- 4C. REV PLATE PUSH

2X

- 1. SHUTTLE RUN 3-2-4-2-3-1
- 2. CHICKIN 2-1-3-1-4-1
- 3. MANTIS (8) + RUN
- 4. KOD (20) + TZN
- 5. | CUJO (L)

C. RIPPLED

1233
2344
3455
4566
5677
6788

- 1. THRASHER
- 2. VIP (10) + RUN
- 3. B.O.R. (15) + TZN
- 4. CRAY-CRAY
- 5. YIKES!
- 6. ALI 22+
- 7. GBD (15) + RUN
- 8. RAMP UP (8) + RUN

1,A1,A2
12,B1,B2
123,C1,C2
1234,D1,D2
12345,E1,E2

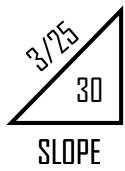
B. XION N+N

- A1 F. UNGE
- A2 B. LUNGE
- B1 CRAISE (20) + TZN
- B2 SQUANTOES (20) + RUN
- C1 FROGS
- C2 CROAKIN
- D1 TARASQ
- D2 TROG
- E1 STORK (20) + TZN
- E2 FLAMINGO (6) + TZN

D. CENTAUR3

111
222
333...

- 1. XPP
- 2. BOVINE
- 3. W. STAT SQUAT (10)+TZN
- 4. SKY HIGH 4-1
- 5. SCALAWAG
- 6. BUCKS
- 7. REV HYDRA
- 8. MIEL'S WHEELS



CHUCK-IT

PERFORM EACH TASK
IN A CHECKLIST
PATTERN.

RETURN TO THE
START AND PERFORM
IN A CHECKLIST
PATTERN BUT
REMOVING ALL THE 1s.

RETURN TO THE
START AND PERFORM
A CHECKLIST
REMOVING ALL THE
2s.

CONTINUE IN THE
SAME MANNER UNTIL
YOU'RE LEFT WITH A
CHECKLIST OF ONLY
THE 5s.

3 TOES (20) + RUN

1 SHUFFLE

1 TYSONS

4 V-STEP (10) + RUN

2 SWAGGIN 1:1

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

1 W. GREMLIN

3 X PP

4 MONTAUK

1 HALD 2-1-3-1-4-1

2 JIGGY (20) + RUN

4 TROG

3 BENCHED (30) + TZN

1 MIEL'S WHEELS

5 BUCKS

1 ROW STROLL 6+

2 SPIKES

1 BULLY

3 BULLDOG

4 B. LUNGE

1 APE SHOOT

1 DELAURA

1 INCH WORM + PUSH UP

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

1 LYCAN UP (10) + RUN

2 CYCLONE (12) + TZN

4 STAMPEDE

5 PRIMATES 4-1-3-1-2-1

1 OZARK

3 HANG (10) + RUN

1 JACKALOPE

2 TRUMPET 9+

1 SQ. JUMP (10) + RUN

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

1 MINOTAUR Ⓛ

4 SUE-STEP (20) + RUN

4 TYPHON

2 SHOT PUT

1 SCURL 1:1

3 MT. CLIMB (20) + RUN

4 W. CROOK

1 BUZZARD

5 VENOM

3/26
35

SLOPE
898 OK

1-10
10-1
1-10

B.

W

1. MONTAUK
2. THRASHER
3. KAMIKAZE 4-3-4-2-4-1-4-1
4. REV VIPER
5. CURIOUS GEORGE
6. CRAISE (20) + TZN
7. SL BRIDGED BENCHED (15) + TZN
8. COBRA (10) + PUSH
9. KOBOLD
10. SCALAWAG

A. FIND MUCK

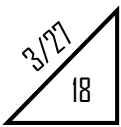
- 4321 SHUFFLE
321 SPD SKATES (20) + RUN
21 SWAGGIN 1:1
1 ENFORCER

1-5
1-10
1-15

C.

MTN5

1. STACK SHOT
2. QUICK FT. (20) + RUN
3. TROG
4. POUNCER (10) + RUN
5. O-PINNED 2-1-3-1-4-1
6. GARGOYLE
7. SAWED OFF (10) + TZN
8. KITCHEN SINK (10) + TZN
9. YETI
10. HAMSTRUNG
11. BUTT KICKS
12. TYPHON
13. MIEL'S WHEELS
14. SHUTTLE RUN 3-2-4-2-3-1
15. SHOT PUT



SLOPE

1-8, 8-1
3-6, 6-3

EL CYCLE2

1. SHUTTLE RUN 3-2-4-2-3-1
2. MOGUL (20) + RUN
3. TOES (20) + RUN
4. MOWGLI (12) + RUN
5. AU 22+
6. VEXED (10) + RUN
7. STAT SWAG (20) + TZN
8. SUE STEP (20) + RUN

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

FILLING

1. SQUONQ
2. JAGGER (12) + RUN
3. YIKES!
4. TAUNTAUN
5. ANACONDA
6. HACK-IT
7. SUICIDE 2-1-3-1-4-1
8. HANG (10) + RUN
9. YETI
10. BANDIT (20) + RUN

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

MTN2

1. CRAZY LEGS
2. ROW STROLL 6+

3. INFINITY (20) + RUN
4. D-PINNED 2-1-3-1-4-1

5. TIP-TOES (20) + RUN
6. FLAMINGO (6) + TZN

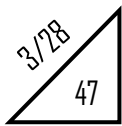
7. HYDRA
8. GATOR TO 3

9. SLAP JACK
10. VEXUM

1
11,2
111,22,3
1111,222,33,4

AND1

1. MONGOOSE
2. SPIKES
3. JACK BOX
4. THRASHER



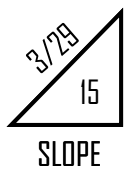
SLOPE

1-30

11,22,33...30,30

CHECKLIST TO CENTAUR2

1. GALLOW 2-1-4-3-4-1
2. MT. CLUMB (20) + RUN
3. W. GREMLIN
4. HOT COALS (10) + RUN
5. KOBOLD
6. PLATE SHAKE 9+
7. STAT TYSON (20) + RUN
8. STAMPEDE
9. GORGON (8) + RUN
10. 3 PT. STANCE
11. BOVINE
12. F. LUNGE
13. GBD (15) + RUN
14. HALD 2-1-3-1-4-1
15. SAWED OFF (10) + TZN
16. DIABLO
17. RDL (8) + TZN
18. CRAISE (20) + TZN
19. LOWLY (10) + RUN
20. ARACHNID
21. DENSER 2-1-3-1-4-1
22. MIEL'S WHEELS
23. COBRA (10) + PUSH
24. SCALAWAG
25. PABLO
26. BONSAI 3-1-4-2-4-1
27. POTTY SHOT
28. JOUNCE 2-1-3-1-4-1
29. VIP (10) + RUN
30. SWASHBUCKLER



122
12344
1234566
123456788
123456789,10,10

PUNCH OUT

1. TWO-STEP (20) + RUN
2. TURKEYS

3. MT. CUMB (20) + RUN
4. PLATE SHAKE 9+

5. YIKES!
6. MIEL'S WHEELS

7. JAGGER (12) + RUN
8. BENCHED (30) + TZN

9. SLAP JACK
10. C.H.B.

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

REV XION

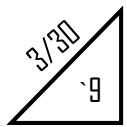
1. BONSAI 3-1-4-2-4-1
 2. MOWGLI (12) + RUN
 3. BULLDOG
 4. TRIFECTA! 6+
 5. SL BUCKS
 6. TOES (20) + RUN
- A. SL INCH
 - B. CRAISE (20) + TZN
 - C. STIGMA (10) + RUN
 - D. XPP
 - E. TARASQ
 - F. SPARROW (L)

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



CHAOS

- 4 EN GARDE
 - 2 SL OGRE (10) + TZN
 - 1 TRUMPET 9+
 - 1 DEATH ROW 2-1-3-1-4-1
 - 2 POTTY SHOT
 - 3 B. LUNGE
 - 1 SAWED OFF (10) + TZN
 - 2 STACK SHOT
- 3 W. CROOK
 - 1 SHALD 1:1
 - 1 CROAKIN
 - 2 TIP-TOES (20) + RUN
 - 3 PRIMATES 4-1-3-1-2-1
 - 1 REVIVAL
 - 1 CALF-IN-ATOR
 - 1 TAUNTAUN



SLOPE

1-12, 1-12

CHECKLIST(2)

1. SUICIDE 2-1-3-1-4-1
2. QUICK FT. (20) + RUN
3. AU 22+
4. SWAGGIN 1:1
5. HOT COALS (10) + RUN
6. STAMPEDE
7. LYCAN (10) + RUN
8. CRAZY LEGS
9. RIBBITS (10) + RUN
10. RAMPANT (10) + RUN
11. BEAR
12. BUZZARD

123454321

1234321

12321

121

1

DOWNSHIFT

1. KOBOLD
2. SA P.P.
3. INFINITY (20) + RUN
4. SQUIBBLE
5. VOODOO (L)

6,7

5-8

4-9

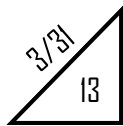
3-10

2-11

1-12

EXPANDING

1. 90° (10) + TZN
2. REV HYDRA
3. RDL (8) + TZN
4. MONKEY
5. CURL WALK 6+
6. PLATE PUSH
7. PINNED 2-1-3-1-4-1
8. SPIKES
9. VEXED (10) + RUN
10. MASTODON
11. POUNCER (10) + RUN
12. SQUONQ



SLOPE

FILLING

1. SUICIDE 2-1-3-1-4-1
2. SWAGGIN 1:1
3. KOBOLD
4. FLAMINGO (6) + TZN
5. MIEL'S WHEELS
6. NEAPOLITAN
7. THRASHER
8. MASTODON
9. TROG
10. TOES (20) + RUN
11. MOGUL (20) + RUN
12. SKATES

1234444
 12333
 122
 1

REVERTEX

1. REV PLATE PUSH
2. SQ THRUST (10) + RUN
3. TURKEYS
4. CRAY-CRAY

1-5, 5-1
 2-4, 402
 3,3

EL CYCLE

1. SABRE (8) + RUN
2. MUGGER (12) + RUN
3. SCALAWAG
4. BULLY
5. SHOT PUT

PUSH, TASK
 PUSH, TASK...

GAUNTLET

1. COALITION (10) + TZN
2. KIT. SINK (10) + TZN
3. REV VIPER
4. HAG 1:1
5. SLUSKI
6. JOHNNY APPLESEED
7. INCH WORM
8. GARGOYLE

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