

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.

IMPORTANT: TASK CHANGES, ADDITIONS & VALUES

THESE CHANGES WILL BE MADE TO THE FOLLOWING TASKS, EFFECTIVE APRIL 1ST

ALTERED TASK: STORK (~~20~~) + TZN is now STORK (12) + TZN

NEW TASKS: TOUCAN (20) + TZN (STORK W/BOTH FEET PLANTED)

DEAD B's (8/leg) + TZN (see your Pros for demo)

TASK VALUES:

INCREASING

ANACONDA

POTTY SHOTS

TARASQ

REV MASTODON

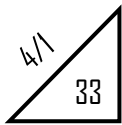
DECREASING

OGRE (10) + TZN

YETI

MOGUL PUSH

For the remainder of the year, we will be adjusting values of select tasks. Adjustments will be published with each month's motherboard. Values for the adjusted tasks will go into effect on the 1st of each month. Over this period, the impact to scores will be incremental, however slopes may vary slightly from the site to what's been published in the motherboard.



SLOPE

1-10
CENTAUR2
10-1

1. EN GARDE
2. MOGUL (20) + RUN
3. SKIPS
4. LYCAN (10) + RUN
5. GALLOW 2-1-4-3-4-1
6. ROW STROLL 6+
7. SQ. JUMP (10) + RUN
8. POTTY SHOT
9. ENFORCER
10. BEAR

11
22
33
44

G2

1. STORK (20) + TZN
2. ARACHNID
3. GBD (15) + RUN
4. TORO

1-10
MESA
10-1

CUL-DE-SACS

1. JAGGER (12) + RUN
2. APE SHOOT!
3. SQ. THRUST (10) + RUN
4. YETI
5. TWINKLE TOES (30) + TZN
6. SHWAGGIN 1:1
7. REV BULLDOG
8. SA PP
9. TROMBONE 6+
10. FLYING JACKAL

1-3
2-4
3-5

MESA

1. TOP SHELF (8) + TZN
2. MONGOOSE
3. STAMPEDE
4. DENSER 2-1-3-1-4-1
5. PIRATE

1-10
VERTEX
10-1

1. HOT COALS (10) + RUN
2. TAUNTAUN
3. W. LUNGE
4. VEXED (10) + RUN
5. CROAKIN
6. TRIFECTA 6+
7. BOVINE
8. HANG (10) + RUN
9. JIGSAW
10. RAMBO (10) + RUN

1
122
12333

VERTEX

1. YIKES!
2. MIEL'S WHEELS
3. BULLDOZER



SLOPE

EL CYCLE MOLE HILLS

1. SHUFFLE
2. MOGUL (20) + RUN
3. TOES (20) + RUN
4. COALITION (10) + TZN

-
1. TROMBONE 6+
 2. PLATE PUSH
 3. YIKES!

-
1. KITCHEN SINK (10) + TZN
 2. CURL WALK 6+
 3. W. CROOK
 4. G.B.D. (15) + RUN

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

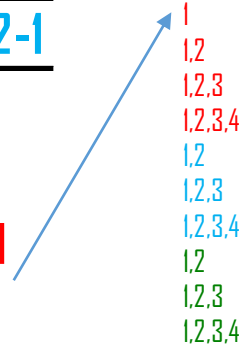
MINI JACOB'S LADDER

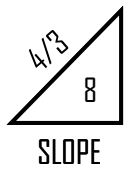
4. JACK BOX
 3. SHALO 1:1
 2. BUNYAN
-
4. 1. VIP (10) + RUN
 3. RAMPAGE (12) + RUN
 2. SAWED OFF (10) + TZN
-
- 4.1. PRIMATES 4-1-3-1-2-1
 3. COBRA (10) + PUSH
 2. KOBOLD
 1. QUICK FT. (20) + RUN

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

VERTEX

1. GRECO
2. TRIFECTA 6+
3. ABD. MANTIS (8) + RUN
4. SQUONQ
5. NEAPOLITAN





1-14

1-14

CHECKLIST(2)

1. QUICK FT. (20) + RUN
2. TURKEYS
3. KOBOLD
4. MOWGLI (12) + RUN
5. STAMPEDE
6. SWAGGIN 1:1
7. HIKES
8. LYCAN (10) + RUN
9. CYCLONE (12) + TZN
10. HANG (10) + RUN
11. XPP
12. SQ. THRUST (10) + RUN
13. TIP-TOES (20) + RUN
14. HALO MARCH (20) + TZN

1,2

1-4

1-6

1-8

MTN2

1. TYSONS
2. RAMBO (10) + RUN
3. TWINKLE (30) + TZN
4. BONSAI 3-1-4-2-4-1
5. AMAROK
6. JACKALOPE
7. GRECO
8. DIABLO

1234

234

34

4

FADED

1. APE SHOOT!
2. SHOT PUT
3. SPD SKATES (20) + RUN
4. PRIMATES 4-1-3-1-2-1

1-20, 20-1

U

1. PLATE PUSH
2. W. GREMLIN
3. REV BULLDOG
4. JUNKIE (8) + RUN
5. ROW STROLL 6+
6. PUSH UP (10) + RUN
7. TOES (20) + RUN
8. JAGGER (12) + RUN
9. TROG
10. MONKEY
11. BUCKS
12. EN GARDE
13. BALL N CHAIN
14. YIKES!
15. VIP (10) + RUN
16. TORO
17. SHUTTLE 3-2-4-2-3-1
18. MONTAUK
19. WIZARD
20. BUTT KICKS



SLOPE

1.22.333.4444.5555

1.22.333.4444

1.22.333

1.22

1

A. REV MT. NEVEREST

1X SHUFFLE

2X QUICK FT. (20) + RUN

3X SWAGGIN 1:1

4X RUN

5X STAMPEDE

B. CENTAUR2

1.1

2.2

3.3

4.4...

1. REV B.N.C.

2. POTTY SHOT

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

4. SWASHBUCKLER

5. BULLDOG

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

7. PEG LEG (8) + RUN

8. JIGGY (20) + RUN

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

C. =LATERAL

1. RAMBO (10) + RUN

2. SAWED OFF (10) + TZN

3. YETI

4. SKULLS (10) + TZN

5. VENOM

D. REV REPTILIAN

1A. 2-6

1B. 2-6

1C. 2-6

1D. 2-6

1A. M.F.T.

1B. JOUNCE 2-1-3-1-4-1

1C. 45°

1D. KITCHEN SINK (10) + TZN

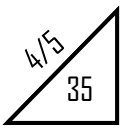
2. OFFERING

3. TYSONS

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

5. JABBERWOCKY

6. NEAPOLITAN



SLOPE
899 OK

1
12
123
1234
12345

4/5

PERFORM EACH
CIRCUIT AS INDICATED
AND THEN MAKE A
MTN2 OUT OF TASKS
#4 AND #5 FROM
EACH CIRCUIT.

A.

MTN

1. GALLOW 2-1-4-3-41
2. SHUFFLE
3. MT. CLIMB (20) + RUN
4. HIKES
5. REV BEAR

C.

VI

1. TOES (20) + RUN
2. STIGMATA (10) + RUN
3. CYCLONE (12) + TZN
4. SL OGRE (10) + TZN
5. DIABLO

1-5
5-1
1-5

B.

=IBRIDIOUS

1. BULLY
2. VIP (10) + RUN
3. SUE-STEP (20) + RUN
4. MONKEY
5. SA PP

12131415
232425
3435
45

D.

CENTAUR2

1. KOBOLD
2. D-PINNED 2-1-3-1-4-1
3. KNEEL SWAG (20) + TZN
4. W. LUNGE
5. SUCK UP

11
22
33
44
55

E.

MTN2

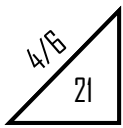
1. A4
2. A5

3. B4
4. B5

5. C4
6. C5

7. D4
8. D5

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



SLOPE

1-8
8-1
1-8

W

1. HOT COALS (10) + RUN
2. TURKEYS
3. SWAGGIN 1:1
4. MOWGLI (12) + RUN
5. KOBOLD
6. ROW STROLL 6+
7. RIBBITS (10) + RUN
8. SAWED OFF (10) + TZN

PERFORM IN A MTN PATTERN BUT DO EACH
TASK THE NUMBER OF TIMES INDICATED.

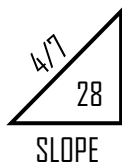
CHASM

- 1 GALLOW 2-1-4-3-4-1
- 2 PLATE PUSH
- 1 TOUCAN (20) + TZN
- 3 PRIMATES 4-1-3-1-2-1
- 2 MANTIS (8) + RUN
- 1 INCH WORM

HIKE, TASK,
HIKE, TASK...

HIKES GAUNTLET

1. BULLY
2. JIGSAW
3. OZARK
4. TORO
5. HALO 2-1-3-1-4-1
6. CUJO Ⓛ
7. SCURL 1:1
8. DEATH ROW 2-1-3-1-4-1
9. MONKEY
10. WICCA
11. BUZZARD
12. HACK-IT
13. BALL N CHAIN
14. MR. ATLAS
15. THRUST TO FROG



L
A
B
R
Y
N
T
H

1. SUICIDE 2-1-3-1-4-1
2. TOES (20) + RUN
3. MT. CLIMB (20) + RUN
4. SWAGGIN 1:1
5. STAMPEDE
6. RAMBO (10) + RUN
7. CURL WALK 6+
8. RIBBITS (10) + RUN
9. ALT. SQUONQ
10. PLATE SHAKE 9+
11. TURKEYS
12. KOBOLD
13. MIEL'S WHEELS
14. HIKES
15. VIP (10) + RUN

MESA

- A. GORGON PUSH UP (8) + RUN
- B. B. LUNGE
- C. REV BEAR
- D. JACKAL
- E. STACK SHOT

EFFECTIVE TODAY: 12 REPS ON STORK INDEFINITELY

21. SKIPS
22. CHICKIN 2-1-3-1-4-1
23. TYPHON
24. BONSAI 3-1-4-2-4-1
25. GIMPY DOG
26. SKY HIGH 4-1
27. MONGOOSE
28. TIPPY-TAP
29. SKULLS (10) + TZN
30. VIPER
31. O-B.O.R. (10) + TZN
32. TROG
33. HALD 2-1-3-1-4-1
34. TWO-STEP (20) + RUN
35. MANTIS (8) + RUN

C3

- A. BULLDOG
- B. KIT. SINK (10) + TZN
- C. STORK (12) + TZN
45. REV GREMLIN
46. POTTY SHOT

47. HOT COALS (10) + RUN
48. STAMPEDE
49. APE SHOOT!
50. ALI 22+
51. BEAR
52. ROW STROLL 6+
65. TAUNTAUN
66. HAG 1:1
67. W. CROOK
68. BANDIT (20) + RUN
69. GBD (15) + RUN
70. SPIKES
71. SHUTTLE 3-2-4-2-3-1
72. REV GREMLIN

EL CYCLE

- A. CYCLONE (12) + TZN
- B. JIGGY (20) + RUN
- C. STAT TYSON (20) + RUN
- D. TWEAKER (L)

UPLIFT

- A. MOGUL PUSH
- B. POGOTO (6) + TZN
- C. REV INCH

82. SKIPS
83. GALLOW 2-1-4-3-4-1
84. V-STEP (10) + RUN
85. TALL ORDER 6+
86. MONGOOSE
87. VEXED (10) + RUN
88. SA PP

Pros, the scoring and the task numbers look a little wonky compared to the back-end but should be a-okay.

Stampede 2x - ok
Rev Gremlin 2x - ok
Skips 2x - ok
Mongoose 2x -ok

4/8 AND 9
31

SLOPE

EASTER

BARN BURNER

START w/WARM UP MTN.

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 HOPSCOTCH, REPEATING A TASK LATER IN THE WORKOUT IS PROHIBITED.

WORKOUT ALSO SCHEDULED FOR 4/21. CHOOSE A DIFFERENT PATH!

MTN	
1. SHUFFLE	1
2. V-STEP (10) + RUN	12
3. SWAGGIN 1:1	123
4. ALI 22+	1234

- D.**
1. REV BOVINE
 2. LYCAN UP (10) + RUN
 3. JACKAL
 4. HALO 2-1-3-1-4-1

- A.**
1. CYCLONE (12) + TZN
 2. YAK
 3. CROAKIN
 4. SAWED OFF (10) + TZN

- E.**
1. INCH WORM
 2. BUNYAN
 3. PETRA
 4. C.H.B.

- H.**
1. MIEL'S WHEELS
 2. BULLDOG
 3. HYDRA
 4. NO GIMMIES

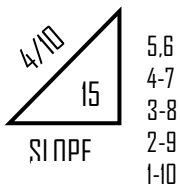
- B.**
1. HIKES
 2. TARASQ
 3. STAT CURL (6) + TZN
 4. TROMBONE 6+

- F.**
1. APE SHOOT!
 2. INFINITY (20) + RUN
 3. MT. CLIMB (20) + RUN
 4. HOT COALS (10) + RUN

- I.**
1. HOPSCOTCH
 2. HOPSCOTCH
 3. HOPSCOTCH
 4. HOPSCOTCH

- C.**
1. B. LUNGE
 2. PUSH UP (10) + RUN
 3. YETI
 4. SKULLS (10) + TZN

- G.**
1. MASTODON
 2. SLUSKI
 3. MOGUL MAYHEM 4
 4. ARACHNID



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

EXPANDING

1. GRECO
2. XPP
3. MONTAUK
4. PLATE SHAKE 9+
5. BONSAI 3-1-4-2-4-1
6. STAMPEDE
7. W. GREMLIN
8. POTTY SHOT
9. PEG LEG (8) + RUN
10. ATTACK IT

1-12
3-12
5-12
7-12
9-12
11,12

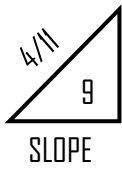
FADED2

1. GIMPY DOG
2. GALLOW 2-1-4-3-4-1
3. SLAP JACK
4. TIPPY-TAP
5. DENSER 2-1-3-1-4-1
6. TARASQ
7. MIEL'S WHEELS
8. VEXED (10) + RUN
9. DELAURA
10. YIKES!
11. YETI
12. COALITION (10) + TZN

1-12
1-12

CHECKLIST(2)

1. VENOM
2. TALL ORDER 6+
3. PINNED 2-1-3-1-4-1
4. EN GARDE
5. GRIFTER (8) + SA PP
6. BUCKS
7. SWAGGIN 1:1
8. BANDIT (20) + RUN
9. JACKAL
10. BULLDOG



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

MTN4

1. HIGH KNEES
2. TOES (20) + RUN
3. SKATES
4. MT. CLIMB (20) + RUN

5. LYCAN UP (10) + RUN
6. RAMBO (10) + RUN
7. PUSH UP (10) + RUN
8. TROG

9. JUNKIE (8) + RUN
10. SCALAWAG
11. BOVINE
12. WARRIOR

13. REV VIPER
14. RESURRECTION
15. SUICIDE 2-1-3-1-4-1
16. MOGUL(6) to FROG

1-6, 7A 7A
1-6, 7B 7B
1-6, 7C 7C
1-6, 7D 7D

REPTILIAN2

1. TAUNTAUN
2. SUE STEP (20) + RUN
3. JIGGY (20) + RUN
4. VIP (10) + RUN
5. PARATROOP (10) + RUN
6. ALI 22+

- 7A. PETRA
- 7B. REV MASTODON
- 7C. BUNYAN
- 7D. RAMP UP (8) + RUN

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

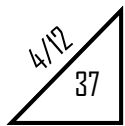
1,2 PUNCH

1. HANG (10) + RUN
2. ALT. SQUONQ

3. SL MANTIS (8) + RUN
4. REV HYDRA

5. MONGOOSE
6. TYPHON

7. SCORPION TO 3/BACK
8. EXPLOSIONS



SLOPE

1-10
10-1
1-10

N

1. BONSAI 3-1-4-2-4-1
2. TOES (20) + RUN
3. AU 22+
4. BULLY
5. TWINKLE TOES (30) + TZN
6. W. CROOK
7. RAMBO (10) + RUN
8. PISTON (10) + TZN
9. REV BEAR
10. FLYING MONKEY

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

MATTERHORN

- 2 CURL PRESS 5+
- 4 TWO-STEP (20) + RUN
- 1 REV INCH

- 2 SPIKES
- 4 SA PP
- 1 OGRE (10) + TZN

- 2 GARGOYLE
- 4 SKY HIGH 4-1
- 1 JACK ASS

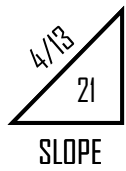
- 2 SLALOM
- 4 PRIMATES 4-1-3-1-2-1
- 1 DENSER 2-1-3-1-4-1

- 2 ARACHNID
- 4 ROW STROLL 6+
- 1 313

1123
2234
3345
4456
5567
6678
7789
889,10

FUPPLED

1. STACK SHOT
2. JIGGY (20) + RUN
3. TAUNTAUN
4. BUCKS
5. MIEL'S WHEELS
6. RDL (8) + TZN
7. SWASHBUCKLER
8. REV VIPER
9. SUICIDE 2-1-3-1-4-1
10. OZARK



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

1. BUTT KICKS
2. TURKEYS
3. QUICK FT. (20) + RUN
4. W. GREMLIN
5. KAMIKAZE 4-3-4-2-4-1-4-1

6. TROMBONE 6+
7. INFINITY (20) + RUN
8. HIKES
9. TWINKLE (30) + TZN
10. GARGOYLE

11. ALI 22+
12. GORGON (8) + RUN
13. TOUCAN (20) + TZN
14. YAK
15. RAMPAGE (12) + RUN

MTN5

16. CROAKIN
17. PIRATE
18. SHUTTLE 3-2-4-2-3-1
19. GBD (15) + RUN
20. INCH WORM

21. MT. CLIMB (20) + RUN
22. APE SHOOT!
23. JESTER
24. POGOTO (6) + TZN
25. B.O.R. (15) + TZN

26. THRASHER
27. HAG 1:1
28. TWISTED
29. GROWLER
30. PLATE PUSH



SLOPE

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

MTN2

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. TWO STEP (20) + RUN

3. SQUONK
4. TURKEYS

5. BEAR
6. TRIFECTA 6+

7. SWAGGIN 1:1
8. BULLDOZER

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

- 1-6, 7A, 7A
- 1-6, 7B, 7B
- 1-6, 7C, 7C
- 1-6, 7D, 7D

REPTILIAN2

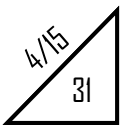
1. BUCKS
2. SLAP JACK
3. SUICIDE 2-1-3-1-4-1
4. HIKES
5. VENOM
6. TIP-TOES (20) + RUN

- 7A. MIM 3-2-4-2-3-1
- 7B. THRASHER
- 7C. INCH WORM
- 7D. CUJO Ⓛ

MONTAUK, TASK
MONTAUK, TASK...

MONTAUK GAUNTLET

1. CURL PRESS 5+
2. MIEL'S WHEELS
3. STROW 1:1
4. MASTODON
5. GBD (15) + RUN
6. HAG 1:1
7. TYPHON
8. NO GIMMIES
9. APE SHOOT
10. SCORPION TO 3/BACK



SLOPE
898 OK

123
123,456,456
123,456,456,789,789,789

ZENLISTS

- 1. TWO-STEP (20) + RUN
- 2. EN GARDE
- 3. MOGUL (20) + RUN
- 4. BULLY
- 5. PLATE PUSH
- 6. SQ. JUMP (10) + RUN
- 7. STORK (12) + TZN
- 8. JACKALOPE
- 9. COBRA (10) + PUSH

1X

2X

3X

1
121
12321
1234321
123454321

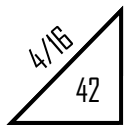
UPLIFT

- 1. GALLOW 2-1-4-3-4-1
- 2. FROGREMLIN(6)^4 + RUN
- 3. PRIMATES 4-1-3-1-2-1
- 4. BOULDER
- 5. M.F.T.

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

CROSS-FIRE

- 1. COALITION (10) + TZN
 - 2. SQ. THRUST (10) + RUN
 - 3. BOVINE
 - 4. GBD (15) + RUN
 - 5. AMAROK
- A. KOBOLD
 - B. BENCHED (30) + TZN
 - C. BULLDOZER



SLOPE

1
12
123
1
12
123...

MOLE-HILLS

1. SUICIDE 2-1-3-1-4-1
2. TOES (20) + RUN
3. W. GREMLIN
1. ALT. SQUONQ
2. TRUMPET 9+
3. MONTAUK
1. HANG (10) + RUN
2. HALD 2-1-3-1-4-1
3. 45°
1. TURKEYS
2. BAYOK (6) + RUN
3. SAWED OFF (10) + TZN
1. STIGMATA (10) + RUN
2. SKULLS (10) + TZN
3. SLUSKI

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

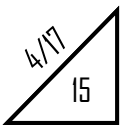
REV MTN3

1. 0-PINNED 2-1-3-1-4-1
2. NEAPOLITAN
3. MT. CLIMB (20) + RUN
4. OGRE (10) + TZN
5. SPIKES
6. VIP (10) + RUN
7. BONSAI 3-1-4-2-4-1
8. SUPP 10
9. BUCKS
10. W. CROOK
11. JACKAL
12. M.I.M. 3-2-4-2-3-1

1-12
12-1

U

1. TAUN TAUN
2. TROG
3. VENOM
4. MASTODON
5. POTTY SHOT
6. JIGGY (20) + RUN
7. PETRA
8. CRAISE (20) + TZN
9. TYSONS
10. DEVIL
11. RIBBITS (10) + RUN
12. BUZZARD



SLOPE

121314
434241
23
32

BODY WEIGHT

=ATERAL

1. EN GARDE
2. MT. CLIMB (20) + RUN
3. ALT. SQUONQ
4. SUE-STEP (20) + RUN

1,2
1-4
1-6

GLUED PLATE

MTN2

1. SWAGGIN 1:1
2. PLATE SHAKE 9+
3. PINNED 2-1-3-1-4-1
4. HALO 2-1-3-1-4-1
5. SAWED OFF (10) + TZN
6. DENSER 2-1-3-1-4-1

1AA

12BB
123CC
1234DD

BODY WEIGHT

XION2

1. HANG (10) + RUN
2. TYSONS
3. PEG LEG (8) + RUN
4. JABBERWOCKY
- A. BULLDOG
- B. REV BEAR
- C. AMAROK
- D. SL PUSH UP (10) + RUN

1

121
12321
1234321

GLUED PLATE

UPLIFT

1. BULLY
2. W. CROOK
3. ROW STROLL 6+
4. KIT. SINK (10) + TZN

11,22,33,44,55,66

BODY WEIGHT

CENTAUR2

1. QUICK FT. (20) + RUN
2. BULLFROG
3. B. LUNGE
4. MONGOOSE
5. REVIVAL
6. TAUNTAUN

GLUED PLATE

1-4,4-1

U

1. CYCLONE (12) + TZN
2. HAG 1:1
3. CHICKIN 2-1-3-1-4-1
4. B.O.R. (15) + TZN

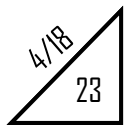
1

12
123
1234
12345

BODY WEIGHT

MTN

1. BONSAI 3-1-4-2-4-1
2. MONTAUK
3. TYPHON
4. YETI
5. REV VIPER



SLOPE

- 1. AA
- 12. BB
- 123. CC
- 1234. DD
- 12345. EE

XION2

- | | |
|-------------------------|----------------------|
| 1. TOES (20) + RUN | A. SHUFFLE |
| 2. AU 22+ | B. V-STEP (10) + RUN |
| 3. MT. CLUMB (20) + RUN | C. JAGGER (12) + RUN |
| 4. KOBOLD | D. HIKES |
| 5. SUPP (10) | E. GARGOYLE |

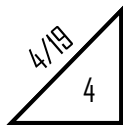
1-10, 10-1

U

- | | |
|-------------------------|----------------------|
| 1. OFFERING | 6. DEVIL |
| 2. NEAPOLITAN | 7. TORO |
| 3. D-PINNED 2-1-3-1-4-1 | 8. BANDIT (20) + RUN |
| 4. GBD (15) + RUN | 9. W. CROOK |
| 5. F. LUNGE | 10. MIEL'S WHEELS |

MOLE-HILLS

- | | |
|---------------|------------------------------|
| 1 | 1. SUICIDE 2-1-3-1-4-1 |
| 12 | 2. POTTY SHOTS |
| <u>123</u> | 3. <u>VEXED (10) + RUN</u> |
| 1 | 1. FLAMINGO (6) + TZN |
| 12 | 2. AMAROK |
| <u>123...</u> | 3. <u>PLATE SHAKE 9+</u> |
| | 1. XPP |
| | 2. TARASQ |
| | 3. <u>SL REVIVAL</u> |
| | 1. TURKEYS |
| | 2. WCCA |
| | 3. <u>JOUNCE 2-1-3-1-4-1</u> |
| | 1. TALL ORDER 6+ |
| | 2. TIP-TOES (20) + RUN |
| | 3. <u>INCH WORM</u> |
| | 1. RAMBO (10) + RUN |
| | 2. BEAR |
| | 3. <u>BULLDOZER</u> |
| | 1. JUNKIE (8) + RUN |
| | 2. C.H.B. |
| | 3. BOVINE |



SLOPE

1-10
10-1

U

1-4, 5A5A5A
1-4, 5B5B5B
1-4, 5C5C5C
1-4, 5D5D5D

1. EN GARDE
2. SUE-STEP (20) + RUN
3. SHUTTLE RUN 3-2-4-2-3-1
4. TWINKLE TOES (30) + TZN
5. V-STEP (10) + RUN
6. ALI 22+
7. CURL PRESS 5+
8. TAUNTAUN
9. OGRE (10) + TZN
10. DELAURA

REPTILIAN3

1. SWAGGIN 1:1
 2. KIT. SINK (10) + TZN
 3. APE SHOOT!
 4. SQUIBBLE
-
- 5A. SAWED OFF (10) + TZN
 - 5B. GARGOYLE
 - 5C. HIKES
 - 5D. REV HYDRA

11,22,33

11,22

11

REV HYBRID2

1. RAZOR
2. MANTIS (8) + RUN
3. OFFERING

122
122344
122344566
122344566788
12234456678891010

1,2 PUNCH

1. TRUMPET 9+
 2. QUICK FT. (20) + RUN
-
3. INFINITY (20) + RUN
 4. W. CROOK
-
5. VILLIAN
 6. BONSAI 3-1-4-2-4-1
-
7. DENSER 2-1-3-1-4-1
 8. MONGOOSE
-
9. INCH WORM
 10. TAKE OFF!



SLOPE

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

CHECKLIST TO C2

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN
3. BULLY
4. TYSON
5. SQUANTOES (20) + RUN
6. POTTY SHOT
7. SQUONQ
8. HANG (10) + RUN
9. XPP
10. REV BOVINE

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

MTN2

1. SUE-STEP (20) + RUN
2. SHUFFLE
3. TWINKLE TOES (30) + TZN
4. KAMIKAZE 4-3-4-2-4-1-4-1
5. YIKES!
6. GORGON (8) + RUN
7. VIPER
8. JUNKIE (8) + RUN
9. DEVIL
10. TOP SHELF (8) + TZN

1
112
11223

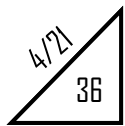
ANDI

1. PRIMATES 4-1-3-1-2-1
2. SCALAWAG
3. MR. ATLAS to 3/back

123
234
345
456
567
678
789
89,10

MESA

1. GRECO
2. GBD (15) + RUN
3. ROW STROLL 6+
4. TARASQ
5. DENSER 2-1-3-1-4-1
6. GRIFTER (8) + SA PP
7. STACK SHOT
8. KIT. SINK (10) + TZN
9. GROWLER
10. TAKE OFF!



SLOPE

1-10
1-10

U

1. SUICIDE 2-1-3-1-4-1
2. MOGUL (20) + RUN
3. EN GARDE
4. SWAGGIN 1:1
5. V-STEP (10) + RUN
6. ROW STROLL 6+
7. HIKES
8. RAMBO (10) + RUN
9. COALITION (10) + TZN
10. XPP

1-4, 5A5A
1-4, 5B5B
1-4, 5C5C
1-4, 5D5D
1-4, 5E5E

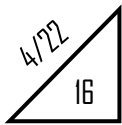
REPTILIANZ

1. APE SHOOT!
 2. HALO 2-1-3-1-4-1
 3. TROG
 4. VEXED (10) + RUN
- 5A. ARACHNID
5B. OZARK
5C. CUJO (L)
5D. SCURL 1:1
5E. GARGOYLE

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

CHOAS

- 2 BONSAI 3-1-4-2-4-1
- 3 3 PT. STANCE
- 1 VENOM
- 1 CRAISE (20) + TZN
- 3 BULLDOG
- 2 CYCLONE (12) + TZN
- 3 AU 22+
- 1 SL INCH
- 2 RDL (8) + TZN
- 4 REV BEAR
- 2 CROAKIN
- 1 JIGGY (20) + RUN
- 3 BULLY
- 4 BANDIT (20) + RUN
- 1 JACK-ASS
- 2 AMAROK
- 2 REVIVAL
- 2 DELAURA



SLOPE

MTN2

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

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

3. TWO-STEP (20) + RUN
4. STAMPEDE

5. MT. CLIMB (20) + RUN
6. HIKES

7. PLATE PUSH

8. RIBBITS (10) + RUN

9. PRIMATES 4-1-3-1-2-1

10. GORGON (8) + RUN

11. FLAMINGO (6) + TZN

12. OGRE (10) + TZN

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

CROSS-FIRE

1. CYCLONE (12) + TZN
2. BOVINE
3. TYPHON
4. DIABLO
5. AMAROK

A. REV B.N.C.

B. 45°

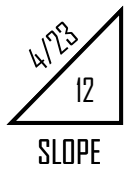
C. JUNKIE (8) + RUN

1-8
8-1
1-8



1. SHUTTLE RUN 3-2-4-2-3-1
2. SAPP
3. JAGGER (12) + RUN
4. MANTIS (8) + RUN

5. PETRA
6. TAUNTAUN
7. SPD SKATES (20) + RUN
8. MONGOOSE



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

EXPANDING

1. BUCKS
2. BUZZARD
3. COALITION (10) + TZN
4. BULLY
5. BONSAI 3-1-4-2-4-1
6. TURKEYS
7. BANDIT (20) + RUN
8. STAT TYPHON (10) + RUN
9. ABD. MANTIS (8) + RUN
10. REV GARGOYLE

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

DOWN SHIFT

1. BUTT KICKS
2. SCALAWAG
3. MIEL'S WHEELS
4. W. LUNGE
5. KIT. SINK (10) + TZN

CENTAUR3

111
222
333...
888

1. CURL WALK 6+
2. HOPSCOTCH
3. SPIKES
4. GROWLER
5. SAPP
6. VIPER
7. MOWGU (12) + RUN
8. SWASHBUCKLER

1-8
1-8

CHECKLIST(2)

1. PABLO
2. FROGS
3. PETRA
4. PEG LEG (8) + RUN
5. SHUTTLE RUN 3-2-4-2-3-1
6. AU 22+
7. HANG (10) + RUN
8. TAKE OFF!



SLOPE

RIPPLED

- 1. EN GARDE
- 2. W. GREMLIN
- 3. BANDIT (20) + RUN
- 4. ROW STROLL 6+
- 5. MOWGLI (12) + TZN
- 6. HIKES
- 7. QUICK FT. (20) + RUN
- 8. PLATE PUSH
- 9. F. LUNGE
- 10. HALD MARCH (20) + TZN
- 11. INCH WORM
- 12. MONKEY

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

CAVITY

- 1. BONSAI 3-1-4-2-4-1
- 2. SPD. SKATES (20) + RUN
- 3. REV BULLDOG
- 4. TARASQ
- 5. RAMP UP (8) + RUN
- 6. FLYING JACKAL
- 7. BUCKS
- 8. SKULLS (10) + TZN
- 9. HANG (10) + RUN
- 10. KOBOLD

1-12, 12-1

U

- 1. TYSONS
- 2. PINNED 2-1-3-1-4-1
- 3. YETI
- 4. MT. CLIMB (20) + RUN
- 5. SQUANTOES (20) + RUN
- 6. SKUFFLE
- 7. SHOT PUT
- 8. SHWAGGIN 1:1
- 9. CURL PRESS 5+
- 10. OGRE (10) + TZN
- 11. VIPER
- 12. REV PLATE PUSH



1. QUICK FT. (20) + RUN
2. BONSAI 3-1-4-2-4-1
3. MT. CLIMB (20) + RUN
4. TURKEYS
5. SQUONO
6. YIKES!

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

CROSS FIRE

1. SHUFFLE
2. AMAROK
3. DEVIL
4. STORK (20) + TZN
5. XPP

- A. REV BEAR
- B. B.N.C.
- C. HAG 1:1

1-18, 18-1

U

7. LYCAN UP (10) + RUN
8. PLATE SHAKE 9+
9. TIP-TOES (20) + RUN
10. VIPER
11. KNEEL CURL (6) + TZN
12. PLATE PUSH

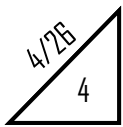
12333
1233345666
123334566678999



13. TYSON
14. PEG LEG (8) + RUN
15. BULLDOZER
16. GALLOW 2-1-4-3-4-5
17. GRYPHON (8) + PUSH
18. BUCKS

1,2,3 PUNCH

1. TAUNTAUN
2. POTTY SHOT
3. PRIMATES 4-1-3-1-2-1
4. CRAISE (20) + TZN
5. TWINKLE TOES (30) + TZN
6. APE SHOOT!
7. SL BOULDER
8. 45°
9. GIMPY DOG



SLOPE

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

MTN2

1. BONSAI 3-1-4-2-4-1
2. TOES (20) + RUN
3. ALT. SQUONQ
4. SWAGGIN 1:1
5. HANG (10) + RUN
6. MONTAUK
7. W. CROOK
8. DENSER 2-1-3-1-4-1
9. KIT SINK (10) + TZN
10. INCH WORM
11. REVIVAL
12. JACKAL

- 11.22.3A
- 11.22.3B
- 11.22.3C
- 11.22.3D

CEPTILIAN2

1. HIGH XS
 2. VEXUM
-
- 3A. RDL (8) + TZN
 - 3B. GBD (15) + RUN
 - 3C. SL OGRE (10) + TZN
 - 3D. RUMP ROAST

- 123454321
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- 12321
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- 1

DOWNSHIFT

1. EN GARDE
2. BULLDOG
3. TROG
4. BENCHED (30) + TZN
5. THRASHER

1-12

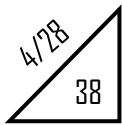
CHECKLIST

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. W. LUNGE
3. V-STEP (10) + RUN
4. SUPP (10)
5. HALO 2-1-3-1-4-1
6. YETI
7. COALITION (10) + TZN
8. HIKES
9. CURL PRESS 5+
10. MONGOOSE
11. BULLY
12. GARGOYLE



CHECKLIST, ODDS, EVENS, C2

1. **KAMIKAZE** 4-3-4-2-4-1-4-1
2. **TURKEYS**
3. **SWAGGIN** 1:1
4. **ALT. SQUONQ**
5. **W. CROOK**
6. **CHIMP (8) + RUN**
7. **PLATE SHAKE** 9+
8. **XPP**
9. **BAYOK (6) + RUN**
10. **MIEL'S WHEELS**
11. **CYCLONE (12) + TZN**
12. **RIBBITS (10) + RUN**
13. **B.O.R. (15) + TZN**
14. **GARGOYLE**
15. **RDL (8) + TZN**
16. **DELAURA**
17. **FLAMINGO (6) + TZN**
18. **SKY HIGH** 4-1
19. **BULLY**
20. **TYPHON**
21. **GRECO**
22. **MONGOOSE**
23. **W. LUNGE**
24. **PRIMATES** 4-1-3-1-2-1
25. **JACKBOX**
26. **STAMPEDE**

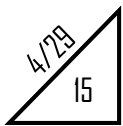


SLOPE

1-30, 1-30, 1-30

CHECKLIST(3)

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. HOT COALS (10) + RUN
3. STAMPEDE
4. W. GREMLIN
5. MIEL'S WHEELS
6. PLATE SHAKE 9+
7. SQUONQ
8. VIP (10) + RUN
9. XPP
10. SKY HIGH 4-1
11. MONGOOSE
12. SPIKES
13. VEXUM
14. MOWGLI (12) + RUN
15. MASTODON
16. DEVIL
17. TWO-STEP (20) + RUN
18. TAUNTAUN
19. QUICKSAND Ⓛ
20. SWAGGIN 1:1
21. JAGGER (12) + RUN
22. SLINGSHOT 3-2-4-2-3-1
23. REV B.N.C.
24. CURIOUS GEORGE
25. SHUTTLE RUN 3-2-4-2-3-1
26. JESTER
27. SLUSKI
28. PRIMATES 4-1-3-1-2-1
29. SAPP
30. OZARK



SLOPE

EXPANDING X 5

16-25

11-30

6-35

1-40

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. CURL PRESS 5+
3. PINNED 2-1-3-1-4-1
4. DELAURA
5. BULLDOG

6. GBD (15) + RUN
7. TAUNTAUN
8. SL BRDG BENCH (15) + TZN
9. VEXED (10) + RUN
10. AMAROK

11. FLAMINGO (6) + TZN
12. MONTAUK
13. APE SHOOT!
14. RIBBITS (10) + RUN
15. ABD. MANTIS (8) + RUN

16. SUICIDE 2-1-3-1-4-1
17. SUE-STEP (20) + RUN
18. MOWGLI (12) + RUN
19. SWAGGIN 1:1
20. V-STEP (10) + RUN

21. ROW STROLL 6+
22. HIKES
23. RAMBO (10) + RUN
24. COALITION (10) + TZN
25. XPP

26. REV BOVINE
27. JIGGY (20) + RUN
28. TALL ORDER 6+
29. BANDIT (20) + RUN
30. INCH WORM

31. VENOM
32. DIABLO
33. TARASQ
34. SAWED OFF (15) + TZN
35. RDL (8) + TZN

36. HALO 2-1-3-1-4-1
37. SQUONQ
38. PETRA
39. PRIMATES 4-1-3-1-2-1
40. NEAPOLITAN



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

MTN2

1. SUICIDE 2-1-3-1-4-1
2. MT. CLIMB (20) + RUN
3. PLATE SHAKE 9+
4. ALI 22+
5. HIKES
6. XPP
7. SL GORGON (8) + RUN
8. MIEL'S WHEELS
9. D-B.O.R. (10) + TZN
10. DIABLO

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

1A 1B 1C
2A 2B 2C
3A 3B 3C

1. TYSONS

REV PLATE PUSH
ROW STROLL 6+
VIPER

2. NEAPOLITAN

STAMPEDE
PROWLER (L)
CURL PRESS 5+

3. CYCLONE (12) + TZN

BULLDOG
REV INCH
GALLOW 2-1-4-3-4-1

CROSS-LISTS

A. SPD SKATES (20) + RUN
SHOT PUT

B. CRAISE (20) + TZN
APE SHOOT!

C. JIGGY (20) + RUN
TAKE OFF!

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