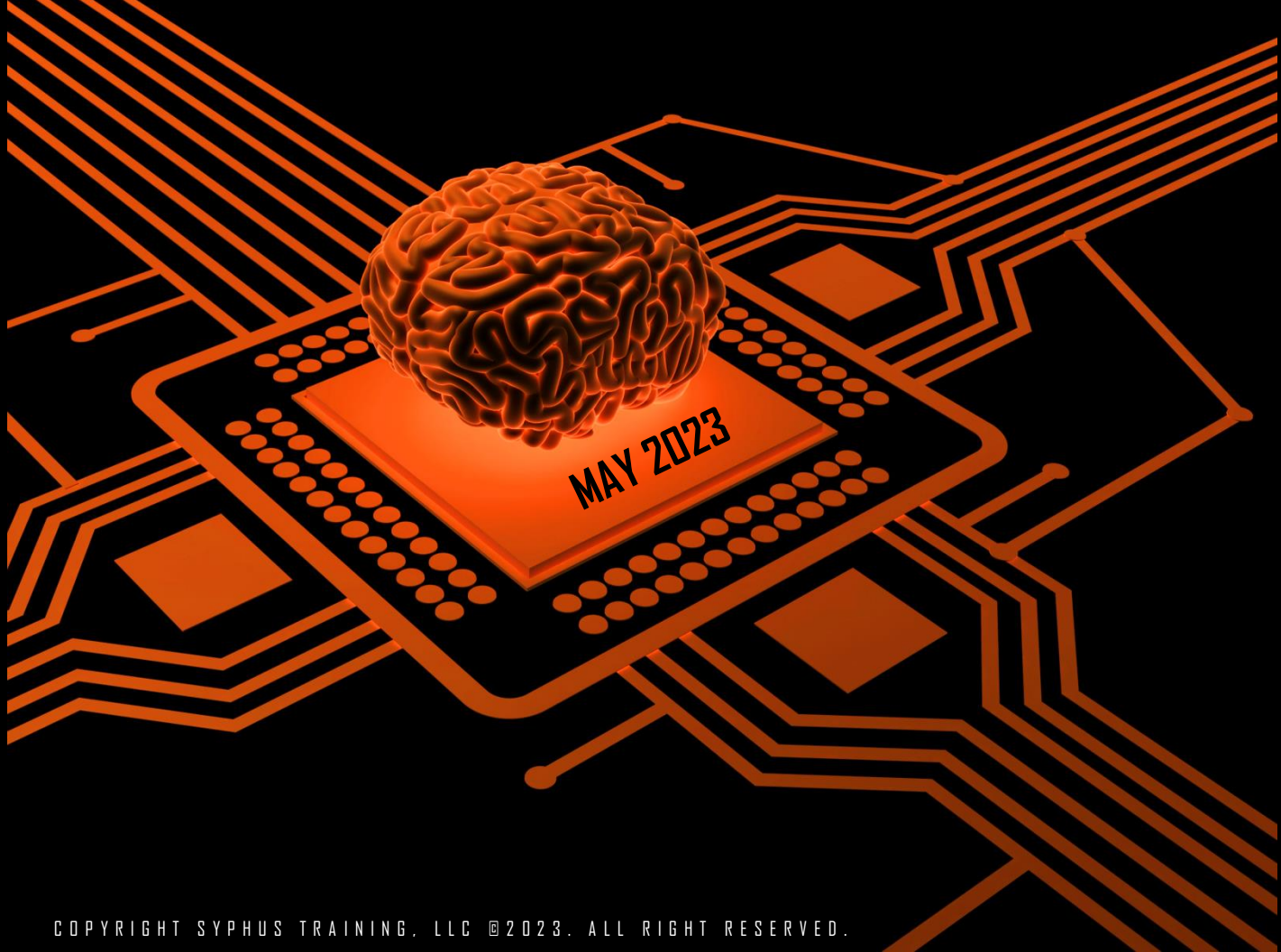


M
O
T
H
E
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B
O
A
R
D





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

EQUALATERAL

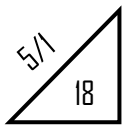
1. KAMIKAZE 4-3-4-2-4-1-4-1
2. HIGH Xs
3. TOES (20) + RUN
4. SL GORGON (8) + RUN
5. YIKES

1. ALT. SQUONQ
2. RAMBO (10) + RUN
3. BANDIT (20) + RUN
4. CYCLONE (12) + TZN
5. PROWLER 

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

Minimum rep count indicator; used for certain traveling tasks.

"Ladder Tasks are indicated by this symbol.



SLOPE

*CIRCUIT
STYLE*

TRAFFIC SPIKES

1-16
MESA
1-16
VERTEX
1-16
CENTAUR3
1-16
UPLIFT

1. QUICK FT. (20) + RUN
2. BONSAI 3-1-4-2-4-1
3. TYSONS
4. SWAGGIN 1:1
5. MOWGLI (12) + RUN
6. ROW STROLL 6+
7. LYCAN (10) + RUN
8. HIKES
9. TROG
10. VIP (10) + RUN
11. KOBOLD
12. MONGOOSE
13. SAWED OFF (10) + TZN
14. HANG (10) + RUN
15. GARGOYLE
16. F. LUNGE

123
234
345
456

MESA

1. DIABLO
2. REV VIPER
3. JUNKIE (8) + RUN
4. TOUCAN (20) + TZN
5. BUZZARD
6. RAMP UP (8) + RUN

I
122
12333

VERTEX

1. SHOT PUT
2. REV HYDRA
3. NEAPOLITAN

III
222
333

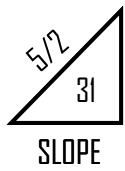
CENTAUR3

1. MONKEY
2. APE SHOOT!
3. JACKALOPE

I
121
12321

UPLIFT

1. PRIMATES 4-1-3-1-2-1
2. HALO 2-1-3-1-4-1
3. WICCA



1-15, 15-1

U

1. SHUTTLE 3-2-4-2-3-1
2. SUE STEP (20) + RUN
3. TURKEYS
4. MOGUL (20) + RUN
5. SWAGGIN 1:1
6. W. GREMLIN
7. MONTAUK
8. ENFORCER
9. CYCLONE (12) + TZN
10. PUSH UP (10) + RUN
11. SPD SKATES (20) + RUN
12. TARASQ
13. HALO 2-1-3-1-4-1
14. BANDIT (20) + RUN
15. PETRA

1

121

12321

1234321

123454321

UPLIFT

1. CRAZY LEGS
2. HOT COALS (10) + RUN
3. APE SHOOT!
4. TOP SHELF (8) + TZN
5. VOODOO Ⓛ

1-10

1-4, 7-10

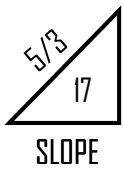
1-3, 8-10

1,2,9,10

1,10

CAVITY

1. ROW STROLL 6+
2. W. GREMLIN
3. CHICKIN 2-1-3-1-4-1
4. REV BULLDOG
5. THRUST TO FROG
6. W. LUNGE
7. BUCKS
8. POTTY SHOT
9. BOR (15) + TZN
10. NEAPOLITAN



LET GO

PERFORM THIS AS A CHECKLIST(4)

BUT WITH EACH PASS, YOU WILL "LET GO" OF TWO TASKS FROM EACH OF THE ORANGE SECTIONS, NEVER TO REPEAT THEM AGAIN IN THE WORKOUT.

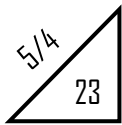
THE FIRST TIME THROUGH, DO ALL 32 TASKS.

THEN, REMOVE ANY TWO TASKS FROM EACH ORANGE SECTION, LEAVING YOU WITH 28 TASKS.

REPEAT UNTIL YOU'RE LEFT WITH 24 TASKS ON YOUR THIRD PASS AND THEN ONLY THE 20 REMAINING BLUE TASKS FOR THE FINAL PASS.

ALL ORANGE TASKS ARE LISTED IN THE SCORING AS GALLOWS FOR THE FIRST SECTION AND TWO-STEP FOR THE SECOND ORANGE SECTION.

1. GALLOWS 2-1-4-3-4-1
2. TOES (20) + RUN
3. ALT SQUONQ
4. MT. CLIMB (20) + RUN
5. BULLY
6. W. CROOK
7. CURL PRESS 5+
8. PUSH UP (10) + RUN
9. TURKEYS
10. HOT COALS (10) + RUN
11. B. LUNGE
12. B.O.R. (15) + TZN
13. BULLDOG
14. RDL (8) + TZN
15. STAMPEDE
16. 3 PT. STANCE
17. CHICKIN 2-1-3-1-4-1
18. SQ. JUMPS (10) + RUN
19. POTTY SHOT
20. SUPP (10)
21. INCH WORM
22. TWO-STEP (20) + RUN
23. PLATE SHAKE 9+
24. APE SHOOT!
25. BANDIT (20) + RUN
26. SHUTTLE 3-2-4-2-3-1
27. SCALAWAG
28. ARACHNID
29. EN GARDE
30. TAUNTAUN
31. DENSER 2-1-3-1-4-1
32. CYCLONE (12) + TZN



SLOPE

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

MTN2

1. SUICIDE 2-1-3-1-4-1
2. BUTT KICKS

3. MT. CLIMB (20) + RUN
4. W. GREMLIN

5. MONTAUK
6. XPP

7. STAT TYSON (20) + RUN
8. YIKES!

9. REV B.N.C.
10. INCH WORM

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

REPTILIAN

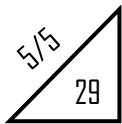
1. V-STEP (10) + RUN
2. SABRE (8) + RUN
3. K.O.D. (20) + TZN
4. MONKEY
5. HALO MARCH (20) + TZN
6. STACK SHOT

- 7A. VIPER
- 7B. W. LUNGE
- 7C. KIT. SINK (10) + TZN
- 7D. PETRA

1-10, 10-1, 1-10

N

1. CURIOUS GEORGE
2. SHUTTLE 3-2-4-2-3-1
3. MUGGER (12) + RUN
4. TALL ORDER 6+
5. MANTIS (8) + RUN
6. TUCKS (10) + RUN
7. MIEL'S WHEELS
8. STAMPEDE
9. PABLO
10. NEAPOLITAN



SLOPE

Note: The "peaks" vary in size, this is different than traditional peaks. Be sure to drop off the smaller circuits once you've completed them!

KEY:

12, 12, 12, 12, 12

1234, 1234, 1234, 1234, 1234

123456, 123456, 123456

12345678, 12345678

12345678910, 12345678910

MTN2 PEAKS

ALPS

1. BONSAI 3-1-4-2-4-1
2. TIPPY-TAP

3. MOGUL (20) + RUN

4. HIKES

5. MONTAUK

6. BOULDER

SMOKY

1. SWAGGIN 1:1

2. EN GARDE

3. RIBBITS (10) + RUN

4. JAGGER (12) + RUN

5. TARASQ

6. GARGOYLE

7. TYPHON

8. SLAP JACK

9. BALL N CHAIN

10. TORD

ROCKY

1. TRUMPET 9+

2. ROW STROLL 6+

3. SCURL 1:1

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

HIMALAYAN

1. KOBOLD

2. INFINITY (20) + RUN

3. BENCHED (30) + TZN

4. PEG LEG (8) + RUN

5. CRAISE (20) + TZN

6. GBD (15) + RUN

7. WARRIOR

8. ATTACK IT

9. REV MASTODON

10. VEXUM

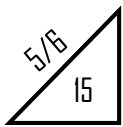
ANDES

1. PLATE PUSH

2. SA PP

3. REV PLATE PUSH

4. JACK ASS

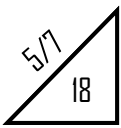


SLOPE

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

REV MTNS

1. GALLOW 2-1-3-1-4-1
2. TWO-STEP (20) + RUN
3. TYSON
4. BULLY
5. MOWGLI (12) + RUN
6. KNEEL CURL (6) + TZN
7. HIKES
8. PLATE PUSH
9. VIPER
10. B. LUNGE
11. SKULLS (10) + TZN
12. KOBOLD
13. GORGON (10) + RUN
14. BALL N CHAIN
15. V-STEP (10) + RUN
16. TIPPY-TAP
17. GARGOYLE
18. SL BOULDER
19. KAMIKAZE 4-3-4-2-4-1-4-1
20. BANDIT (20) + RUN
21. RDL (8) + TZN
22. POTTY TO BULLDOG
23. MIEL'S WHEELS
24. SWAGGIN 1:1
25. TWISTED
26. BUNYAN
27. REV PLATE PUSH
28. EN GARDE
29. SKY HIGH 4-1
30. WCCA



SLOPE

1-5

1-6

1-7

1-8

MID-POINT MTN

1. EN GARDE

2. SUE STEP (20) + RUN

3. VIP (10) + RUN

4. SWAGGIN 1:1

5. TROMBONE 6+

6. LYCAN UP (10) + RUN

7. TWISTED

8. BUNYAN

122

122344

122344566

122344566788

1,2 PUNCH

1. TURKEYS

2. YIKES!

3. RAMBO (10) + RUN

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

5. REV BULLDOG

6. TROG

7. JOHNNY APPLESEED

8. XPP

1233

2344

3455

4566

5677

6788

RIPPLED

1. TORO

2. YETI

3. RDL (8) + TZN

4. SKIPS

5. MOWGLI (12) + RUN

6. TARASQ

7. BRDG BENCH (30) + TZN

8. ORCA TO 3/BACK

1-5, 5-1

U

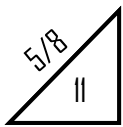
1. SKUFFLE

2. HIKES

3. VIPER

4. BULLY

5. MONGOOSE



SLOPE

GAUNTLETS(2)

PERFORM EACH TASK NOTED IN THE HEADING PRIOR TO EACH NUMBERED TASK. IE. EN GARDE, TASK, EN GARDE TASK. A SECTION IS COMPLETED AFTER THE LAST NUMBERED TASK IS COMPLETED, AN ADDITIONAL HEADING TASK IS NOT NEEDED AT THE END.
PERFORM SECTIONS A-E, A-E

A. EN GARDE

1. TIPPY-TAP
2. BONSAI 3-1-4-2-4-1
3. V-STEP (10) + RUN
4. HIKES
5. PINNED 2-1-3-1-4-1
6. RAMBO (10) + RUN
7. CROAKIN
8. REVIVAL
9. MOGUL MADNESS 10
10. SA DIABLO

B. PUSH UP (10) + RUN

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. POTTY SHOT
3. SWAGGIN 1:1
4. SL OGRE'S (10) + TZN
5. KOBOLD

C. PLATE PUSH

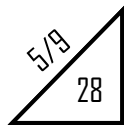
1. SHUTTLE RUN 3-2-4-2-3-1
2. SUPER TROOPER (10) + RUN
3. TORO
4. VIXEN
5. DEATH ROW 2-3-1-4-1

D. INCH WORM

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

E. GROWLER

1. CURL PRESS 5+
2. B.O.R. (15) + TZN
3. SKULLS (10) + TZN
4. KNEELING CURL (6) + TZN
5. STAT. ROW (6) + TZN



SLOPE

1
12
123
1
12
123...

MOLE-HILLS

1. HOT COALS (10) + RUN
2. EN GARDE
3. SWAGGIN 1:1
 1. FROGREMLIN (6/4) + RUN
 2. CURL WALK 6+
3. REV BEAR
 1. ROW STROLL 6+
 2. TROG
3. BUCKS
 1. SA P.P.
 2. V-STEP (10) + RUN
3. REVIVAL
 1. GALLOW 2-1-4-3-4-1
 2. GBD (15) + RUN
3. HAG 1:1
 1. MUGGER (12) + RUN
 2. CHICKIN 2-1-3-1-4-1
 3. ARACHNID

1-12
12-1

U

1. VEXUM
2. TALL ORDER 6+
3. SAWED OFF (10) + TZN
4. BANDIT (20) + RUN
5. APE SHOOT!
6. YETI
7. JIGGY (20) + RUN
8. DIABLO
9. INFINITY (20) + RUN
10. RDL (8) + TZN
11. BOVINE
12. BENCHED (30) + TZN

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

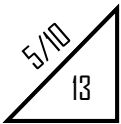
EL CYCLE

1. GATOR TO 3
2. CROOK
3. COALITION (10) + TZN
4. SUPP 10
5. YIKES!

111
222
333
444
555
666
777

CENTAUR3

1. MIEL'S WHEELS
2. BULLY
3. BUZZARD
4. GARGOYLE
5. XPP
6. AMAROK
7. VIPER



SLOPE

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

MTN4

1. QUICK FT. (20) + RUN
2. TIPPY-TAP
3. W. GREMLIN
4. STAMPEDE

5. HIKES
6. SA PP
7. TALL ORDER 6+
8. DENSER 2-1-3-1-4-1

9. MONKEY
10. STORK (12) + TZN
11. SLING SHOT 3-2-4-2-3-1
12. MUGGER (12) + RUN

13. GORGON + P/UP (8) + RUN
14. BUNYAN
15. MANTIS (8) + RUN
16. BOULDER

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

REPTILIAN2

1. HOT COALS (10) + RUN
2. SUICIDE 2-1-3-1-4-1
3. V-STEP (10) + RUN
4. B.O.R. (15) + TZN

-
- 5A. BEAR
 - 5B. REV PLATE PUSH
 - 5C. TROMBONE 6+
 - 5D. ALI 22+
 - 5E. INCH WORM

- 1
- 1,22
- 1,2,333
- 1,2,3,4444
- 1,2,3,4,55555

VERTEX

1. MOGUL PUSH
2. OGRE (10) + TZN
3. PINNED 2-1-3-1-4-1
4. KOBOLD
5. PRIMATES 4-1-3-1-2-1



1-10
3-10
5-10
7-10
9-10

FADED2

1. HIGH KNEES
2. KAMIKAZE 4-3-4-2-4-1-4-1

3. SWAGGIN 1:1
4. STAMPEDE

5. TWO-STEP (20) + RUN
6. YIKES!

7. STORK (12) + TZN
8. W. KOBOLD

9. EN GARDE
10. DELAURA

EVERYTHING IN BLACK PERFORM ONCE AS A CHECKLIST. SECTIONS IN RED ARE SMALL CHALLENGING PROGRESSIONS. FOLLOW THE KEY OF EACH RED SECTION.

LABYRINTH

1. SKIPS
 2. REV BEAR
 3. POTTY SHOT
 4. TOES (20) + RUN
 5. BULLY
 6. HALO 2-1-3-1-4-1
- A
A.B
A.B.C
- A. RAMBO (10) + RUN
 - B. RIBBITS (10) + RUN
 - C. JACK BOX
13. SHUFFLE
 14. JIGGY (20) + RUN
 15. PINNED 2-1-3-1-4-1
 16. ABD. MANTIS (8) + RUN
 17. MIEL'S WHEELS
 18. KNEELING CURL (6) + TZN
 19. RDL (8) + TZN
 20. SA PP

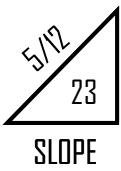
A,B,C
C,B,A
B,B

EL CYCLE

- A. CYCLONE (12) + TZN
 - B. 90° PISTON (10) + TZN
 - C. SKULLS (10) + TZN
29. TIPPY-TAP
 30. TROG
 31. SQUONQ
 32. REV BOVINE
 33. MT. CLIMB (20) + RUN
 34. QUICK FT. (20) + RUN

VERTEX

- A. PETRA
 - B. SWASHBUCKLER
 - C. MONGOOSE
- A
A.B,B
A,B,C,C,C
44. APE SHOOT!
 45. PEG LEG (8) + RUN
 46. JACKAL
 47. 3 PT. STANCE
- A
A,B,A
A,B,C,B,A
- A. X PP
 - B. TYPHON
 - C. SL INCH



1-15, 1-15

CHECKLIST(2)

- 1. BUTT KICKS
- 2. QUICK FT. (20) + RUN
- 3. SQUONQ
- 4. MOGUL (20) + RUN
- 5. TYSONS
- 6. SWAGGIN 1:1
- 7. RIBBITS (10) + RUN
- 8. ROW STROLL 6+
- 9. VIP (10) + RUN
- 10. BULLY
- 11. LYCAN (10) + RUN
- 12. MIEL'S WHEELS
- 13. TURKEYS
- 14. BAYOK (6) + RUN
- 15. CYCLONE (12) + TZN

CHECKLIST

- 1. POUNCER (10) + RUN
- 2. WICCA
- 3. VENOM
- 4. DIABLO
- 5. MOGUL6 TO FROG

MESA

123
234
345
456
567
678

- 1. BONSAI 3-1-4-2-4-1
- 2. W. GREMLIN
- 3. SLAP JACK
- 4. RAMP UP (8) + RUN
- 5. HIKES
- 6. MONGOOSE
- 7. HALO 2-1-3-1-4-1
- 8. TROG

1-5, E
1-4, D
1-3, C
1-2, B
1, A

REV XION

- 1. GRECO
- 2. STAMPEDE
- 3. KOBOLD
- 4. JUNKIE (8) + RUN
- 5. SCORPION TO 3/BACK
- A. PIRATE
- B. GALLOW 2-1-4-3-4-1
- C. INCH WORM
- D. BULLDOG
- E. TUCKS (10) + RUN

1234444

12333

122

1

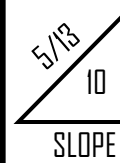
REVERTEX

- 1. PLATE PUSH
- 2. BALL N CHAIN
- 3. TAUNTAUN
- 4. PRIMATES 4-1-3-1-2-1



May 13th, Turf Harrison will be hosting a winner takes all invitational showdown featuring some of the highest scoring participants of Syphus.

For more information keep an eye on socials or contact Janelle or Tim of Turf HT.



FILLING PEAKS

FROM LEFT TO RIGHT PERFORM:
 1,8 OF EACH SECTION
 1,2,7,8 OF EACH SECTION
 1,2,3,6,7,8 OF EACH SECTION
 1-8 OF EACH SECTION

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

1. EN GARDE

1. HIKES

1. COALITION (10) + TZN

1. SQ. JUMP (10) + RUN

2. POTTY SHOT

2. HAG 1:1

2. KNEEL CURL (6) + TZN

2. DELAURA

2. MONKEY

3. GBD (15) + RUN

3. SABRE (8) + RUN

3. BULLDOG

3. LOWLY (10) + RUN

3. REVIVAL

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

4. STAMPEDE

4. ALI 22+

4. STACK SHOT

4. SHUFFLE

5. SPD SKATES (20) + RUN

5. F. LUNGE

5. CURL PRESS 5+

5. BUTT KICKS

5. GARGOYLE

6. KOBOLD

6. CYCLONE (12) + TZN

6. INCH WORM

6. TYPHON

6. SLUSKI

7. TORO

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

7. MONTAUK

7. QUICK FT. (20) + RUN

7. TRIFECTA! 6+

8. TOES (20) + RUN

8. PLATE SHAKE 9+

8. JIGGY (20) + RUN

8. YETI

8. VEXED (10) + RUN



CROSS LISTS

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

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

1. SUICIDE 2-1-3-1-4-1
BANDIT (20) + RUN
PLATE SHAKE 9+
TYSONS

2. VENOM
JACKALOPE
KOBOLD
SHOT PUT

3. TYPHON
SCALAWAG
SL OGRE (10) + TZN
CYCLONE (12) + TZN

4. REV BALL N CHAIN
PEG LEG (8) + RUN
STAMPEDE
TAKE OFF!

A. W. GREMLIN
QUICK FT. (20) + RUN

B. TUCKS (10) + RUN
SWAGGIN 1:1

C. JUNKIE (8) + RUN
HALO 2-1-3-1-4-1

D. SPIKES
INCH WORM

5/15

36

FETCH

SLOPE

AFTER EACH CIRCUIT YOU'LL PLAY FETCH FOUR TIMES!

1 FETCH =

ANY THROW TO LINE 4, USING ANY 'LIKE' CRAWL AFTER EACH INDIVIDUAL THROW TO GET TO THE PLATE. ONCE YOU GET TO LINE 4, PLATE PUSH BACK TO LINE 1. THE THROW CANNOT CHANGE DURING A SINGLE FETCH, BUT THE CRAWLS CAN CHANGE OR BE REPEATED IF DESIRED.

THROWS & 'LIKE' CRAWLS:

FORWARD - POTTY SHOT, SHOT PUT...ANY FORWARD CRAWL

REVERSE - HIKES, BUCKS...ANY REVERSE CRAWL

LATERAL/SIDEWAYS - APE SHOOT, SLAP JACK...ANY SIDEWAYS CRAWL (MONKEY, YETI, AND FOR THIS TASK MONGOOSE WILL BE CONSIDERED A SIDEWAYS CRAWL, NOT TO BE USED WITH FORWARD THROWS)

1 FETCH EXAMPLE:

BUCK, REV BULLDOG, BUCK, REV BEAR, BUCK, REV HYDRA (REACHED LINE 4) PLATE PUSH BACK TO 1.

A TASK CALLED FETCH CREATED FOR SCORING PURPOSES

A.

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

EL CYCLE

1. GALLOW 2-1-4-3-4-1
2. TURKEYS
3. SPD SKATES (20) + RUN
4. PLATE SHAKE 9+
5. LYCAN (10) + RUN

FETCH 4X

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

C.

FADED

1. SABRE (8) + RUN
2. CYCLONE (12) + TZN
3. W. CROOK
4. JAGGER (12) + RUN
5. SLUSKI

FETCH 4X

B.

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

REPTILIAN

1. BANDIT (20) + RUN
2. RIBBITS (10) + RUN
3. TROG
4. CHICKIN 2-1-3-1-4-1

5A. BUZZARD

5B. DEVIL

5C. CROAKIN

FETCH 4X

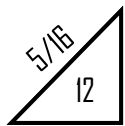
D.

RIPPLED

1233
2344
3455
4566

1. SCORPION TO 3/BACK
2. HANG (10) + RUN
3. 90° (10) + TZN
4. SCALAWAG
5. INFINITY (20) + RUN
6. AMAROK

FETCH 4X



SLOPE

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

MTN2

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

3. MT. CLIMB (20) + RUN
4. BULLY

5. RIBBITS (10) + RUN
6. MONGOOSE

7. F. LUNGE
8. MONKEY

9. DEVIL
10. SCORPION TO 3/BACK

- 1-7
- 1-7
- 1-7
- 1-7

CHECKLIST(4)

1. BONSAI 3-1-4-2-4-1
2. DENSER 2-1-3-1-4-1
3. SQUANTOES (20) + RUN
4. KIT. SINK (10) + TZN
5. MONTAUK
6. CRAISE (20) + TZN
7. VEXED (10) + RUN

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

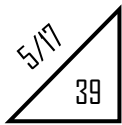
ZENITH

1. PETRA
 2. EN GARDE

 3. SLUSKI
 4. POTTY SHOT

 5. PRIMATES 4-1-3-1-2-1
 6. TROMBONE 6+

 7. TAUNTAUN
 8. PLATE PUSH
- 1X
2X
3X
4X



PICK YOUR RAPTURE

MTN

SLOPE

1. EN GARDE
2. HOT COALS (10) + RUN
3. MT. CLIMB (20) + RUN
4. PLATE SHAKE 9+
5. XPP
6. GORGON (8) + RUN

1
12
123
1234
12345
123456

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

REPTILIAN

1. BANDIT (20) + RUN
 2. BONSAI 3-1-4-2-4-1
 3. TARASQ
 4. BEAR
-
- 5A. GRIFTER (8) + SA PP
 - 5B. COBRA (10) + PUSH
 - 5C. JUNKIE JUMP (8) + RUN
 - 5D. PABLO

ORDER

- MTN
- PYR
- REPTILIAN
- PYR
- REV MTN2
- PYR
- CAVITY
- PYR

WHENEVER YOU ARRIVE AT A PICK YOUR RAPTURE SECTION CHOOSE ANY 2 TASKS AND PERFORM EACH AS A CENTAUR2.

ONCE TO YOU RETURN TO THE P.Y.RAPTURE LATER IN THE ROUTINE, YOU MAY NOT CHOOSE A RAPTURE TASK THAT YOU'VE ALREADY DONE.

REV BOVINE	90° (10) + TZN	GARGANTUAN
SL PUSH UP (10) + RUN	D-PINNED 2-1-3-1-4-1	HAG 1:1
JACKAL	WARRIOR	SWASHBUCKLER

1-6
1,2,5,6
1,6

CAVITY

1. CYCLONE (12) + TZN
2. ALI 22+
3. SL INCH
4. SHOT PUT
5. VENOM
6. KAMIKAZE 4-3-4-2-4-1-4-1

REV MTN2

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

1. SPIKES
2. 45°
3. STORK (12) + TZN
4. SQUANTOES (20) + RUN
5. YETI
6. BUCKS
7. STAMPEDE
8. C.H.B.



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

UPLIFT

1. QUICK FT. (20) + RUN
2. TWINKLE TOES (30) + TZN
3. SWAGGIN 1:1
4. SAWED OFF (10) + TZN
5. BALL N CHAIN

PERFORM EACH TASK TWICE
FORWARD TASK TO 4, REV TASK TO 1
FORWARD TASK TO 4, REV TASK TO 1

RED RUM

1. BOVINE
2. F. LUNGE
3. POTTY SHOT
4. PLATE PUSH
5. GREMLIN
6. THRASHER
7. BULLDOZER
8. GARGOYLE

- REV BOVINE
- B. LUNGE
- HIKES
- REV PLATE PUSH
- REV GREMLIN
- TORO
- DIABLO
- REV GARGOYLE

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

MTN3

1. TWO-STEP (20) + RUN
2. TROMBONE 6+
3. MUGGER (12) + RUN
4. TROG
5. PISTON (10) + TZN
6. 3 PT. STANCE
7. CYCLONE (12) + TZN
8. OGRE (10) + TZN
9. LUMBERJACK (8) + RUN
10. CRAISE (20) + TZN
11. CUJO (L)
12. SKY HIGH 4-1

1-8
1-8

CHECKLIST(2)

1. COALITION (10) + TZN
2. SLALOM
3. VIPER
4. CHUPACABRA
5. DEATH ROW 2-3-1-4-1
6. SWASHBUCKLER
7. TYSONS
8. PRIMATES 4-1-3-1-2-1



SLOPE

CHECK 5, PICK 4

1. SUICIDE 2-1-3-1-4-1
2. TYSON
3. SUE-STEP (20) + RUN
4. TAUNTAUN
5. PICK A CARRY FROM LIST
6. SQ. JUMP (10) + RUN
7. 3 PT. STANCE
8. RIBBITS (10) + RUN
9. JAGGER (12) + RUN
10. PICK A CRAWL FROM LIST
11. BUCKS
12. SWAGGIN 1:1
13. HALD 2-1-3-1-4-1
14. MIEL'S WHEELS
15. PICK A PUSH FROM LIST
16. STACK SHOT
17. STIGMATA (10) + RUN
18. SL OGRE (10) + TZN
19. F. LUNGE
20. PICK A "TOUGH" TASK

CARRY

TRIFECTA 6+
ROW STROLL 6+
CURL WALK 6+
TRUMPET 9+
TALL ORDER 6+

CRAWL

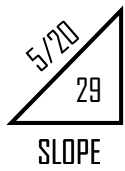
GARGOYLE
BULLDOG
BOVINE
REV BEAR
VIPER

PUSH

ENFORCER
RAZOR
SWASHBUCKLER
BULLDOZER
CRAY-CRAY

"TOUGH" TASK

DIABLO
C.H.B.
GRYPHON (8) + P. PUSH
PIRATE
BOULDER



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

MESA

1. BONSAI 3-1-4-2-4-1
2. QUICK FT. (20) + RUN
3. MT. CLIMB (20) + RUN
4. YIKES!
5. SQ. JUMP (10) + RUN
6. PLATE PUSH
7. MONTAUK
8. TROMBONE 6+
9. F. LUNGE
10. REV PLATE PUSH

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

MTN3

1. KOBOLD
2. FLAMINGO (6) + TZN
3. EN GARDE
4. TURKEYS
5. PUSH UP (10) + RUN
6. MONGOOSE
7. ARACHNID
8. OGRE (10) + TZN
9. SCURL 1:1
10. CRAZY LEGS
11. FROGS
12. MUGGER (12) + RUN

1-15
1-15

CHECKLIST(2)

1. APE SHOOT!
2. BOULDER
3. W. GREMLIN
4. SHWAGGIN 1:1
5. MASTODON
6. BUCKS
7. TROG
8. VIP (10) + RUN
9. MIEL'S WHEELS
10. SUICIDE 2-1-3-1-4-1
11. SLIGER
12. XPP
13. DIABLO
14. BOVINE
15. TAKE OFF!



SLOPE

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

MTN2

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE
3. HOT COALS (10) + RUN
4. INFINITY (20) + RUN
5. SQ. JUMP (10) + RUN
6. LYCAN UP (10) + RUN
7. YIKES!
8. DIABLO

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

REV MTN2

1. F. LUNGE
2. FLAMINGO (6) + TZN
3. MT. CLIMB (20) + RUN
4. ALI 22+
5. WICCA
6. KAMIKAZE 4-3-4-2-4-1-4-1
7. TYPHON
8. SCORPION TO 3/BACK

1233
2344
3455
4566
5677
6788

RIPPLED

1. BENCHED (30) + TZN
2. TURKEYS
3. TROG
4. JIGGY (20) + RUN
5. TARADACTYL
6. POTTY SHOT
7. TIP-TOES (20) + RUN
8. XPP

1123
2234
3345
4456
5567
6678

FLIPPED

1. YETI
2. SQ. THRUST (10) + RUN
3. WARLOCK
4. PISTON (10) + TZN
5. BULLDOG
6. MIEL'S WHEELS
7. BALL N CHAIN
8. TAKE OFF!



1. **KAMIKAZE** 4-3-4-2-4-1-4-1
2. **M.F.T.**
3. **TRUMPET 9+**
4. **SABRE (8) + RUN**
5. **MOWGLI (12) + RUN**

6. **PINNED 2-1-3-1-4-1**
7. **AMAROK**
8. **DIABLO**
9. **PETRA**
10. **KOBOLD**

11. **ALI 22+**
12. **MONKEY**
13. **CYCLONE (12) + TZN**
14. **BOVINE**
15. **RAMPANT (10) + RUN**

EXPANDING by 5s

16-25, 11-30, 6-35, 1-40

-
16. **BONSAI 3-1-4-2-4-1**
 17. **TYSONS**
 18. **W. GREMLIN**
 19. **MT. CLIMB (20) + RUN**
 20. **CURL WALK 6+**
 21. **TOES (20) + RUN**
 22. **PLATE PUSH**
 23. **POTTY SHOT**
 24. **STAT SWAG (20) + TZN**
 25. **MONTAUK**
-

26. **RIBBITS (10) + RUN**
27. **REV MASTODON**
28. **TIP-TOES (20) + RUN**
29. **STORK (12) + TZN**
30. **GARGOYLE**

31. **BANDIT (20) + RUN**
32. **TAUNTAUN**
33. **COBRA (10) + PUSH**
34. **SLAP JACK**
35. **WICCA**

36. **VENOM**
37. **BALL N CHAIN**
38. **BUCKS**
39. **HAG 1:1**
40. **PRIMATES 4-1-3-1-2-1**



SLOPE

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

UPLIFT

1. SHUFFLE
2. BONSAI 3-1-4-2-4-1
3. RIBBITS (10) + RUN
4. STORK (20) + TZN
5. PABLO

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

MTN2

1. JANGLE LEG3
2. KOBOLD
3. SHWAGGIN 1:1
4. TAKE OFF!
5. BULLY
6. HALO 2-1-3-1-4-1
7. HIKES
8. WARLOCK
9. W. CROOK
10. THRUST TO FROG

MINI JACOB'S LADDER

4. TWEAKER
3. ROOSTER (10) + TZN
2. BANDIT (20) + RUN

-
- 4.1. BEAR
-
3. SKUFFLE
 2. TROG
-
- 4.1. SL BRDG BENCH (15) + TZN
 3. DEATH ROW 2-1-3-1-4-1
 2. SPEED SKATE (20) + RUN
-
- 4.1. B.N.C.
 3. B. LUNGE
 2. V-STEP (10) + RUN
 1. SUICIDE 2-1-3-1-4-1

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

← START HERE



SLOPE

CAVITY

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

2. **TWO-STEP (20) + RUN**

3. **TYSONS**

4. **X PP**

5. **K.O.D. (20) + TZN**

6. **PUSH UP (10) + RUN**

7. **SQUONQ**

8. **POTTY SHOT**

9. **TURKEYS**

10. **REV ARACHNID**

1-4

CHECKLIST(2)

1-4

1. **MT. CLIMB (20) + RUN**

2. **TALL ORDER 6+**

3. **BUCKS**

4. **TROG**

1-10

1-4, 7-10

1-3, 8-10

1,2,9,10

1, 10

1. **TIPPY-TAP**

2. **SA DIABLO**

3. **BULLDOG**

4. **313**

5. **GALLOW 2-1-4-3-4-1**

6. **MONGOOSE**

7. **3 PT. STANCE**

8. **SHALO 1:1**

9. **EN GARDE**

10. **TWISTED**

1-20

6-20

11-20

16-20

FADED5

11. **KOBOLD**

12. **SAWED OFF (10) + TZN**

13. **VIP (10) + RUN**

14. **SHUTTLE 3-2-4-2-3-1**

15. **SQUIBBLE**

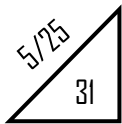
16. **SWAGGIN 1:1**

17. **SCURL 1:1**

18. **GROWLER**

19. **SHOT PUT**

20. **GIMPY DOG**



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

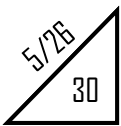
1. APE SHOOT!
2. JIGGY MADNESS 10

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

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

CHAOS

2 EN GARDE

2 TWO-STEP (20) + RUN

1 STAT SWAG (20) + TZN

4 V-STEP (10) + RUN

2 HIKES

3 SQUIBBLE

1 CURL WALK 6+

1 SAWED OFF (10) + TZN

3 SKATES

2 RDL (8) + TZN

1 NEAPOLITAN

5 PLATE SHAKE 9+

1 ARACHNID

1,2,3

1,2,3,44,55,66

1,2,3,44,55,66,777,888,999

1,2,3,44,55,66,777,888,999, 10X4, 11X4, 12X4

ZENITH X 3

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

2. SA DIABLO

1X

3. PETRA

4. W. STAT SQ. (10) + TZN

5. JAGGER (10) + RUN

2X

6. BENCHED (30) + TZN

7. CROOK

8. SL MANTIS (8) + RUN

3X

9. MT. CLIMB (20) + RUN

10. REV BULLDOG

11. QUICK FT. (20) + RUN

4X

12. PLATE PUSH

5/27
28

SLOPE

THE SERPENT

1

2

3

4

5

6

MTN2

QUICK FT. (20) + RUN

V-STEP (10) + RUN

BULLY

SQUONO

HIKES

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

U

BANDIT (20) + RUN

VIP (10) + RUN

OFFERING

ALT. SQUONO

POTTY SHOT

CHICKIN 2-1-3-1-4-1

MESA

TWO-STEP (20) + RUN

VENOM

STORK (20) + TZN

SQUIBBLE

APE SHOOT!

O-BOR (10) + TZN

CHECKLIST

RIBBITS (10) + RUN

VEXED (10) + RUN

SHWAGGIN 1:1

MONGOOSE

SPIKES

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

MTN3

INFINITY (20) + RUN

REV VIPER

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

SWASHBUCKLER

ANACONDA

CROOKED PIN

CENTAUR2

HOT COALS (10) + RUN

VEXUM

CURL WALK 6+

KOBOLD

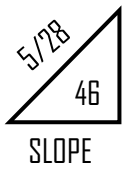
TORO

**DEATH ROW
2-1-3-1-4-1**

STARTING WITH THE MTN2, PERFORM EACH CIRCUIT LISTED ON THE LEFT AND MOVING LEFT TO RIGHT AND BY THE COLUMN NUMBERS AT THE TOP. (EX MTN2 1-2, 1-4, 1-6)

ONCE THE FINAL CIRCUIT (CENTAUR2) IS COMPLETED, PERFORM THE "SERPENT" CHECKLIST BY SNAKING YOUR WAY THROUGH THE WORKOUT STARTING WITH PINNED IN THE UPPER RIGHT CORNER MOVING DOWNWARD.

SEE CIRCUIT GLOSSARY FOR CIRCUIT PROGRESSIONS



- 1. A
 - 1-2, B
 - 1-3, C
 - 1-4, D
 - 1-5, E
 - 1-6, F
1. BONSAI 3-1-4-2-4-1
 2. ALI 22+
 3. TYSON
 4. SQ. JUMP (10) + RUN
 5. STAT ROW (6) + TZN
 6. DELAURA

REPTILIAN 2

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

1. RAMPAGE (12) + RUN
 2. SUE-STEP (20) + RUN
 3. SUPP (10)
 4. HANG (10) + RUN
 5. 90° (10) + TZN
-
- 6A. MANTIS (8) + RUN
- 6B. SLING SHOT 3-2-4-2-3-1
- 6C. CHICKIN 2-1-3-1-4-1
- 6D. OBLITERATOR

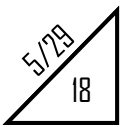
XION

- A. TWO-STEP (20) + RUN
- B. SWAGGIN 1:1
- C. SQ. THRUST (10) + RUN
- D. TRIFECTA 6+
- E. BUCKS
- F. RDL (8) + TZN

C2 then CHECKLIST

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

1. DECALF
2. BANDIT (20) + RUN
3. FLAMINGO (6) + TZN
4. FLYING JACKAL
5. PLATE SHAKE 6+
6. VEXUM
7. 3 PT. STANCE
8. KITCHEN SINK (10) + TZN
9. SLUSKI
10. PRIMATES 4-1-3-1-2-1



SLOPE

RIPPLED

- 1233
- 2344
- 3455
- 4566
- 5677
- 6788
- 7899
- 8910,10
- 1. BONSAI 3-1-4-2-4-1
- 2. SHUFFLE
- 3. V-STEP (10) + RUN
- 4. BULLY
- 5. B. LUNGE
- 6. BOVINE
- 7. TROG
- 8. CRAZY LEGS
- 9. POTTY SHOT
- 10. UNLEASHED

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

MOLE HILLS

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

- 1. SQUANTOES (20) + RUN
- 2. K.O.D. (20) + TZN
- 3. W. CROOK

- 1. SKIPS
- 2. REV PLATE PUSH
- 3. SUICIDE 2-1-3-1-4-1

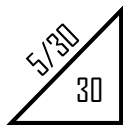
- 1. KNEELING CURL (6) + TZN
- 2. RAMPAGE (12) + RUN
- 3. PETRA

- 1. GALLOW 2-1-4-3-4-1
- 2. SA DIABLO
- 3. STORK (12) + TZN

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

CAVITY

- 1. REV BEAR
- 2. TYSONS
- 3. MUGGER (10) + RUN
- 4. SWASHBUCKLER
- 5. YAK
- 6. SLIGER
- 7. SQUONQ
- 8. MASTODON
- 9. QUICK FT. (20) + RUN
- 10. GORGON PUSH UP (8) + RUN



SLOPE

Perform the tasks in a checklist format, completing each task the number of times noted. Task repetition pattern repeated throughout the entire workout.

3 HIGH Xs

2 SQUONOQ

1 SWAGGIN 1:1

1 GORGON (8) + RUN

3 VIP (10) + RUN

2 NEAPOLITAN

1 SKUFFLE

1 MONTAUK

3 MIEL'S WHEELS

2 YIKES!

1 FLAMINGO (6) + TZN

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

3 AMAROK

2 ROW STROLL 6+

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

1 GRECO

3 TURKEY

2 PLATE PUSH

1 TYPHON

1 RESURRECTION

MATTER HORN

3 PARATROOP (10) + RUN

2 ABD. MANTIS (8) + RUN

1 SPIKES

1 REV BULLDOG

3 RAMPAGE (12) + RUN

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

1 45°

1 BRIDGED BENCHED (30) + TZN

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

2 INCH WORM

1 B.O.R. (15) + TZN

1 VIPER

3 HOT COALS (10) + RUN

2 SKULLS (10) + TZN

1 STACK SHOT

1 POGOTO (6) + TZN

3 MT. CLIMB (20) + RUN

2 SCURL 1:1

1 JOHNNY APPLESEED

1 COBRA (10) + PUSH

3 KOBOLD

2 MONKEY

1 TUCKS (10) + RUN

1 BUZZARD

3 STAMPEDE

2 SL BUCKS

1 WICCA

1 SAWED OFF (10) + TZN

3 HANG (10) + RUN

2 PISTON (10) + TZN

1 JACK-ASS

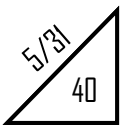
1 GIMPY DOG

3 CURL WALK 6+

2 SAPP

1 JACKAL

1 GALLOW 2-1-4-3-4-1



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
3,3

EQUALATERAL

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN
3. STAT SWAG (20) + TZN
4. HIKES
5. LYCAN (10) + 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. CHICKIN 2-1-3-1-4-1
2. OGRE (10) + TZN
3. HANG (10) + RUN
4. BULLY
5. TYSONS

1-12
1-12
1-12

GROUNDING CHECKLIST (3)

1. PLATE PUSH
2. MONTAUK
3. YETI
4. SAPP
5. MONGOOSE
6. SA DIABLO
7. BEAR
8. X PP
9. CALF-IN-ATOR
10. REV PLATE PUSH
11. ENFORCER
12. PETRA

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