

## CHECKLIST(2)

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

## CHECKLIST

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

## MESA

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

## REV XION

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

## FADED VERTEX

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

**PRIMING**

- 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

**LAUNCHING "THE KICK"**

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

**TAPPING IN "FLOW STATE"**

- |   |   |   |
|---|---|---|
| <p style="text-align: center; color: blue; font-weight: bold;">MESA</p> <ul style="list-style-type: none"> <li>1. BONSAI 3-1-4-2-4-1</li> <li>2. W. GREMLIN</li> <li>3. SLAP JACK</li> <li>4. RAMP UP (8) + RUN</li> <li>5. HIKES</li> <li>6. MONGOOSE</li> <li>7. HALO 2-1-3-1-4-1</li> <li>8. TROG</li> </ul> | <p style="text-align: center; color: green; font-weight: bold;">REV XION</p> <ul style="list-style-type: none"> <li>1. GRECO</li> <li>2. STAMPEDE</li> <li>3. KOBOLD</li> <li>4. JUNKIE (8) + RUN</li> <li>5. SCORPION TO 3/BACK</li> </ul> | <p style="text-align: center; color: orange; font-weight: bold;">FADED VERTEX</p> <ul style="list-style-type: none"> <li>A. PIRATE</li> <li>B. GALLOW 2-1-4-3-4-1</li> <li>C. INCH WORM</li> <li>D. BULLDOG</li> <li>E. TUCKS (10) + RUN</li> <li>1. PLATE PUSH</li> <li>2. BALL N CHAIN</li> <li>3. TAUNTAUN</li> <li>4. PRIMATES 4-1-3-1-2-1</li> </ul> |
|---|---|---|

Setting is crucial. Have participants submit 3-5 songs that mean something to them or evoke emotion. Can be anything from rock to a movie score; the only thing it can't be is vulgar or deriding. Explicit language is fine – just nothing that's derogatory or unnecessary. Lights should be low or completely off. Use daylight whenever possible. Doors should be locked as unexpected guests could derail the entire vibe. Phones should be off limits. Participation by exclusive invite only; very few expected.

## PRIMING

A FREE FLOWING WARM UP THAT'S BARRIER FREE AND ALSO LENGTHY ENOUGH TO ALLOW CHANNELS TO BE IN GEAR YET NOT OVER EXERTED. HEART RATE SHOULD BE ELEVATED BUT, BUT TOO HIGH. O2 LEVELS PRIMED YET NEVER OUT OF BREATH ENOUGH TO NEED A REST. ENDOCRINE SYSTEM ACTIVATED; A STEADY SWEAT *SHOULD* BE BROKEN BEFORE LAUNCHING THE KICK.

## LAUNCHING "THE KICK"

INTENSE PERIOD OF DIFFICULTY REQUIRING ALL FACULTIES. OVERLOAD AND OVERRIDE TO THE POINT WHERE A (PHYSICAL) BREAK IS DESIRED, IF NOT TAKEN.

## TAPPING IN "FLOW STATE"

Standard workout structure with 2 primary objectives: 1.) Meet or beat your 30-day (physical conation). And 2.) Observe. Try not to force anything mentally. Don't intentionally search for epiphanies or connections – they cannot be demanded. Just sit back and witness everything that you're sensing. If a thought enters your brain, follow it and make a mental note of it. The goal is to experience the moment as fully as possible. If an exterior thought or distraction arises, bring your thoughts back to your movements. Be present with your body's needs to complete the task at hand.

## SILENCE AND REFLECTION

Immediately following the workout, take 5 minutes of complete silence to decompress, corpse pose, stretch, extend gratitude or whatever feels right to you. Accompany with quiet ambient music.

Connect and reflect with turfmates. A few questions to promote discussion:

- Did you reach flow state?
- Did you have any "random" thoughts enter?
- Did you have any "ah hah" moments?
- Did you encounter and extraordinary physical sensations
- Was there any "self-talk", what was it?