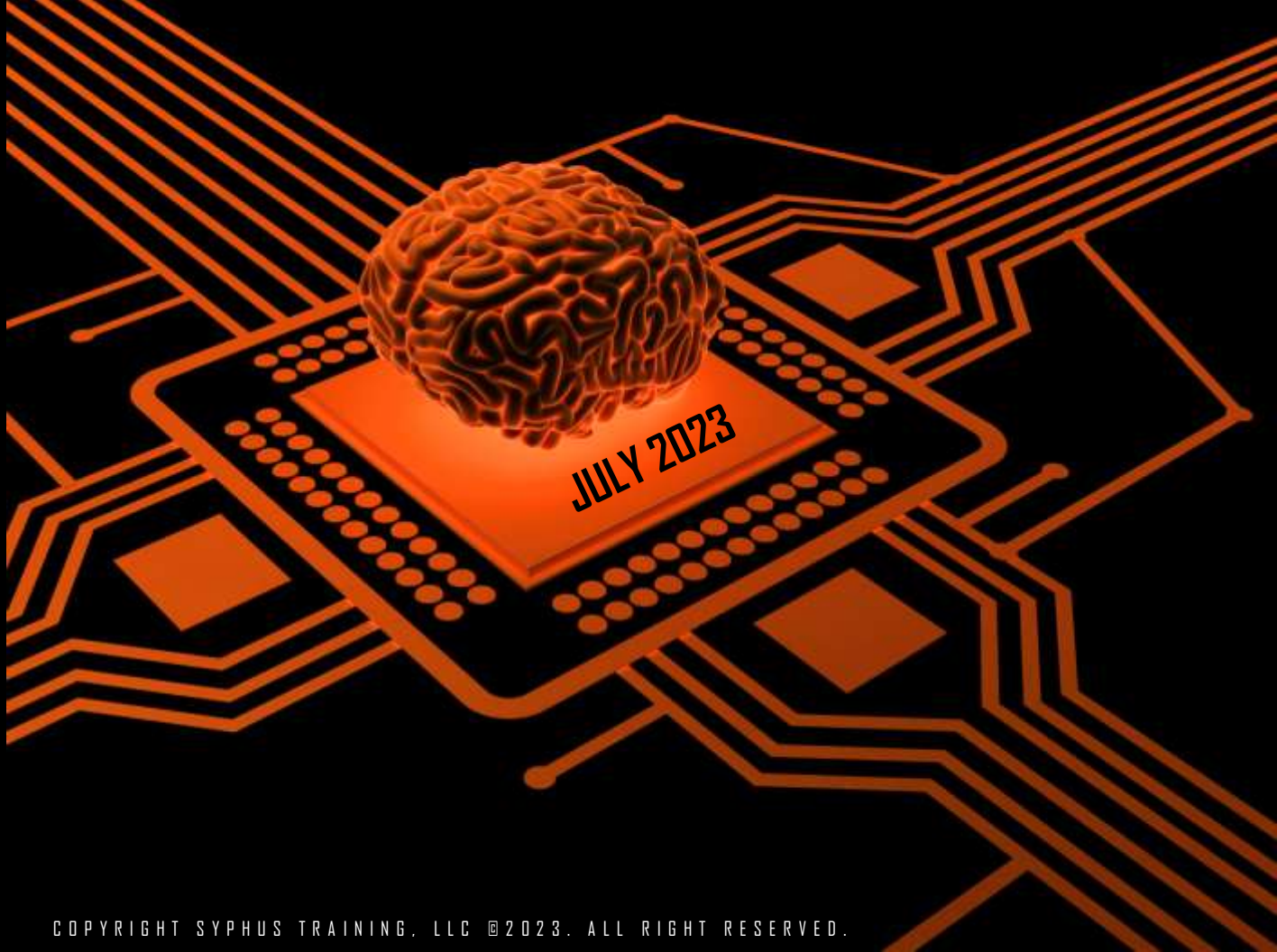
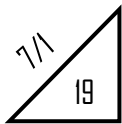


M  
O  
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R  
D





SLOPE

## MTN2

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

1. QUICK FT. (20) + RUN
2. W. GREMLIN
3. TYSONS
4. TROMBONE 6+
5. MUGGER (12) + RUN
6. APE SHOOT!
7. TROG
8. BULLDOG
9. F. LUNGE
10. REV BALL N CHAIN
11. GBD (15) + RUN
12. INCH WORM + PUSH UP

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

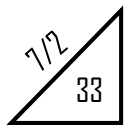
## CAVITY

1. SQUANTOES (20) + RUN
2. KOBOLD
3. VIP (10) + RUN
4. SPIKES
5. JACKAL
6. THRASHER
7. SKULLS (10) + TZN
8. PRIMATES 4-1-3-1-2-1
9. RIBBITS (10) + RUN
10. REV HYDRA

1-10, 10-1

U

1. VENOM
2. OHNO (12) + RUN
3. FLAMINGO (6) + TZN
4. YETI
5. BUCKS
6. HALO 2-1-3-1-4-1
7. SUPP 10
8. B.O.R. (15) + TZN
9. HANG (10) + RUN
10. DEVIL



SLOPE

1A 1B 1C  
2A 2B 2C  
3A 3B 3C  
4A 4B 4C  
5A 5B 5C  
6A 6B 6C

## CROSS-FIRE

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

## REPTILIANZ

1. SUE STEP (20) + RUN
2. W. CROOK
3. XPP
4. TROMBONE 6+
5. WARRIOR LUNGE
6. BOVINE

- A. BONSAI 3-1-4-2-4-1
- B. EN GARDE
- C. JUNKIE (8) + RUN

1. STAMPEDE
  2. SAWED OFF (10) + TZN
  3. MANTIS (8) + RUN
  4. SWASHBUCKLER
- 
- 5A. WICCA
  - 5B. ARACHNID
  - 5C. SHOT PUT
  - 5D. KIT. SINK (10) + TZN

1-25

## CHECKLIST

- |                     |                         |                        |                   |                     |
|---------------------|-------------------------|------------------------|-------------------|---------------------|
| 1. TROG             | 6. HOT COALS (10) + RUN | 11. CYCLONE (12) + TZN | 16. SCALAWAG      | 21. M.F.T.          |
| 2. VEXED (10) + RUN | 7. RDL (8) + TZN        | 12. CURIOUS GEORGE     | 17. TALL ORDER 6+ | 22. TOES (20) + RUN |
| 3. AMAROK           | 8. ALI 22+              | 13. ROW STROLL 6+      | 18. REVIVAL       | 23. STACK SHOT      |
| 4. BUZZARD          | 9. COBRA (10) + PUSH    | 14. CRAISE (20) + TZN  | 19. YIKES!        | 24. ALT SQUONQ      |
| 5. SHALO 1:1        | 10. VIPER               | 15. NEAPOLITAN         | 20. BULLY         | 25. TAKE OFF!       |

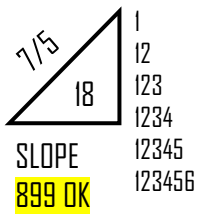


# INDEPENDENCE DAY PYP CENTAUR2

CHOOSE EITHER THE BLUE OR THE RED TASK, PERFORM IT TWICE.

7/4 IS THE SAME WORKOUT; TRY A DIFFERENT ROUTE!

- |                         |                      |                            |                      |
|-------------------------|----------------------|----------------------------|----------------------|
| 1. SUICIDE 2-1-3-1-4-1  | BONSAI 3-1-4-2-4-1   | 24. TOES (20) + RUN        | HOT COALS (10) + RUN |
| 2. STAMPEDE             | EN GARDE             | 25. CYCLONE (12) + TZN     | B.O.R. (15) + TZN    |
| 3. SUE-STEP (20) + RUN  | QUICK FT. (20) + RUN | 26. PRIMATES 4-1-3-1-2-1   | SWASHBUCKLER         |
| 4. MT. CLIMB (20) + RUN | TRUMPET 9+           | 27. W. GREMLIN             | W. GREMLIN           |
| 5. TAUNTAUN             | TURKEYS              | 28. REV HYDRA              | REV BOVINE           |
| 6. BEAR                 | XPP                  | 29. GIMPY DOG              | TWISTED              |
| 7. MONGOOSE             | YETI                 | 30. DENSER 2-1-3-1-4-1     | GARGANTUAN           |
| 8. APE SHOOT!           | HIKES                | 31. TYSON                  | SKATES               |
| 9. AMAROK               | GROWLER              | 32. VIP (10) + RUN         | POTTY SHOTS          |
| 10. HIGH Xs             | SQUONQ               | 33. MOWGLI (12) + RUN      | JAGGER (12) + RUN    |
| 11. 45 DEGREE           | B. LUNGE             | 34. REV MASTODON           | PIRATE               |
| 12. HANG (10) + RUN     | CURL PRESS 5+        | 35. TROG                   | EXPLOSIONS           |
| 13. DIABLO              | INCH WORM            | 36. HACK-IT                | WICCA                |
| 14. SWAGGIN 1:1         | SWAGGIN 1:1          | 37. SHOT PUT               | SA DIABLO            |
| 15. KOBOLD              | OHNO (12) + RUN      | 38. SHUTTLE 3-2-4-2-3-1    | SHUTTLE 3-2-4-2-3-1  |
| 16. MIEL'S WHEELS       | TAKE OFF!            | 39. SLING SHOT 3-2-4-2-3-1 | TORO                 |
| 17. SCALAWAG            | W. CROOK             | 40. ROW STROLL 6+          | INFINITY (20) + RUN  |
| 18. REV PLATE PUSH      | SLUSKI               | 41. SLAP JACK              | YIKES!               |
| 19. GALLOW 2-1-4-3-4-1  | SKY HIGH 4-1         | 42. MONTAUK                | RAZOR                |
| 20. CRAZY LEGS          | MONKEY               | 43. TWO-STEP (20) + RUN    | MUGGER (12) + RUN    |
| 21. BALL N CHAIN        | MASTODON             | 44. YAK                    | REV BULLDOG          |
| 22. JACKALOPE           | WARLOCK              | 45. PLATE PUSH             | PLATE PUSH           |
| 23. TIPPY-TAP           | ALT. SQUONQ          |                            |                      |



## MTN

1. BONSAI 3-1-4-2-4-1
2. MT. CLIMB (20) + RUN
3. SWAGGIN 1:1
4. HANG (10) + RUN
5. MONTAUK
6. VEXUM

1123  
2234  
3345  
4456

## G.P. CHECKLIST

1. CYCLONE (12) + TZN
2. TALL ORDER 6+
3. CHICKIN 2-1-3-1-4-1
4. JOHNNY APPLESEED
5. SAWED OFF (10) + TZN
6. HAG 1:1

## FLIPPED

1. XPP
2. POTTY SHOT
3. GARGOYLE
4. BENCHED (30) + TZN
5. SLING SHOT 3-2-4-2-3-1
6. REV MASTODON

## G.P. CHECKLIST

1. PLATE SHAKE 9+
2. CURL PRESS 5+
3. STAT HALO (18) + TZN
4. O-B.O.R. (10) + TZN
5. W. CROOK
6. BULLY

## G.P. CHECKLIST

1. STORK (12) + TZN
2. DENSER 2-1-3-1-4-1
3. B.O.R. (15) + TZN
4. SKY HIGH 4-1
5. W. GREMLIN
6. SCURL 1:1

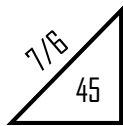
1-5, 5-1  
2-4, 4-2  
3,3

## EL CYCLE

1. DEVIL
2. TARASQ
3. HIKES
4. INFINITY (20) + RUN
5. SLING SHOT 3-2-4-2-3-1

1-6, 6-1 U

1. MONGOOSE
2. LYCAN (10) + RUN
3. BANDIT (20) + RUN
4. RIBBITS (10) + RUN
5. TWISTED
6. JACKALOPE



SLOPE

On July 6<sup>th</sup>, 2010, an experimental workout was created for a small group of 4 people. This one workout (what we now refer to as a MTN circuit) was the birth of what would become Syphus. To commemorate the true birthdate of Syphus on its 13<sup>th</sup> year, we've designed this 7 + 6 = 13 workout.

After the warm-up checklist of 13 tasks, perform ANY orange checklist of 7 then ANY black checklist of 6. Continue until all checklists have been completed. No repeating checklists allowed. Pros, see next page for scoring cheat-sheet.

**Warm Up Checklist**

- |               |             |            |                         |                |                         |             |           |                  |                       |                     |                    |                        |
|---------------|-------------|------------|-------------------------|----------------|-------------------------|-------------|-----------|------------------|-----------------------|---------------------|--------------------|------------------------|
| 1. BUTT KICKS | 2. EN GARDE | 3. TURKEYS | 4. MT. CLIMB (20) + RUN | 5. SWAGGIN 1:1 | 6. QUICK FT. (20) + RUN | 7. STAMPEDE | 8. TYSONS | 9. MIEL'S WHEELS | 10. MOWGLI (12) + RUN | 11. TOES (20) + RUN | 12. PLATE SHAKE 9+ | 13. RIBBITS (10) + RUN |
|---------------|-------------|------------|-------------------------|----------------|-------------------------|-------------|-----------|------------------|-----------------------|---------------------|--------------------|------------------------|

- |                     |                        |                       |                         |                       |
|---------------------|------------------------|-----------------------|-------------------------|-----------------------|
| 1. XPP              | 1. PLATE PUSH          | 1. VENOM              | 1. SAPP                 | 1. CRAZY LEGS         |
| 2. HALO 2-1-3-1-4-1 | 2. CHICKIN 2-1-3-1-4-1 | 2. DENSER 2-1-3-1-4-1 | 2. D-PINNED 2-1-3-1-4-1 | 2. PINNED 2-1-3-1-4-1 |
| 3. TROG             | 3. TARASQ              | 3. FROGS              | 3. TYPHON               | 3. AMAROK             |
| 4. BULLDOG          | 4. VIPER               | 4. GROWLER            | 4. GARGOYLE             | 4. BOVINE             |
| 5. HIKES            | 5. APE SHOOT!          | 5. POTTY SHOT         | 5. SPIKES               | 5. YIKES!             |
| 6. F. LUNGE         | 6. B. LUNGE            | 6. 45°                | 6. WARRIOR              | 6. BUZZARD            |
| 7. VIP (10) + RUN   | 7. RAMBO (10) + RUN    | 7. OHND (12) + RUN    | 7. JAGGER (12) + RUN    | 7. MUGGER (12) + RUN  |

- |                       |                        |                        |                       |                 |
|-----------------------|------------------------|------------------------|-----------------------|-----------------|
| 1. SHOT PUT           | 1. TORO                | 1. THRASHER            | 1. BUCKS              | 1. BOULDER      |
| 2. CROOK              | 2. SCALAWAG            | 2. W. GREMLIN          | 2. SQUIBBLE           | 2. KOBOLD       |
| 3. GALLOW 2-1-4-3-4-1 | 3. SUICIDE 2-1-3-1-4-1 | 3. SHUTTLE 3-2-4-2-3-1 | 3. BONSAI 3-1-4-2-4-1 | 3. EXPLOSIONS   |
| 4. REV BOVINE         | 4. REV MASTODON        | 4. REV GARGOYLE        | 4. REV HYDRA          | 4. REV VIPER    |
| 5. 313                | 5. SA DIABLO           | 5. ATTACK IT           | 5. OZARK              | 5. ANACONDA     |
| 6. JACKALOPE          | 6. GIMPY DOG           | 6. CYCLONE (12) + TZN  | 6. RDL (8) + TZN      | 6. SWASHBUCKLER |

For scoring, determine how many checklists of 13 you performed and which task number (1-7 or 1-6) you were on. Have the pro enter the coinciding task number from the boxed columns.

Got questions? Ask Hackett.

*2ND CHECKLIST*

1. Plate Push	<b>27</b>
2. Chickin 2-1-3-1-4-1	<b>28</b>
3. Tarasq	<b>29</b>
4. Viper	<b>30</b>
5. Ape Shoot!	<b>31</b>
6. B. Lunge	<b>32</b>
7. Rambo (10) + Run	<b>33</b>
1. Toro	<b>34</b>
2. Scalawag	<b>35</b>
3. Suicide (2-1-3-1-4-1)	<b>36</b>
4. Rev Mastodon	<b>37</b>
5. SA Diablo	<b>38</b>
6. Gimpy Dog	<b>39</b>

*3RD CHECKLIST*

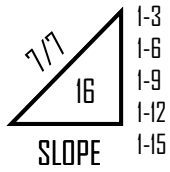
1. Plate Push	<b>40</b>
2. Chickin 2-1-3-1-4-1	<b>41</b>
3. Tarasq	<b>42</b>
4. Viper	<b>43</b>
5. Ape Shoot!	<b>44</b>
6. B. Lunge	<b>45</b>
7. Rambo (10) + Run	<b>46</b>
1. Toro	<b>47</b>
2. Scalawag	<b>48</b>
3. Suicide (2-1-3-1-4-1)	<b>49</b>
4. Rev Mastodon	<b>50</b>
5. SA Diablo	<b>51</b>
6. Gimpy Dog	<b>52</b>

*4TH CHECKLIST*

1. Plate Push	<b>53</b>
2. Chickin 2-1-3-1-4-1	<b>54</b>
3. Tarasq	<b>55</b>
4. Viper	<b>56</b>
5. Ape Shoot!	<b>57</b>
6. B. Lunge	<b>58</b>
7. Rambo (10) + Run	<b>59</b>
1. Toro	<b>60</b>
2. Scalawag	<b>61</b>
3. Suicide (2-1-3-1-4-1)	<b>62</b>
4. Rev Mastodon	<b>63</b>
5. SA Diablo	<b>64</b>
6. Gimpy Dog	<b>65</b>

*5TH CHECKLIST*

1. Plate Push	<b>66</b>
2. Chickin 2-1-3-1-4-1	<b>67</b>
3. Tarasq	<b>68</b>
4. Viper	<b>69</b>
5. Ape Shoot!	<b>70</b>
6. B. Lunge	<b>71</b>
7. Rambo (10) + Run	<b>72</b>
1. Toro	<b>73</b>
2. Scalawag	<b>74</b>
3. Suicide (2-1-3-1-4-1)	<b>75</b>
4. Rev Mastodon	<b>76</b>
5. SA Diablo	<b>77</b>
6. Gimpy Dog	<b>78</b>



## MTN3

1. HOT COALS (10) + RUN
2. SHUFFLE
3. KOBOLD

---

4. PLATE SHAKE 9+
5. SQ. JUMP (10) + RUN
6. TWO-STEP (20) + RUN

---

7. JEKYLL (6) + TZN
8. ALI 22+
9. BALL N CHAIN

---

10. GROWLER
11. SPIKES
12. BUZZARD

---

13. ROW STROLL 6+
14. YETI
15. THRUST TO FROG

1  
122  
12333  
1234444

## VERTEX

1. JAGGER (12) + RUN
2. CYCLONE (12) + TZN
3. SA P.P.
4. PRIMATES 4-1-3-1-2-1

1-8, 8-1, 1-8

W

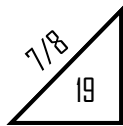
1. DENSER 2-1-3-1-4-1
2. PEG LEG (8) + RUN
3. MONTAUK
4. CRAISE (20) + TZN
5. APE SHOOT!
6. MOWGLI (12) + RUN
7. CRAY-CRAY
8. BONSAI 3-1-4-2-4-1

11,22,33...

## CENTAUR2

1. TAUNTAUN
2. GROWLER
3. W. CROOK
4. COALITION (10) + TZN
5. JABBERWOCKY
6. NEAPOLITAN





SLOPE

1

12

123

1

12

123

1234...

## MOLE-HILLS

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

2. SWAGGIN 1:1

3. MT. CLIMB (20) + RUN

1. TIP-TOES (20) + RUN

2. V-STEP (10) + RUN

3. HIKES

4. BULLDOZER

1. SQ. JUMP (10) + RUN

2. EN GARDE

3. BENCHED (30) + TZN

1. CHIMP (8) + RUN

2. REV B.N.C.

3. STAMPEDE

4. APE SHOOT

1. MIEL'S WHEELS

2. CURL WALK 6+

3. TURKEY

1. INFINITY (20) + RUN

2. ROW STROLL 6+

3. SUPP (10)

4. JESTER

1. SKUFFLE

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

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

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

2. NEAPOLITAN

3. JACKALOPE

4. SKY HIGH 4-1

1. SUE-STEP (20) + RUN

2. INCH WORM

3. YETI

1. SCALAWAG

2. MUGGER (12) + RUN

3. VIPER

4. DIABLO

1. XPP

2. MANTIS (8) + RUN

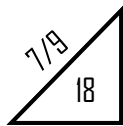
3. JABBERWOCKY

1. HANG (10) + RUN

2. SKATES

3. SQ. THRUST (10) + RUN

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



SLOPE

- 1 DOWN, 1 ACROSS
- 2 DOWN, 2 ACROSS
- 3 DOWN, 3 ACROSS
- 4 DOWN, 4 ACROSS
- 5 DOWN, 5 ACROSS
- 6 DOWN, 6 ACROSS
- 7 DOWN, 7 ACROSS
- 8 DOWN, 8 ACROSS
- 9, 9 ACROSS

## DENALI

1	SUICIDE 2-1-3-1-4-1	ALT SQUONQ	HIKES	POTTY SHOT	RIBBITS (10) + RUN
2	TYSON	VEXED (10) + RUN	MONGOOSE	MIEL'S WHEELS	BOVINE
3	V-STEP (10) + RUN	TROG	DEVIL	TORO	PINNED 2-1-3-1-4-1
4	SWAGGIN 1:1	ENFORCER	ROW STROLL 6+	INCH WORM	BULLDOG
5	TROMBONE 6+	HOPSCOTCH	APE SHOOT!	DELAURA	G.B.D. (15) + RUN
6	LYCAN (10) + RUN	W. CROOK	SPIKES	SLINGSHOT 3-2-4-2-3-1	BUZZARD
7	COALITION (10) + TZN	KOD (20) + TZN	MASTODON	SCURL 1:1	BULLY
8	HANG (10) + RUN	SL GORGON (8) + RUN	VIPER	BENCHED (30) + TZN	BANDIT (20) + RUN
9	XPP	RESURRECTION	SABRE (8) + RUN	M.F.T.	TAKE OFF!

7/10

25

SLOPE

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

## MATTER HORN

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

2 QUICK FT. (20) + RUN

3 TURKEYS

2 PLATE SHAKE 9+

1 GORGON (8) + RUN

1 CYCLONE (12) + TZN

2 HANG (10) + RUN

3 EN GARDE

2 SAWED OFF (10) + TZN

1 SUPP (10)

1 COBRA (10) + PUSH

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

3 KOBOLO

2 GBD (15) + RUN

1 MASTODON

1-16

1-12

1-8

1-4

## REV MTN4

1. BUTT KICKS

2. BUZZARD

3. MOGULS (20) + RUN

4. SUE-STEP (20) + RUN

5. STAT TYSON (20) + RUN

6. SQ. JUMP (10) + RUN

7. SL PUSH UP (10) + RUN

8. VIP (10) + RUN

9. REV GROWLER

10. 45°

11. TAUNTAUN

12. HAMSTRUNG

13. APE SHOOT!

14. TARASQ

15. GRECO

16. RDL (8) + TZN

1233

2344

3455

4566...

## RIPPLED

1. JACK-ASS

2. MANTIS (8) + RUN

3. YIKES!

4. CRAISE (20) + TZN

5. PLATE PUSH

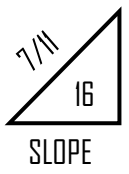
6. BUCKS

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

8. VEXUM

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

10. PRIMATES 4-1-3-1-2-1



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

**XION2**



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

**SHRINKING**

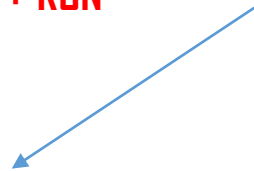
1. BONSAI 3-1-4-2-4-1
2. W. GREMLIN
3. CURL WALK 6+
4. MONTAUK
5. MOGUL PUSH
6. GATOR TO 3

- A. TURKEYS
- B. BANDIT (20) + RUN
- C. INFINITY (20) + RUN
- D. SQ. JUMP (10) + RUN
- E. DIABLO
- F. JUNKIE (8) + RUN

1. REV INCH
2. XPP
3. ABD. FLAMINGO (6) + TZN
4. HYDRA
5. ROW STROLL 6+
6. SUE-STEP (20) + RUN
7. JAGGER (12) + RUN
8. RDL (8) + TZN
9. B.O.R. (15) + TZN
10. CRAISE (20) + TZN
11. SL OGRE (10) + TZN
12. SL INCH

1-8, 8-1

**U**



1. TAKE OFF!
2. SLAP JACK
3. SUICIDE 2-1-3-1-4-1
4. PUSH UP (10) + RUN
5. SHWAGGIN 1:1
6. KOBOLD
7. TROG
8. PRIMATES 4-1-3-1-2-1



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

## MTN3

1. SUICIDE 2-1-3-1-4-1
2. TAUNTAUN
3. MT. CLUMB (20) + RUN
4. TOES (20) + RUN
5. TROMBONE 6+
6. MIEL'S WHEELS
7. HALO 2-1-3-1-4-1
8. MOWGLI (12) + RUN
9. SQUIBBLE
10. TYPHON
11. CRAY-CRAY
12. CUJO 

1  
112  
111223  
1111222334

## ANDI

1. SCALAWAG
2. HANG (10) + RUN
3. BUNYAN
4. SHOT PUT

1-8  
8-1

## U

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. V-STEP (10) + RUN
3. SPIKES
4. D-B.O.R. (10) + TZN
5. QUICK FT. (20) + RUN
6. RDL (8) + TZN
7. PUSH UP (10) + RUN
8. CYCLONE (12) + TZN

111  
222  
333...

## CENTAUR3

1. REV PLATE PUSH
2. BULLDOG
3. VENOM
4. TROG
5. CURIOUS GEORGE
6. NEAPOLITAN

7/13

27

SLOPE

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

### MTN4

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

---

5. ALI 22+
- 6 BULLY
7. XPP
8. HIKES

---

9. HALD 2-1-3-1-4-1
10. SAWED OFF (10) + TZN
11. BULLDOG
12. SWASHBUCKLER

---

13. VEXUM
14. HAMSTRUNG
15. YETI
16. GATOR TO 3

123

234

345

456...

### MESA

1. W. LUNGE
2. RDL (8) + TZN
3. MIEL'S WHEELS
4. D-PINNED 2-1-3-1-4-1
5. KOBOLD
- 6 SKULLS (10) + TZN
7. TROG
8. SPD SKATES (20) + RUN
9. TALL ORDER 6+
10. SL INCH

1,2

1,2,3,3,4,4

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

### ZENITH

1. PETRA
2. LOWLY (10) + RUN 1X

---

3. JUNKIE JUMP (8) + RUN 2X
4. 90°(10) + TZN

---

5. NEAPOLITAN 3X
6. PRIMATES 4-1-3-1-2-1



1-8  
1-16  
1-24  
1-32

## MTN8

- |                         |                              |                         |                          |
|-------------------------|------------------------------|-------------------------|--------------------------|
| 1. HOT COALS (10) + RUN | 9. GARGOYLE                  | 17. CHICKIN 2-1-3-1-4-1 | 25. BUCKS                |
| 2. SWAGGIN 1:1          | 10. BRDGE BENCHED (30) + TZN | 18. VIPER               | 26. TYPHON               |
| 3. STAMPEDE             | 11. B. LUNGE                 | 19. SHUTTLE 3-2-4-2-3-1 | 27. SUPP 10              |
| 4. MOWGLI (12) + RUN    | 12. MONKEY                   | 20. OHNO (12) + RUN     | 28. PABLO                |
| 5. ROW STROLL 6+        | 13. HALO 2-1-3-1-4-1         | 21. SCALAWAG            | 29. MT. CLIMB (20) + RUN |
| 6. TYSONS               | 14. VEXED (10) + RUN         | 22. ARACHNID            | 30. BULLSHIT             |
| 7. HANG (10) + RUN      | 15. CYCLONE (12) + TZN       | 23. BULLY               | 31. HELLION              |
| 8. YIKES!               | 16. MASTODON                 | 24. REVIVAL             | 32. DELAURA              |
- 
- 
-



1-14

1-14

## CHECKLIST(2)

1. HOT COALS (10) + RUN
2. MT. CLUMB (20) + RUN
3. SHUTTLE RUN 3-2-4-2-3-1
4. TWINKLE TOES (30) + TZN
5. BANDIT (20) + RUN
6. SKY HIGH 4-1
7. BULLY
8. LYCAN (10) + RUN
9. SQL JUMP (10) + RUN
10. PLATE PUSH
11. RAMBO (10) + RUN
12. MONTAUK
13. CHICKIN 2-1-3-1-4-1
14. CRAISE (20) + TZN

1-10

2-9

3-8

4-7

5,6

## SHRINKING

1. JACKAL
2. DEATH ROW 2-1-3-1-4-1
3. THRASHER
4. KIT. SINK (10) + TZN
5. CURL WALK 6+
6. V-STEP (10) + RUN
7. REV BEAR
8. SUPP (10)
9. BENCHED (30) + TZN
10. RAGING BULL - *NEW*

121314

434241

2332

## =ATERAL

1. EN GARDE
2. ENFORCER
3. SPIKES
4. STAMPEDE

## FIND MUCK

321 SA PP

21 F. LUNGE

1 SL BUCKS





SLOPE

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

## CROSS-FUSION

1. SUICIDE 2-1-3-1-4-1
2. TWO-STEP (20) + RUN    A. QUICK FT. (20) + RUN
3. CURL PRESS 5+            B. MONGOOSE
4. F. LUNGE                    C. NEAPOLITAN
5. TROG

### REP-RUM

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

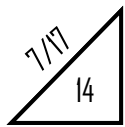
1. B.O.R. (15) + TZN
2. VIP (10) + RUN
3. SKUFFLE
4. YIKES!
5. CYCLONE (12) + TZN

- 
- 6A. BOVINE | REV BOVINE
  - 6B. VENDM | DEVIL
  - 6C. THRASHER | TORO
  - 6D. CROOK BULLY | CROOK PIN
  - 6E. HYDRA | REV HYDRA

PERFORM ALL #6 TASKS AS A REDRUM, MEANING PERFORM THE FORWARD TASK TO 4. REV TASK TO 1. REPEAT.

### MESA

- 123
  - 234
  - 345
  - 456
  - 567
  - 678
  - 789
  - 89,10
1. SHUTTLE RUN 3-2-4-2-3-1
  2. SL BRDG SKULLS (10) + TZN
  3. CURIOUS GEORGE
  4. YETI
  5. W. GREMLIN
  6. RDL (8) + TZN
  7. SLUSKI
  8. BUZZARD
  9. TURKEYS
  10. HALF BLAKED 🕒



SLOPE

123454321  
1234321  
12321  
121  
1

A

## DOWNSHIFT

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN
3. BULLY
4. BANDIT (20) + RUN
5. REV MASTODON

B

## EQUALIBRIOUS

12131415  
232425  
3435  
45

1. DELAURA
2. AMAROK
3. SKULLS (10) + TZN
4. ROW STROLL 6+
5. DGRE (10) + TZN

C

## U-TURN

I-II  
II-I

1. JAGGER (12) + RUN
2. HAG 1:1
3. VEXED (10) + RUN
4. ALI 22+
5. SL GORGON PUSH UP (8) + RUN
6. TWEAKER Ⓛ
7. KAMIKAZE 4-3-4-2-4-1-4-1
8. HIKES
9. PINNED 2-1-3-1-4-1
10. TORD
11. TOES (20) + RUN

III

222

333...

D

## CENTAUR3

1. BULLDOG
2. CURL WALK 6+
3. GARGOYLE
4. HOT COALS (10) + RUN
5. JUNKIE JUMP (8) + RUN
6. REV BEAR CRAWL
7. TURKEYS
8. BONSAI 3-1-4-2-4-1
9. INCH WORM

7/18

21

SLOPE

# EQUALIBRIOSITY

PERFORM EACH SECTION AS A CHECKLIST AND IN THE ORDER OF AN EQUALIBRIOUS.

A,B,A,C,A,D,A,E

B,C,B,D,B,E

C,D,C,E

D,E

**A**

**B**

**C**

**D**

**E**

1. EN GARDE

1. SQ. JUMP (10) + RUN

1. TYSON

1. REVIVAL

1. MOGUL (20) + RUN

2. MT. CLIMB (20) + RUN

2. APE SHOOT!

2. BULLDOZER

2. SKATES

2. YIKES!

3. SUE-STEP (20) + RUN

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

3. ABD PUSH UP (8) + RUN

3. FLAMINGO (6) + TZN

3. JACKAL

4. STAMPEDE

4. VIPER

4. YETI

4. TYPHON

4. W. CROOK

5. SWAGGIN I:I

5. STAT ROW (6) + TZN

5. RDL (8) + TZN

5. CYCLONE (12) + TZN

5. ROOTED GROOT (8)  
+ PUSH



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

## XION2

1. SUE-STEP (20) + RUN
2. SHWAGGIN 1:1
3. APE SHOOT!
4. TYSON
5. MANTIS (8) + RUN

- A. SUICIDE 2-1-3-1-4-1
- B. MOGUL (20) + RUN
- C. KNEEL CURL (6) + TZN
- D. SCALAWAG
- E. REV BEAR

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

## REV MTN 3

1. SAWED OFF (10) + TZN
2. BANDIT (20) + RUN
3. TIPPY-TAP

---

4. SL GORGON (8) + RUN
5. KIT SINK (10) + TZN
6. SL BUCKS

---

7. CYCLONE (12) + TZN
8. JAGGER (12) + RUN
9. TALL ORDER 6+

---

10. JOUNCE 2-1-3-1-4-1
11. VIPER
12. REV GATOR TO 3

1-14,  
1,3,5,7,9,11,13,  
2,4,6,8,10,12,14

## CHECKLIST, ODDS, EVENS

1. XPP
2. BULLY
3. BULLDOZER
4. W. CROOK
5. PLATE PUSH
6. TRIFECTA 6+
7. GIMPY DOG
8. O-BOR (10) + TZN
9. GRECO
10. ROW STROLL 6+
11. TWISTED
12. SKY-HIGH 4-1
13. SUPP 10
14. OFFERING



SLOPE

12

1-4

1-6

1-8

1-10

1-8, 9,10

1-6, 7-10

1-4, 5-10

1,2, 3-10

1-10

## DARK SIDE OF THE MTN2

1. SUICIDE 2-1-3-1-4-1	DEATH ROW 2-1-3-1-4-1
2. STAMPEDE	MASTODON
3. MOGULS (20) + RUN	CRAZY LEGS
4. CURL PRESS 5+	CURL MADNESS 3 + PIN
5. APE SHOOT!	CURIOUS GEORGE
6. DIABLO	PABLO
7. BEAR	GARGOYLE
8. PUSH UP (10) + RUN	STACK SHOT
9. GORGON (8) + RUN	BOULDER
10. BULLDOZER	DELAURA



5.6  
4-7  
3-8  
2-9  
1-10

## EXPANDING

1. **DEVIL**
2. **NEAPOLITAN**
3. **SQL JUMP (10) + RUN**
4. **TRUMPET 9+**
5. **TOES (20) + RUN**
6. **KAMIKAZE 4-3-4-2-4-1-4-1**
7. **MOWGLI (12) + RUN**
8. **VEXED (10) + RUN**
9. **MONKEY**
10. **SHOT PUT**

1-3  
3-1  
2,2  
1-3  
3-1  
2,2...

## EL CYCLE MOLES

1. **HIKES**
2. **XPP**
3. **MANTIS (8) + RUN**

---

  1. **TALL ORDER 6+**
  2. **SKY HIGH 4-1**
  3. **POUNCER (10) + RUN**

---

    1. **JIGGY (20) + RUN**
  2. **SQUIBBLE**
  3. **PARATROOP (10) + RUN**

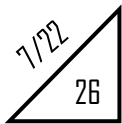
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    1. **B.N.C.**
    2. **TWINKLE TOES (30) + TZN**
    3. **SUGER**

1233  
2344  
3455  
4566  
5677...

## RIPPLED

1. **GRECO**
2. **PRIMATES 4-1-3-1-2-1**
3. **POTTY SHOT**
4. **STAT TYSON (20) + RUN**
5. **JACKAL**
6. **SKULLS (10) + TZN**
7. **SABRE (8) + RUN**
8. **BOVINE**
9. **TROG**
10. **TAKE OFF!**



SLOPE

## MTN3

1-3  
1-6  
1-9  
1-12  
1-15

1. BONSAI 3-1-4-2-4-1
2. SWAGGIN 1:1
3. COAUTION (10) + TZN
4. W. GREMLIN
5. V-STEP (10) + RUN
6. KOBOLD
7. SQUANTOES (20) + RUN
8. BEAR
9. ENFORCER
10. BULLDOG
11. CRAISE (20) + TZN
12. YIKES!
13. F. LUNGE
14. BUCKS
15. REV PLATE PUSH

1-10

## CHECKLIST

1. SLUSKI
2. TUCKS (10) + RUN
3. STORK (20) + TZN
4. VENOM
5. TORO
6. INCH WORM
7. JACK-BOX
8. OGRE (10) + TZN
9. STAMPEDE
10. PLATE PUSH

1-8  
3-8  
5-8  
7.8

## FADED2

1. JOHNNY APPLESEED
2. WARRIOR
3. TAUNTAUN
4. VIP (10) + RUN
5. SPIKES
6. CRAY-CRAY
7. BENCHED (30) + TZN
8. GALLOW 2-1-4-3-4-1

RETURN BACK TO THE CHECKLIST AND  
PERFORM ONCE TO FINISH.

7/23

32

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

### C2

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

1-10  
VERTEX  
10-1

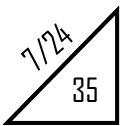
1. HOT COALS (10) + RUN
2. TAUNTAUN
3. W. LUNGE
4. VEXED (10) + RUN
5. CROAKIN
6. TRIFECTA 6+
7. BOVINE
8. HANG (10) + RUN
9. JIGSAW
10. RAMBO (10) + RUN

1  
122  
12333

### VERTEX

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





SLOPE

- 1-2 AA
- 1-4 BB
- 1-6 CC
- 1-8 DD

## XION2 MTN2

1. SUICIDE 2-1-3-1-4-1
2. MT. CUMB (20) + RUN **A. TOES (20) + RUN**

---

3. LYCAN (10) + RUN
4. SWAGGIN 1:1 **B. HIKES**

---

5. XPP
6. HANG (10) + RUN **C. MONKEY**

---

7. PUSH UP (10) + RUN
8. REV B.N.C. **D. BUCKS**

12  
123344  
12334455556666  
123344555566677778888



## ZENITH

1. HOT COALS (10) + RUN 1X

---

2. DEVIL

---

3. SUPP (10) 2X

---

4. MIEL'S WHEELS

---

5. TROG 3X

---

6. BULLY

---

7. ANY PUSH 4X

---

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

## 11,22,33... CENTUAR2

1. F. LUNGE
2. POTTY TO BULLDOG
3. RIBBITS (10) + RUN
4. CURL PRESS 5+
5. INCH WORM
6. BUZZARD
7. CYCLONE (12) + TZN
8. VIPER
9. DENSER 2-1-3-1-4-1
10. MASTODON



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

## CHAOS

2 QUICK FT. (20) + RUN

1 STAMPEDE

3 TYSON

2 ROW STROLL 6+

3 AU 22+

1 GORGON (8) + RUN

2 PLATE PUSH

4 KOBOLD

1 SAWED OFF (10) + TZN

2 MONTAUK

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

4 TAUNTAUN

3 JUNKIE JUMP (8) + RUN

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

1-12, 1-12, 1-12

## CHECKLIST(3)

1. W. GREMLIN

2. STACK SHOT

3. OZARK

4. STORK (20) + TZN

5. CRAISE (20) + TZN

6. TYPHON

7. INFINITY (20) + RUN

8. WICCA

9. SKULLS (10) + TZN

10. D-B.O.R. (10) + TZN

11. TURKEYS

12. OGRE (10) + TZN

12131415  
232425  
3435  
45

## =IBRIDIOUS

1. BANDIT (20) + RUN

2. TROMBONE 6+

3. SPD. SKATES (20) + RUN

4. REV GROWLER

5. DELAURA



SLOPE

**1-30**  
**MESA**  
**1-30**  
**MESA**

1. SHUTTLE RUN 3-2-4-2-3-1
2. HOT COALS (10) + RUN
3. SWAGGIN 1:1
4. HIGH Xs
5. 3 PT STANCE
6. ALT SQUONQ
7. BULLY
8. GORGON (8) + RUN
9. KOBOLD
10. BANDIT (20) + RUN
11. CYCLONE (12) + TZN
12. CRAZY LEGS
13. PINNED 2-1-3-1-4-1
14. VIPER
15. TROG

# MID-LIFE CRISIS

A COUSIN OF THE LABYRINTH

16. BRIDGED BENCH (30) + TZN
17. MOWGLI (12) + RUN
18. TOES (20) + RUN
19. RAMPAGE (12) + RUN
20. YAK
21. O-B.O.R. (10) + TZN
22. CRAISE (20) + TZN
23. DEATH ROW 2-1-3-1-4-1
24. HIKES
25. MONKEY
26. CURL PRESS 5+
27. PEG LEG (8) + RUN
28. MIEL'S WHEELS
29. SKY HIGH 4-1
30. BONSAI 3-1-4-2-4-1

1-3  
2-4  
3-5  
4-6

**MESA**

1. **QUADZILLA 2-1-3-2-3-2-3-1-2-1**
2. **SHALO 1:1**
3. **JUNKIE JUMP (8) + RUN**
4. **REV HYDRA**
5. **DELAURA**
6. **DECALF**

7/27

29

SLOPE

## REV INTERRUPTED MTN3

## REV MTN3

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

2. MOGUL (20) + RUN

3. SKUFFLE

4. BULLY

5. ALT SQUONQ

6. YIKES!

7. GALLOW 2-1-4-3-4-1

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

9. JIGGY (20) + RUN

10. GORGON (8) + RUN

11. MIEL'S WHEELS

12. NEAPOLITAN

13. B.N.C.

14. W. STAT SQUAT (10) + TZN

15. REV MASTODON

1-15. EQUALIBRIDUS

1-12. CEPTILIANZ

1-9. U-TURN

1-6. XION

1-3

1A  
12B  
123C

1. TURKEY

2. TYSONS

3. SQ. JUMP (10) + RUN

1-4

4-1

11, 22, 33, 4A  
11, 22, 33, 4B1, 2, 1, 3, 1, 4  
2, 3, 2, 4  
3, 4

## XION

A. OZARK

B. MIM 3-2-4-2-3-1

C. TAKE OFF!

## U-TURN

1. TARASQ

2. SHWAGGIN 1:1

3. SKULLS (10) + TZN

4. QUICKSAND (1)

## CEPTILIANZ

1. SPIKES

2. BANDIT (20) + RUN

3. YETI

4A. INCH WORM

4B. REV INCH

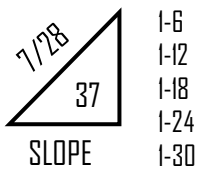
## EQUALIBRIDUS

1. SA PP

2. FLYING MONKEY

3. CURL MADNESS 3

4. BUZZARD



## MTNG

- |                         |                            |                        |
|-------------------------|----------------------------|------------------------|
| 1. QUICK FT. (20) + RUN | 13. HIGH Xs                | 25. SCORPION TO 3/BACK |
| 2. HOT COALS (10) + RUN | 14. VEXUM                  | 26. W. LUNGE           |
| 3. TURKEYS              | 15. GRECO                  | 27. MONGOOSE           |
| 4. LYCAN (10) + RUN     | 16. JIGSAW                 | 28. PEG LEG (8) + RUN  |
| 5. SWAGGIN 1:1          | 17. DENSER 2-1-3-1-4-1     | 29. INCH WORM          |
| 6. W. GREMLIN           | 18. MIEL'S WHEELS          | 30. OZARK              |
| <hr/>                   | <hr/>                      |                        |
| 7. RIBBITS (10) + RUN   | 19. HIKES                  |                        |
| 8. JIGGY (20) + RUN     | 20. FLYING MONKEY          |                        |
| 9. PINNED 2-1-3-1-4-1   | 21. OGRE (10) + TZN        |                        |
| 10. MONTAUK             | 22. SLING SHOT 3-2-4-2-3-1 |                        |
| 11. BUCKS               | 23. K.O.D. (20) + TZN      |                        |
| 12. NEAPOLITAN          | 24. TORO                   |                        |

7/29

31

SLOPE

## MOLE-HILLS

1. TOES (20) + RUN
2. SKATES
3. SWAGGIN 1:1

1

12

123

1

12

123

1. GALLOW 2-1-4-3-4-1
2. MOGUL (20) + RUN
3. STORK (12) + TZN

1. EN GARDE
2. PUSH UP (10) + RUN
3. 45°

1. QUICK FT. (20) + RUN
2. XPP
3. REV BOVINE

1. VIP (10) + RUN
2. TROG
3. KITCHEN SINK (10) + TZN

1-10

1-4, 7-10

1-3, 8-10

1,2,9,10

1, 10

## CAVITY

1. B.O.R. (15) + TZN
2. COBRA (10) + PUSH
3. KOBOLD
4. KAMIKAZE 4-3-4-2-4-1-4-1
5. M.F.T.
6. CUJO Ⓛ
7. W. CROOK
8. DEATH ROW 2-1-3-1-4-1
9. RAMPANT (10) + RUN
10. SKULLS (10) + TZN

1,2

1-4

1-6

1-8

1-10

## MTN2

1. MIEL'S WHEELS
2. HIKES
3. MONGOOSE
4. BUCKS
5. TWO-STEP (20) + RUN
6. HALO 2-1-3-1-4-1
7. GRIFTER (8) + SA PP
8. LYCAN UP (10) + RUN
9. REVIVAL
10. GIMPY DOG



SLOPE

I-10. **CENTAUR2**, II-20  
I-10. **MESA**, II-20  
I-10. **MTN**, II-20  
I-10. **CHECKLIST**, II-20

1. **KAMIKAZE 4-3-4-2-4-1-4-1**
2. **EN GARDE**
3. **HOT COALS (10) + RUN**
4. **MOGUL (20) + RUN**
5. **SWAGGIN I:I**
6. **KOBOLD**
7. **ROW STROLL 6+**
8. **HIKES**
9. **MONKEY**
10. **W. GREMLIN**

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II,22,33 **A. CENTAUR2**

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1. **VENOM**
2. **VIPER**
3. **VEXUM**

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I-3, 2-4 **B. MESA**

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1. **STORK (12) + TZN**
2. **MASTODON**
3. **BENCHED (30) + TZN**
4. **PUSH UP (10) + RUN**

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II,21,23 **C. MTN**

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1. **ARACHNID**
2. **SUPP (10)**
3. **WALRUS**

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I-3 **D. CHECKLIST**

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1. **PETRA**
2. **GRECO**
3. **SPARROW** Ⓛ

**ALTERNATING  
SPEED BUMPS**

11. **TIP-TOES (20) + RUN**
12. **SKY HIGH 4-1**
13. **JIGGY (20) + RUN**
14. **XPP**
15. **F. LUNGE**
16. **YETI**
17. **SUICIDE 2-1-3-1-4-1**
18. **BUCKS**
19. **SLAP JACK**
20. **V-STEP (10) + RUN**



# MATTERHORN

PERFORM EACH SECTION  
AS A CHECKLIST AND DO  
EACH TASK THE NUMBER  
OF TIMES INDICATED.  
PATTERN STAYS  
CONSISTENT THROUGHOUT  
THE WORKOUT.

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

1 TAUNTAUN

2 EN GARDE

3 KOBOLD

2 TOES (20) + RUN

1 MOGUL (20) + RUN

2 HIKES

3 ROW STROLL 6+

2 TARASQ

1 LYCAN UP (10) + RUN

2 TALL ORDER 6+

3 V-STEP (10) + RUN

2 MONGOOSE

1 STORK (12) + TZN

2 CRAISE (20) + TZN

3 POTTY SHOT

2 SHWAGGIN 1:1

1 GBD (15) + RUN

2 TURKEYS

3 XPP

2 LUMBERJACK (8) + RUN

1 TAKE OFF!

2 ARACHNID

3 BULLY

2 STAMPEDE

1 RDL (8) + TZN

2 GORGON PUSH UP (8) + RUN

3 RAMPAGE (12) + RUN

2 ALT SQUONQ

1 YAK

2 TYSON

3 REV BEAR

2 B. LUNGE

1 APE SHOOT!

2 TRUMPET 9+

3 INFINITY (20) + RUN

2 ANACONDA

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

2 HYDRA

3 SKIPS

2 SA PP

1 COBRA (10) + PUSH

2 MONKEY

3 VENOM

2 JAGGER (12) + RUN

1 M.F.T.

2 MOWGLI (12) + RUN

3 SWASHBUCKLER



# THE SYPHER

THE SYPHER IS THE SYPHUS TRAINING CODE OF CONDUCT. TAP IN. TAME IT. LET IT OUT.

## FORM FIRST

PERFORM EACH TASK TO THE BEST OF YOUR ABILITY. DON'T CHEAT YOURSELF.

## COMPETITION SECOND

COMPETITION IS THE HEART OF SYPHUS BUT SECONDARY TO FORM. YOU ARE YOUR GREATEST COMPETITION.

## NO SCORE? LET US KNOW BEFORE

NOT ALL WORKOUTS NEED TO COUNT FOR A SCORE. TO PREVENT STAT PADDING, LET YOUR PRO KNOW BEFORE GAMETIME THAT YOU WISH TO OPT OUT.

## AVOID THE FORBIDDEN 4

1. NEVER STOP SHORT OF THE END ZONE
2. NEVER SWITCH PLATES MID-WORKOUT
3. NEVER PERFORM A + RUN/TZN TASK OUTSIDE OF THE END ZONE
4. NEVER INTENTIONALLY SKIP A TASK

## FOLLOW THE BOARD, NOT THE HERD

YOU'LL NEVER LEAD THE PACK IF YOU'RE ALWAYS FOLLOWING. AIM TO COMMIT TASKS AND PROGRESSIONS TO MEMORY. SYPHUS IS MEANT TO ENGAGE THE MIND AS WELL AS THE BODY.

## THE PRO IS YOUR COACH, NOT A REFEREE

ANY CRITICISM FROM YOUR PRO IS FOR YOUR SAFETY AND BETTERMENT OF YOUR WORKOUT.

## STUPIDITY IS NEVER REWARDED

- A TASK PERFORMED OUT OF ORDER IS NOT GIVEN CREDIT
- IF YOU PERFORM A TASK OUT OF ORDER, CALL IT OUT TO THE PRO AND THE JUNKIE NEXT TO YOU
- REDEEM ANY TASKS PERFORMED OUT OF ORDER
- IF YOU'RE UNSURE WHAT REP YOU'RE ON; DO ANOTHER

## LET IT OUT

PROFANITY AND PRIMAL OUTBURSTS ARE PERMITTED, IF NOT ENCOURAGED.

## EMBRACE THE HANGOVER