

HOW TO READ THE MOTHERBOARD

Circuit keys show the order in which to perform tasks.

The date of this Motherboard and the SLOPE difficulty rating.

Circuit title.

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

HYBRID2

MESA2

1. BONSAI 3-1-4-2-4-1
2. V-STEP MADNESS
3. TARASQ
4. MONKEY
5. XPP
6. CURL WALK 6+
7. BOVINE
8. GATOR TO 3

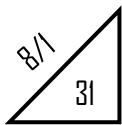
EQUALATERAL

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

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

Minimum rep count indicator; used for certain traveling tasks.

"Ladder Tasks are indicated by this symbol.

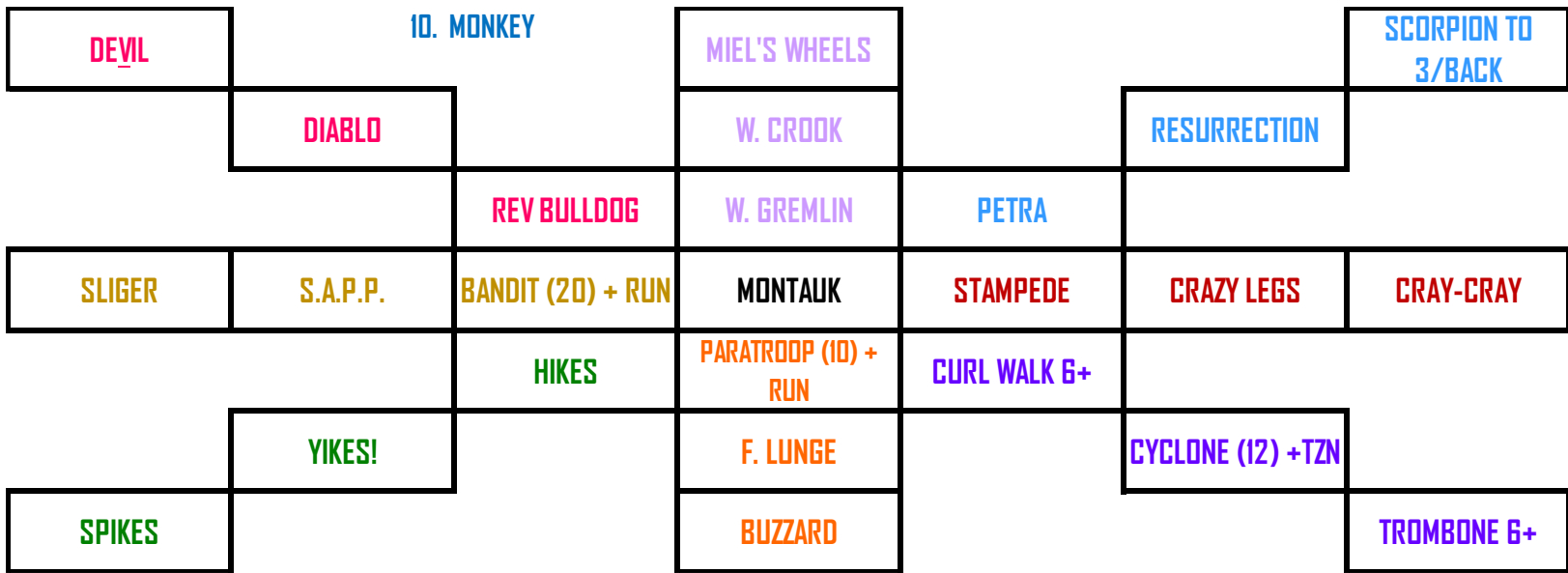
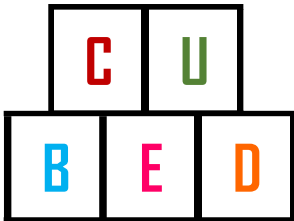


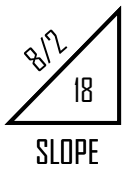
SLOPE

WARM-UP

U

1. BONSAI 3-1-4-2-4-1
2. TOES (20) + RUN
3. SKATES
4. MT. CLIMB (20) + RUN
5. SWAGGIN 1:1
6. TURKEYS
7. V-STEP (10) + RUN
8. HANG (10) + RUN
9. ROW STROLL 6+
10. MONKEY





This is a form first workout. Pros will be looking for subtle nuances to correct. If you are corrected, even minorly, complete the task you're on and then repeat it again, a second time without points. If you must modify a task, perform the modified task twice. Anticipate repeating tasks. Most, if not all, have *something* to correct, it's the Pros who must notice it. **Note: Hackett is running evening classes at SCS, if you'd like to learn the nuances directly, attend one of those classes. I'd be happy to add a class or two if the demand is there.**

TIP VS CORRECTION

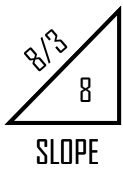
1-30

1-30

1-30

"DO OVER" - CHECKLIST(3)

1. BUTT KICKS
2. TYSONS
3. COALITION (20) + TZN
4. SWAGGIN 1:1
5. V-STEP (10) + RUN
6. CYCLONE (12) + TZN
7. V-STEP (10) + RUN
8. TAUNTAUN
9. TROMBONE 6+
10. SQ. JUMP (10) + RUN
11. HALO 2-1-3-1-4-1
12. TIPPY-TAP
13. YETI
14. SAWED OFF (10) + TZN
15. POTTY SHOT
16. BULLDOZER
17. BULLY
18. GARGOYLE
19. STATARASQ (16) + RUN
20. OGRE (10) + TZN
21. DIABLO
22. APE SHOOT!
23. HYDRA
24. RAMBO (10) + RUN
25. INFINITY (20) + RUN
26. SUPP 10
27. SLAP JACK
28. MASTODON
29. SCALAWAG
30. JIGSAW



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

MTN5

1. SUICIDE 2-1-3-1-4-1
2. HOT COALS (10) + RUN
3. EN GARDE
4. SWAGGIN 1:1
5. MOGUL (20) + RUN

6. RIBBITS (10) + RUN
7. FLAMINGO (6) + TZN
8. SQUONQ
9. MONKEY
10. HIKES

11. VEXED (10) + RUN
12. CHICKIN 2-1-3-1-4-1
13. AMAROK
14. GBD (15) + RUN
15. XPP

16. BOVINE
17. SA DIABLO
18. SHUTTLE 3-2-4-2-3-1
19. SUE STEP (20) + RUN
20. SL BOULDER

21. PUSH UP (10) + RUN
22. STIGMA (10) + RUN
23. TYPHON
24. BENCHED (30) + TZN
25. THRASHER

26. BUCKS
27. JAGGER (12) + RUN
28. RDL (8) + TZN
29. KOBOLD
30. NEAPOLITAN



SLOPE

1-15
1-15

CHECKLIST(2)

1. TAUNTAUN
2. TWINKLE TOES (30) + TZN
3. YETI
4. JANGLE LEG3
5. ROOSTER (10) + TZN
6. CROOK
7. TRUMPET 9+
8. 3 PT. STANCE
9. BULLDOG
10. ENFORCER
11. TOP SHELF (8) + TZN
12. KNEELING SWAG (15)+ TZN
13. KOBOLD
14. OZARK
15. JOUNCE 2-1-3-1-4-1

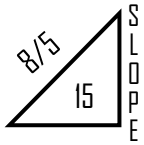
1
1,22
1,22,333
1,22,333,4444
1,22,333,4444,55555

RIPPLED

1. SHUFFLE
2. SQUONQ
3. TOES (20) + RUN
4. BULLY
5. COALITION (10) + TZN
6. HIGH Xs
7. MONTAUK
8. HIKES
9. BUZZARD
10. SHALD 1:1

MT. NEVEREST

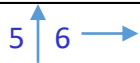
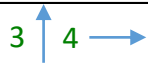
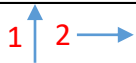
- 1X 313
2X PRIMATES 4-1-3-1-2-1
3X MIEL'S WHEELS
4X PLATE SHAKE 9+
5X AMAROK



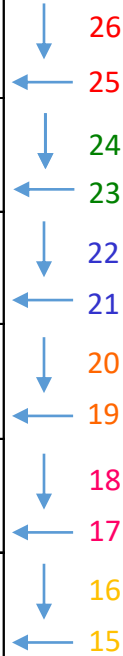
WORK YOUR WAY AROUND THIS CIRCUIT IN CHECKLISTS FOLLOWING THE NUMBERED ARROWS, BOOMERANG BACK TO THE BEGINNING BY REVERSING THE ORDER ONCE YOU'VE PERFORMED BULLDOGS TWICE AT THE END.

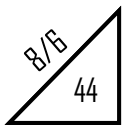
BOOMMERANG

SWAGGIN 1:1	LYCAN (10) + RUN	PLATE PUSH	POTTY SHOT	HIGH KNEES	F. LUNGE	B. LUNGE
MOGUL (20) + RUN	TARZAN	BEAR	BONSAI 3-1-4-2-4-1	GRYPHON (8) + PUSH	WIDE BENCH (10) + TZN	B.N.C.
SKATES	X PP	TOES(20) + RUN	GROWLER	BUCKS	SKULLS (10) + TZN	TYPHON
MT. CLIMB (20) + RUN	SUPP(10)	CYCLONE (12) + TZN	REV INCH	STAT. CURL(6) + TZN	JACKALOPE	GALLOW 2-1-4-3-4-1
SUICIDE 2-1-3-1-4-1	SPRINT/RUN	VENOM	SHUTTLE RUN 3-2-4-2-3-1	ENFORCER	HIKES	PRIMATES 4-1-3-1-2-1
QUICK FT. (20) + RUN	FROGS	BANDIT(20) + RUN	NEAPOLITAN	BUZZARD	STAMPEDE	APE SHOOT
SHUFFLE	HALO 2-1-3-1-4-1	RIBBITS(10) + RUN	EN GARDE	TORO	STACK SHOT	REV BULLDOG



13,14





SLOPE

- 1,2,3
- 2,3,4
- 3,4,5
- 4,5,6
- 5,6,7...

MESA

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. TURKEYS
3. MOGUL (20) + RUN
4. SKIPS
5. TIP-TOES (20) + RUN
6. W. STAT SQUAT (10) + TZN
7. BEAR
8. RAZOR
9. BULLY
10. GATOR TO 3

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

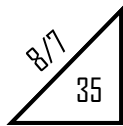
CEPTILIANZ

1. 0-PINNED 2-1-3-1-4-1
 2. TYSON
 3. JUNKIE JUMP (8) + RUN
 4. SPIKES
-
- 5A. TWISTED
 - 5B. W. LUNGE
 - 5C. ANACONDA
 - 5D. DIABLO

PLAYING THE FIELD

STARTING AT THE BOTTOM OF THE BOARD, IMAGINE YOU ARE FACING THE SYPHUS TRAINING FIELD. PERFORM EACH LIST OF TASKS IN THAT PATTERN OF A SHUTTLE RUN. ALWAYS DOUBLE UP ON THE TURNS.





SLOPE
896 OK

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

MTN3

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

4. CURL WALK 6+
5. MOWGLI (12) + RUN
6. RIBBITS (10) + RUN

7. STORK (12) + TZN
8. REV BULLDOG
9. JEKYLL (6) + TZN

10. NO GIMMIES
11. TARASQ
12. GRECO

BNC, TASK
BNC, TASK...

BNC GAUNTLET

1. BUZZARD
2. YETI
3. TORO
4. HAG 1:1
5. B.O.R. (15) + TZN
6. PABLO
7. REV HYDRA
8. BONSAI 3-1-4-2-4-1
9. INCH WORM
10. POTTY SHOT

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

FADED2

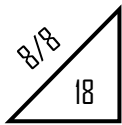
1. FROZEN CROOK :08
2. HALO 2-1-3-1-4-1

3. VEXED (10) + RUN
4. MT. CLIMB (20) + RUN

5. BOVINE
6. RDL (8) + TZN

7. JIGGY (20) + RUN
8. CRAISE (20) + TZN

9. SHWAGGIN 1:1
10. QUICK FT. (20) + RUN



SLOPE

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

MATTERHORN

2 EN GARDE

1 SUE STEP (20) + RUN

1 MT. CLIMB (20) + RUN

2 TURKEY

2 SPEED SKATES (20) + RU

1 PLATE SHAKE 9+

1 VEXED (10) + RUN

2 STAMPEDE

2 SQ. THRUST (10) + RUN

1 STORK (20) + TZN

1 JIGGY (20) + RUN

2 BEAR

2 SKULLS (10) + TZN

1 CRAISE (20) + TZN

1 VEXUM

2 RAMBO (10) + RUN

2 TROG

1 DENSER 2-1-3-1-4-1

1 COBRA (10) + PUSH

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

FIND MUCK

4321 TWINKLE TOES (30) + TZN

321 REV HYDRA

21 SL PUSH UP (10) + RUN

1 SL BOULDER

1234

123

12

1

REV MTN

1. SKIPS

2. BULLDOG

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

4. WARRIOR

1-10

2-9

3-8

4-7

5,6

SHRINKING

1. QUICKSAND Ⓛ

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

3. ALI 22+

4. F. LUNGE

5. HIKES

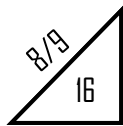
6. TAKE OFF!

7. ROW STROLL 6+

8. TYPHON

9. SLUSKI

10. STRANGLEHOLD



SLOPE

GONE FISHIN'

PERFORM EACH SECTION AS A MTN [1,12,123...]. WHEN YOU ARRIVE AT A TASK HIGHLIGHTED IN BLUE, CHOSE ONE TASK FROM THE DESIGNATED LIST. ONCE YOU'VE DONE A TASK FROM A LIST, YOU CANNOT REPEAT IT LATER. THERE WILL BE ONE TASK LEFT OVER, THAT IS NOT DONE, FROM EACH LIST.

1. QUICK FT. (20) + RUN

2. INFINITY (20) + RUN

3. STAMPEDE

4. OFF THE DOCK

1. KOBOLD

2. STAT ROW (6) + TZN

3. OFF THE DOCK

1. SQ. JUMP (10) + RUN

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

3. CHIMP (8) + RUN

4. OFF THE DOCK

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

2. CURIOUS GEORGE

3. OFF THE DOCK

1. TRIFECTA! 6+

2. VENOM

3. SPIKES

4. SHALLOWS

1. V-STEP (10) + RUN

2. W. CROOK

3. SHALLOWS

1. PLATE SHAKE 9+

2. TROG

3. WICCA

4. SHALLOWS

1. MOWGLI (12) + RUN

2. 90° (10) + TZN

3. SHALLOWS

1. CURL WALK 6+

2. STAMPEDE

3. THRASHER

4. DEEP SEA

1. BANDIT (20) + RUN

2. YETI

3. DEEP SEA

1. XPP

2. DEEP SEA

3. BUZZARD

4. DEEP SEA

1. MONTAUK

2. JIGGY (20) + RUN

3. DEEP SEA

OFF THE DOCK

A. SQUANTOES (20) + RUN

B. POTTY SHOT

C. JAGGER (12) + RUN

D. STIGMA (10) + RUN

E. HOPSCOTH

SHALLOWS

A. MONKEY

B. FROGS

C. AMAROK

D. XPP

E. SLAP JACK

DEEP SEA

A. WARRIOR

B. JACKAL

C. SL PUSH UP (10) + RUN

D. DELAURA

E. GARGANTUAN

F. HAG 1:1

8/10
23

SLOPE

HEX

SIMILAR TO THE WORKOUT 4 SQUARE, PERFORM THESE TASKS IN SECTIONS AND BY THE PROGRESSION AND ORDER LISTED BELOW:

A - CHECKLIST (2)

D - FADEDZ

B - CENTAURZ

C - MESA

F - U-TURN

E - FILLING

THEN, PERFORM EACH SECTION AS A CHECKLIST AND IN THE ORDER OF:

B, D, E, F, A, C

1. SUICIDE 2-1-3-1-4-1
2. QUICK FT. (20) + RUN
3. SWAGGIN 1:1
4. TURKEYS
5. HIKES
6. STAMPEDE

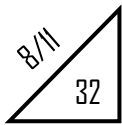
1. PUSH UP (10) + RUN
2. AMAROK
3. GROWLER
4. POTTY SHOT
5. XPP
6. REV MASTODON

1. PLATE PUSH
2. MONKEY
3. F. LUNGE
4. APE SHOOT!
5. TROG
6. BUCKS

1. EN GARDE
2. B.N.C.
3. ROW STROLL 6+
4. WARRIOR
5. GARGOYLE
6. MIEL'S WHEELS

1. SHOT PUT
2. CRAZY LEGS
3. VIPER
4. 3 PT. STANCE
5. BONSAI 3-1-4-2-4-1
6. REV PLATE PUSH

1. MT. CLIMB (20) + RUN
2. GALLOW 2-1-4-3-4-1
3. VENOM
4. C.H.B.
5. PINNED 2-1-3-1-4-1
6. TYSON



SLOPE

1122
11223344
112233445566

ALLOY MTN2

1. QUICK FT. (20) + RUN
2. EN GARDE
3. CURL PRESS 5+
4. RAMPAGE (12) + RUN
5. SA DIABLO
6. TORO

PERFORM AS A CHECKLIST (3) BUT WHEN YOU ARRIVE AT A TASK WITH THE SAME NUMBER AS THE PASS THROUGH THE CHECKLIST PERFORM THE TASK THAT MANY TIMES. SEE LONGHANDED KEY BELOW.

A-G
A,A,B,C,D,D,E,F,G,G
A,B,C,D,E,E,E,F,G

CHECKED OUT

- A. 2 HOT COALS (10) + RUN
- B. 1 YIKES!
- C. 1 SL PUSH UP (10) + RUN
- D. 2 BUCKS
- E. 3 VEXUM
- F. 1 BONSAI 3-1-4-2-4-1
- G. 2 REV MASTODON

1-6, FF
1-5, EE
1-4, DD
1-3, CC
1,2, BB
1, AA

REV XION2

1. STAMPEDE
2. HANG (10) + RUN
3. DEATH ROW 2-1-3-1-4-1
4. MONTAUK
5. B.O.R. (15) + TZN
6. ALT SQUONQ

- A. NEAPOLITAN
- B. CRAISE (20) + TZN
- C. FLYING JACKAL
- D. TROG
- E. 45°
- F. REVIVAL



INVERSE LABYRINTH

PERFORM "EASIER" GREEN SECTIONS BY THE PROGRESSION LISTED, PERFORM ALL "HARDER" BLACK SECTIONS AS A CHECKLIST.

SLOPE

C3

- A. EN GARDE
- B. QUICK FT. (20) + RUN
- C. SWAGGIN 1:1
- D. BANDIT (20) + RUN

13. GORGON (8) + RUN

14. CHICKIN 2-1-3-1-4-1

15. GARGOYLE

16. CURL MADNESS 3+PIN

17. MANTIS (8) + RUN

18. NEAPOLITAN

19. B. LUNGE

20. QUICKSAND Ⓛ

MESA

- A. STAMPEDE
- B. SUICIDE 2-1-3-1-4-1
- C. TOES (20) + RUN
- D. W. GREMLIN

27. ATTACK IT

28. FLAMINGO (6) + TZN

29. SUPP 10

30. YAK

31. SAWED OFF (10) + TZN

32. MASTODON

33. DIABLO

34. TUCKS (10) + RUN

CHECKLIST (2)

- A-D A. TURKEYS
- A-D B. MT. CLIMB (20) + RUN
- C. TAUNTAUN
- D. V-STEP (10) + RUN

43. KOD (20) + TZN

44. VENOM

45. SKULLS (10) + TZN

46. INCH WORM

47. TUTOR

48. 3 PT. STANCE

49. JUNKIE JUMP (8) + RUN

50. MR. ATLAS to 3/back

N

A. SKY HIGH 4-1

B. SUE-STEP (20) + RUN

C. KOBOLD

60. JANGLE LEG 3

61. RDL (8) + TZN

62. VEXUM

63. MOWGLI (12) + RUN

64. HAMSTRUNG

65. MONKEY

66. CRAISE (20) + TZN

67. TALL ORDER 6+

MTN

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

B. SQUANTOES (20) + RUN

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

74. TORO

75. GBD (15) + RUN

76. SWASHBUCKLER

77. 313

78. ABD PUSH UP (8) + RUN

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

80. ALT SQUONQ

81. GARGANTUAN

EL CYCLE

A. TIP-TOES (20) + RUN

B. MOGUL MADNESS 10

C. APE SHOOT!

D. SKATES

ABCD
DCBA
BC
CB

ABC
CBA
ABC

A
AB
ABC

AAA
BBB
CCC
DDD

ABC
BCD

SLOPE

1-15

6-20

16-25

21-30

26-35

31-40

MESA X 5

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

2. EN GARDE

3. SQUONQ

4. BULLY5. COALITION (10) + TZN

6. HIKES

7. TURKEYS

8. MIEL'S WHEELS

9. PUSH UP (10) + RUN10. PLATE PUSH

11. KOBOLD

12. POTTY SHOTS

13. LYCAN (10) + RUN

14. REV BEAR15. KAMIKAZE 4-3-4-2-4-1-4-1

16. GIMPY DOG

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

18. TROG

19. BOVINE20. BUCKS

21. B. LUNGE

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

23. W. CROOK

24. TAUNTAUN25. INCH WORM

26. CROAKIN

27. REV MASTODON

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

29. OFFERING30. MONKEY

31. DIABLO

32. SHUFFLE

33. REV HYDRA

34. APE SHOOT!35. THRASHER

36. STAMPEDE

37. BALL N CHAIN

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

39. AMAROK

40. TAKE OFF!



SLOPE

REPTILIANⁿ⁺ⁿ PEAKS



1-8, 9A, 10A
1-8, 9A, 10A
1-8, 9A, 10A

1-8, 9B, 10B
1-8, 9B, 10B
1-8, 9B, 10B

1-8, 9C, 10C
1-8, 9C, 10C
1-8, 9C, 10C

A.

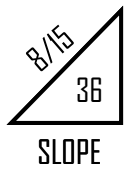
B.

C.

1. QUICK FT. (20) + RUN
2. EN GARDE
3. STAMPEDE
4. SWAGGIN 1:1
5. MOWGLI (12) + RUN
6. LYCAN (10) + RUN
7. KOBOLD
8. V-STEP (10) + RUN
- 9a. GORGON (8) + RUN
- 10a. PLATE PUSH
- 9b. BUCKS
- 10b. SCURL 1:1
- 9c. RAMP UP (8) + RUN
- 10c. SHOT PUT

1. HIKES
2. TARASQ
3. VIPER
4. KIT. SINK (10) + TZN
5. GBD (15) + RUN
6. FROGREMLIN (6/4) + RUN
7. K.O.D. (20) + TZN
8. PEG LEG (8) + RUN
- 9a. SWASHBUCKLER
- 10a. SKULLS (10) + TZN
- 9b. PETRA
- 10b. PIRATE
- 9c. WICCA
- 10c. REVIVAL

1. TAUNTAUN
2. BULLY
3. RAMBO (10) + RUN
4. VEXUM
5. JAGGER (12) + RUN
6. HALO 2-1-3-1-4-1
7. SABRE (8) + RUN
8. DIABLO
- 9a. TWINKLE TOES (30) + TZN
- 10a. 313
- 9b. QUICKSAND (L)
- 10b. AMAROK
- 9c. GARGOYLE
- 10c. SLING SHOT 3-2-4-2-3-1



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

CROSS-FIRE

1. SUE STEP (20) + RUN
2. SQ. JUMP (10) + RUN
3. GORGON (8) + RUN
4. REV VIPER
5. SA P.P.

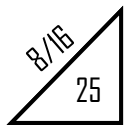
11,22,33... **CENTAUR2**

- | | |
|-----------------------|------------------------|
| 1. OGRE (10) + TZN | 6. RDL (8) + TZN |
| 2. MASTODON | 7. BULLDOZER |
| 3. SPIKES | 8. SUICIDE 2-1-3-1-4-1 |
| 4. TALL ORDER 6+ | 9. OHNO (12) + RUN |
| 5. CYCLONE (12) + TZN | 10. JACKAL |

MTN5

- | | | |
|-------------------------|------------------------|---------------|
| 1. KNEEL CURL (6) + TZN | 6. GRIFTER (8) + SA PP | 11. YETI |
| 2. QUICK FT. (20) + RUN | 7. TRIFECTA! 6+ | 12. TYPHON |
| 3. MANTIS (8) + RUN | 8. VIP (10) + RUN | 13. INCH WORM |
| 4. KOBOLD | 9. PUSH UP (10) + RUN | 14. YAK |
| 5. F. LUNGE | 10. SLAP JACK | 15. TAKE OFF! |

1-5
1-10
1-15



SLOPE

EXPANDING

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

1. REV PLATE PUSH
2. GROWLER
3. SA PP
4. W. GREMLIN
5. BONSAI 3-1-4-2-4-1
6. MOGUL (20) + RIM
7. VIP (10) + RUN
8. RIBBITS (10) + RUN
9. SKULLS (10) + TZN
10. SUPP 10

111,222,333...

CENTAUR3

1. PUSH UP (10) + RUN
2. TROG
3. DIABLO
4. STAMPEDE
5. GARGOYLE
6. CURL PRESS5+
7. TOES (20) + RUN
8. SLAP JACK
9. CHICKIN 2-1-3-1-4-1
10. NEAPOLITAN

1234444
12333
122
1

REVERTEX

1. POTTY SHOT
2. SL BUCKS
3. CYCLONE (12) + TZN
4. TURKEYS

1
112
111223

AND1

1. VENOM
2. STACK SHOT
3. SUICIDE 2-1-3-1-4-1



SLOPE

1 A
12 BA
123 CBA
1234 DCBA
12345 EDCBA

XI-TURN

1. SUE-STEP (20) + RUN
2. EN GARDE
3. BANDIT (20) + RUN
4. HIKES
5. DELAURA

- A. SWAGGIN 1:1
- B. BULLY
- C. MIEL'S WHEELS
- D. REV BULLDOG
- E. TYPHON

CRAZY LEGS, TASK
CRAZY LEGS, TASK...

CRAZY LEGS GAUNTLET

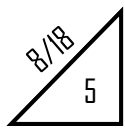
1. SCALAWAG
2. W. CROOK
3. PISTON (10) + TZN
4. MASTODON
5. VENOM
6. LYCAN (10) + RUN
7. CYCLONE (12) + TZN
8. MONGOOSE
9. HALO 2-1-3-1-4-1
10. RAMBO (10) + RUN

И

1-12
12-1
1-12

1. SPIKES
2. BUZZARD
3. TOP SHELF (8) + TZN
4. SHOT PUT
5. TROG
6. DENSER 2-1-3-1-4-1

- YETI
- HANG (10) + RUN
- GORGON (8) + RUN
- GBD (15) + RUN
- INCH WORM
- SUICIDE 2-1-3-1-4-1



SLOPE

1-3, 4A

1-3, 4A, 4B, 5A

1-3, 4A, 4B, 4C, 5A, 5B, 6A

1-3, 4A, 4B, 4C, 4D, 5A, 5B, 5C, 6A, 6B, 7A

VOYAGE

1. EN GARDE
2. SWAGGIN 1:1
3. TWO-STEP (20) + RUN
- 4A. HIGH Xs
- 4B. PLATE SHAKE 9+
- 4C. LYCAN (10) + RUN
- 4D. SCURL 1:1
- 5A. STAMPEDE
- 5B. APE SHOOT!
- 5C. BULLDOG
- 6A. HIKES
- 6B. TARASQ
- 7A. OZARK

1,2,33

2,3,44

3,4,55

4,5,66...

RIPPLED

1. F. LUNGE
2. KNEELING CURL (6) + TZN
3. TIPPY-TAP
4. GARGOYLE
5. SAWED OFF (10) + TZN
6. JUNKIE JUMP (8) + RUN
7. VEXED (10) + RUN
8. RAMBO (10) + RUN
9. LEPRECHAUN
10. SKULLS (10) + TZN

6,7

5-8

4-9

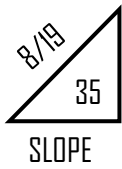
3-10

2-11

1-12

EXPANDING

1. SL INCH
2. FLYING JACKAL
3. C.H.B.
4. VIP (10) + RUN
5. QUICK FT. (20) + RUN
6. HAG
7. KOBOLD
8. XPP
9. JIGGY (20) + RUN
10. KAMIKAZE 4-3-4-2-4-1-4-1
11. REVIVAL
12. SPARROW ⌚



JACOB'S LADDER

5. WICCA
4. CHIMP (8) + RUN
3. MANTIS (8) + RUN
2. SWAGGIN 1:1

- 5.1. WINDOW WASHERS

4. SHOT PUT
3. TYSONS
2. SUPP (10)

- 5.1. ARACHNID

4. BUCKS
3. 90° (10) + TZN
2. BULLDOG

- 5.1. STAT CURL (6) + TZN

4. NEAPOLITAN
3. OGRE (10) + TZN
2. HIKES

- 5.1. BANDIT (20) + RUN

4. BULLY
3. RIBBITS (10) + RUN
2. TURKEY
1. QUICK FT. (20) + RUN

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



SLOPE

PERFORM IN A CHECKLIST MANNER.
DO TASK THE NUMBER OF TIMES LISTED.

CHAOS

2 TOES (20) + RUN

1 TEN GARDE

4 MT. CLIMB (20) + RUN

3 YIKES!

2 CURL WALK 6+

1 POTTY SHOT

1 PUSH UP (10) + RUN

1 GARGOYLE

3 B. LUNGE

2 BUCKS

4 BUTT KICKS

3 ROW STROLL 6+

2 REV PLATE PUSH

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

1,2,3,4444

1,2,333

1,22

1

REVERTEX

1 GRECO

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

3. MONTAUK

4. W. CROOK

1-12

2-11

3-10

4-9

5-8

6,7

SHRINKING

1. REV CUJO (L)

2. SWAGGIN 1:1

3. THRASHER

4. LYCAN (10) + RUN

5. CYCLONE (12) + TZN

6. QUICK FT. (20) + RUN

7. KOBOLD

8. MONGOOSE

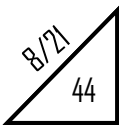
9. TRIFECTA! 6+

10. TYPHON

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

12. M.F.T.

ADJUST



SLOPE

MONGREL

A

B

C

D

E

F

1	RUN	MT. CLIMB (20) + RUN	GOGGON (8) + RUN	F. LUNGE	HIKES	ROW STROLL 6+
2	TYSON	CRAZY LEGS	GROWLER	W. GREMLIN	CURIOUS GEORGE	TALL ORDER 6+
3	ALT SQUONQ	SA PP	REV BOVINE	OGRE (10) + TZN	HACK-IT	PINNED 2-1-3-1-4-1
4	BONSAI 3-1-4-2-4-1	GRECO	JABBERWOCKY	W. STAT SQUAT (10) + TZN	WALRUS	SCURL 1:1

1 ACROSS

1 ACROSS, 2 ACROSS

1 ACROSS, 2 ACROSS, 3 ACROSS

1 ACROSS, 2 ACROSS, 3 ACROSS, 4 ACROSS

A DOWN, B DOWN, C DOWN, D DOWN, E DOWN, F DOWN

8/22
17

SLOPE
895 OK

INTERRUPTED MTN3

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

2. ALT. SQUONQ

3. TURKEYS

4. TROMBONE 6+

5. LYCAN (10) + RUN

6. APE SHOOT!

7. B. LUNGE

8. SWAGGIN 1:1

9. TWISTED

10. KOBOLD

11. BOVINE

12. SAWED OFF (10) + TZN

13. WICCA

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

15. M.F.T.

16. TUCKS (10) + RUN

17. 3 PT. STANCE

18. JACK-ASS

1-3, 4A 4A

1-3, 4B 4B

REPTILIAN2

1. VIP (10) + RUN

2. JIGGY (20) + RUN

3. MOGUL PUSH

4A. STACK SHOT

4B. BUZZARD

FIND MUCK

321 TROG

21 PIRATE

1 C.H.B.

1-3

2,3

3

FADED

1. VITRIOL (L)

2. SL BUCKS

3. SLAP JACK

1-3

1-6

REPTILIAN2

1-9

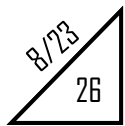
1-12

FIND MUCK

1-15

FADED

1-18



SLOPE

PICKtilians

PERFORM EACH SECTION AS A REPTILIAN WHERE YOU CHOOSE WHICH TASK TO DO AS THE LAST/CHANGING TASK AND IN WHICH ORDER.

ALL CIRCUITS WILL HAVE ONE TASK REMAINING SO LISTS OF 5 YOU'LL GO THROUGH 4 TIMES AND LISTS OF 4 THROUGH 3 TIMES.

NO REPEATING PICKED TASKS.

A.

1. BONSAI 3-1-4-2-4-1
 2. TOES (20) + RUN
 3. TURKEY
 4. HIKES
-
5. TYPHON
 5. B. LUNGE
 5. VIPER
 5. MOGUL MADNESS 10

B.

1. POTTY SHOT
 2. JACKALOPE
 3. KAMIKAZE 4-3-4-2-4-1-4-1
-
4. REV B.N.C.
 4. GRECO
 4. TORO
 4. SHOT PUT
 4. DIABLO

C.

1. BUCKS
 2. F. LUNGE
 3. ROW STROLL 6+
 4. TROG
-
5. SUCK UPS
 5. HELLION
 5. W. ROT. SQUAT
 5. JABBERWOCKY

D.

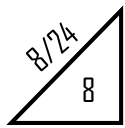
1. MONGOOSE
 2. SKY HIGH 4-1
 3. TWO-STEP (20) + RUN
-
4. MIM 3-2-4-2-3-1
 4. JACK BOX
 4. JESTER
 4. ATTACK-IT
 4. JACK-ASS

E.

1. NEAPOLITAN
 2. APE SHOOT
 3. REV HYDRA
 4. STAMPEDE
-
5. FLYING MONKEY
 5. SLING SHOT 3-2-4-2-3-1
 5. MASTODON
 5. PABLO

F.

1. REV GREMLIN
 2. GALLOW 2-1-4-3-4-1
 3. TAKE OFF!
-
4. OZARK
 4. JANGLE LEGS
 4. RESURRECTION
 4. CHUPACABRA
 4. REV INCH



SLOPE

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

CROSS-FIRE

1. SHUFFLE
2. LYCAN UP (10) + RUN
3. ROW STROLL 6+
4. MIEL'S WHEELS
5. SQUANTOES (20) + RUN

CHAMELEON

- 1A. BOULDER
- 1B. BUZZARD
- 1C. YETI
- 1D. BULLDOZER

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

-
- 2. BANDIT (20) + RUN
 - 3. KAMIKAZE 4-3-4-2-4-1-4-1
 - 4. SKY HIGH 4-1
-

- 5A. TARASQ
- 5B. SL OGRE (10) + TZN
- 5C. JACK-ASS
- 5D. JABBERWOCKY

- A. MT. CLIMB (20) + RUN
- B. BULLY
- C. SPIKES

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

FADED2

1. VEXUM
2. SL INCH WORM

3. RAMBO (10) + RUN
4. TAUNTAUN

5. PEG LEG (8) + RUN
6. CURL PRESS 5+

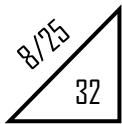
7. RAMPAGE (12) + RUN
8. GIMPY DOG

9. BONSAI 3-1-4-2-4-1
10. HOT COALS (10) + RUN

- 1-8
- 1-8

CHECKLIST(2)

- | | |
|-------------------------|----------------|
| 1. SLALOM | 5. MONGOOSE |
| 2. STACK SHOT | 6. SLAPJACK |
| 3. TYSON | 7. TROMBONE 6+ |
| 4. D-PINNED 2-1-3-1-4-1 | 8. TAKE OFF! |



SLOPE

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

MTN2

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

3. MT. CLIMB (20) + RUN
4. 3 PT. STANCE

5. KNEELING SWAG (15) + TZN
6. JIGGY (20) + RUN

7. SL GORGON (8) + RUN
8. RAMPANT (10) + RUN

9. STAMPEDE
10. QUICKSAND Ⓛ

12131415
232425
3435
45

=

1. TOES (20) + RUN
2. SAWED OFF (10) + TZN
3. RIBBITS (10) + RUN
4. BUCKS
5. MONGOOSE

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

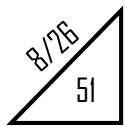
EL CYCLE

1. GRIFTER (8) + SA PP
2. RDL (8) + TZN
3. TAKE OFF!
4. OGRE (10) + TZN

1-10
1-10
1-10

CHECKLIST (3)

1. SKUFFLE
2. COALITION (10) + TZN
3. TYPHON
4. CRAZY LEGS
5. FLAMINGO (6) + TZN
6. INCH WORM
7. ALI 22+
8. VIPER
9. OFFERING
10. AMAROK



SLOPE

PERFORM ALL
BLACK TASKS IN
CHECKLIST
FORMAT.
PERFORM ALL
REDS NOTED IN
PROGRESSION.

A
A.B
A.B.C
A.B.C.D

1. SHUFFLE
2. TYSONS
3. HOT COALS (10) + RUN
4. BANDIT (20) + RUN
5. BUTT KICKS
6. SKIPS
7. RIBBITS (10) + RUN
8. W. GREMLIN
9. ROW STROLL 6+
10. TROG

MTN

- A. 3 PT. STANCE
- B. CHICKIN 2-1-3-1-4-1
- C. MANTIS (8) + RUN
- D. POGOTO (6) + TZN
21. X PP
22. SWAGGIN 1:1
23. YETI
24. MOGUL (20) + RUN
25. VEXED (10) + RUN
26. TIPPY-TAP
27. GARGOYLE
28. TALL ORDER 6+
29. OGRE (10) + RUN

LABYRINTH

VERTEX

- A. SHOT PUT A
- B. REV BULLDOG A.BB
- C. TWISTED A.B.CCC
39. STAMPEDE
40. TRUMPET 9+
41. RDL (8) + TZN
42. TOES (20) + RUN
43. HALO 2-1-3-1-4-1
44. VIP (10) + RUN
45. BULLY
46. SLAP JACK
47. SUICIDE 2-1-3-1-4-1
48. TURKEY

U

- A. REVINCH
- B. PABLO A-D, D-A
- C. SCURL 1:1
- D. BOULDER
57. FROGS
58. JAGGER (10) + RUN
59. BONSAI 3-1-4-2-4-1
60. RAMBO (10) + RUN
61. APE SHOOT!

62. LOWLY (10) + RUN
63. BUCKS
64. GALLOW 2-1-4-3-4-1

CENTAUR 3

- A. ANACONDA AAA
- B. VENOM BBB
- C. K.O.D. (20) + TZN CCC
- D. RAZOR DDD
77. SAWED OFF (10) + TZN
78. ENFORCER
79. REV GREMLIN
80. PLATE SHAKE 9+
81. POTTY SHOT
82. INFINITY (10) + RUN
82. SA PP



SLOPE

1-7
7-1 U

1. EN GARDE
2. TWO-STEP (20) + RUN
3. KAMIKAZE 4-3-4-2-4-1-4-1
4. TROMBONE 6+
5. 3 PT. STANCE
6. POTTY SHOT
7. GORGON (8) + RUN

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

B. ZEN-LISTS

- | | |
|-------------------------------|----|
| 1. BONSAI 3-1-4-2-4-1 | |
| 2. HOT COALS (10) + RUN | 1X |
| 3. ROW STROLL 6+ | |
| 4. X PP | 2X |
| 5. SCALAWAG | |
| 6. BRIDGED BENCHED (30) + TZN | 3X |
| 7. SQUAT JUMP (10) + RUN | |
| 8. BUTT KICKS | 4X |

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

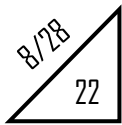
C. MESA

1. INFINITY (20) + RUN
2. HAG
3. JIGGY (20) + RUN
4. JOHNNY APPLESEED
5. GALLOW 2-1-4-3-4-1
6. PINNED 2-1-3-1-4-1
7. REV MASTODON
8. GRECO

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

D. REV MTN

1. CURIOUS GEORGE
2. MOWGLI (12) + RUN
3. TARASQ
4. SHWAGGIN 1:1
5. BULLDOZER



SLOPE

1. BONSAI 3-1-4-2-4-1
2. TIP-TOES (20) + RUN
3. HIKES
4. SA PP
5. HANG (10) + RUN
6. COBRA (10) + PUSH

XION2

- A. TYSON
- B. MT. CLIMB (20) + RUN
- C. MIEL'S WHEELS
- D. BAYOK (6) + RUN
- E. SAWED OFF (10) + TZN
- F. SQUANTOES (20) + RUN

- 1. AA
- 1.2. BB
- 1.2.3. CC
- 1.2.3.4. DD
- 1.2.3.4.5. EE
- 1.2.3.4.5.6. FF

MTN

1. MUGGER (12) + RUN
2. DENSER 2-1-3-1-4-1
3. MONKEY
4. SCORPION TO 3/BACK

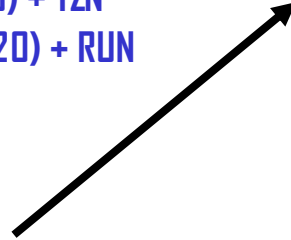
- 1
- 1.2
- 1.2.3
- 1.2.3.4



CENTAUR 3

1. 3 PT. STANCE
2. BUZZARD
3. V-STEP (10) + RUN
4. GARGOYLE
5. SKY HIGH 4-1
6. RIBBITS (10) + RUN
7. REV B.N.C.
8. APE SHOOT!

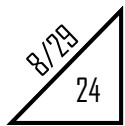
- 1.1.1
- 2.2.2
- 3.3.3...



GAUNTLET

1. TORO
2. GALLOW 2-1-4-3-4-1
3. THRASHER
4. BULLY
5. C.H.B.
6. ALI 22+
7. STRANGLEHOLD
8. W. CROOK
9. JANGLE LEG 3
10. UNLEASHED

- PLATE PUSH, 1
- PLATE PUSH, 2
- PLATE PUSH, 3...



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. BUTT KICKS
2. SUE-STEP (20) + RUN
3. COALITION (10) + TZN
4. PUSH UP (10) + RUN
5. PROWLER (L)

- 1-15
- 6-15, 1-5
- 11-15, 1-10

MIYAGI

1. GALLOW 2-1-4-3-4-1
2. BOVINE
3. W. GREMLIN
4. TROG
5. LYCAN UP (10) + RUN

6. RDL (8) + TZN
7. B.O.R. (15) + TZN
8. SUPP 10
9. SHUFFLE
10. TAKE OFF!

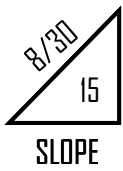
11. SPIKES
12. SL BRIDGED BENCHED (15) + TZN
13. ROW STROLL 6+
14. CROAKIN
15. VIPER

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

CEPTILIAN2

1. B.N.C.
2. PLATE SHAKE 9+
3. MONGOOSE

- 4A. REVIVAL
- 4B. THRASHER
- 4C. VENOM



1-10
10-1

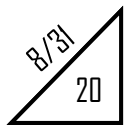
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1. SHUFFLE
2. QUICK FT. (20) + RUN
3. TURKEY
4. SQ. JUMP (10) + RUN
5. BULLY
6. TYSONS
7. BUZZARD
8. HIKES
9. CYCLONE (12) + TZN
10. PRIMATES 4-1-3-1-2-1

MT. CLIMB
TASK
MT. CLIMB
TASK....

MT. CLIMB GAUNTLET

1. CURIOUS GEORGE
2. CHICKIN 2-1-3-1-4-1
3. SQUIBBLE
4. OGRE (10) + TZN
5. VENOM
6. TRUMPET 6+
7. DEATH ROW 2-1-3-1-4-1
8. VIPER
9. TROG
10. BENCHED (30) + TZN
11. ALI 22+
12. OFFERING
13. ABD. MANTIS (8) + RUN
14. POGOTO (6) + TZN
15. WARRIOR
16. STORK (20) + TZN
17. HANG (10) + RUN
18. DECALF
19. RAZOR
20. RAMBO (10) + RUN
21. SHALO 1:1
22. BULLDOZER
23. FROZEN CROOK 8
24. JOUNCE 2-1-3-1-4-1
25. OZARK
26. CALF-IN-ATOR
27. TIP-TOES (20) + RUN
28. DIABLO
29. JIGGY (20) + RUN
30. 45°
31. ANACONDA
32. TWISTED
33. RDL (8) + TZN
34. APE SHOOT!
35. O-BOR (10) + TZN
36. TAKE OFF!



SLOPE

MTN2

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

1. BONSAI 3-1-4-2-4-1
2. MOGUL (20) + RUN

3. SWAGGIN 1:1
4. W. GREMLIN

5. COALITION (10) + TZN
6. SKULLS (10) + TZN

7. B. LUNGE
8. O-B.O.R. (10) + TZN

9. SLUSKI
10. JACK BOX

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

MESA

1. STORK (20) + TZN
2. REV BULLDOG
3. GALLOW 2-1-4-3-4-1
4. YIKES!
5. DEATHROW 2-1-3-1-4-1
6. RAMBO (10) + RUN
7. FROGS
8. PRIMATES 4-1-3-1-2-1
9. K.O.D. (20) + TZN
10. ARACHNID

1
1,22
1,2,333
1,2,3,4444

VERTEX

1. SHOT PUT
2. SCALAWAG
3. YETI
4. PLATE PUSH

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

EL CYCLE

1. SLING SHOT 3-2-4-2-3-1
2. TIPPY-TAP
3. JAGGER (12) + RUN
4. MONGOOSE
5. BUCK UPS

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