

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

Minimum rep count indicator; used for certain traveling tasks.

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 L

"Ladder Tasks are indicated by this symbol.

ENGAGING THE SYPHER

A month-long objective for both junkies and pros. It's aim? To bring awareness to the small nuances upholding the form-first mentality.

[Video: Engaging the Sypher Video](#)

SEPTEMBER OBJECTIVE

JUNKIES

Perform all end-zone tasks WITHIN the end-zone. See video link above for a visual.

Perform all +run tasks on the ground with your hands ON the line, feet in the endzone, NEVER in the field.

Perform all +TZN tasks behind the end-zone lines.

If the task requires you (or the plate) to go over the line, do just that, CLEAR the line.

Do not leave the endzone until all reps have been completed. No wandering forward on TOES.

PROS

Invert the form badge. Award form credit only who had flawless form. The form should WOW you to award from credit. Effort is aspect of good form, but effort alone isn't the standard. Take into consideration that not everyone has the same ability level and body-type; make a distinction between those who are limited in their abilities and those who are limiting themselves. Those limiting themselves are not maintaining form.

Use this challenge educate, not to judge.

Preview of Potential Upcoming Challenges

JUNKIES

INITIATE SOMEONE NEW TO SYPHUS

NEVER USE THE SAME EXACT PLATE MORE THAN ONCE PER WEEK.

COMPLIMENT A TURFMATE ON HIS OR HER FORM OR EFFORT DURING YOUR WORKOUT

SET AN INTENTION BEFORE EVERY WORKOUT. EXTRA CREDIT: WRITE IT ON THE WHITEBOARD IN FRONT OF YOUR LANE.

IF YOU HAVE TO MODIFY, SWAP FOR SOMETHING MORE DIFFICULT OR TAKES LONGER TO COMPLETE. ASK PRD FOR THE MOD.

PROS

CALL ANYONE OUT WHO STOPS A TASK SHORT OF THE LINE. BE A NIT-PICK.

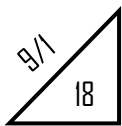
SCRUTINIZE HAND PLACEMENTS ON CARRIES, THROWS AND DRAGS. CORRECT ANY AND ALL MISPLACEMENTS.

INCORRECT TASKS SHOULD BE REDEEMED WITH THE CORRECT ONE EVEN IF A SIMILAR ONE HAS BEEN STARTED OR COMPLETED.

FIND AT LEAST ONE INFRACTION OF CONTINUATION, BRING IT TO AWARENESS AND CORRECT IT.

UNLESS IT IS A PLANNED "STRENGTH" OR "RHODES" WORKOUT, DO NOT ALLOW A DIFFERENT DAY'S BOARD TO BE PERFORMED.

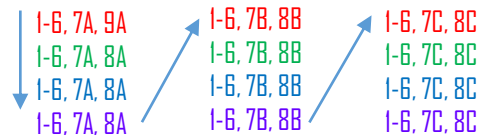
DON'T ALLOW MODS AT WILL. INSTEAD, LEARN WHY THE MOD IS NEEDED AND TRY TO WORK WITH THE JUNKIE ON THE INITIAL TASK FIRST.



SLOPE

JUNKIES	PROS
Perform endzone tasks IN THE ENDZONE	Invert the form badge.
For more details see page 3 or CLICK VIDEO HERE	

REPTILIANⁿ⁺ⁿ PEAKS



A.

1. SUE-STEP (20) + RUN
2. EN GARDE
3. MT. CLIMB (20) + RUN
4. TYSONS
5. STAT ROW (6) + TZN
6. BANDIT (20) + RUN

- 7A. F. LUNGE
- 8A. NEAPOLITAN

- 7B. TYPHON
- 8B. BRIDGE BENCH (30) + TZN

- 7C. DENSER 2-1-3-1-4-1
- 8C. C.H.B.

B.

1. HOT COALS (10) + RUN
2. SHUFFLE
3. INFINITY (20) + RUN
4. CYCLONE (12) + TZN
5. SQ. JUMP (10) + RUN
6. HIKES

- 7A. BALL N CHAIN
- 8A. JACKALOPE

- 7B. SHWAGGIN 1:1
- 8B. SCORPION TO 3/BACK

- 7C. SLING SHOT 3-2-4-2-3-1
- 8C. VEXUM

C.

1. LYCAN (10) + RUN
2. ALI 22+
3. JAGGER (12) + RUN
4. CURL WALK 6+
5. KIT. SINK (10) + TZN
6. MONKEY

- 7A. XPP
- 8A. CRAZY LEGS

- 7B. REV VIPER
- 8B. WICCA

- 7C. SHALO 1:1
- 8C. BOVINE

D.

1. TIP-TOES (20) + RUN
2. TAUNTAUN
3. VIP (10) + RUN
4. POTTY SHOT
5. B.O.R. (15) + TZN
6. MIEL'S WHEELS

- 7A. WARRIOR
- 8A. BULLSHIT

- 7B. TWEAKER (L)
- 8B. SUPP 10

- 7C. AMAROK
- 8C. TAKE OFF!

9/2
26

SLOPE

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

JUNKIES

Perform endzone tasks IN THE ENDZONE

PROS

Invert the form badge.

For more details see page 3 or [CLICK VIDEO HERE](#)

MTN3

1. BONSAI 3-1-4-2-4-1
2. TWO-STEP (20) + RUN
3. W. GREMLIN

4. PLATE SHAKE 9+
5. GORGON (8) + RUN
6. STORK (12) + TZN

7. APE SHOOT!
8. PARATROOP (10) + RUN
9. BULLY

10. GARGOYLE
11. SPIKES
12. MOGUL PUSH

ETS

123
234
345
456
567
678
789
89,10

MESA

1. KOBOLD
2. CURL PRESS 5+
3. GARGANTUAN
4. CHICKIN 2-1-3-1-4-1
5. RAMPAGE (12) + RUN
6. REV HYDRA
7. SAWED OFF (10) + TZN
8. GBD (15) + RUN
9. OHNO (12) + RUN
10. JUNKIE (8) + RUN
11. STAMPEDE
12. M.F.T.

1
122
12333

VERTEX

1. GRECO
2. HIKES
3. PRIMATES 4-1-3-1-2-1

PUSH, TASK
PUSH, TASK...

GAUNTLET

1. CRAISE (20) + TZN
2. JIGGY (20) + RUN
3. 45°
4. K.O.D. (20) + TZN
5. DEATH ROW 2-1-3-1-4-1
6. MONGOOSE
7. VIPER
8. BULLDOG



SLOPE

WARM-UP MTN

1
12
123
1234

1. QUICK FT. (20) + RUN
2. MOWGLI (12) + RUN
3. TAUNTAUN
4. PLATE SHAKE 9+

A.

1. HIKES
2. POTTY SHOTS
3. STAT ROW (6) + TZN
4. TARASQ

D.

1. REV MASTODON
2. JIGSAW
3. SLUSKI
4. PETRA

G.

1. JABBERWOCKY
2. JACK BOX
3. MIM 3-2-4-2-3-1
4. W. ROT SQUAT

B.

1. STAT HALO (18) + TZN
2. GARGANTUAN
3. JACKAL
4. SQ. THRUST (10) + RUN

E.

1. ENFORCER
2. HYDRA
3. LUMBERJACKS (8) + RUN
4. B.D.R. (15) + TZN

H.

1. MIEL'S WHEELS
2. NO GIMMIES
3. NEAPOLITAN
4. 3 PT. STANCE

LABOR DAY BARN BURNER

WARM UP MTN. PERFORM AS FOLLOWS: 1ST REVOLUTION - PICK ONE TASK FROM EACH DO IT IX
2ND REVOLUTION - 2X, 3RD. REVOLUTION - 3X, 4TH REVOLUTION - 4X. NO REPEATS EXCEPT EXPLOSIONS.

C.

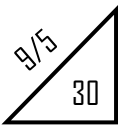
1. SPEED SKATES (20) + RUN
2. INFINITY (20) + RUN
3. KOBOLD
4. APE SHOOT!

F.

1. OFFERING
2. JIGGY (20) + RUN
3. CURL PRESS 5+
4. TWINKLE TOES (30) + TZN

I.

1. EXPLOSIONS
2. EXPLOSIONS
3. EXPLOSIONS
4. EXPLOSIONS



SLOPE

ETS

JUNKIES	PROS
Perform endzone tasks IN THE ENDZONE	Invert the form badge.
For more details see page 3 or CLICK VIDEO HERE	

1-10
10-1
1-10

N

1. SUICIDE 2-1-3-1-4-1
2. ALI 22+
3. KOBOLD
4. SUE STEP (20) + RUN
5. RAMBO (10) + RUN
6. FROGREMLIN (4/6) + RUN
7. CYCLONE (12) + TZN
8. PLATE PUSH
9. INFINITY (20) + RUN
10. MONTAUK

12.B
123.C
1234.D
12345.E
123456.F

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

XION

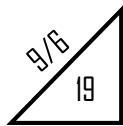
1. HIKES
2. MONGOOSE
3. RDL (8) + TZN
4. BENCHED (30) + TZN
5. YETI
6. MANTIS (8) + RUN

- A. BULLY
- B. GATOR TO 3
- C. REV GARGOYLE
- D. GRECO
- E. DIABLO
- F. RAMPAGE (12) + RUN

REPTILIAN²

1. BONSAI 3-1-4-2-4-1
2. MUGGER (12) + RUN
3. STORK (12) + TZN
4. CRAISE (20) + TZN
5. BULLDOG

- 6A. SLAP JACK
- 6B. BUZZARD
- 6C. SHOT PUT
- 6D. TAKE OFF!



SLOPE

ETS

JUNKIES	PROS
Perform endzone tasks IN THE ENDZONE	Invert the form badge.
For more details see page 3 or CLICK VIDEO HERE	

NOTE: The interruptions are not placed AFTER a section like we're used to. Instead, you will always take an interruption BEFORE starting the 7-9 section.

1-3

1-3

4-6

4-6

1-3

4-6

4-6

MESA

7-9

7-9

7-9

1-3

4-6

4-6

REV MTN

7-9

7-9

7-9

10-12

10-12

10-12

10-12

MT. NEVERLIST

1. BUTT KICKS

2. TURKEYS

3. STAMPEDE

4. MOWGLI (12) + RUN

5. PLATE SHAKE 9+ 2X

6. HANG (10) + RUN

7. REV VIPER

8. KOBOLD 3X

9. MONGOOSE

10. OGRE (10) + TZN

11. DIABLO 4X

12. XPP

1X

2X

3X

4X

MESA

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

2. TYSONS

3. STAT ROW (6) + TZN

4. SL BAYOK (6) + RUN

5. RDL (8) + TZN

6. HOT COALS (10) + RUN

7. HAG 1:1

123

234

345

456

567

12345

1234

123

12

1

REV MTN

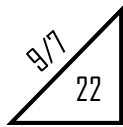
1. TWINKLE (30) + TZN

2. REV BEAR

3. PUSH UP (10) + RUN

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

5. B. LUNGE



SLOPE

ETS

JUNKIES	PROS
Perform endzone tasks IN THE ENDZONE	Invert the form badge.
For more details see page 3 or CLICK VIDEO HERE	

1-4, 4-1

2.3.3.2

EL CYCLE

1. QUICK FT. (20) + RUN
2. STAMPEDE
3. SWAGGIN 1:1
4. TYSONS



UPLIFT

1. TOES (20) + RUN
2. STIGMATA (10) + RUN
3. CURL WALK 6+
4. MASTODON
5. VENOM

1
121
12321
1234321
123454321

1,2

1,2,33,44

1,2,33,44,555,666

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

ZENITH

1. PETRA 1X
2. PIRATE

3. W. GREMLIN 2X
4. COBRA (10) + PUSH

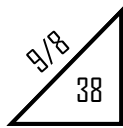
5. MT. CLIMB (20) + RUN 3X
6. CRAY-CRAY 4X

7. PRIMATES 4-1-3-1-2-1
8. SKY HIGH 4-1

PERFORM TASKS THE NUMBER OF TIMES INDICATED AND IN CHECKLIST FORMAT.

CHAOS

- | | |
|-------------------------|------------|
| 2X GARGOYLE | 2X HIKES |
| 1X SA PP | 2X YETI |
| 1X SHALO 1:1 | 1X PABLO |
| 3X COALITION (10) + TZN | 2X MONTAUK |



SLOPE

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

REPTILIANZ

1. GALLOW 2-1-4-3-4-1
 2. TURKEYS
 3. SWAGGIN 1:1
 4. STAMPEDE
 5. ROW STROLL 6+
-
- 6A. LYCAN (10) + RUN
 - 6B. TYPHON
 - 6C. MONKEY
 - 6D. BENCHED (30) + TZN

ETS

JUNKIES	PROS
Perform endzone tasks IN THE ENDZONE	Invert the form badge.
For more details see page 3 or CLICK VIDEO HERE	

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

CROSS-FIRE

1. V-STEP (10) + RUN
2. ALI 22+
3. CURL MADNESS3
4. SUPP 10
5. RDL (8) + TZN

- A. BUCKS
- B. SKULLS (10) + TZN
- C. REV MASTODON

11,22...12,12
1-12

C2 TO CHECKLIST

1. SQ. THRUST (10) + RUN
2. YETI
3. TIP-TOES (20) + RUN
4. POTTY SHOT
5. F. LUNGE
6. MOWGLI (12) + RUN

7. REV HYDRA
8. ABD. FLAMINGO (6) + TZN
9. PARATROOP (10) + RUN
10. DENSER 2-1-3-1-4-1
11. INCH WORM
12. SUICIDE 2-1-3-1-4-1



SLOPE

U #1

11. 22, 33... WARM-UP CENTAURZ
 1. SUICIDE 2-1-3-1-4-1 3. W. GREMLIN 5. COALITION (10) + TZN 7. MT. CLIMB (20) + RUN
 2. QUICK FT. (20) + RUN 4. TYSONS 6. KOBOLD 8. TIPPY-TAP

U-PICK, GLUED

Order: Warm-up C2, U#1, U#2, U#1, U#2

Choose any task from the respective list. Repeats ARE allowed as often as desired. Caveats for each list are in red subheadings.

IMPORTANT NOTE in RED for tasks 11 and 12.

PROS, see scoring cheat-sheet and printable lists to save your Expo markers.

1. U-PICK CRAWL

2. MANTIS (8) + RUN

3. U-PICK JUMP

4. BUZZARD

5. U-PICK +TZN

6. TWO-STEP (20) + RUN

7. U-PICK CRAWL

8. EXPLOSIONS

9. U-PICK +RUN

10. PUSH UP (10) + RUN

11. U-PICK CARRY

12. U-PICK CARRY+

CRAWL

All crawls are "ok" even those not listed here.

Bear. rev bear, bulldog, rev bulldog, bovine, rev bovine, gargoye, rev gargoye, hydra, rev hydra, mastodon, rev mastodon, growler, rev growler, viper, rev viper, yeti, yak, monkey, mongoose, montauk,

+TZN

MUST choose from the +TZNs listed.

Cyclone (12), stat halo (16), kneel swag (15), ABD flamingo (6), stork (12), toucan (20), kit sink (10), kod (20), benched (30), SL ogre (10), halo march (20), 90° (10)

CARRY

MUST choose from the CARRIES listed.

Curl walk 6+, trombone 9+, row stroll 6+, bully, trifecta 6+, trumpet 9+, tall order 6+, plate shake 9+, curl press 5+

JUMP

MUST choose jumps listed.

Typhon. frogs, amarok, croakin, slalom, leprechaun,

+RUN

MUST choose from the +RUNs listed.

Jiggy (20), bandit (20), ramba (10), vip (10), sq. jump (10), ribbits (10), hang (10), stigma (10), stigmata (10), infinity (20), v-step (10), tucks (10), paratroop (10), lumberjack (8)

CARRY+

MUST choose from the CARRIES listed.

Halo 36+, chicken, pinned, death row, o-pinned, denser [2-1-3-1-4-1]
Scurl, shalo, shwaggin, strow [!:]

U #2

1. U-PICK JUMP

2. GBD (15) + RUN

3. U-PICK +RUN

4. W. CROOK

5. U-PICK CRAWL

6. TAUNTAUN

7. U-PICK CRAWL

8. JUNKIE (8) + RUN

9. U-PICK +TZN

10. SKY HIGH 4-1

11. U-PICK CARRY

12. U-PICK CARRY+

MUST STICK WITH THE SAME TASK FOR 11,12,11 AND PERFORM IT AS A GLUED PLATE

Pros: heavily scrutinize form in this section.

If proper form, grip, rep counts, or R.O.M. is not being maintained, junkies should rest until proper form is do-able.

CRAWL

All crawls are "ok" even those not listed here.

Bear, rev bear, bulldog, rev bulldog, bovine, rev bovine, gargoyle, rev gargoyle, hydra, rev hydra, mastodon, rev mastodon, growler, rev growler, viper, rev viper, yeti, yak, monkey, mongoose, montauk,

+TZN

MUST choose from the +TZNs listed.

Cyclone (12), stat halo (16), kneel swag (15), ABD flamingo (6), stork (12), toucan (20), kit sink (10), kod (20), benched (30), SL ogre (10), halo march (20), 90° (10)

CARRY

MUST choose from the CARRIES listed.

Curl walk 6+, trombone 9+, row stroll 6+, bully, trifecta 6+, trumpet 9+, tall order 6+, plate shake 9+, curl press 5+

JUMP

MUST choose jumps listed.

Typhon, frogs, amarok, croakin, slalom, leprechaun,

+RUN

MUST choose from the +RUNs listed.

Jiggy (20), bandit (20), rambo (10), vip (10), sq. jump (10), ribbits (10), hang (10), stigma (10), stigmata (10), infinity (20), v-step (10), tucks (10), paratroop (10), lumberjack (8)

CARRY+

MUST choose from the CARRIES listed.

Halo 36+, chickin, pinned, death row, o-pinned, denser [2-1-3-1-4-1]
Scurl, shalo, shwaggin, strow [1:1]

U-PICK, GLUED SCORE CHEAT-SHEET

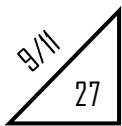
ENTER THE CORRELATING TASK

TASK#	U#1 TASK	ROQ
17	CRAWL	99
18	Mantis (8) + Run	110
19	JUMP	123
20	Buzzard	134
21	+ TZN	147
22	Two-Step (20) + Run	153
23	CRAWL	164
24	Explosions	171
25	+ RUN	180
26	Push Ups (10) + Run	193
27	CARRY	200
28	CARRY+	216
29	CARRY+	232
30	CARRY	239
31	Push Ups (10) + Run	253
32	+ RUN	262
33	Explosions	268
34	CRAWL	280
35	Two-Step (20) + Run	286
36	+ TZN	299
37	Buzzard	311
38	JUMP	324
39	Mantis (8) + Run	336
40	CRAWL	348

TASK#	U#2 TASK	ROQ
41	JUMP	362
42	GBD (15) + Run	374
43	+ RUN	383
44	W. Crook	392
45	CRAWL	404
46	Tauntaun	405
47	CRAWL	417
48	JUNKIE (8)	429
49	+ TZN	443
50	Sky High 4-1	446
51	CARRY	453
52	CARRY+	470
53	CARRY+	486
54	CARRY	494
55	Sky High 4-1	497
56	+ TZN	510
57	JUNKIE (8)	522
58	CRAWL	534
59	Tauntaun	536
60	CRAWL	548
61	W. Crook	557
62	+ RUN	566
63	GBD (15) + Run	578
64	JUMP	591

TASK#	U#1 TASK	ROQ
65	CRAWL	603
66	Mantis (8) + Run	615
67	JUMP	629
68	Buzzard	641
69	+ TZN	654
70	Two-Step (20) + Run	660
71	CRAWL	672
72	Explosions	678
73	+ RUN	687
74	Push Ups (10) + Run	701
75	CARRY	708
76	CARRY+	725
77	CARRY+	742
78	CARRY	749
79	Push Ups (10) + Run	763
80	+ RUN	772
81	Explosions	778
82	CRAWL	790
83	Two-Step (20) + Run	796
84	+ TZN	809
85	Buzzard	822
86	JUMP	835
87	Mantis (8) + Run	847
88	CRAWL	859

TASK#	U#2 TASK	ROQ
89	JUMP	873
90	GBD (15) + Run	885
91	+ RUN	894
92	W. Crook	903
93	CRAWL	915
94	Tauntaun	916
95	CRAWL	929
96	JUNKIE (8)	941
97	+ TZN	954
98	Sky High 4-1	957
99	CARRY	964
100	CARRY+	981
101	CARRY+	998
102	CARRY	1005
103	Sky High 4-1	1008
104	+ TZN	1022
105	JUNKIE (8)	1034
106	CRAWL	1046
107	Tauntaun	1047
108	CRAWL	1059
109	W. Crook	1068
110	+ RUN	1077
111	GBD (15) + Run	1089
112	JUMP	1103



SLOPE

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

MTN2

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

3. SWAGGIN 1:1
4. SUE STEP (20) + RUN

5. HANG (10) + RUN
6. MONTAUK

7. RIBBITS (10) + RUN
8. BUCKS

9. SHOT PUT
10. W. LUNGE

11. 22...

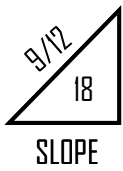
CENTAUR2

1. APE SHOOT!
2. REV BULLDOG
3. CURL PRESS 5+
4. QUICK FT. (20) + RUN
5. DENSER 2-1-3-1-4-1
6. VEXUM
7. GRIFTER (8) + SA PP
8. PUSH UP (10) + RUN
9. ROW STROLL 6+
10. GBD (15) + RUN
11. FLYING MONKEY
12. RESURRECTION

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

EXPANDING

1. KIT. SINK (10) + TZN
2. CHIMP (8) + RUN
3. RAMBO (10) + RUN
4. CYCLONE (12) + TZN
5. JIGGY (20) + RUN
6. BULLY
7. TROG
8. CRAY-CRAY
9. SKULLS (10) + TZN
10. CUJO (L)



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

MTN5

ETS

JUNKIES	PROS
Perform endzone tasks IN THE ENDZONE	Invert the form badge.
For more details see page 3 or CLICK VIDEO HERE	

1. BONSAI 3-1-4-2-4-1
2. MT. CLIMB (20) + RUN
3. PLATE SHAKE 9+
4. EN GARDE
5. KOBOLD

6. STAT SWAG (20) + TZN
7. TURKEYS
8. PLATE PUSH
9. INFINITY (20) + RUN
10. ALI 22+
11. BAYOK (6) + RUN
12. BALL N CHAIN
13. RIBBITS (10) + RUN
14. RAMP UP (8) + RUN
15. SKY HIGH 4-1
16. NEAPOLITAN
17. ROW STROLL 6+
18. DIABLO
19. SUE STEP (20) + RUN
20. REVIVAL
21. JAGGER (12) + RUN
22. REV PLATE PUSH
23. W. CROOK
24. RDL (8) + TZN
25. BUCKS
26. BENCHED (30) + TZN
27. REV MASTODON
28. SA PP
29. OFFERING
30. MONGOOSE



U-FISH

PERFORM EACH SECTION AS
A U-TURN (1-5, 5-1).

CHOOSE ANY TASK FROM
THE TASK BANK INDICATED.
NO REPEATS.

1. QUICK FT. (20) + RUN
2. TURKEYS
3. SWAGGIN 1:1
4. STAMPEDE
5. **U-FISH BAIT**

-
1. LYCAN (10) + RUN
 2. MOGUL (20) + RUN
 3. POTTY SHOT
 4. BENCHED (30) + TZN
 5. **U-FISH BAIT**

-
1. W. GREMLIN
 2. VIP (10) + RUN
 3. MIEL'S WHEELS
 4. BULLDOG
 5. **U-FISH BAIT**

BAIT
GORGON (8) + RUN
K.O.D. (20) + TZN
HALO 2-1-3-1-4-1
KIT. SINK (10) + TZN

1. B. LUNGE
2. SKULLS (10) + TZN
3. MANTIS (8) + RUN
4. SQUONK
5. **U-FISH THROW BACK**

-
1. YAK
 2. PLATE PUSH
 3. ROW STROLL 6+
 4. PEG LEG (8) + RUN
 5. **U-FISH THROW BACK**

-
1. GALLOW 2-1-4-3-4-1
 2. BANDIT (20) + RUN
 3. RDL (8) + TZN
 4. ALI 22+
 5. **U-FISH THROW BACK**

THROW BACK
BALL N CHAIN
DIABLO
BOULDER
SLING SHOT 3-2-4-2-3-1

1. JACKALOPE
2. BULLY
3. TROG
4. VEXED (10) + RUN
5. **U-FISH KEEPER**

-
1. CRAISE (20) + TZN
 2. CYCLONE (12) + TZN
 3. JIGGY (20) + RUN
 4. YETI
 5. **U-FISH KEEPER**

-
1. JUNKIE (8) + RUN
 2. TALL ORDER 6+
 3. BUCKS
 4. TAUNTAUN
 5. **U-FISH KEEPER**

KEEPER
REV INCH
HACK-IT
JACK BOX
JOUNCE 2-1-3-1-4-1



ETS

JUNKIES	PROS
Perform endzone tasks IN THE ENDZONE	Invert the form badge.
For more details see page 3 or CLICK VIDEO HERE	

1
122
12333
1
122
12333...

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

CHECKLIST(3)

1. QUICK FT. (20) + RUN
2. EN GARDE
3. STAMPEDE
4. PLATE SHAKE 9+
5. BANDIT (20) + RUN
6. KOBOLD
7. HIKES
8. TOES (20) + RUN
9. MONTAUK
10. HALO 2-1-3-1-4-1

VERTEX MOLE-HILLS

1. GBD (15) + RUN
2. OFFERING
3. PLATE PUSH

1. APE SHOOT!
2. JAGGER (12) + RUN
3. GARGOYLE

1. GRECO
2. B.O.R. (15) + TZN
3. SWASHBUCKLER

1. BONSAI 3-1-4-2-4-1
2. PUSH UP (10) + RUN
3. MIEL'S WHEELS

REV MTN2

1. HOT COALS (10) + RUN
2. SA P.P.

3. INFINITY (20) + RUN
4. BULLDOG

5. SWAGGIN 1:1
6. HANG (10) + RUN

7. REV PLATE PUSH
8. STORK (12) + TZN

9. DEVIL
10. REV GATOR to 3



ETS

JUNKIES	PROS
Perform endzone tasks IN THE ENDZONE	Invert the form badge.
For more details see page 3 or CLICK VIDEO HERE	

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

1-10
10-1
1-10

N

REV MTN2

1. TURKEYS
2. MT. CLIMB (20) + RUN
3. KAMIKAZE 4-3-4-2-4-1-4-1
4. PLATE SHAKE 9+
5. HIKES
6. JAGGER (12) + RUN
7. HANG (10) + RUN
8. PINNED 2-1-3-1-4-1
9. BULLDOG
10. SKUFFLE

1. SUE STEP (20) + RUN
2. KOBOLD
3. PETRA
4. TROG
5. RAMPAGE (12) + RUN
6. RDL (8) + TZN
7. PLATE PUSH
8. BUZZARD
9. STROW 1:1
10. MONGOOSE

111
222
333...

CENTAUR3

1. CRAY-CRAY
2. SKY HIGH 4-1
3. GORGON (8) + RUN
4. W. CROOK
5. DENSER 2-1-3-1-4-1
6. MOGUL (20) + RUN
7. SAWED OFF (10) + TZN
8. YETI
9. BUCKS
10. NEAPOLITAN

9/16
40
SLOPE

PERFORM AS A CHECKLIST. DISREGARD THE NUMBERS THE FIRST TIME THROUGH. GO THROUGH THE CHECKLIST AGAIN, AND REMOVE ("CHUCK") ALL THE 1s, AND DO ONLY THE 2s, 3s and 4s. ON THE THIRD PASS "CHUCK" ALL THE 1s and 2s, DO ONLY THE 3s and 4s. THE FINAL TIME THROUGH YOU'LL CHECKLIST THE 4s.

FORM FIRST CHUCK-IT

MOST "FORM FIRST" WORKOUTS DISPLAY A LENGTHIER DESCRIPTION OF THE FORM NUANCES FOR EACH TASK. THIS WORKOUT IS INTENTIONALLY ABBREVIATED TO GIVE JUNKIES AND PROS JUST ONE (OR TWO) BASIC NUANCES TO CORRECT. **NUANCES HIGHLIGHTED IN PINK ARE MORE OR LESS CHALLENGES** TO IMPROVE EFFECTIVENESS OF THE TASK'S AIM AND ARE BEYOND THE MINIMUM FORM STANDARD.

PROS WITH QUESTIONS, PLEASE DROP A MESSAGE ON THE PRO-FACEBOOK PAGE OR SEE THE TASK LIBRARY VIDEOS.

3 HOT GOALS (10) + RUN SWITCH LEAD FT.

2 SWAGGIN 1:1 SWAG EVERY "OFF" STEP. NO ELBOW MOVEMENT.

2 EN GARDE SQUONQ FT.

2 TYSONS 180°

1 W. CROOK PARALLEL FT.

3 RAMPAGE (12) + RUN GROSS MID-LINE w/BACK FT.

1 VIP (10) + RUN **HANDS UP...6+ INCHES!**

2 HANG (10) + RUN EYES UP. CHIN UP. JUMP TALL.

2 MANTIS (8) + RUN **SLOW REPS DOWN TO A MINIMUM OF :20**

1 YIKES! LAND INTO DEEP SQUAT. BEND KNEES.

4 JACKAL HANDS PARALLEL W/ENDZONE LINES. 2 WAYS TO PERFORM: JUMP VS DRAG

2 GROWLER STAGGER HANDS, DON'T SLIDE 'EM

2 OGRE (10) + TZN DON'T RUSH. NO HANDS/ARM ON TURF.

1 K.O.D. (20) + TZN **EXT ELBOWS TO NEAR LOCK-OUT**

HAND AND PLATE PLACEMENT.

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

3 CURL WALK 6+ ELBOWS IN/SET. TORSO STILL ON LOWERING PHASE.

3 TROG **POINT FRONT TOE ON EVERY TOUCHING LAND**

4 SUPP (10) GLUE HANDS + ARMS TO TORSO

1 THRASHER PROPER LOAD AND FOLLOW-THRU

3 REV HYDRA HANDS: PUSH OFF AND LIFT

2 TYPHON ZERO STAGGER ON "TOGETHER"

2 DIABLO NO FREEBIE HIKES. HANDS AT 3 & 9. NO "EXTRA MOVEMENT" TO "SET" THE PLATE

1 TRUMPET 9+ SIMPLIFY TBONE to SHAKE RATIO to JUST EVERY OTHER

4 F. LUNGE ROM - NO HAND ASSISTANCE

4 GRECO STEP W/BACK FOOT FIRST. INITIATE PUSH WITH THE LEGS.

1 RAMP UP (8) + RUN **ALL ON TOES**

2 SLAP JACK W/PROPER RELEASE. MOST SHOULD REACH ENDZONE IN 2 THROWS.

3 SAWED OFF (10) + TZN NO TORSO ROTATE

2 HALO 2-1-3-1-4-1 ***TASK TWIST*** PERFORM 3 REPS AT EACH LINE. SKY HIGH BTWN. REST AS NEEDED

3 BOVINE EMBELISH HAND DIFFERENCE

3 GARGOYLE

3 SCALAWAG SLOW. TRAIL TOE + KNEE

1 M.F.T. **PAUSE ON PLANK, PAUSE BEFORE KICK**

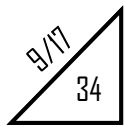
2 MUGGER (12) + RUN HAND/FT PRECISION

2 BULLY PROPER EXTENSION

4 CRAZY LEGS CROSS TRAIL FOOT ALL THE WAY BEHIND LEAD

2 SHWAGGIN 1:1 PROPER RATIO

4 MONTAUK CROSS TRAIL FOOT ALL BEHIND LEAD. NO HAND LIFT ON CRAWL.



SLOPE

ORDER:

U, MTN
REPTILIAN,
MTN
GZ, MTN
VERTEX, MTN

U-TURN

- 1-8, 8-1
1. SUICIDE 2-1-3-1-4-1
 2. SHUFFLE
 3. MT. CLUMB (20) + RUN
 4. SWAGGIN 1:1
 5. HIKES
 6. V-STEP (10) + RUN
 7. SQ. JUMP (10) + RUN
 8. HALO 2-1-3-1-4-1

RAPTURE

1
12
123

*MTN

1. TROMBONE 6+
2. 90°(10) + TZN
GORGON PUSH
3. UP (8) + RUN

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

REPTILIAN

1. STIGMATA (10) + RUN
 2. TURKEYS
 3. SABRE (8) + RUN
 4. GARGOYLE
-
- 5A. INCH WORM
 - 5B. DEVIL
 - 5C. W. LUNGE

11,22...88

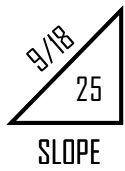
CENTAUR2

1. GBD (15) + RUN
2. MOWGLI (12) + RUN
3. VENOM
4. JIGGY (20) + RUN
5. VEXED (10) + RUN
6. QUICKSAND Ⓛ
7. DENSER 2-1-3-1-4-1
8. TROG

1
122
12333
1234444

VERTEX

1. BONSAI 3-1-4-2-4-1
2. CALF-IN-ATOR
3. PLATE PUSH
4. MONGOOSE



11.22.33...

CENTAUR2

1. MOGUL (20) + RUN
2. SKIPS
3. PLATE SHAKE 9+
4. TOES (20) + RUN
5. SQ. JUMP (10) + RUN
6. MIEL'S WHEELS
7. CYCLONE (12) + TZN
8. HIKES
9. BOVINE
10. SKULLS (10) + TZN
11. FLAMINGO (6) + TZN
12. DIABLO

123
 234
 345
 456
 567
 678
 789
 89.10

MESA

1. JIGGY (20) + RUN
2. O-PINNED 2-1-3-1-4-1
3. TARASQ
4. VIP (10) + RUN
5. WARRIOR
6. BANDIT (20) + RUN
7. MUGGER (12) + RUN
8. COBRA (10) + PUSH
9. K.O.D. (20) + TZN
10. ANACONDA

12
 123344
 123344555666
 1233445556667778888

ZENITH

1. SUICIDE 2-1-3-1-4-1
2. GRECO 1X

3. ALI 22+
4. SLING SHOT 3-2-4-2-3-1 2X

5. MONKEY
6. RIBBITS (10) + RUN 3X

7. STAMPEDE
8. EXPLOSIONS 4X

9/19
22
SLOPE

ETS

JUNKIES	PROS
Perform endzone tasks IN THE ENDZONE	Invert the form badge.
For more details see page 3 or CLICK VIDEO HERE	

CHECKLIST(5)

1-20
1-20
1-20
1-20
1-20

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN
3. TWO-STEP (20) + RUN
4. SWAGGIN 1:1
5. HIKES
6. RIBBITS (10) + RUN
7. FLAMINGO (6) + TZN
8. MIEL'S WHEELS
9. BULLDOG
10. PINNED 2-1-3-1-4-1
11. POTTY SHOT HOPS
12. ENFORCER
13. K.O.D. (20) + TZN
14. STAMPEDE
15. OZARK
16. SQUIBBLE
17. BANDIT (20) + RUN
18. OFFERING
19. SUE STEP (20) + RUN
20. 313



JUNKIES	PROS
Perform endzone tasks IN THE ENDZONE	Invert the form badge.
For more details see page 3 or CLICK VIDEO HERE	

SLOPE

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

EL CYCLE

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

2. AU 22+

3. SQUONQ

4. PLATE SHAKE 9+

1
112
111223
1111222334

AND1

1. XPP

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

3. HANG (10) + RUN

4. BENCHED (30) + TZN

12, AA
1-4, BB
1-6, CC
1-8, DD

XION MTN2

1. GRYPHON (8) + PUSH

2. VIP (10) + RUN

3. SKUFFLE

4. 3 PT. STANCE

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

6. CROAKIN

7. YAK

8. SHWAGGIN 1:1

A. GROWLER

B. REV VIPER

C. WCCA

D. BUZZARD

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

CAVITY

1. TURKEYS

2. JUNKIE JUMP (8) + RUN

3. SABRE (8) + RUN

4. CRAISE (20) + TZN

5. STAT ROW (6) + TZN

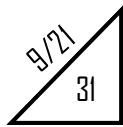
6. MOWGU (12) + TZN

7. GBD (15) + RUN

8. TOES (20) + RUN

9. PUSH UP (10) + RUN

10. NEAPOLTAN



SLOPE

ETS

JUNKIES	PROS
Perform endzone tasks IN THE ENDZONE	Invert the form badge.
For more details see page 3 or CLICK VIDEO HERE	

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

1,2 PUNCH

1. GALLOW 2-1-4-3-4-1
2. SWAGGIN 1:1
3. QUICK FT. (20) + RUN
4. TYSONS
5. INFINITY (20) + RUN
6. PRIMATES 4-1-3-1-2-1
7. GATOR TO 3
8. SUPP 10

1-5, 6A1 6A2
1-5, 6B1 6B2
1-5, 6C1 6C2
1-5, 6D1 6D2

REPTILIAN N+N

1. CYCLONE (12) + TZN
 2. STAT TYPHON (10) + RUN
 3. TARASQ
 4. SLWSKI
 5. VEXED (10) + RUN
-
- 6A1. SL OGRE (10) + TZN
- 6A2. KIT. SINK (10) + TZN
- 6B1. POGOTO (6) + TZN
- 6B2. AMAROK
- 6C1. CROOK SHAKE 1:1
- 6C2. SAWED OFF (10) + TZN
- 6D1. SCORPION TO 3/BACK
- 6D2. REV PLATE PUSH
-
- 6E1. JAWBREAKER
- 6E2. REV BEAR

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

SHRINKING

1. BUCKS
2. MASTODON
3. TURKEYS
4. RAMBO (10) + RUN
5. SQ. THRUST (10) + RUN
6. TWISTED
7. TALL ORDER 6+
8. SCALAWAG
9. B. LUNGE
10. PABLO

9/22
41

SLOPE

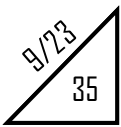
11,22,33...20,20
REPEAT

ETS

JUNKIES	PROS
Perform endzone tasks IN THE ENDZONE	Invert the form badge.
For more details see page 3 or CLICK VIDEO HERE	

CENTAUR2 X2

1. GALLOW 2-1-4-3-4-1
2. SUE-STEP (20) + RUN
3. VIP (10) + RUN
4. CURL WALK 6+
5. LYCAN UP (10) + RUN
6. YIKES!
7. TWINKLE TOES (30) + TZN
8. MUGGER (12) + RUN
9. JACKAL
10. BUZZARD
11. VENOM
12. BONSAI 3-1-4-2-4-1
13. SQ. THRUST (10) + RUN
14. JACK-ASS
15. SQUIBBLE
16. CRAISE (20) + TZN
17. MONGOOSE
18. PISTON (10) + TZN
19. BULLDOG
20. ARACHNID



SLOPE

ETS

JUNKIES	PROS
Perform endzone tasks IN THE ENDZONE	Invert the form badge.
For more details see page 3 or CLICK VIDEO HERE	

CROSS-LISTS

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

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

1. **GALLOW 2-1-4-3-4-1**
SHUFFLE
TWO-STEP (20) + RUN
COALITION (10) + TZN

2. **HIGH XS**
MANTIS (8) + RUN
ENFORCER
MONKEY

3. **SAWED OFF (10) + TZN**
OGRE (10) + TZN
SUICIDE 2-1-3-1-4-1
WARRIOR

4. **SKUFFLE**
SWASHBUCKLER
CHICKIN 2-1-3-1-4-1
SA DIABLO

A. **TYSON**
TRUMPET 9+
MIEL'S WHEELS
HIKES

B. **INFINITY (20) + RUN**
REV VIPER
CYCLONE (12) + TZN
GRYPHON (8) + PUSH

C. **ROW STROLL 6+**
SL BUCKS
SHOT PUT
NEAPOLITAN



SLOPE

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

ETS

JUNKIES	PROS
Perform endzone tasks IN THE ENDZONE	Invert the form badge.
For more details see page 3 or CLICK VIDEO HERE	

CHAOS

- 2 SUICIDE 2-1-3-1-4-1
- 1 MT. CLIMB (20) + RUN
- 3 V-STEP (20) + RUN
- 2 HIKES
- 1 STAT SWAG (20) + TZN
- 3 TIP-TOES (20) + RUN
- 2 PRIMATES 4-1-3-1-2-1
- 1 BUCKS
- 4 KOBOLD
- 3 BANDITS (20) + RUN
- 2 O-PINNED 2-1-3-1-4-1
- 1 W. LUNGE
- 1 OZARK

1233
2344
3455
4566
5677
6788
7899
8910,10

RIPPLED

- 1. B.N.C.
- 2. TOES (20) + RUN
- 3. BUZZARD
- 4. JIGGY (20) + RUN
- 5. POTTY SHOTS
- 6. TRIFECTA! 6+
- 7. TYPHON
- 8. CRAY-CRAY
- 9. W. CROOK
- 10. GRIFTER (8) + SA PP

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

MTN2

- 1. BONSAI 3-1-4-2-4-1
- 2. HANG (10) + RUN
- 3. SAWED OFF (10) + TZN
- 4. SUPP 10

- 5. MOGUL (20) + RUN
- 6. TAUNTAUN

- 7. YETI
- 8. VEXUM

- 9. BULLDOG
- 10. TORO

9/25
8

ETS

JUNKIES	PROS
Perform endzone tasks IN THE ENDZONE	Invert the form badge.
For more details see page 3 or CLICK VIDEO HERE	

MOLE-HILLS

SLOPE

1
12
123
1
12
123
1234...

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

2. SWAGGIN 1:1

3. SQUONQ

1. TIP-TOES (20) + RUN

2. V-STEP (10) + RUN

3. HIKES

4. ENFORCER

1. SQ. JUMP (10) + RUN

2. EN GARDE

3. SKULLS (10) + TZN

1. GBD (15) + RUN

2. 45°

3. BENCHED (30) + TZN

4. BOVINE

1. MIEL'S WHEELS

2. CURL WALK 6+

3. TURKEY

1. MT. CLIMB (20) + RUN

2. SL BUCKS

3. JIGGY (20) + RUN

4. COBRA (10) + PUSH

1. SKUFFLE

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

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

1. TROG

2. INFINITY (20) + RUN

3. HAG 1:1

4. STACK SHOT

1. TWO-STEP (20) + RUN

2. D-PINNED 2-1-3-1-4-1

3. YETI

1. SCALAWAG

2. MUGGER (12) + RUN

3. VIPER

4. DIABLO

1. XPP

2. REV HYDRA

3. POGOTO (6) + TZN

1. SHUTTLE RUN 3-2-4-2-3-1

2. STAMPEDE

3. SQ. THRUST (10) + RUN

4. RAZOR

SLOPE

Start at the bottom and work your way up the ladder through a MTN pattern. Always double up on the task in the rungs, never triple.

When you reach a rung you can choose any task from the list below but you may not repeat that task later in the workout (as another PYP).

PYP TASKS

BUCKS
REV VIPER
RDL (8) + TZN
CURIOUS GEORGE
GARGANTUAN
STAT HALD (18) + TZN

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

JUNKIES	PROS
Perform endzone tasks IN THE ENDZONE	Invert the form badge.
For more details see page 3 or CLICK VIDEO HERE	

PYP JACOB'S LADDER

- 5.1. _____ PYP
4. CURL PRESS 5+
3. F. LUNGE
2. SHUFFLE
- 5.1. _____ PYP
4. CRAISE (20) + TZN
3. VENOM
2. MOGULS (20) + RUN
- 5.1. _____ PYP
4. SWAGGIN 1:1
3. TIP-TOES (20) + RUN
2. SUICIDE 2-1-3-1-4-1
1. EN GARDE

5. B.N.C.
4. 90°(10) + TZN
3. W. GREMLIN
2. PEG LEG (8) + RUN
- 5.1. _____ PYP
4. REV YAK
3. OFFERING
2. UNLEASHED
- 5.1. _____ PYP
4. POTTY SHOT
3. STAMPEDE
2. MIEL'S WHEELS
- 5.1. _____ PYP
4. JANGLE LEGS
3. PINNED 2-1-3-1-4-1
2. SKY HIGH 4-1
- 5.1. _____ PYP



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

EL CYCLE

1. SUICIDE 2-1-3-1-4-1
2. STAMPEDE
3. QUICK FT. (20) + RUN
4. MOGUL (20) + RUN



EXPANDING MTN

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

1. GRYPHON (8) + PUSH
2. RIBBITS (10) + RUN
3. PISTON (10) + RUN
4. CURL WALK 6+
5. HIKES
6. MONTAUK
7. GALLOW 2-1-4-3-4-1
8. TWEAKER (L)

1123
2234
3345
4456
5567
6678
7789

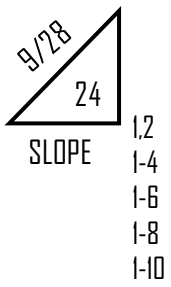
FUPPLED

1. THRASHER
2. SL BRDG BENCH (15) + TZN
3. LOWLY (10) + RUN
4. SA PP
5. TARASQ
6. JAGGER (12) + RUN
7. BALL N CHAIN
8. CYCLONE (12) + TZN

REPTILIAN3

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

1. V-STEP (10) + RUN
 2. MONGOOSE
 3. HANG (10) + RUN
-
- 4A. REV BOVINE
 - 4B. BULLY
 - 4C. VIPER
 - 4D. VENOM
 - 4E. DELAURA



MTN2

1. SUE-STEP (20) + RUN
2. SHUFFLE

3. SWAGGIN 1:1
4. SPD. SKATES (20) + RUN

5. RAMBO (10) + RUN
6. APE SHOOT!

7. B.O.R. (15) + TZN
8. DENSER 2-1-3-1-4-1

9. MIM 3-2-4-2-3-1
10. KAMIKAZE 4-3-4-2-4-1-4-1

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

VERTEX

1. JIGSAW
2. COALITION (10) + TZN
3. GARGOYLE
4. W. CROOK

EACH NUMBER IS THE FORWARD AND BACKWARDS VERSION OF THE SAME TASK. PERFORM THE FORWARD VERSION TO LINE 4, PERFORM THE BACKWARDS VERSION TO LINE 1. REPEAT SO THAT YOU END UP DOING A FULL REP OF EACH. (11, 22, 33...)

RED RUM

- | | |
|---------------|----------------|
| 1. PLATE PUSH | REV PLATE PUSH |
| 2. BULLDOG | REV BULLDOG |
| 3. F. LUNGE | B. LUNGE |
| 4. POTTY SHOT | HIKES |
| 5. SQUONQ | SCALAWAG |
| 6. BULLDOZER | DIABLO |

1-10
1-10
1-10

CHECKLIST(3)

1. BONSAI 3-1-4-2-4-1
2. MIEL'S WHEELS
3. BANDIT (20) + RUN
4. SQ. THRUST (10) + RUN
5. MATTADOR (L)
6. VEXED (10) + RUN
7. RDL (8) + TZN
8. AMAROK
9. HALO 2-1-3-1-4-1
10. NEAPOLITAN

9/29

231

SLOPE

ETS

JUNKIES	PROS
Perform endzone tasks IN THE ENDZONE	
For more details see page 3 or CLICK VIDEO HERE	

1-4, 4-1

2,3,3,2

EL CYCLE

1. EN GARDE
2. HOT COALS (10) + RUN
3. TWO-STEP (20) + RUN
4. MT. CLIMB (20) + RUN

121314

2324

34

EQUALIBRIOUS

1. ALI 22+
2. SQ. JUMP (10) + RUN
3. NEAPOLITAN
4. OFFERING

1-10

1-4,6-10

1-3,7-10

1,2,9,10

1,10

CAVITY

1. SWAGGIN 1:1
2. INFINITY (20) + RUN
3. TARASQ
4. CURL PRESS 5+
5. REVIVAL
6. FLYING JACKAL
7. HIKES
8. W. CROOK
9. DENSER 2-1-3-1-4-1
10. QUICK FT. (20) + RUN

1-5, 6A 6A 6A

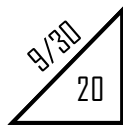
1-5, 6B 6B 6B

1-5, 6C 6C 6C

1-5, 6D 6D 6D

REPTILIAN3

1. KAMIKAZE 4-3-4-2-4-1-4-1
 2. SUPP (10)
 3. F. LUNGE
 4. PUSH UP (10) + RUN
 5. YETI
-
- 6A. DIABLO
 - 6B. BEAR
 - 6C. REV PLATE PUSH
 - 6D. CRAY-CRAY



SLOPE

JUNKIES	PROS
Perform endzone tasks IN THE ENDZONE	Invert the form badge.
For more details see page 3 or CLICK VIDEO HERE	

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

1. BONSAI 3-1-4-2-4-1
2. EN GARDE
3. BANDIT (20) + RUN
4. STAT TYPHON (10) + RUN
5. BULLDOG
6. RDL (8) + TZN

1
122
12333
1234444

↓
VERTEX

1. SHOT PUT
2. HANG (10) + RUN
3. CURL WALK 6+
4. XPP

XION2

- A. SUE STEP (20) + RUN
- B. INFINITY (20) + RUN
- C. BULLY
- D. GBD (15) + RUN
- E. 3 PT. STANCE
- F. PUSH UP (10) + RUN

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

MTN3

1. BUCKS
2. HALO 2-1-3-1-4-1
3. 45°

4. TRIFECTA! 6+
5. BOVINE
6. SQUONQ

7. SKY HIGH 4-1
8. K.D.D. (20) + TZN
9. SLAP JACK

10. INCH WORM
11. DENSER 2-1-3-1-4-1
12. MONKEY

13. STIGMA (10) + RUN
14. MASTODON
15. TAKE OFF!

10/1
34

ETS

JUNKIES

PROS

Perform endzone tasks IN THE ENDZONE

Invert the form badge.

For more details see page 3 or [CLICK VIDEO HERE](#)

SLOPE

MTN3

- 1-3 1. TWO STEP (20) + RUN
- 1-6 2. W. GREMLIN
- 1-9 3. TYSONS

- 4. TROMBONE 6+
- 5. MOWGLI (12) + RUN
- 6. MONGOOSE

- 7. CRAZY LEGS
- 8. SPIKES
- 9. 90°(10) + TZN

- 10. BUZZARD
- 11. STACK SHOT
- 12. NEAPOLITAN

1-5

1-6

1-7

1-8

MID-POINT MTN

- 1. SUICIDE 2-1-3-1-4-1
- 2. RAMPAGE (12) + RUN
- 3. FLAMINGO (6) + TZN
- 4. REV YAK

- 5. XPP

- 6. WARLOCK
- 7. SL PUSH UP (10) + RUN
- 8. SL MANTIS (8) + RUN

1-10

3-10

5-10

7-10

9.10

FADED2

- 1. GIMPY DOG
- 2. REVIVAL

- 3. COALITION (10) + TZN
- 4. TARASQ

- 5. OGRE (10) + TZN
- 6. AMAROK

- 7. CURL WALK 6+
- 8. SAWED OFF (10) + TZN

- 9. MT. CLIMB (20) + RUN
- 10. RIBBITS (10) + RUN

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