



11, 22, 33... WARM-UP CENTAUR2

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|-------------------------|---------------|-------------------------|-------------------------|
| 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.

U #1

U #2

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

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

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, amarak, 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]

MUST STICK WITH THE SAME TASK FOR 11,12,12,11 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.

11. U-PICK CARRY
12. U-PICK CARRY+

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, 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