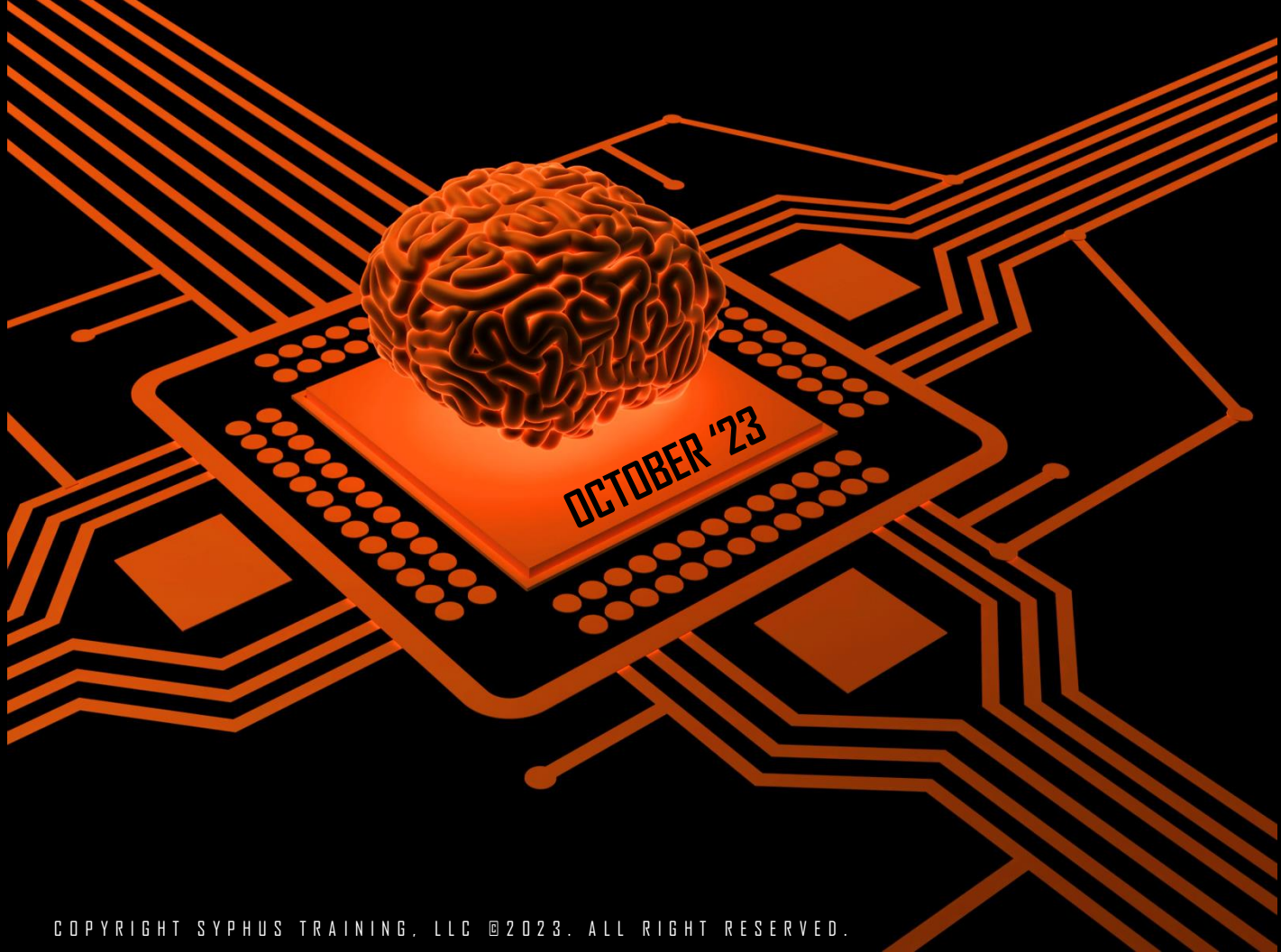


M
O
T
H
E
R
B
O
A
R
D





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

"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](#)

OCTOBER OBJECTIVE

JUNKIES

SET AN INTENTION FOR EACH WORKOUT

Setting an intention is different than setting a goal. Trying to hit 800 is a goal, whereas an intention is geared towards the intangible parts of your game. Setting an intention will give each workout a purpose, outside and beyond that of your performance. It could be as simple as making a conscious effort in being present; to focus on every-single-movement rather than allowing your mind to wander. Maybe pick one task that you're really going to dominate; range of motion and all. Or, perhaps you want out of the day's workout is the simple enjoyment of movement and the mental clarity that comes with it. The intention is yours; make it personal and purposeful. And, if you're comfortable with it, write it on the whiteboard in your lane - it's a great reminder to keep you centered.

PROS

SCRUTINIZE ALL CARRIES w/REP COUNTS

- Make sure all carries with a rep count (indicated by #+) are performed correctly
 - The rep count is the MINIMUM amount of reps to be completed
- Carry is not finished until the endzone is reached. Keep performing reps even if minimum is attained.
 - Help Junkies with the cadence/rhythm of reps-with-steps.

10/1
28

JUNKIES	PROS
SET AN INTENTION	CARRY (+) REP COUNTS

SLOPE

MTN3

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

1. TWO STEP (20) + RUN
2. W. GREMLIN
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 MADNESS 3 + PIN
8. SAWED OFF (10) + TZN

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

10/2
24

SLOPE

9/10

YOU CAN SWAP OUT 9 AND 10 AS A PAIR FROM A DIFFERENT CIRCUIT. MUST KEEP THE 9,10 IN ORDER OF THEIR ORIGINAL CIRCUIT. NO REPEATING THE SAME SET OF 9,10.

MTN2

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

- 1. BONSAI 3-1-4-2-4-1
- 2. EN GARDE

- 3. TOES (20) + RUN
- 4. BULLY

- 5. LYCAN (10) + RUN
- 6. B.O.R. (15) + TZN

- 7. F. LUNGE
- 8. POTTY SHOT

- 9. JACKALOPE
- 10. MONTAUK

- 11. SA PP
- 12. GATOR TO 3

U

- 1-12, 12-1
- 1. MIEL'S WHEELS
- 2. W. CROOK
- 3. ABD. PUSH UP (10) + RUN
- 4. JAGGER (12) + RUN
- 5. SUPP (10)
- 6. KOBOLD
- 7. BUCKS
- 8. 3 PT. STANCE
- 9. TUCKS (10) + RUN
- 10. YETI
- 11. O-PINNED 2-1-3-1-4-1
- 12. MOGUL PUSH

1-10
1-10

CHECKLIST(2)

- 1. MASTODON
- 2. YIKES!
- 3. MONGOOSE
- 4. MT. CLIMB (20) + RUN
- 5. CRAISE (20) + TZN
- 6. TIP-TOES (20) + RUN
- 7. HANG MADNESS 6
- 8. OZARK
- 9. TYPHON
- 10. VIPER

JUNKIES	PROS
SET AN INTENTION	CARRY (+) REP COUNTS

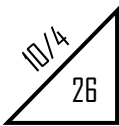


JUNKIES	PROS
SET AN INTENTION	CARRY (+) REP COUNTS

EXPANDING X 5

16-25
11-30
6-35
1-40

- | | | |
|-----------------------------|---------------------------|--------------------------|
| 1. KAMIKAZE 4-3-4-2-4-1-4-1 | 16. SUICIDE 2-1-3-1-4-1 | 31. SABRE (8) + RUN |
| 2. CURL PRESS 5+ | 17. SUE-STEP (20) + RUN | 32. DIABLO |
| 3. PINNED 2-1-3-1-4-1 | 18. MOWGLI (12) + RUN | 33. TARASQ |
| 4. DELAURA | 19. SWAGGIN 1:1 | 34. SAWED OFF (15) + TZN |
| 5. BULLDOG | 20. V-STEP (10) + RUN | 35. RDL (8) + TZN |
| 6. GBD (15) + RUN | 21. ROW STROLL 6+ | 36. HALO 2-1-3-1-4-1 |
| 7. TAUNTAUN | 22. STAT TYSON (20) + RUN | 37. SQUONQ |
| 8. SL BRDG BENCH (15) + TZN | 23. RAMBO (10) + RUN | 38. PETRA |
| 9. VEXED (10) + RUN | 24. COALITION (10) + TZN | 39. PRIMATES 4-1-3-1-2-1 |
| 10. AMAROK | 25. XPP | 40. NEAPOLITAN |
| 11. FLAMINGO (6) + TZN | 26. REV BOVINE | |
| 12. MONTAUK | 27. JIGGY (20) + RUN | |
| 13. APE SHOOT! | 28. TALL ORDER 6+ | |
| 14. RIBBITS (10) + RUN | 29. BANDIT (20) + RUN | |
| 15. ABD. MANTIS (8) + RUN | 30. INCH WORM | |



SLOPE

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

MATTERHORN

3 STAT CURL (6) + TZN

1 JACKASS

2 MONKEY

1 TAKE OFF!

3 TROMBONE 6+

1 POGOTO (6) + TZN

2 F. LUNGE

1 CURIOUS GEORGE

3 ROW STROLL 6+

1 POTTY TO BULLDOG

2 GBD (15) + RUN

1 SPIKES

3 JIGGY (20) + RUN

1 BUCKS

2 BENCHED (30) + TZN

1 VENOM

3 LYCAN (10) + RUN

1 MIEL'S WHEELS

2 PINNED 2-1-3-1-4-1

1 SHOT PUT

3 ALL 22+

1 VIPER

2 SAWED OFF (10) + TZN

1 SLUSKI

1-8
1-8
1-8

CHECKLIST(3)

1. SHUFFLE
2. REV BULLDOG
3. PUSH UP (10) + RUN
4. QUICKSAND Ⓛ
5. OGRE (10) + TZN
6. V-STEP (10) + RUN
7. ENFORCER
8. SQ. THRUST (10) + RUN

MTN

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

2. TOES (20) + RUN

3. SWAGGIN 1:1

4. BEAR

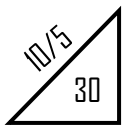
5. BOULDER

JUNKIES

PROS

SET AN INTENTION

CARRY (+) REP COUNTS



SLOPE

1
121
12321
1234321
123454321

UPLIFT

1. HOT COALS (10) + RUN
2. MT. CLIMB (20) + RUN
3. W. GREMLIN
4. F. LUNGE
5. DIABLO

JUNKIES	PROS
SET AN INTENTION	CARRY (+) REP COUNTS

REV MTN3

- 1-15
- 1-12
- 1-9
- 1-6
- 1-3
1. SHOT PUT
2. CURL WALK 6+
3. KOBOLD

4. JIGGY (20) + RUN
5. RDL (8) + TZN
6. JACKALOPE

7. SKULLS (10) + TZN
8. DEATH ROW 2-1-3-1-4-1
9. CYCLONE (12) + TZN

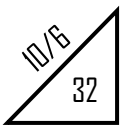
10. COBRA (10) + PUSH
11. BOVINE
12. OGRE (10) + TZN

13. QUICKSAND (L)
14. STORK (20) + TZN
15. SAWED OFF (10) + TZN

PUSH, TASK
PUSH, TASK...

GAUNTLET

1. VIPER
2. TAUNTAUN
3. STAMPEDE
4. YETI
5. TYPHON
6. HALO 2-1-3-1-4-1
7. TROG
8. BULLY
9. C.H.B.
10. GARGOYLE



SLOPE

1-10, 10-1
1-10, 10-1

ALL REPS FIRST THEN + RUN

U2

1. QUICK FT. (40)
2. MOGUL (40)
3. HOT COALS (20)
4. LYCAN (20)
5. JUNKIE (16)
6. PUSH UP (20)
7. TOES (40)
8. G.B.D. (30) 15/SIDE
9. HANG (20)
10. VIP (20)

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

GLUED PLATE

UPLIFT

1. STAT. CURL (6) + TZN
2. B.O.R. (15) + TZN
3. SHWAGGIN 1:1
4. ROW STROLL 6+

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

FADED2

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

3. HIKES
4. BOULDER

5. POGOTO (6) + TZN
6. SLUSKI

7. MONTAUK
8. SKUFFLE

9. NEAPOLITAN
10. REV VIPER

JUNKIES

PROS

SET AN INTENTION

CARRY (+) REP COUNTS



JUNKIES	PROS
SET AN INTENTION	CARRY (+) REP COUNTS

SLOPE

1A, 1A, 2-5, 6A, 6A

1B, 1B, 2-5, 6B, 6B

1C, 1C, 2-5, 6C, 6C

1D, 1D, 2-5, 6D, 6D **CHAMELEON 2**

1A. SHUFFLE

1B. ALT. SQUONK

1C. MONTAUK

1D. KNEELING CURL (6) + TZN

2. MT. CLIMB (20) + RUN

3. TWO-STEP (20) + RUN

4. TRUMPET 9+

5. LYCAN (10) + RUN

6A. PLATE PUSH

6B. MIEL'S WHEELS

6C. SQ. JUMP (10) + RUN

6D. PUSH UP (10) + RUN

2X
EACH

2X
EACH

1-8

8-1

1-8

N

1. TROG

2. SUPP 10

3. OGRE (10) + TZN

4. TYPHON

5. DIABLO

6. YETI

7. W. GREMLIN

8. TWISTED

1-10

3-10

5-10

7-10

9-10

FADED 2

1. JANGLE LEG 3

2. APE SHOOT!

3. BENCHED (30) + TZN

4. MONKEY

5. VIP (10) + RUN

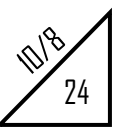
6. KAMIKAZE 4-3-4-2-4-1-4-1

7. SAWED OFF (10) + TZN

8. SL MANTIS (8) + RUN

9. F. LUNGE

10. TAKE OFF!



SLOPE

MESA

- 1-3
 - 2-4
 - 3-5
 - 4-6
 - 5-7
 - 6-8
 - 7-9
 - 8-10
 - 9-11
 - 10-12
1. QUICK FT. (20) + RUN
 2. HIGH Xs
 3. CROOK
 4. RAMBO (10) + RUN
 5. CURL WALK 6+
 6. GALLOW 2-1-4-3-4-1
 7. RIBBITS (10) + RUN
 8. MONGOOSE
 9. RDL (8) + TZN
 10. K.D.D. (20) + TZN
 11. VENOM
 12. BOVINE

- 1
 - 1,2
 - 1,2,3
 - 1,2,3,4
 - 1,2,3,4,5
 - 1,2,3,4,5,6
- MTN**

1. BULLY
2. HANG (10) + RUN
3. ROW STROLL 6+
4. COALITION (10) + TZN
5. SKULLS (10) + TZN
6. COBRA (10) + PUSH

- 1
 - 1,2,2
 - 1,2,2,3,3,3
- MT. NEVEREST**

- 1X KOBOLD
- 2X KITCHEN SINK (10) + TZN
- 3X SHOT PUT

JUNKIES	PROS
SET AN INTENTION	CARRY (+) REP COUNTS

PERFORM IN A CHECKLIST PATTERN BY PERFORMING EACH TASK NUMBER OF TIMES NOTED. PATTERN REMAINS CONSISTENT THROUGHOUT.

MATTER HORN

- 2 BANDIT (20) + RUN
- 1 REV BEAR

- 2 PINNED 2-1-3-1-4-1

- 2 SUICIDE 2-1-3-1-4-1
- 1 SL INCH

- 2 AMAROK

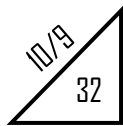
- 2 BUCKS
- 1 BUZZARD

- 2 CYCLONE (12) + TZN

- 2 YIKES!
- 1 SCORPION TO 3/BACK

- 2 X PP

- 2 STAT. TYSON (20) + RUN
- 1 OZARK
- 2 EN GARDE



CENTAUR2 to CHECKLIST (2)

SLOPE

1,1,2,2,3,3...24,24
THEN 1-24, 1-24

1. EN GARDE
2. HOT COALS (10) + RUN
3. W. GREMLIN
4. GORGON (8) + RUN
5. SA PP
6. POTTY SHOTS
7. CROAKIN
8. JIGGY (20) + RUN
9. PRIMATES 4-1-3-1-2-1
10. PLATE SHAKE 9+
11. SKULLS (10) + TZN
12. STAMPEDE
13. JACK-ASS
14. KNEELING CURL (6) + TZN
15. SQUIBBLE
16. INCH WORM
17. TURKEYS
18. TUCKS (10) + RUN
19. 3 PT. STANCE
20. CRAISE (20) + TZN
21. JACK BOX
22. BUTT KICKS
23. GARGOYLE
24. SWASHBUCKLER

JUNKIES

PROS

SET AN INTENTION

CARRY (+) REP COUNTS



A. FADED HYBRID2

1. SHUFFLE
2. SUE-STEP (20) + RUN
3. KOBOLD
4. POTTY SHOT
5. REV BEAR

C. U 1-8
8-1

1. JACKAL
2. BENCHED (30) + TZN
3. CURL WALK 6+
4. MIEL'S WHEELS
5. COALITION (10) + TZN
6. BUCKS
7. VENOM
8. TYSONS

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

B.

CHAOS

- 1 PEG LEG (8) + RUN
- 1 JOHNNY APPLESEED
- 4 MT. CLIMB (20) + RUN
- 2 MONKEY
- 1 SHOT PUT
- 3 SAWED OFF (10) + TZN
- 1 TYPHON
- 3 CRAZY LEGS
- 4 TURKEYS

PERFORM EACH TASK THE
NUMBER OF TIMES INDICATED
IN A CHECKLIST MANNER.

JUNKIES

SET AN INTENTION

PROS

CARRY (+) REP COUNTS

D. MOLE HILLS

1. EN GARDE
 2. PINNED 2-1-3-1-4-1
 3. CUJO (L)
-
1. APE SHOOT!
 2. CYCLONE (12) + TZN
 3. TROG
-
1. TOES (20) + RUN
 2. KAMIKAZE 4-3-4-2-4-1-4-1
 3. RDL (8) + TZN
-
1. TRIFECTA! 6+
 2. ALT. SQUONQ
 3. ANACONDA

1
1,2
1,2,3
1
1,2
1,2,3
1
1,2
1,2,3
1
1,2
1,2,3



SLOPE

WARM UP CENTAUR3

1. HOT COALS (10) + RUN
2. TYSONS
3. W. GREMLIN
4. SQ. JUMP (10) + RUN

JUNKIES	PROS
SET AN INTENTION	CARRY (+) REP COUNTS

EN GARDE DOWN, EN GARDE ACROSS
 MT CLIMB DOWN, MT CLIMB ACROSS
 TARASQ DOWN TARASQ ACROSS
 CRAZY LEGS DOWN, CRAZY LEGS ACROSS

HALO DOWN, HALO ACROSS
 GBD DOWN, GBD ACROSS
 KIT SINK DOWN, KIT SINK ACROSS
 JACKALOPE, JACKALOPE ACROSS

DENALI

1.	EN GARDE	ROW STROLL 6+	YIKES	ALT SQUONO	TOES (20) + RUN
2.	MT. CLIMB (20) + RUN	BOVINE	SQUIBBLE	RAMPAGE (12) + RUN	FLAMINGO (6) + TZN
3.	TARASQ	PISTON (10) + TZN	FLYING MONKEY	SWAGGIN 1:1	RIBBITS (10) + RUN
4.	CRAZY LEGS	CURL MADNESS 10	MASTODON	KAMIKAZE 4-3-4-2-4-1-4-1	K.O.D. (20) + TZN
5.	HALO 2-1-3-1-4-1	313	ALI 22+	VENOM	JIGGY (20) + RUN
6.	GBD (15) + RUN	SUICIDE 2-1-3-1-4-1	DIABLO	OZARK	FROGS
7.	KITCHEN SINK (10) + TZN	THRASHER	SUE-STEP (20) + RUN	REV BULLDOG	0-PINNED 2-1-3-1-4-1
8.	JACKALOPE	COALITION (10) + TZN	PUSH UP (10) + RUN	REVIVAL	NEAPOLITAN



SLOPE

1-12
12-1

U

- 1. GALLOW 2-1-4-3-4-1
- 2. SKIPS
- 3. MT. CLIMB (20) + RUN
- 4. ALI 22+
- 5. SWAGGIN 1:1
- 6. TARASQ
- 7. V-STEP (20) + RUN
- 8. TALL ORDER 6+
- 9. APE SHOOT!
- 10. K-STEP (20) + RUN
- 11. WICCA
- 12. BUTT KICKS

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

LIGHT SIDE

- 1. PINNED 2-1-3-1-4-1
- 2. BULLDOG
- 3. MIEL'S WHEELS
- 4. STACK SHOT
- 5. CROAKIN

- BULLY
- RAMBO (10) + RUN
- SQUONK
- POTTY SHOT
- RIBBITS (10) + RUN

ZENITH

- 1. KAMIKAZE 4-3-4-2-4-1-4-1 1X
- 2. PETRA

- 3. JUNKIE JUMP (8) + RUN 2X
- 4. RDL (8) + TZN

- 5. 90° (10) + TZN 3X
- 6. CURL WALK 6+

- 7. HIKES

- 8. VEXUM 4X

JUNKIES	PROS
SET AN INTENTION	CARRY (+) REP COUNTS



PEAKS

JUNKIES	PROS
SET AN INTENTION	CARRY (+) REP COUNTS

2. MUGGER (12) + RUN
1. KAMIKAZE 4-3-4-2-4-1-4-1

SMOKY

3. LEPRECHAUN
2. ALI 22+
1. QUICK FT. (20) + RUN

APPALACHIAN

4. SCURL 1:1
3. DEATH ROW 2-1-3-1-4-1
2. TROMBONE 6+
1. SWAGGIN 1:1

ROCKY

5. W. LUNGE
4. BUZZARD
3. PARATROOP (10) + RUN
2. F. LUNGE
1. GREMLIN

ANDES

6. JIGSAW
5. SWASHBUCKLER
4. VENOM
3. RAZOR
2. SA PP
1. X PP

HIMALAYAN

7. REV MASTODON
6. MONKEY
5. MONTAUK
4. BEAR
3. BOVINE
2. BULLDOG
1. GORGON (8) + RUN

ALPS

FROM LEFT TO RIGHT PERFORM ALL THE 1s. THEN, FROM LEFT TO RIGHT PERFORM 1, 2 FROM EACH MTN. CONTINUE IN THIS PATTERN UNTIL YOU COMPLETE EACH MTN AND REMOVE IT FROM THE LIST. **IN THIS VERSION YOU WILL DROP OFF MTNS FROM THE LEFT, FIRST.**



SLOPE

Perform the warm-up U-Turn, then work through the checklists in the following order: AA, BB, CC, DD, EE, FF (see below)

Relay-Style (with a partner) – Partner 1 picks a push, Partner 2 picks a different push. Continue until all 36 pushes have been completed. Then, start the entire circuit over again, but this partners change order and select the pushes they didn't do the first time around. Participants will receive his/her 30 day as a score; keep track of how quickly you complete the 36 and the 72 pushes to see which teams have the quickest time. **Perform the warm-up at the same time as your partner. Be careful with that many bodies on the turf at once!**

Solo Run – Perform AA, BB, CC, DD, EE, FF x 3, never repeat a task. Repeat all over again. Individuals doing a solo run can receive a score....high slope!

Fundraising Idea: See if you can get sponsors to pledge an amount per push performed. I.e. 25¢ per push, team completes 48 pushes = \$12 donation

Push
4
Pink

WARM UP U-TURN

- 1. BUTT KICKS
- 2. STAMPEDE

- 3. TURKEYS
- 4. EN GARDE

- 5. QUICK FT. (20) + RUN
- 6. SKIPS

- 7. HOT COALS (10) + RUN
- 8. TAUNTAUN

A.

B.

C.

D.

E.

F.

PLATE PUSH

ENFORCER

JIGSAW

RAZOR

BULLDOZER

M.F.T.

XPP

MOGUL PUSH

REV PLATE PUSH

SWASHBUCKLER

DELAURA

REV INCH WORM

SA P.P.

VEXUM

REV. ARACHNID

CRAY-CRAY

CALF-IN-ATOR

JACK-ASS

CRAZY LEGS

VENOM

BOULDER

TWIZZY

GARGANTUAN

OZARK

MIEL'S WHEELS

TWISTED

GRECO

VIXEN

SUPP 10

SL BOULDER

TAKE OFF!

NEAPOLITAN

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

WARLOCK

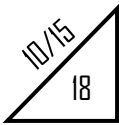
GIMPY DOG

JACK BOX

TIME COMPLETED – 36 PUSHES:

TIME COMPLETED – 72 PUSHES:

TOTAL PUSHES:



SLOPE

1. SUICIDE 2-1-3-1-4-1
2. TWO-STEP (20) + RUN
3. SHUFFLE
4. OFF THE DOCK

1. HIKES
2. TROMBONE 6+
3. OFF THE DOCK

1. SKY HIGH 4-1
2. HANG (10) + RUN
3. VEXUM

4. OFF THE DOCK

1. KOBOLD
2. GARGOYLE
3. PUSH UP (10) + RUN
4. TROLLING

1. POTTY SHOT
2. AMAROK
3. TROLLING

1. APE SHOOT
2. VIP (10) + RUN
3. SL BOULDER
4. TROLLING

1. ROW STROLL 6+
2. STAMPEDE
3. DEEP SEA
1. RAMBO (10) + RUN
2. GALLOW 2-1-4-3-4-1
3. TORO
4. DEEP SEA

GONE FISHING

1. GBD (15) + RUN
2. VIPER
3. DEEP SEA

1. TURKEY
2. FLAMINGO (6) + TZN
3. MONGOOSE
4. DEEP SEA

1. SA PP
2. W. CROOK
3. W. LUNGE
4. SLAP JACK
5. DEEP SEA

PERFORM MTNS AND THEN PICK ONE TASK FROM THE APPROPRIATE LIST. REPEATING A TASK IS PROHIBITED. ONE TASK FROM EACH LIST WILL NOT BE DONE.

JUNKIES	PROS
SET AN INTENTION	CARRY (+) REP COUNTS

OFF THE DOCK

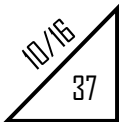
- A. CRAZY LEGS
- B. MANTIS (8) + RUN
- C. RAZOR
- D. B. LUNGE

TROLLING

- A. O-PINNED 2-1-3-1-4-1
- B. POUNCER (10) + RUN
- C. REV BOVINE
- D. WARRIOR

DEEP SEA

- A. ANACONDA
- B. REV PLATE PUSH
- C. BULL SHIT
- D. SCURL 1:1
- E. DEVIL
- F. STROW 1:1



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

MTN2

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

3. TYSON

4. PLATE SHAKE 9+

5. JIGGY (20) + RUN

6. W. CROOK

7. TARASQ

8. GARGOYLE

9. JACKALOPE

10. SL BUCKS

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

CASCADE

10. PUSH UP (10) + RUN
 8. ROOSTER (10) + TZN
 6. STROW 1:1
 4. SHOT PUT
 2. REV MASTODON
- * ANY PUSH THAT'S NOT A
REGULAR PLATE PUSH OR XPP*
1. 45°
 3. RDL (8) + TZN
 5. SQ. JUMP (10) + RUN
 7. SL BOULDER
 9. KITCHEN SINK (10) + TZN

JUNKIES	PROS
SET AN INTENTION	CARRY (+) REP COUNTS

1-3
1-3, 4-6, 4-6
1-3, 4-6, 4-6, 7-9, 7-9, 7-9

MT. NEVERLIST

1. BANDIT (20) + RUN
2. SWAGGIN 1:1
3. INCH WORM

4. VIP (10) + RUN
5. TORO

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

7. PRIMATES 4-1-3-1-2-1
8. STAMPEDE
9. BONSAI 3-1-4-2-4-1

1X

2X

3X

10/17
32

SLOPE

1-10, 1-10, 1-10

CHECKLIST(3)

1. HIGH KNEES
2. SHUFFLE
3. TYSONS
4. SUE STEP (20) + RUN
5. STAT SWAG (20) + TZN
6. INFINITY (20) + RUN
7. STAT ROW (6) + TZN
8. W. CROOK
9. YETI
10. POGOTO (6) + TZN

JUNKIES

SET AN INTENTION

11, 22, 33, 44, 5A
11, 22, 33, 44, 5B
11, 22, 33, 44, 5C

CEPTILIAN2

1. GARGOYLE
 2. G.B.D. (15) + RUN
 3. KITCHEN SINK (10) + TZN
 4. BULLY
-
- 5A. M.F.T.
5B. PETRA
5C. ROOTED GROOT (8) + PUSH

PROS

CARRY (+) REP COUNTS

1123
2234
3345...

FLIPPED

1. RAMBO (10) + RUN
2. TARASQ
3. CURL WALK 6+
4. ARACHNID
5. TOES (20) + RUN
6. SKULLS (10) + TZN
7. XPP
8. SHOT PUT
9. MIEL'S WHEELS
10. PRIMATES 4-1-3-1-2-1



JACOB'S LADDER

- 1
- 12
- 123
- 1234
- 12345
- 12
- 123
- 1234
- 12345
- 12
- 123
- 1234
- 12345
- 12
- 123
- 1234
- 12345
- 12
- 123
- 1234
- 12345

- 5. ALI 22+
- 4. KOBOLD
- 3. SUPP (10)
- 2. MONKEY

- 5.1. REV PLATE PUSH

- 4. CURL PRESS 5+
- 3. VIP (10) + RUN
- 2. STAMPEDE

- 5.1. GARGOYLE

- 4. TARASQ
- 3. WIDE PISTON (10) + TZN
- 2. HOT COALS (10) + RUN

- 5.1. POTTY SHOT HOPS

- 4. SCORPION TO 3/BACK
- 3. KAMIKAZE 4-3-4-2-4-1-4-1
- 2. PARATROOP (10) + RUN

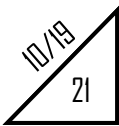
- 5.1. OGRE (10) + TZN

- 4. XPP
- 3. SPIKES
- 2. ROW STROLL

- 5.1. MONTAUK

- 4. SQ. JUMP (10) + RUN
- 3. STAT SWAG (20) + TZN
- 2. TOES (20) + RUN
- 1. GALLOW 2-1-4-3-4-1

JUNKIES	PROS
SET AN INTENTION	CARRY (+) REP COUNTS



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. HOT COALS (10) + RUN
- 2. EN GARDE
- 3. TWO-STEP (20) + RUN
- 4. 3 PT. STANCE
- 5. BULLDOZER

MATTERHORN

3 RIBBITS (10) + RUN

1 SL BUCKS

3 KITCHEN SINK (10) + TZN

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

1 FLYING JACKAL

3 PISTON (10) + TZN

3 POTTY SHOT

1 REV PLATE PUSH

3 W. CROOK

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

1 SHALD 1:1

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

3 SAWED OFF (10) + TZN

1 JIGSAW

3 SQUONK

3 X PP

1 BUZZARD

3 HIKES

PERFORM IN A CHECKLIST
PATTERN AND DO EACH TASK
THE NUMBER OF TIMES LISTED.
PATTERN REMAINS THE SAME.

1-12, 1-12

CHECKLIST (2)

- 1. THRASHER
- 2. TIP-TOES (20) + RUN
- 3. C.H.B
- 4. BONSAI 3-1-4-2-4-1
- 5. OFFERING
- 6. MUGGER (12) + RUN
- 7. GARGOYLE
- 8. SL OGRE (10) + TZN
- 9. SHWAGGIN 1:1
- 10. CRAZY LEGS
- 11. ARACHNID
- 12. ENFORCER

JUNKIES	PROS
SET AN INTENTION	CARRY (+) REP COUNTS



SLOPE

REPTILIANS

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

A.

1. BONSAI 3-1-4-2-4-1
 2. SHUFFLE
 3. W. GREMLIN
-
- 4A. POTTY SHOT
 - 4B. TROG
 - 4C. FROGS
 - 4D. CRAZY LEGS

D.

- 1-2, 3A
1-2, 3B
1-2, 3C
1-2, 3D
 1. SWAGGIN 1:1
 2. KAMIKAZE 4-3-4-2-4-1-4-1
-
- 3A. WICCA
 - 3B. M.F.T.
 - 3C. MATTADOR (L)
 - 3D. B.N.C.

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

B.

1. SKIPS
 2. BULLY
 3. STAMPEDE
 4. PRIMATES 4-1-3-1-2-1
 5. XPP
-
- 6A. REV BOVINE
 - 6B. JACK BOX
 - 6C. JACKAIOPE
 - 6D. DIABLO

E.

- 1-4, 5A
1-4, 5B
1-4, 5C
 1. QUICK FT. MADNESS 10
 2. BUZZARD
 3. SHOT PUT
 4. STROW 1:1
-
- 5A. ANACONDA
 - 5B. REV VIPER
 - 5C. TAKE OFF!

JUNKIES

PROS

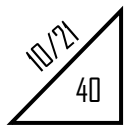
SET AN INTENTION

CARRY (+) REP COUNTS

PERFORM EACH CIRCUIT
AS A REPTILIAN IN THE
ORDER A-E

C.

- 1-4, 5A
1-4, 5B
1-4, 5C
1-4, 5D
 1. MONGOOSE
 2. HIKES
 3. TYPHON
 4. APE SHOOT!
-
- 5A. MILLIPEDE
 - 5B. SCORPION to 3/back
 - 5C. W. LUNGE
 - 5D. HACK-IT



SLOPE

KEY: 1-20, 20-11, 11-30, 30-21, 21-40

THE PULSE

SIMILAR TO A MASSIVE MESA, THESE UNDULATING U-TURNS ARE REFLECTIVE OF THE LINE ON AN ECG HEART RATE MONITOR, HENCE "THE PULSE TITLE"

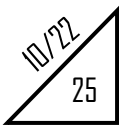
JUNKIES	PROS
SET AN INTENTION	CARRY (+) REP COUNTS

1. SHUFFLE
2. SUICIDE 2-1-3-1-4-1
3. SKATES
4. SWAGGIN 1:1
5. TOES (20) +RUN
6. TROMBONE 6+
7. KOBOLD
8. TYSONS
9. TURKEYS
10. MIELS'S WHEELS

11. HIKES
12. PLATE PUSH
13. BUCKS
14. TROG
15. BONSAI 3-1-4-2-4-1
16. REV BALL N CHAIN
17. POTTY SHOTS
18. GROWLER
19. VENOM
20. JACK-ASS

21. W.GREMLIN
22. PRIMATES 4-1-3-1-2-1
23. F. LUNGE
24. 3 PT. STANCE
25. KAMIKAZE 4-3-4-2-4-1-4-1
26. BOVINE
27. JACKALOPE
28. APE SHOOT!
29. SL INCH WORM
30. DIABLO

31. GIMPY DOG
32. GALLOW 2-1-4-3-4-1
33. SCORPION TO 3/BACK
34. AMAROK
35. YIKES!
36. GARGOYLE
37. XPP
38. SKY HIGH 4-1
39. REVIVAL
40. EN GARDE



SLOPE

PERFORM EACH SECTION AS A SMALL MTN. EITHER 1,12,123 OR
1,12,123,1234 DEPENDING ON THE NUMBER OF TASKS IN THE SECTION.

MOLE HILLS

1. SHUFFLE
2. BONSAI 3-1-4-2-4-1
3. TROMBONE 6+

-
1. ALT. SQUOND
 2. PLATE PUSH
 3. TRIFECTA 6+

-
1. GALLOW 2-1-4-3-4-1
 2. BUNYAN
 3. GARGOYLE
 4. SLING SHOT 3-2-4-2-4-1

-
1. STAMPEDE
 2. MIEL'S WHEELS
 3. CURL WALK 6+

1. HIKES
2. ALI 22+
3. PUSH UPS (10) + RUN

-
1. SKIPS
 2. HOT COALS (10) +RUN
 3. SKUFFLE

-
1. ANACONDA
 2. GIMPY DOG
 1. W. GREMLIN
 2. SLAP JACK
 3. HALO 2-1-3-1-4-1

-
1. POTTY TO BULLDOG
 2. DIABLO
 3. TYSONS

1. MONTAUK
2. SPIKES
3. B.N.C.

-
1. APE SHOOT!
 2. MOGUL PUSH
 3. SLUSKI

-
1. REV HYDRA
 2. CUJO (L)
 1. TROG
 2. KAMIKAZE 4-3-4-2-4-1-4-1
 3. REV PLATE PUSH

-
1. SHWAGGIN 1:1
 2. BOVINE
 3. CRAY-CRAY

1. AMAROK
2. NEAPOLITAN
3. SCORPION TO 3/BACK

-
1. ROW STROLL 6+
 2. TYPHON
 3. REV MASTODON

TURF WARS '23

DATE	WORKOUT	BROWNSTOWN		HARRISON		ST. CLAIR SHORES	
		ACCUMULATIVE ROQ	TOURNAMENT PTS	ACCUMULATIVE ROQ	TOURNAMENT PTS	ACCUMULATIVE ROQ	TOURNAMENT PTS
10/23	CUL-DE-SACS						
10/24	MTNG						
10/25	CHECKLIST(3)						
10/26	CROSS-LISTS						
10/27	CHECKLIST, ODDS, CHECKLIST, EVENS						
TOTALS							

OVERVIEW

- Turfs try to score as many points as possible by totaling their turf's Accumulative ROQ
- Accumulative ROQ is the collective +/- of the entire Turf for a given day
- Tournament Points are awarded by each day's performance:
 - 2 Tournament Points for highest Accumulative ROQ
 - 1 Tournament Point for the second highest Accumulative ROQ
 - 0 Tournament Points for the lowest Accumulative ROQ
- Turf with the most overall Tournament Points at the end 5 days wins Turf Wars '23
- Tiebreaker: Turf with the highest overall 5-day accumulative ROQ

SCORING AND HANDICAPPING

- This tournament focuses on the 30-day +/- statistic
 - A 100 point cap is set on all individuals each day
- The highest possible individual daily score is +100, lowest is -100

ADDITIONAL INFO

- We will no longer have a "Wager Workout"
- Participation is not mandatory, with the below caveats:
 - Let the pro know you don't want your score recorded before EACH WORKOUT.
 - If you do not inform your pro AT THE START of your workout, your score WILL be recorded
 - Anyone who opts out will have his/her scores entered in after the tournament is finished



SLOPE

1-10, FADED, 10-1

TURF WARS 1

1-10, VERTEX, 10-1

1-10, GAUNTLET, 10-1

CUL-DE-SACS

Perform the green sections as a u-turn with a circuit at the turn.

1. SUICIDE 2-1-3-1-4-1
2. QUICK FT. (20) + RUN
3. SWAGGIN 1:1
4. TYSONS
5. ROW STROLL 6+
6. HIKES
7. TWO-STEP (20) + RUN
8. LYCAN (10) + RUN
9. MONTAUK
10. RIBBITS (10) + RUN

1. DEVIL
2. W. GREMLIN
3. TROG
4. AMAROK
5. POTTY SHOT
6. MONKEY
7. BONSAI 3-1-4-2-4-1
8. CURL WALK 6+
9. STAMPEDE
10. KIT. SINK (10) + TZN

1. MONGOOSE
2. BANDIT (20) + RUN
3. HANG (10) + RUN
4. PUSH UP (10) + RUN
5. VEXED (10) + RUN
6. KOBOLD
7. BUCKS
8. HOT COALS (10) + RUN
9. TYPHON
10. TAUNTAUN

1234
234
34
4

FADED

1. F. LUNGE
2. HALO 2-1-3-1-4-1
3. NEAPOLITAN
4. BOVINE

1
122
12333

VERTEX

1. REV MASTODON
2. DEATH ROW 2-1-3-1-4-1
3. SA PP

PUSH, TASK
PUSH, TASK...

GAUNTLET

1. JACKALOPE
2. VIPER
3. REV PLATE PUSH
4. GATOR TO 3



TURF WARS 2

1-6
1-12
1-18
1-24
1-20

MTN6

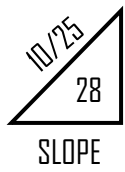
1. EN GARDE
2. TWO-STEP (20) + RUN
3. STAMPEDE
4. MT. CLIMB (20) + RUN
5. BULLY
6. TYSONS

7. VIP (10) + RUN
8. CYCLONE (12) + TZN
9. XPP
10. B. LUNGE
11. REV BULLDOG
12. W. GREMLIN

13. SPIKES
14. BALL N CHAIN
15. GALLOW 2-1-4-3-4-1
16. GARGOYLE
17. O-PINNED 2-1-3-1-4-1
18. SUPP 10

19. MOWGLI (12) + RUN
20. ATTACK IT
21. SHOT PUT
22. SKY HIGH 4-1
23. JAGGER (12) + RUN
24. REVIVAL

25. YETI
26. GRECO
27. SCORPION TO 3/BACK
28. CRAY-CRAY
29. TROG
30. TAKE OFF!



1-28
1-28
1-28

TURF WARS 3

CHECKLIST

(3)

1. BONSAI 3-1-4-2-4-1
2. SUE-STEP (20) + RUN
3. TURKEYS
4. SWAGGIN 1:1
5. COALITION (10) + TZN
6. OHNO (12) + RUN
7. PLATE SHAKE 9+
8. ALT. SQUONQ
9. HANG (10) + RUN
10. XPP
11. REV BEAR
12. POTTY SHOTS
13. MONGOOSE
14. STAMPEDE
15. JACKALOPE
16. TROG
17. VIPER
18. SKY HIGH 4-1
19. YETI
20. REVIVAL
21. BANDIT (20) + RUN
22. JACK ASS
23. JUNKIE (8) + RUN
24. 3 PT. STANCE
25. DIABLO
26. INCH WORM
27. SAWED OFF (10) + TZN
28. CUJO (L)



1. EN GARDE
MT. CLIMB (20) + RUN
KOBOLD
TOES (20) + RUN

2. MOWGLI (12) + RUN
SLAP JACK
BULLY
ROW STROLL 6+

3. DELAURA
VIP (10) + RUN
GALLOW 2-1-4-3-4-1
INFINITY (20) + RUN

4. REV HYDRA
BUZZARD
HALO 2-1-3-1-4-1
TAKE OFF!

A. MIEL'S WHEELS
HIKES
SQ. THRUST (10) + RUN

B. VENOM
TWINKLE (30) + TZN
MONTAUK

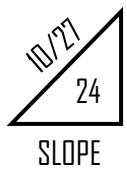
C. REV GARGOYLE
REV BNC
YETI

TURF WARS 4

CROSS-LISTS

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

1A, 1B, 1C
2AM 2BM 2C
3AM 3BM 3C
4AM 4BM 4C



1-30
1,3,5,7...
1-30
2,4,6,8...

CHECKLIST, ODDS, CHECKLIST, EVENS

TURF WARS 5

1. QUICK FT. (20) + RUN
2. SKATES
3. TYSONS
4. SWAGGIN 1:1
5. MT. CLIMB (20) + RUN
6. V-STEP (10) + RUN
7. TROMBONE 6+
8. LYCAN (10) + RUN
9. KNEEL CURL (6) + TZN
10. HIKES
11. PUSH UP (10) + RUN
12. STAMPEDE
13. MONGOOSE
14. ALI 22+
15. TWISTED
16. RESURRECTION
17. SUICIDE 2-1-3-1-4-1
18. SKY HIGH 4-1
19. PEG LEG (8) + RUN
20. MONKEY
21. TYPHON
22. TIP-TOES (20) + RUN
23. KIT. SINK (10) + TZN
24. SPIKES
25. WICCA
26. CURL PRESS 5+
27. REV HYDRA
28. W. GREMLIN
29. HACK-IT
30. PRIMATES 4-1-3-1-2-1



SLOPE

ZENITH X 3s

- 1. QUICK FT. (20) + RUN
- 2. VIP (10) + RUN **1X**

- 3. SWAGGIN 1:1

- 4. SKY HIGH 4-1
- 5. STAMPEDE **2X**

- 6. XPP

- 7. ROW STROLL 6+
- 8. MIEL'S WHEELS **3X**

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

- 10. TRUMPET 9+
- 11. JACKALOPE **4X**
- 12. CRAZY LEGS

1-4, 1-4

CHECKLIST (2)s

- 1. COBRA (10) + PUSH
 - 2. O-B.O.R. (10) + TZN
 - 3. BUCKS
 - 4. KAMIKAZE 4-3-4-2-4-1-4-1
-

1-4, 1-4

- 1. TORO
 - 2. TROG
 - 3. JAGGER (10) + RUN
 - 4. LUMBERJACK (8) + RUN
-

1-4, 1-4

- 1. SPIKES
 - 2. VENOM
 - 3. OFFERING
 - 4. AMAROK
-

1-5, 1-5

- 1. SKULLS (10) + TZN
- 2. PETRA
- 3. C.H.B.
- 4. SKUFFLE
- 5. BULLDOG

1-3
 1-3,44,55,66
 1-3,44,55,66,777,888,999
 1-3,44,55,66,777,888,999...
 10 10 10 10 , 11 11 11 11, 12 12 12 12



SLOPE

ORDER BY CIRCUITS

1.A, 1.B, 1.C

2.A, 2.B, 2.C

3.A, 3.B, 3.C

PUSH, 1

PUSH, 2

PUSH, 3

CROSS-FIRE CIRCUITS

1-4

1. CHECKLIST

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

2. SUE-STEP (20) + RUN

3. SWAGGIN 1:1

4. JIGGY (20) + RUN

1-3

2. MESA

1. PIRATE

2. BENCHED (30) + TZN

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

4. MATTADOR Ⓛ

3. GAUNTLET

1. 313

2. POUNGER (10) + RUN

3. OZARK

11, 22, 33

A. CENTAUR2

1. TYSONS

2. TROMBONE 6+

3. MIEL'S WHEELS

1-3, 4A

1-3, 4B

B. REPTILIAN

1. HIKES

2. CRAISE (20) + TZN

3. PUSH UP (10) + RUN

4A. B.N.C.

4B. VEXUM

1-3

3-1

2.2

C. EL CYCLE

1. MONGOOSE

2. RAMPAGE (12) + RUN

3. HAG 1:1



1-24
1-24
1-24
1-24

DEVIL'S NIGHT

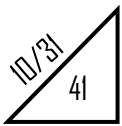
SLOPE

Whenever you get to a "Pick a Devil" section choose any task from the Devils list. Repeats are...crazy; but allowed.

1. QUICK FT. (20) + RUN
2. BUTT KICKS
3. SWAGGIN 1:1
4. MOGUL (20) + RUN
5. SHUTTLE 3-2-4-2-3-1
6. CURL WALK 6+
7. JAGGER (12) + RUN
8. TIP-TOES (20) + RUN
9. GORGON (8) + RUN
10. MONKEY
11. PICK YOUR DEVIL
12. PICK YOUR DEVIL

DEVILS
DIABLO
WICCA
VOODOO Ⓛ
HELLION
HACK-IT
NEMESIS to 3/BACK
DEVIL

13. CYCLONE (12) + TZN
14. TROG
15. B.O.R. (15) + TZN
16. GBD (15) + RUN
17. VEXUM
18. STORK (12) + TZN
19. STIGMA (10) + RUN
20. GARGOYLE
21. CHICKIN 2-1-3-1-4-1
22. JUNKIE (8) + RUN
23. PICK YOUR DEVIL
24. PICK YOUR DEVIL



SLOPE

PERFORM WARM UP CHECKLIST (2).

MOVE BY COLUMNS STARTING FROM TOP TO BOTTOM, PICK ONE TASK FROM EACH TREAT CATEGORY.

PERFORM AS FOLLOWS:
1ST REVOLUTION - 1X EACH
2ND REVOLUTION - 2X EACH
3RD REVOLUTION - 3X EACH
4TH REVOLUTION - 4X EACH

NO TASKS CAN BE REPEATED LATER IN THE ROUTINE.

NO "BARN BURNING" TASK IN THIS PARTICULAR CIRCUIT.

TRICK-OR-TREAT

"BARN BURNER"

WARM UP CHECKLIST (2)

SNICKERS A

1. TROMBONE 6+
2. ROW STROLL 6+
3. K-STEP (20) + RUN
4. STAT. CURL (6) + TZN

SWEET TARTS B

1. TYPHON
2. JUNKIE JUMP (8) + RUN
3. KOD (20) + TZN
4. NO GIMMIES

MILKY WAY C

1. BOVINE
2. STORK (20) + TZN
3. GARGOYLE
4. MIEL'S WHEELS

1. SHUFFLE
2. QUICK FT. (20) + RUN

STARBUST D

1. INCH WORM
2. BUNYAN
3. POTTY TO BULLDOG
4. MASTODON

REESE'S E

1. OFFERING
2. ALI
3. TRIFECTA
4. JIGGY (20) + RUN

TWIX F

1. KOBOLD
2. HOPSCOTCH
3. SQUIBBLE
4. SQUANTOES (20) + RUN

3. HIGH Xs
4. BULLY

CRUNCH G

1. SWAGGIN 1:1
2. BONSAI 3-1-4-2-4-1
3. STAMPEDE
4. GREMLIN

TOOTSIE ROLL H

1. REV PLATE PUSH
2. ATTACK-IT
3. JOUNCE 2-1-3-1-4-1
4. SCORPION TO 3/BACK

SKITTLES I

1. MOGUL MADNESS 10
2. DENSER 2-1-3-1-4-1
3. OGRE (10) + TZN
4. SL MANTIS (8) + 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