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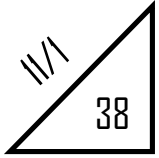


NOVEMBER '23

ENGAGING THE SYPHER

Monthly objectives aimed at bringing awareness to the form-first mentality.

NOVEMBER OBJECTIVE					
Elevate your turf's culture through words of gratitude and positivity.					
TAP-IN.		TAME IT.		LET IT OUT.	
Observe and connect to yourself, your environment, your emotions and the behavior of the collective.		Recognize any hard-wired, knee-jerk reactions surfacing. Notice the autopilot.		Assume the controls. Pounce with purpose and poise.	
A way to rephrase and apply the above is to: Recognize, Reframe and Respond. Here are some examples of how we can use this to promote positivity:					
RECOGNIZE		REFRAME		RESPOND	
<i>When...</i>	A Junkie displays exceptional form or hits another gear...	<i>Rather than</i>	offering a canned compliment, be specific. What is it <u>exactly</u> that stuck out to you as exceptional? Why?	<i>Try</i>	"That was a strong Bully", "Nice extension on that KOD", "Wow. You killed that Gator!", "I can't believe you got that last xpp in!"
<i>When...</i>	A Pro offers a tip or correction to form...	<i>Rather than</i>	dismissing it, questioning it or not even pausing to take note...	<i>Try</i>	stopping to listen. Then, demonstrate the correction they're trying to impliment and ask, "Like this?". It shows that you're <i>trying</i> to get it right. A simple "Thank you" shows your willingness to improve, thus making it easier to assist you in the future.
<i>When...</i>	A Junkie is resting or visibly struggling mid-workout...	<i>Rather than</i>	"You got this", "Keep going" or "You're almost there"...	<i>Try</i>	not responding at all. This struggle is different for each individual. Allow them to get through it by their own accord and at their own pace, not yours. If anything, a simple fist bump or an, "I see you working!" goes a long way.
<i>When...</i>	You're in the midst of a workout	<i>Rather than</i>	complaining about the difficulty of the tasks, board, turf conditions, or other...	<i>Try</i>	accepting the conditions you're faced with and take'em head on. Complaining out loud is contagious, as is silent fortitude. Which do you want to spread? Catch yourself with negative self-talk.
<i>When...</i>	You're done with a workout,	<i>Rather than</i>	being critical of your own performance or shortcomings.	<i>Try</i>	showing gratitude in your ability to even be out there on the turf, doing all that you do.



SLOPE

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

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

REPTILIAN2

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

- 5A. XPP
- 5B. PRIMATES 4-1-3-1-2-1
- 5C. DIABLO
- 5D. REV HYDRA

1-10, 10-1, 1-10



1. FLAMINGO (6) + TZN
2. SL MANTIS (8) + RUN
3. SUICIDE 2-1-3-1-4-1
4. AMAROK
5. CHICKIN 2-1-3-1-4-1
6. BUCKS
7. ALI 22+
8. TRUMPET 9+
9. RDL (8) + TZN
10. REV GARGOYLE

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

MTN 2

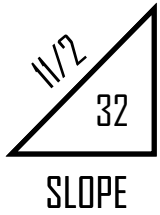
1. BOULDER
2. VENOM

3. APE SHOOT!
4. RIBBITS (10) + RUN

5. JIGGY (20) + RUN
6. SKULLS (10) + TZN

7. KOBOLD
8. ROW STROLL 6+

9. SUPP (10)
10. WICCA



ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

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

VERTEX

1. **BENCHED (30) + TZN**
2. **GRECO**
3. **SQ. JUMP (10) + RUN**
4. **SWAGGIN 1:1**
5. **VENOM**

1-12
1,1
2,2
3,3...

CHECKLIST then C2

1. **GALLOW 2-1-4-3-4-1**
2. **TRIFECTA! 6+**
3. **JACKALOPE**
4. **KOBOLD**
5. **K.O.D. (20) + TZN**
6. **HANG (10) + RUN**
7. **O-PINNED 2-1-3-1-4-1**
8. **WARLOCK**
9. **SHOT PUT**
10. **TROG**
11. **BULLDOG**
12. **TAKE OFF!**

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

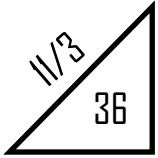
MTN3

1. **BONSAI 3-1-4-2-4-1**
2. **EN GARDE**
3. **HOT COALS (10) + RUN**

4. **V-STEP (10) + RUN**
5. **RAMBO (10) + RUN**
6. **HIKES**

7. **BOVINE**
8. **SA PP**
9. **PEG LEG (8) + RUN**

10. **STORK (20) + TZN**
11. **B.O.R. (15) + TZN**
12. **SLING SHOT 3-2-4-2-3-1**



SLOPE

ORDER

U-TURN

MTN

MTN2

MTN

UPLIFT

MTN

FADED HYBRID2

MTN

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

UPLIFT

C.

1. JACKALOPE
2. BONSAI 3-1-4-2-4-1
3. B.O.R. (15) + TZN
4. ANACONDA

RAPTURE

1,
1,2
1,2,3

MTN ★

1. REV ARACHNID
2. BUTT KICKS
3. JACK BOX

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

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

MTN2

B.

1. SUICIDE 2-1-3-1-4-1
2. JAGGER (12) + RUN

3. BULLDOG
4. SPIKES

5. INFINITY (20) + RUN
6. SHALD 1:1

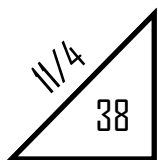
7. ALI 22+
8. JUNKIE JUMP (8) + RUN

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

FADED HYBRID2

D.

1. OFFERING
2. PETRA
3. HOT COALS (10) + RUN
4. X PP



SLOPE

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

CENTAUR2

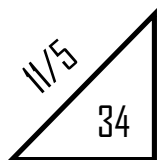
"MARTYRDOM"

45 of our most commonly "slighted" tasks from a form and rep standpoint.

How was your +/- impacted in today's workout?

1.1
2.2
3.3...

1. HOT COALS (10) + RUN
2. TWO-STEP (20) + RUN
3. BANDIT (20) + RUN
4. LYCAN (10) + RUN
5. PLATE SKAKE 9+
6. W. CROOK
7. SQ. JUMP (10) + RUN
8. JIGGY (20) + RUN
9. CYCLONE (12) + TZN
10. OFFERING
11. HALO 2-1-3-1-4-1
12. STAT. SWAG (20) + TZN
13. ROW STROLL 6+
14. V-STEP (10) + RUN
15. RAMPANT (10) + RUN
16. PARATROOP (10) + RUN
17. SQUANTOES (20) + RUN
18. POUNCER (10) + RUN
19. TIP-TOES (20) + RUN
20. JUNKIE JUMP (8) + RUN
21. FLAMINGO (6) + TZN
22. MANTIS (8) +RUN
23. TROMBONE 6+
24. PINNED 2-1-3-1-4-1
25. POGOTO (6) + TZN
26. O-B.O.R. (10) + TZN
27. HIGH Xs
28. JAGGER (12) + RUN
29. CHICKIN 2-1-3-1-4-1
30. TRUMPET 9+
31. RDL (8) + TZN
32. OGRE (10) + TZN
33. TRIFECTA 6+
34. BENCHED (30) + TZN
35. VIP (10) + RUN
36. TALL ORDER 6+
37. SUPP (10)
38. COBRA (10) + PUSH
39. STORK (12) + TZN
40. CURL PRESS 5+
41. BULLY
42. ALI 22+
43. SQ. THRUST (10) + RUN
44. HANG MADNESS 6
45. LUMBERJACK (8) + RUN



SLOPE

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

U 1-15, 15-1

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE
3. MT. CLIMB (20) + RUN
4. COALITION (10) + TZN
5. TIPPY-TAP
6. VEXED (10) + RUN
7. BEAR
8. SKY HIGH 4-1
9. RAMBO (10) + RUN
10. JIGGY (20) + RUN
11. STAT. W. SQUAT (10) + TZN
12. SWASHBUCKLER
13. YETI
14. TROG
15. SLING SHOT 3-2-4-2-3-1

MTN3

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

1. QUICK FT. (20) + RUN
2. BANDIT (20) + RUN
3. TOUCAN (20) + TZN

4. W. GREMLIN
5. MANTIS (8) + RUN
6. POUNCER (10) + RUN

7. BONSAI 3-1-4-2-4-1
8. CROOK SHAKE 1:1
9. G.B.D. (15) + RUN

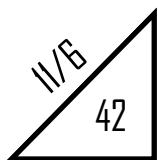
10. JOUNCE 2-1-3-1-4-1
11. HACK-IT
12. OGRE (10) + TZN

1,A,A
1,2,B,B
1,2,3,C,C
1,2,3,4,D,D
1,2,3,4,5,E,E
1,2,3,4,5,6,F,F

XION2

1. HALO 2-1-3-1-4-1
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. KOBOLD
4. JABBERWOCKY
5. POTTY SHOT
6. REV BEAR

- A. PETRA
- B. TRIFECTA 6+
- C. VENOM
- D. SHOT PUT
- E. CURL PRESS 5+
- F. PLATE PUSH



SLOPE

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

MATTERHORN

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

1 TURKEYS

2 SKIPS

2 W. CROOK

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

2 GORGON (8) + RUN

2 F. LUNGE

1 TROMBONE 6+

2 RDL (8) + TZN

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

1 MONGOOSE

2 FROGS

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

1 OGRE (10) + TZN

2 JAGGER (12) + RUN

1A, 1B
2A, 2B
3A, 3B
4A, 4B

CROSS-FIRE

1. BENCHED (30) + TZN

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

3. ANACONDA

4. SKULLS (10) + TZN

A. REV BEAR

B. GIMPY DOG

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

MTN

1. HOT COALS (10) + RUN

2. ALT. SQUONQ

3. CURL WALK 6+

4. DEVIL

5. JACKASS

1233
2344
3455
4566...

RIPPLED

1. PLATE PUSH

2. BULLDOG

3. POTTY SHOT

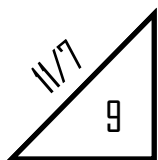
4. GREMLIN

5. LYCAN (10) + RUN

6. TORO

7. NEAPOLITAN

8. SL BUCKS



SLOPE

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

MOLE HILLS

- 1. **1. QUICK FT. (20) + RUN**
- 1,2
1,2,3 **2. EN GARDE**
- 3. W. GREMLIN**

- 1. **1. GALLOW 2-1-4-3-4-1**
- 1,2
1,2,3 **2. LYCAN (10) + RUN**
- 1,2,3,4 **3. ALT. SQUONQ**
- 4. GARGOYLE**

- 1. **1. HOT COALS (10) + RUN**
- 1,2
1,2,3 **2. TARASQ**
- 3. B.N.C.**

- 1. **1. STAMPEDE**
- 1,2
1,2,3 **2. REV HYDRA**
- 1,2,3,4... **3. BONSAI 3-1-4-2-4-1**
- 4. XPP**

- 1. **1. TYSONS**
- 2. BUZZARD**
- 3. TORO**

- 1. **1. SKUFFLE**
- 2. SA PP**
- 3. BOULDER**
- 4. RUN**

- 1. **1. ROW STROLL 6+**
- 2. SPIKES**
- 3. RESURRECTION**

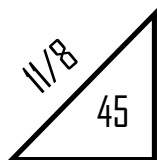
- 1. **1. SKATES**
- 2. VIPER**
- 3. SHUTTLE RUN 3-2-4-2-3-1**
- 4. OZARK**

- 1. **1. TROG**
- 2. OGRE (10) + TZN**
- 3. JACK BOX**

- 1. **1. SHOT PUT**
- 2. TROMBONE 6+**
- 3. JABBERWOCKY**
- 4. STACK SHOT**

- 1. **1. SHUFFLE**
- 2. CRAZY LEGS**
- 3. MONGOOSE**

- 1. **1. ENFORCER**
- 2. ALI 22+**
- 3. WICCA**
- 4. NEAPOLITAN**



SLOPE

1-4
1-8
1-10

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

MTN4

1. GALLOW 2-1-4-3-4-1
2. V-STEP (10) + RUN
3. TAUNTAUN
4. W. GREMLIN

5. TIP-TOES (20) + RUN
6. HIKES
7. RAMBO (10) + RUN
8. BEAR

9. K.O.D. (20) + TZN
10. BULLDOG
11. BUCKS
12. COBRA (10) + PUSH

1123
2234
3345
4456...

FUPPLED

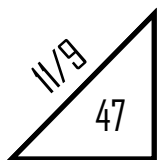
1. SKULLS (10) + TZN
2. VENOM
3. RDL (8) + TZN
4. MIEL'S WHEELS
5. MONTAUK
6. TWO-STEP (20) + RUN
7. KOBOLD
8. SAWED OFF (10) + TZN
9. PARATROOP (10) + RUN
10. GATOR TO 3

11,22,33...9,9,10,10,10,10,9,9...3,3,2,2,1,1

U2

1. SA PP
2. POTTY SHOT HOPS
3. 90°(10) + TZN
4. JIGGY (20) + RUN
5. KITCH SINK (10) + TZN
6. MASTODON
7. VENOM
8. SHWAGGIN 1:1
9. BONSAI 3-1-4-2-4-1
10. DELAURA

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	



SLOPE

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

11,22,33
...13,13

CENTAUR2

1. TIP-TOES (20) + RUN
2. TAUNTAUN
3. MT. CLIMB (20) + RUN
4. GALLOW 2-1-4-3-4-1
5. ALI 22+
6. HIKES
7. PLATE SHAKE 9+
8. JAGGER (12) + RUN
9. PLATE PUSH
10. TROG
11. W. GREMLIN
12. JUNKIE JUMP (8) + RUN
13. BENCHED (30) + TZN

1-3, 4A

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

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

1-7A (ALL TASKS AS A CHECKLIST)

VOYAGE

1. COALITION (10) + TZN
2. POTTY SHOT
3. F. LUNGE

- 4A. FLAMINGO (6) + TZN
- 4B. INCH WORM
- 4C. GRECO
- 4D. CALF-IN-ATOR

- 5A. GORGON (8) + RUN
- 5B. PISTON (10) + TZN
- 5C. DEATH ROW 2-1-3-1-4-1

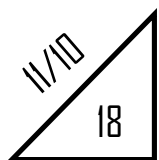
- 6A. REV BULLDOG
- 6B. QUICKSAND (L)

- 7A. REVIVAL

1-15, 15-1

U

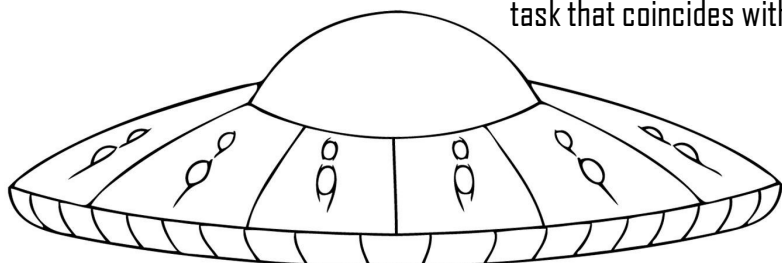
1. ARACHNID
2. APE SHOOT!
3. XPP
4. ENFORCER
5. STAMPEDE
6. AMAROK
7. TRIFECTA! 6+
8. NO GIMMIES
9. HALO 2-1-3-1-4-1
10. HAG 1:1
11. SKY HIGH 4-1
12. MANTIS (8) + RUN
13. JANGLE LEG3
14. SHOT PUT
15. PINNED 2-1-3-1-4-1



SLOPE

ABDUCTED

Start with the El Cycle warm up, then perform the abducted checklist, A-J. Then perform the MTN2, Reptilian, Rippled, Enforcer Gauntlet. Note: You'll be "abducted" from each circuit to the Mothership to perform the abduction task that coincides with each letter.



CHECKLIST

- A. ABD. MANTIS (8) + RUN
- B. ABD. FLAMINGO (6) + TZN
- C. W. CROOK
- D. ABD. PUSH UP (8) + RUN
- E. MIEL'S WHEELS
- F. SHUFFLE
- G. ABD. JANGLE LEG 3*
- H. SKUFFLE
- I. ABD. JACK-ASS*
- J. SL BRDG BENCH (15) + TZN*

* TASK ONLY VARIES SLIGHTLY FROM STANDARD FORM IN THAT THE "OFF" LEG IN THE AIR IS AN OUTWARD "ABDUCTED" POSITION.

- 1-5, 5-1 EL CYCLE (warm-up)
 2-4, 4-2 1. BONSAI 3-1-4-2-4-1
 3,3 2. EN GARDE

3. V-STEP (10) + RUN
 4. TROMBONE 6+
 5. PLATE PUSH

MTN2

1. MOGUL (20) + RUN 1,2
 2. HIKES 1-4
 3. A. 1-6

4. TOES (20) + RUN

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

RIPPLED

1. BEAR CRAWL 1,2,33
 2. H. 2,3,44
 3. O-B.O.R. (10) + TZN 3,4,55
 4. SWASHBUCKLER 4,5,66
 5. C.
 6. D.

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

REPTILIAN

1. POTTY SHOTS 1-4, 5A
 2. ALI 22+ 1-4, 5B
 3. HALO 2-1-3-1-4-1 1,4, 5-C
 4. RAMPAGE (12) + RUN

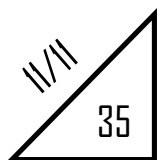
5A.	B.
5B.	G.
5C.	J.

ENFORCER

GAUNTLET

ENFORCER, TASK
 ENFORCER, TASK...

1. WINDOW WASH
 2. A.
 3. H.
 4. BULLDOG
 5. F.
 6. OFFERING
 7. SPIKES
 8. JACKALOPE



SLOPE

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

SYNCHRONICITY

Always catch the clock at 11:11? Or how about the turf's timer at 44:44? Today you'll turn that synchronicity into a free-pass!

Perform as a Checklist(2) [1-44, 1-44]

If you are performing a **"synchronicity task"** when the timer reads 11:11, 22:22, 33:33 or 44:44, you can skip the very next task.

If you are performing task number 11 when the timer reads 11:11, task 22 at 22:22 or, 33 at 33:33 then you get to skip the next TWO tasks.

Task 44 at 44:44 isn't going to happen for anyone...

Pros: It would be helpful to the Junkies to announce exactly when each synchronicity time hits the timer so that members do not have to be looking at the clock mid-task.

- 1. KAMIKAZE 4-3-4-2-4-1-4-1
- 2. STAT SWAG (20) + TZN
- 3. QUICK FT. (20) + RUN
- 4. TYSONS
- 5. ROW STROLL 6+
- 6. MOWGLI (12) + RUN
- 7. KOBOLD
- 8. TROMBONE 6+
- 9. BANDIT (20) + RUN
- 10. RIBBITS (10) + RUN
- 11. PLATE PUSH
- 12. W. CROOK
- 13. VIPER
- 14. TWINKLE TOES (30) + TZN
- 15. HIKES
- 16. CYCLONE (12) + TZN
- 17. VENOM
- 18. VEXED (10) + RUN
- 19. K.O.D. (20) + TZN
- 20. SLAP JACK
- 21. PRIMATES 4-1-3-1-2-1
- 22. MIEL'S WHEELS
- 23. NEAPOLITAN
- 24. SL GORGON (8) + RUN
- 25. OGRE (10) + TZN
- 26. SUICIDE 2-1-3-1-4-1
- 27. XPP
- 28. SAWED OFF (10) + TZN
- 29. INCH WORM
- 30. STIGMATA (10) + RUN
- 31. SKULLS (10) + TZN
- 32. DEVIL
- 33. TROG
- 34. MONGOOSE
- 35. SLING SHOT 3-2-4-2-3-1
- 36. HALO 2-1-3-1-4-1
- 37. VIP (10) + RUN
- 38. PETRA
- 39. HANG (10) + RUN
- 40. CRAISE (20) + TZN
- 41. SCALAWAG
- 42. REV MASTODON
- 43. JIGGY (20) + RUN
- 44. BUZZARD



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

FILLING

1. BONSAI 3-1-4-2-4-1
2. EN GARDE
3. YIKES!
4. BEAR CRAWL
5. HALO 2-1-3-1-4-1
6. JACKALOPE
7. XPP
8. CURL PRESS 5+
9. BANDIT (20) + RUN
10. TOES (20) + RUN

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

AND 1

1. TYSON
2. MIEL'S WHEELS
3. MONKEY CRAWL
4. MIM 3-2-4-2-3-1

PERFORM PUSH UP(10)+RUN BEFORE EACH TASK.

PUSH UP GAUNTLET

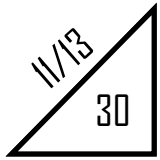
1. TYPHON
2. W. GREMLIN
3. TWINKLE TOES (30) + TZN
4. KAMIKAZE 4-3-4-2-4-1-4-1
5. KNEELING SWAG (15)+TZN

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

1-10
1-10
1-10

CHECKLIST (3)

1. TWISTED
2. DEATHROW 2-1-3-1-4-1
3. QUICK FT. (20) + RUN
4. F. LUNGE
5. RDL (8) + TZN
6. B. LUNGE
7. POTTY SHOTS
8. CALF-IN-ATOR
9. ANACONDA
10. PRIMATES 4-1-3-1-2-1



SLOPE

123
234
345...

MESA

1. HOT COALS (10) + RUN
2. SHUFFLE
3. BULLY
4. LYCAN (10) + RUN
5. HIKES
6. MOGULS (20) + RUN
7. SQUAT JUMPS (10) + RUN
8. VIP (10) + RUN
9. APE SHOOT!
10. PROWLER Ⓛ

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

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

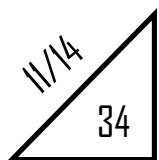
REPTILIAN²

1. K.O.D. (20) + TZN
 2. PARATROOPERS (10) + RUN
 3. MONGOOSE
 4. PINNED 2-1-3-1-4-1
 5. SUICIDE 2-1-3-1-4-1
-
- 6A. YETI
- 6B. JANGLE LEG³
- 6C. KITCHEN SINK (10) + TZN
- 6D. SUPP 10

PERFORM EACH TASK NUMBER OF TIMES INDICATED AND IN CHECKLIST FASHION

CHAOS

- 2 RIBBITS (10) + RUN
- 2 SKULLS (10) + TZN
- 3 MT. CLIMB (20) + RUN
- 2 GBD (15) + RUN
- 4 TWO-STEP (20) + RUN
- 1 NEMESIS TO 3/BACK
- 1 KAMIKAZE 4-3-4-2-4-1-4-1
- 3 TROG
- 1 OZARK
- 2 SHWAGGIN 1:1
- 4 MIEL'S WHEELS
- 2 ZOOKEEPER
- 3 VENOM
- 1 SL INCH WORM



SLOPE

IAAA
12888
123CCC
1234DDD
12345EEE

XION3

- 1. QUICK FT. (20) +RUN
 - 2. TURKEYS
 - 3. PLATE SHAKE 9+
 - 4. SPIKES
 - 5. K.O.D. (20) + TZN
- A. SHUFFLE
 - B. V-STEP (10) + RUN
 - C. SUE STEP (20) + RUN
 - D. F. LUNGE
 - E. NEAPOLITAN

1233
2344
3455...

RIPPLED

- 1. SKY HIGH 4-1
- 2. RAMP UP (8) + RUN
- 3. APE SHOOT!
- 4. MONTAUK
- 5. SCALAWAG
- 6. VENOM
- 7. SAWED OFF (10) + TZN
- 8. SHOT PUT
- 9. BONSAI 3-1-4-2-4-1
- 10. PRIMATES 4-1-3-1-2-1

CEPTILIAN2

11,22,33,4A
11,22,33,4B
11,22,33,4C
11,22,33,4D

- 1. COALITION (10) + TZN
 - 2. RDL (8) + TZN
 - 3. BUCKS
-
- 4A. ARACHNID
 - 4B. DEVIL
 - 4C. MASTODON
 - 4D. SLIGER

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	



PERFORM AS A CHECKLIST
BY DOING EACH TASK
THE NUMBER OF TIMES
NOTED. PATTERN REMAINS
CONSISTENT THROUGHOUT.

MATTER HORN

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

2 TOES (20) + RUN

3 TYSONS

1 LYCAN UP (10) + RUN

2 TWINKLE TOES (30) + TZN

3 W.GREMLIN

1 TARASQ

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

3 PLATE PUSH

1 STAT W. SQUAT (10) + TZN

2 POTTY SHOT HOPS

3 EN GARDE

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

2 REV PLATE PUSH

3 INFINITY (20) + RUN

1
122
12333
1234444
123455555

VERTEX

1. BENCHED (30) + TZN

2. REV BULLDOG

3. SQUAT JUMPS (10) +RUN

4. BULLY

5. SAPP

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

FADED 2

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

2. M.F.T.

3. YIKES!

4. G.B.D. (15) + RUN

5. BOVINE

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

7. TYPHON

8. SWAGGIN 1:1

9. MONKEY

10. TWO-STEP (20) + RUN

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	



ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

REV MTN 2

1-10
1-8
1-6
1-4
1.2

1. QUICK FT. (20) + RUN

2. EN GARDE

3. MT. CLIMB (20) + RUN

4. W. GREMLIN

5. INFINITY (20) + RUN

6. SQUAT JUMPS (10) + RUN

7. MIEL'S WHEELS

8. SAWED OFF (10) + TZN

9. MONTAUK
10. BAYOK (6) + RUN

11
22
33
44...

CENTAUR 2

1. SLING SHOT 3-2-4-2-3-1
2. DENSER 2-1-3-1-4-1
3. BONSAI 3-1-4-2-4-1
4. WARRIOR LUNGE
5. GRIFTER (8) + SA PP
6. SCALAWAG
7. BULLDOG
8. TIPPY-TAP
9. TYPHON
10. 90° PISTON (10) + TZN
11. TAUNTAUN
12. SL GORGON PUSH UP (8) +RUN
13. DIABLO
14. GROWLER
15. STAT. SWAG (20) +TZN

PLATE PUSH, TASK
PLATE PUSH, TASK...

GAUNTLET

1. MANTIS (8) + RUN
2. SPIKES
3. SL OGRE'S (10) + TZN
4. TALL ORDER 6+
5. REV VIPER
6. JAGGER (12) + RUN
7. O-PINNED 2-1-3-1-4-1
8. RUMP ROAST
9. STORK (20) + TZN
10. SL INCH WORM
11. TROG
12. YETI



SLOPE

ZEN-LISTS

- 1-4 1. HOT COALS (10) + RUN
- 1-4 2. EN GARDE 1X
- 5-8 3. BANDIT (20) + RUN
- 5-8 4. YIKES!

- 1-4 5. SQ. JUMP (10) + RUN
- 5-8 6. GALLOW 2-1-4-3-4-1
- 9-12 7. CURL WALK 6+ 2X
- 9-12 8. REV GROWLER

- 9-12 9. STAT TRIFECTA (6) + TZN
- 10. PINNED 2-1-3-1-4-1
- 11. MOGUL PUSH 3X
- 12. SLAP JACK

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

SHRINKING

- 1. JACK ASS
- 2. B. LUNGE
- 3. KOBOLD
- 4. INFINITY (20) + RUN
- 5. SWAGGIN 1:1
- 6. YETI
- 7. VEXUM
- 8. BULLSHIT

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

UPLIFT

- 1. SUE-STEP MADNESS 10
- 2. ROW STROLL 6+
- 3. TARASQ
- 4. CUJO (L)

1-4
1-3
1-2
1

REV MTN

- 1. APE SHOOT!
- 2. JABBERWOCKY
- 3. GRECO
- 4. REV GATOR to 3



SLOPE

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

MTN2

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

3. EN GARDE
4. PLATE SHAKE 9+

5. JIGGY (20) + RUN
6. ALI 22+

7. OGRE (10) + TZN
8. CYCLONE (12) + TZN

9. FLYING MONKEY
10. PROWLER (L)

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

PERFORM EACH TASK NUMBER
OF TIMES INDICATED IN
CHECKLIST FASHION

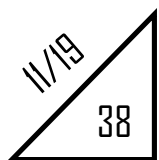
CHAOS

- 4 BANDIT (20) + RUN
- 3 ROW STROLL 6+
- 2 SUICIDE 2-1-3-1-4-4
- 1 OZARK 2-1-3-1-4-1
- 3 SQUONQ
- 2 SKULLS (10) + TZN
- 4 VIP (10) + RUN
- 1 BULLY
- 1 SL INCH WORM
- 2 TROG
- 3 HIKES
- 3 JAGGER (12) + RUN

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

CAVITY

1. MONTAUK
2. HALO 2-1-3-1-4-1
3. DELAURA
4. GATOR TO 3
5. DEVASTATOR 6
6. CURL MADNESS 3
7. DIABLO
8. PEG LEG (8) + RUN
9. MOGUL (20) + RUN
10. BULLDOG



SLOPE

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

MESA

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

1. BONSAI 3-1-4-2-4-1
2. SKATES
3. MT. CLIMB (20) + RUN
4. TYSONS
5. TRUMPET 9+
6. RIBBITS (10) + RUN
7. MUGGER (12) + RUN
8. CYCLONE (12) + TZN
9. KOBOLD
10. MIEL'S WHEELS
11. RDL (8) + TZN
12. ROTATING SQUAT

1. GREMLIN
2. BEAR
3. POTTY SHOTS
4. F. LUNGE
5. THRASHER
6. BOVINE
7. SWASHBUCKLER
8. MASTODON
9. CURL WALK 6+
10. WALRUS
11. TURKEY
12. BULLDOZER

PERFORM EACH TASK TWICE
 FORWARD TASK TO 4, REV TASK TO 1
 FORWARD TASK TO 4, REV TASK TO 1

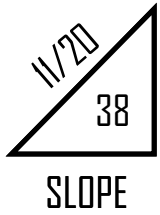
RED RUM

- REV GREMLIN
- REV BEAR
- HIKES
- B. LUNGE
- TORO
- REV BOVINE
- PIRATE
- REV MASTODON
- TRIFECTA 6+
- REV PLATE PUSH
- BUTT KICKS
- DIABLO

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

=IBRIOUS

1. MOGUL (20) + RUN
2. GRYPHON (8) + PUSH
3. PARATROOP (10) + RUN
4. TROG
5. BUCK UPS
6. TYPHON



ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

1-12
12-1 **U**

1. SHUTTLE RUN 3-2-4-2-3-1
2. V-STEP (10) + RUN
3. SKATES
4. HOT COALS (10) + RUN
5. MUGGER (12) + RUN
6. SAWED OFF (10) + TZN
7. SQ. JUMP (10) + RUN
8. STAT, SWAG (20) + TZN
9. RAMBO (10) + RUN
10. GORGON (8) + RUN
11. ENFORCER
12. KITCHEN SINK (10) + TZN

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

EL CYCLE

1. RAZOR
2. STAT. CURL (6) + TZN
3. KOBOLD
4. SQ. THRUST (10) + RUN
5. REV PLATE PUSH

PERFORM AS A CHECKLIST
DO EACH TASK NUMBER OF TIMES LISTED

CHAOS

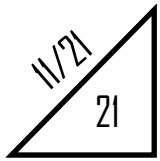
- 2 REV BEAR
- 4 HIKES
- 1 SHALO 1:1
- 3 MOGUL (20) + RUN
- 2 SQUANTOES (20) + RUN
- 1 HANG (10) + RUN
- 3 PRIMATES 4-1-3-1-2-1

4 W. GREMLIN

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

SPLIT-FADE

1. MATTADOR
2. CYCLONE (12) + TZN
3. EN GARDE
4. CURL PRESS 5+
5. CRAZY LEGS
6. 313
7. BUZZARD
8. BUCKS
9. GROWLER
10. BONSAI 3-1-4-2-4-1



SLOPE

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

MTN2

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

3. SWAGGIN 1:1
4. EN GARDE

5. PLATE SHAKE 9+
6. SQ. JUMP (10) + RUN

7. BANDIT (20) + RUN
8. REV BEAR

9. SL BUCKS
10. JACK BOX

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

CROSS-FIRE

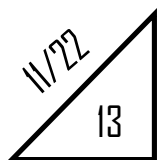
ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

1. HIGH Xs
 2. BUZZARD
 3. PRIMATES 4-1-3-1-2-1
 4. CYCLONE (12) + TZN
- A. MIEL'S WHEELS
 - B. K.O.D. (20) + TZN
 - C. PETRA

1-20
20-1

U-TURN

1. TURKEY
2. TALL ORDER 6+
3. SWASHBUCKLER
4. HIKES
5. QUICK FT. (20) + RUN
6. BULLY
7. MT. CLIMB (20) + RUN
8. MASTODON
9. NEAPOLITAN
10. MANTIS (8) + RUN
11. SKATES
12. RAMPANT (10) + RUN
13. B.O.R. (15) + TZN
14. OZARK
15. KNEELING CURL (6) + TZN
16. W. GREMLIN
17. SQUANTOES (20) + RUN
18. RIBBITS (10) + RUN
19. OGRE (10) + TZN
20. SA DIABLO



SLOPE

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

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

MTN3

1. TROG
2. YETI
3. MT. CLIMB (20) + RUN

4. RDL (8) + TZN
5. W. GREMLIN
6. TWO-STEP (20) + RUN

7. SHOT PUT
8. APE SHOOT!
9. BONSAI 3-1-4-2-4-1

10. VEXUM
11. TYSONS
12. GRIFTER (8) + SAPP

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

EL CYCLE

1. CHICKIN 2-1-3-1-4-1
2. GIMPY DOG
3. MONGOOSE
4. KITCHEN SINK (10) + TZN

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

CENTAUR2

1. TIP-TOES (20) + RUN
2. PUSH UP (10) + RUN
3. POTTY SHOT
4. RAMBO (10) + RUN
5. STAMPEDE
6. SUPP (10)
7. BENCHED (30) + TZN
8. SKUFFLE
9. JACKALOPE
10. BUTT KICKS
11. SLIGER
12. SUICIDE 2-1-3-1-4-1
13. SA PP
14. GARGOYLE
15. QUICKSAND Ⓛ

REPTILIAN

1-6, 7A
1-6, 7B
1-6, 7C
1-6, 7D

1. EN GARDE
2. SKATES
3. V-STEP (10) + RUN
4. PLATE SHAKE 9+
5. ALI 22+
6. KOBOLD

- 7A. GORGON (8) + RUN
- 7B. DEATH ROW 2-1-3-1-4-1
- 7C. ANACONDA
- 7D. TORO



SLOPE

WARMUP MTN

1. BUTT KICKS
2. EN GARDE
3. MOGUL (20) + RUN
4. KOBOLD

STUFFING

1. PLATE SHAKE 9+
2. ROW STROLL 6+
3. CURL WALK 6+
4. TALL ORDER 6+

CORN

1. BULLDOG
2. GROWLER
3. VIPER
4. MONGOOSE

MAC N CHEESE

1. PUSH UP (10) + RUN
2. GORGON (8) + RUN
3. SL OGRE (10) + TZN
4. SUPP 10

THE FEAST

GREEN BEANS

1. XPP
2. SA P.P.
3. CRAZY LEGS
4. PLATE PUSH

MASHED POTATOES

1. F. LUNGE
2. O-PINNED 2-1-3-1-4-1
3. GBD (15) + TZN
4. KIT. SINK (10) + TZN

PUMPKIN PIE

1. HACK-IT
2. ANACONDA
3. REV INCH
4. REVIVAL

ETS

JUNKIES

PROS

ELEVATE THROUGH WORDS OF POSITIVITY

GRAVY

1. TOUCAN (20) + TZN
2. SAWED OFF (10) + TZN
3. B.D.R. (15) + TZN
4. CRAISE (20) + TZN

CRANBERRY SAUCE

1. HIKES
2. APE SHOOT!
3. BULLY
4. TARASQ

TURKEY

1. TURKEYS
2. TURKEYS
3. TURKEYS
4. TURKEYS

Start with the warm up MTN.

Then, perform The Feast as a traditional "Barn Burner"

First time through, select one task from each section, perform it 1x.

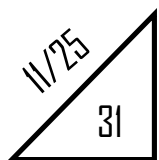
Second time, select a different task, perform it 2x.

Third time, yet another different task, perform it 3x.

Fourth time, perform the remaining task 4x.

Order goes:

Stuffing > Green Beans > Gravy
Corn > Mashed > Cranberry
Mac n Cheese > Pie > Turkey



SLOPE

III
222
333...

A.

CENTAUR3

1. RUN
2. SKIPS
3. SKATES
4. TURKEY
5. SUE-STEP (20) + RUN
6. MOGUL (20) + RUN
7. HOPSCOTCH
8. X PP
9. MONKEY
10. PISTON (10) + TZN
11. 45°
12. BUCKS

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

1. GROWLER
2. CYCLONE (12) + TZN
3. JIGGY (20) + RUN
4. BANDIT (20) + RUN
5. DELAURA
6. SUICIDE 2-1-3-1-4-1

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

C.

CROSS-FIRE

1. 3 PT. STANCE
2. MIEL'S WHEELS
3. CURL PRESS 5+
4. CROAKIN
5. SL MANTIS (8) + RUN
6. PRIMATES 4-1-3-1-2-1

B.

XION2

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

- A. SAWED OFF (10) + TZN
- B. ALT. SQUONQ
- C. INFINITY (20) + RUN
- D. PUSH UP (10) + RUN
- E. POTTY SHOT
- F. M.F.T.

- A. CRAZY LEGS
- B. RESURRECTION



SLOPE

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

REPTILIAN

1. SHUFFLE
2. QUICK FT. (20) + RUN
3. W. GREMLIN

- 4A. TOES (20) + RUN
- 4B. MOGUL (20) + RUN
- 4C. SUPP (10)
- 4D. REV VIPER
- 4E. SQ. THRUST (10) + RUN
- 4F. SLUSKI
- 4G. BRDG BENCHED (30) + TZN

COMPLETE IN A CHECKLIST MANNER PERFORMING EACH TASK AS MANY TIMES NOTED.

CHAOS

- 2 DIABLO
- 1 WIZARD
- 4 TYSON
- 1 SWASHBUCKLER
- 2 ROW STROLL 6+
- 3 RAMBO (10) + RUN
- 1 O-B.O.R. (10) + TZN
- 4 APE SHOOT!
- 2 SHWAGGIN 1:1
- 1 TOP SHELF (8) + TZN
- 3 YETI
- 2 LUMBERJACK (8) + RUN
- 2 MANTIS (8) + RUN
- 1 HAMSTRUNG

PUSH, TASK, TASK
 PUSH, TASK, TASK
 PUSH, TASK, TASK...

EVERY OTHER GAUNTLET

- PLATE PUSH
- 1. DENSER 2-1-3-1-4-1
- 2. MONGOOSE
- PLATE PUSH
- 3. REV PLATE PUSH
- 4. TIPPY-TAP
- PLATE PUSH
- 5. ARACHNID
- 6. VEXED (10) + RUN
- PLATE PUSH
- 7. CHICKIN 2-1-3-1-4-1
- 8. SLALOM
- PLATE PUSH
- 9. TORO
- 10. BULLY
- PLATE PUSH
- 11. DEVIL
- 12. TROG

1-4
 2-4
 3,4
 4

FADED

1. JABBERWOCKY
2. TALL ORDER 6+
3. RIBBITS (10) + RUN
4. REVIVAL

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	



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

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

MTN2

1. TWO-STEP (20) + RUN
2. EN GARDE

3. HOT COALS (10) + RUN
4. RAMPAGE (12) + RUN

5. PLATE PUSH
6. KNEELING SWAG (15) + TZN

7. SPEED SKATES (20) + RUN
8. AMAROK

9. DEMONIC (6) + TZN
10. SL GORGON (8) + RUN

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

MID-REPTILIAN2

1. BANDIT (20) + RUN
2. APE SHOOT!
3. TARASQ

- 4A. GRECO
- 4B. G.B.D. (15) + RUN
- 4C. O-B.O.R. (10) + TZN
- 4D. TUCKS (10) + RUN

5. CRAZY LEGS
6. SHUTTLE RUN 3-2-4-2-3-1
7. GROWLER

PERFORM AS A CHECKLIST
DOING EACH TASK NUMBER
OF TIMES NOTED. PATTERN IS
UNIFORM THROUGHOUT.

MATTERHORN

- 3 MT. CLIMB (20) + RUN
- 2 ALI 22+

- 1 LOWLY (10) + RUN

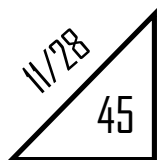
- 3 RAMBO (10) + RUN
- 2 SCURL 1:1
- 1 RAZOR

- 3 TALL ORDER 6+
- 2 REV BULLDOG
- 1 WALRUS

- 3 SQUONQ
- 2 HANG MADNESS6
- 1 CHICKIN 2-1-3-1-4-1

- 3 SLAP JACK
- 2 CURL WALK 6+
- 1 NEAPOLITAN

- 3 YIKES!
- 2 SA PP
- 1 JOUNCE 2-1-3-1-4-1



SLOPE

1-5 warm up
6-20 in any order

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

TO-DO LIST

- | | |
|------------------------|---------------------------|
| 1. HIGH XS | 11. STATARASQ (16) + RUN |
| 2. EN GARDE | 12. GALLOWS 2-1-4-3-4-1 |
| 3. INFINITY (20) + RUN | 13. BOVINE |
| 4. TYSONS | 14. KOBOLD |
| 5. SWAGGIN 1:1 | 15. ZOOKEEPER |
| 6. HACK-IT | 16. STAMPEDE |
| 7. STORK (12) + TZN | 17. QUICK FT. (20) + RUN |
| 8. VIP (10) + RUN | 18. RDL (8) + TZN |
| 9. WARRIOR | 19. CYCLONE (12) + TZN |
| 10. DELAURA | 20. JUNKIE JUMP (8) + RUN |

MTN3

- 1-3
1-6
1-9
1-12
1. MT. CLIMB (20) + RUN
 2. DECALF
 3. HIKES

 4. W. STAT. SQ. (10) + TZN
 5. ROW STROLL 6+
 6. JIGGY (20) + RUN

 7. TROMBONE 6+
 8. W. CROOK
 9. CHIMP (8) + RUN

 10. KAMIKAZE 4-3-4-2-4-1-4-1
 11. VENOM
 12. GATOR TO 3

DARK SIDE

- | | | |
|-------------|------------------------|------------------|
| 1,2,3,4,5,6 | 1. RIBBITS (10) + RUN | CROAKIN |
| 1,2,3,4,5,6 | 2. MOGUL (20) + RUN | MOGUL MADNESS 10 |
| 1,2,3,4,5,6 | 3. F. LUNGE | W. LUNGE |
| 1,2,3,4,5,6 | 4. PISTON (10) + TZN | 90° (10) + TZN |
| 1,2,3,4,5,6 | 5. LYCAN UP (10) + RUN | FLYING MONKEY |
| 1,2,3,4,5,6 | 6. CURL WALK 6+ | CURL PRESS 5+ |



SLOPE

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

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

CENTAUR2

1. EN GARDE
2. SKIPS
3. SWAGGIN 1:1
4. RIBBITS (10) + RUN
5. CYCLONE (12) + TZN
6. APE SHOOT!
7. VEXUM
8. D-PINNED 2-1-3-1-4-1
9. VIP (10) + RUN
10. F. LUNGE
11. BULLFROG
12. MIM 3-2-4-2-3-1

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

MTN4

1. BONSAI 3-1-4-2-4-1
2. ALI 22+
3. TRIFECTA 6+
4. SUE-STEP (20) + RUN

5. DEATH ROW 2-1-3-1-4-1
6. X PP
7. CROAKIN
8. MIEL'S WHEELS

9. KNEELING CURL (6) + TZN
10. OGRE (10) + TZN
11. RDL (8) + TZN
12. 313

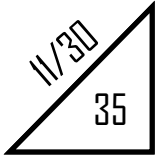
13. BULLDOZER
14. OFFERING
15. SHALO 1:1
16. HIKES

Perform a mongoose before each task.
On the turn the order should go:
Mongoose, Alt Squonq,
Mongoose, Alt. Squonq,
Mongoose, Bucks...

1-8
8-1

MONGOOSE U-GAUNTLET

1. TAKE OFF!
2. W. CROOK
3. REV PLATE PUSH
4. POTTY SHOT
5. BOULDER
6. TALL ORDER 6+
7. BUCKS
8. ALT. SQUONQ



SLOPE

SERPENT

ETS	
JUNKIES	PROS
ELEVATE THROUGH WORDS OF POSITIVITY	

1

2

3

4

11, 22, 33, 44
44, 33, 22, 11

CENTAUR2
U-TURN

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

MTN

1-3

2-4

MESA

1-4

2-4

3,4

4

FADED

1,2,1,3,4

4,3,4,2,4,1

2,3,

3,2

=ATERAL

PUSH, TASK

PUSH, TASK...

GAUNTLET

SHUFFLE	SQ. JUMP (10) + RUN	SWAGGIN 1:1	HIKES
YETI	RAMBO (10) + RUN	PUSH UP (10) + RUN	POGOTO (6) + TZN
SLAP JACK	TWISTED	HALO 2-1-3-1-4-1	REV B.N.C.
CROOK	HANG (10) + RUN	B.D.R. (15) + TZN	POTTY SHOT
SKUFFLE	SL TOES (20) + RUN	SKULLS (10) + TZN	INCH WORM
TWEAKER (L)	W. STAT LUNGE (8) + TZN	CURL MADNESS3	ANACONDA