

# HOW TO READ THE MOTHERBOARD

Circuit keys show the order in which to perform tasks.

The date of this Motherboard and the SLOPE difficulty rating.

Circuit title.

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

HYBRID2

MESA2

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

EQUALATERAL

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

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

Minimum rep count indicator; used for certain traveling tasks.

"Ladder Tasks are indicated by this symbol.

# FOLLOW THE BOARD, NOT THE HERD.

Whether you're a newbie, an experienced veteran or a Pro, this precept holds value applicable to every level. For the newbie, it highlights the importance of learning the language, forms and progressions of Syphus directly from the Pro rather than observing and interpreting on-the-fly from turfmates going alongside. For the more experienced Junkie, it's a reminder to stay in your lane. And for the Pros, it is an opportunity to lead by example, to instill this message on day one and to reiterate it to those in need of a reminder.

THE BOARD	THE HERD
<ul style="list-style-type: none"> <li>Learn the language quickly</li> <li>Commit circuit progressions to memory</li> <li>Ask the Pros for form demos</li> <li>Quicker task recall</li> <li>Become self-sufficient</li> <li>Less likely to let the pace or the form of others dictate their own</li> </ul>	<ul style="list-style-type: none"> <li>Have a longer learning curve</li> <li>Learn from others on the turf</li> <li>May follow someone with poor form</li> <li>May follow someone doing the incorrect order</li> <li>More likely to try and "keep up with traffic"</li> <li>Unlikely to lead/progress to the next level if they have to wait for others to show them (performance hinges on the group)</li> </ul>
<ul style="list-style-type: none"> <li>Ability to "stay in their lane" AKA "Blinders"</li> <li>Unaware/not concerned by the pace, form or score of others</li> <li>Have a truer gauge of their own performance (ie. A score that is more accurate to the individual)</li> <li>Ability to separate themselves from the group (both in terms of focus and in competitions)</li> <li>Ability to enter "Flow State" easier</li> <li>Learn to notice and correct their own form</li> <li>Undeterred by plateaus or even dips in score</li> <li>Have a sense of seriousness to their workout</li> <li>In tune with their bodies and rest as needed</li> </ul>	<ul style="list-style-type: none"> <li>Compare/Vary their pace to others</li> <li>Compare/Vary their form to others</li> <li>Compare performance (scores) with others</li> <li>Are critical of other turfs' form or performance</li> <li>Complain or gossip on the form of others</li> <li>Verbally complain about the workout during it</li> <li>Talkative/idle convos during workouts</li> <li>May taunt others; jokingly or not</li> <li>Can be self-deprecating</li> <li>More likely to hit plateaus or ruts (score illusion)</li> <li>May risk injury "trying to keep up"</li> <li>May risk injury without realizing proper form</li> </ul>

N E W B I E S V E T E R A N S

## WAYS TO AVOID FOLLOWING THE HERD

JUNKIES	PROS
<p>Stay in your lane. Keep blinders on.</p> <p>If you're lost, ask the Pro for direction.</p> <p>Pay attention to the words you vocalize; are they rooted in comparison? Do they need to be said? Catch yourself!</p> <p>If you get caught in cross talk or feel the tug of competition taking over, try to recenter yourself. Block it out. Focus on the board. It helps.</p> <p>If you're one who leads the pack or finishes boards, you have the DUTY to exemplify great form. There will always be a Herd following the leader. Do your part by not leading them astray.</p>	<p>Do not spoonfeed the newbies. Let them try to recall the next task on their own, first.</p> <p>If you need to correct one's form, explain why. Differentiation is critically important. That is, when a member does a Gimpy Dog instead of Bargyle, or Venom rather than Viper, explain the differences to them. And ALWAYS repeat the name of the task after; this will help them recall in the future.</p> <p>Use any tricks or helpful mnemonic devices to explain or differentiate between tasks. (Storks take the baby out of the oven)</p> <p>The titles of most circuits allude to the progressions they contain; if you're able to connect this logic to the members while explaining the day's workout, you'll find that it "sinks in" much better. Don't know how the title correlates? Ask Hacklet!</p> <p>The BEST Pros have the qualities of an NFL referee and a PGA caddy. You never really notice refs on the ice until a call is made; they're agile, elusive and yet always right where they need to be. Caddies aid their player with wisdom and deliver it in a calm suggestive way...at the end of the day, it is the golfer who plays the shot (form).</p>



SLOPE

ETS

**FOLLOW THE BOARD, NOT THE HERD.**

# MINI GAUNTLETS

PERFORM THE TASK LISTED IN THE HEADING OF EACH GROUPING BETWEEN EACH TASK IN THE GROUPING.  
(ie. SPRINT, 1, SPRINT, 2, SPRINT, 3, SPRINT, 4, SPRINT, 5, SPRINT, 6)

## SPRINT

1. SHUFFLE
2. TOES (20) + RUN
3. MOGUL (20) + RUN
4. PLATE SHAKE 9+
5. W. CROOK
6. COALITION (10) + TZN

## KOBOLD

1. FLAMINGO (6) + TZN
2. XPP
3. ALI 22+
4. MUGGER (12) + RUN
5. PUSH UP (10) + RUN
6. BUCKS

## MONTAUK

1. INFINITY (20) + RUN
2. HAG 1:1
3. 45°
4. APE SHOOT!
5. GIMPY DOG
6. INCH WORM

## YIKES!

1. GALLOW 2-1-4-3-4-1
2. BULLY
3. MIEL'S WHEELS
4. SCORPION TO 3/BACK
5. SQUANTOES (20) + RUN
6. JOHNNY APPLESEED

## TWISTED

1. SKIPS
2. PEG LEG (8) + RUN
3. SL BRD BENCH (15) + TZN
4. REV BEAR
5. PINNED 2-1-3-1-4-1
6. LYCAN (10) + RUN

## SWAGGIN 1:1

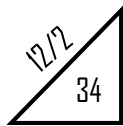
1. UNLEASHED
2. SWASHBUCKLER
3. GRYPHON (8) + PUSH
4. TURKEY
5. TALL ORDER 6+
6. JACKAL

## VIPER

1. OFFERING
2. LUMBERJACK (8) + RUN
3. RDL (8) + TZN
4. SLALOM
5. SPIKES
6. KOD (20) + TZN

## REV ARACHNID

1. WARLOCK
2. V-STEP (10) + RUN
3. EN GARDE
4. STORK (12) + TZN
5. POTTY SHOTS
6. STAMPEDE



SLOPE

# SLIDE-PIECE

PERFORM EACH SECTION AS A CHECKLIST IN THE FOLLOWING ORDER: ABC, BCA, CAB

ETS

FOLLOW THE BOARD, NOT THE HERD.

A.

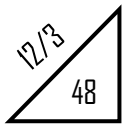
1. BONSAI 3-1-4-2-4-1
2. W. GREMLIN
3. QUICK FT. (20) + RUN
4. MOWGLI (12) + RUN
5. PLATE SHAKE 9+
6. STIGMATA (10) + RUN
7. RIBBITS (10) + RUN
8. HIKES
9. MIEL'S WHEELS
10. XPP

B.

1. TIP-TOES (20) + RUN
2. GARGOYLE
3. VEXED (10) + RUN
4. SHALD 1:1
5. TROG
6. BALL N CHAIN
7. SKULLS (10) + TZN
8. HOT COALS (10) + RUN
9. MANTIS (8) + RUN
10. REV PLATE PUSH

C.

1. TAUNTAUN
2. MASTODON
3. TOUCAN (20) + TZN
4. SUPP 10
5. OHNO (12) + RUN
6. KIT. SINK (10) + TZN
7. JIGGY (20) + RUN
8. VEXUM
9. SHWAGGIN 1:1
10. PRIMATES 4-1-3-1-2-1



SLOPE

11, 22, 33...

# CENTAUR2

ETS

FOLLOW THE BOARD, NOT THE HERD.

1.MT. CLIMB (20) + RUN

2.SUE STEP (20) + RUN

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

4.W GREMLIN

5.INFINITY (20) +RUN

6.PLATE SHAKE 9+

7.BANDIT (20) + RUN

8.POTTY SHOT

9.TROG

10.MONTAUK

11.HALO 2-1-3-1-4-1

12. MANTIS (8) + RUN

13. W STAT SQUAT (10) + TZN

14. INCHWORM

15. MONGOOSE

16. TRIFECTA 6+

17. BENCHED (30) + TZN

18. CROOK

19. GRIFTER (8) + SAPP

20. BULLDOG

21. 3 PT STANCE

22. PINNED 2-1-3-1-4-1

23. PEGLEG (8) + RUN

24. ANACONDA

25. BEAR

26. STAT CURL (6) + TZN

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

28. KOBOLD

29. KOD (20) + TZN

30. DELAURA

31. SKULLS (10) + TZN

32. PETRA

33. CRAISE (20)

34. NEAPOLITAN

35. VIPER

36. SKY HIGH 1-4-1

37. BUCKS

38. RDL (8) + TZN

39. SUICIDE 2-1-3-1-4-1

40. SAPP

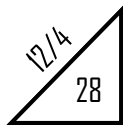
41. ROW STROLL 6+

42. 90° (10) + TZN

43. KITCHEN SINK (10) + TZN

44. BOVINE

45. PLATE PUSH



SLOPE

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

## MTN3

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

---

4. STAT TYSON (20) + RUN
5. ROW STROLL 6+
6. RAMPANT (10) + RUN

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7. BANDIT (20) + RUN
8. CRAZY LEGS
9. PEG LEG (8) + RUN

---

10. PETRA
11. RESURRECTION
12. TYPHON

**ETS**  
FOLLOW THE BOARD, NOT THE HERD.

CRAWL, TASK,  
CRAWL, TASK...  
NO REPEATING A CRAWL

## ANY CRAWL GAUNTLET

1. SAWED OFF (10) + TZN
2. HAG 1:1
3. SA P.P.
4. DEVIL
5. POTTY SHOT
6. K.O.D. (20) + TZN
7. PUSH UP (10) + RUN
8. CHICKIN 2-1-3-1-4-1
9. C.H.B.
10. BUZZARD
11. TROG
12. GALLOW 2-1-4-3-4-1

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

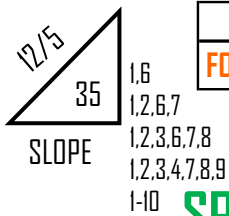
## EL CYCLE

1. SL BUCKS
2. CHIMP (8) + RUN
3. BULLY
4. CRAISE (20) + TZN

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

## EQUALIBRIOUS

1. SLAP JACK
2. HANG (10) + RUN
3. VIP (10) + RUN
4. CYCLONE (12) + TZN
5. PLATE PUSH



## SPLIT-PEAK

1. HOT COALS (10) + RUN
2. KOBOLD
3. TRUMPET 9+
4. JAGGER (12) + RUN
5. B. LUNGE
6. SWAGGIN 1:1
7. MT. CLIMB (20) + RUN
8. MONTAUK
9. RAZOR
10. GBD (15) + RUN

<b>ETS</b>
<b>FOLLOW THE BOARD, NOT THE HERD.</b>

Perform the forward task to line 4 and the reverse task to line 1. Repeat so that each task is performed once. 11,22,33...

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> <li>6.</li> <li>7.</li> <li>8.</li> </ol> | <p style="text-align: center;"><b>RED-RUM</b></p> <p><b>BEAR</b>   <b>REV BEAR</b></p> <p><b>POTTY SHOT</b>   <b>HIKES</b></p> <p><b>VIPER</b>   <b>REV VIPER</b></p> <p><b>PLATE PUSH</b>   <b>REV PLATE PUSH</b></p> <p><b>SQUONQ</b>   <b>SCALAWAG</b></p> <p><b>SHOT PUT</b>   <b>TORO</b></p> <p><b>DELAURA</b>   <b>DIABLO</b></p> <p><b>POUNCER (10) + RUN</b>   <b>REV POUNCER (10) + RUN</b></p> |
|--|---|

## CHECKLIST(3)

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1. APE SHOOT!</li> <li>2. GARGOYLE</li> <li>3. TROG</li> <li>4. OFFERING</li> <li>5. MONKEY</li> <li>6. BANDIT (20) + RUN</li> <li>7. MIEL'S WHEELS</li> <li>8. STORK (12) + TZN</li> </ol> | <ol style="list-style-type: none"> <li>9. BALL N CHAIN</li> <li>10. SPIKES</li> <li>11. HALO 2-1-3-1-4-1</li> <li>12. CRAY-CRAY</li> <li>13. SKULLS (10) + TZN</li> <li>14. PEG LEG (8) + RUN</li> <li>15. AMAROK</li> </ol> |
|--|--|

1-15  
1-15  
1-15



**ETS**  
**FOLLOW THE BOARD, NOT THE HERD.**

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

## MTN3

1. BULLY
2. HOT COALS (10) + RUN
3. SLAP JACK

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4. RAMPAGE (12) + RUN
5. HALO 2-1-3-1-4-1
6. RAMBO (10) + RUN

---

7. ABD. FLAMINGO (6) + TZN
8. GRYPHON (8) + PUSH
9. TARASQ

---

10. POTTY SHOT
11. B.N.C.
12. JACK ASS

---

13. GROWLER
14. DEVIL
15. STAMPEDE

1-15

## CHECKLIST

1. SUICIDE 2-1-3-1-4-1
2. JABBERWOCKY
3. SPIKES
4. OGRE (10) + TZN
5. TURKEY
6. TORO
7. PINNED 2-1-3-1-4-1
8. HAMSTRUNG
9. VIP (10) + RUN
10. GATOR TO 3
11. SKUFFLE
12. ROW STROLL 6+
13. CROAKIN
14. X PP
15. TWEAKER (L)

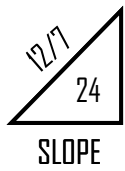
1A, 1B, 1C  
2A 2B, 2C  
3A, 3B, 3C  
4A, 4B, 4C  
5A, 5B, 5C

## CROSS-FIRE

1. TIP-TOES (20) + RUN
2. TYSONS
3. BEAR
4. 45°
5. GORGON PUSH UP (8)  
+ RUN

- A. W. GREMLIN
- B. STAT SWAG (20) + TZN
- C. YIKES!





**ETS**  
**FOLLOW THE BOARD, NOT THE HERD.**

1-4  
1-8  
1-12

## MTN4

11  
22  
33...

## CENTAUR2

1. SUE-STEP (20) + RUN
2. POTTY SHOT
3. JACKALOPE
4. BULLY
5. VENOM
6. SLUSKI
7. SKATES
8. BENCHED (30) + TZN
9. GALLOW 2-1-4-3-4-1
10. GRECO
11. RAMPANT (10) + RUN
12. JUNKIE JUMP (8) + RUN
13. RDL (8) + TZN
14. BUCKS
15. AMAROK

1. STAMPEDE
2. PINNED 2-1-3-1-4-1
3. PRIMATES 4-1-3-1-2-1
4. APE SHOOT

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5. BUZZARD In site as Fuzzard. Do Buzzard.
6. SHUTTLE RUN 3-2-4-2-3-1
7. SUPP (10)
8. ALT. SQUONQ

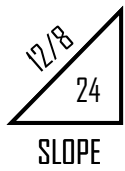
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9. GIMPY DOG
10. HALO 2-1-3-1-4-1
11. BANDIT (20) + RUN
12. SCORPION to 3/BACK

## RIPPLED

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE
3. SWAGGIN 1:1
4. RAMBO (10) + RUN
5. ENFORCER
6. YIKES!
7. CURL PRESS 5+
8. TWO-STEP (20) + RUN
9. OGRE (10) + TZN
10. SLING SHOT 3-2-4-2-3-1

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



## EXPANDING

1. SPIKES 5,6

4-7

2. BOULDER 3-8

2-9

3. STAMPEDE 1-10

4. SWAGGIN 1:1

5. SUICIDE 2-1-3-1-4-1

6. V-STEP (10) + RUN

7. HOT COALS (10) + RUN

8. BUNYAN

9. CYCLONE (12) + TZN

10. GATOR TO 3

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

## VERTEX

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

2. BENCHED (30) + TZN

3. CRAISE (20) + TZN

4. GIMPY DOG

SEE YOUR PRO FOR EXPLANATION

## FIND MUCK

4321 PLATE SHAKE 9+

321 VIP (10) + RUN

21 POTTY SHOT

1 CUJO Ⓛ

1-10, 1-10

## CHECKLIST (2)

1. REVIVAL

2. SKUFFLE

3. SHALD 1:1

4. YETI

5. MOGUL PUSH

6. TRIFECTA 6+

7. W. ROT. SQUAT

8. SWASHBUCKLER

9. TORO

10. ALT. SQUONQ



SLOPE

1-6  
1-12  
1-18  
1-24  
1-30

## MTNG

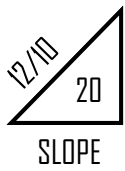
1. QUICK FT. (20) + RUN
2. GALLOP 2-1-4-3-4-1
3. COALITION (10) + TZN
4. V-STEP (10) + RUN
5. CURL WALK 6+
6. GREGORIAN (8) + RUN
7. RIBBITS (10) + RUN
8. APE SHOOT!
9. MUGGER (12) + RUN
10. MONTAUK
11. CYCLONE (12) + TZN
12. TOES (20) + RUN

13. RAMP UP (10) + RUN
14. PARATROOP (10) + RUN
15. MONGOOSE
16. BOVINE
17. MANTIS (8) + RUN
18. ROW STROLL 6+
19. HANG (10) + RUN
20. YETI
21. ANACONDA
23. OGRE (10) + TZN
24. SQ. THRUST (10) + RUN

25. TROG
26. BUCKS
27. TALL ORDER 6+
28. W. CROOK
29. WICCA
30. TAKE OFF!

ETS

**FOLLOW THE BOARD, NOT THE HERD.**



1A 1B 1C 1D  
2A 2B 2C 2D  
3A 3B 3C 3D  
4A 4B 4C 4D

## CROSS-FIRE

<b>ETS</b>
<b>FOLLOW THE BOARD, NOT THE HERD.</b>

1. SUICIDE 2-1-3-1-4-1
2. FROGREMLIN (6/4) + RUN
3. MONGOOSE
4. CYCLONE (12) + TZN

- A. STAMPEDE
- B. STAT CURL (6) + TZN
- C. TIP-TOES (20) + RUN
- D. PLATE PUSH

12, 12, 12, 12, 12  
1-4, 1-4, 1-4, 1-4, 1-4  
1-6, 1-6, 1-6  
1-8

## PEAKS X 2

### ALPS

### URAL

### SMOKY

### ROCKY

### APPALACHIAN

1. ALI 22+
2. SPD SKATES (20) + RUN
3. INCH WORM
4. GALLOW 2-1-4-3-4-1
5. BANDIT (20) + RUN
6. HANG (10) + RUN
7. DELAURA
8. TAKE OFF!

1. ROW STROLL 6+
2. BULLDOG
3. JIGGY (20) + RUN
4. HALO 2-1-3-1-4-1
5. JOUNCE 2-1-3-1-4-1
6. AMAROK

1. HIKES
2. KOBOLD
3. RIBBITS (10) + RUN
4. YETI
5. BUCKS
6. STORK (12) + TZN

1. XPP
2. MONTAUK
3. B. LUNGE
4. MIEL'S WHEELS

1. VIPER
2. PRIMATES 4-1-3-1-2-1
3. BENCHED (30) + TZN
4. DENSER 2-1-3-1-4-1

## 1-12 CHECKLIST

- |                             |              |                        |                        |
|-----------------------------|--------------|------------------------|------------------------|
| 1. KAMIKAZE 4-3-4-2-4-1-4-1 | 4. TYSONS    | 7. SUE STEP (20) + RUN | 10. PUSH UP (10) + RUN |
| 2. SHOT PUT                 | 5. REVIVAL   | 8. B.O.R. (15) + TZN   | 11. MASTODON           |
| 3. SLAP JACK                | 6. SCURL 1:1 | 9. STIGMA (10) + RUN   | 12. TWISTED            |



SLOPE  
899 ok

1-9, 1-9, 1-9

## CHECKLIST(3)

1. TWO-STEP (20) + RUN
2. TURKEYS
3. SWAGGIN 1:1
4. MT. CLIMB (20) + RUN
5. SQUONQ
6. ROW STROLL 6+
7. HIKES
8. LYCAN (10) + RUN
9. MUGGER (12) + RUN

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

## REV XION2

ETS
FOLLOW THE BOARD, NOT THE HERD.

1. OHNO (12) + RUN
2. O-B.O.R. (10) + TZN
3. F. LUNGE
4. PUSH UP (10) + RUN
5. DEVIL
- A. ENFORCER
- B. O-PINNED 2-1-3-1-4-1
- C. JUNKIE (8) + RUN
- D. SL BRDG BENCH (15) + TZN
- E. REV VIPER

## CHAOS

- PERFORM AS A CHECKLIST  
DO EACH TASK THE NUMBER  
OF TIMES LISTED
- 
- 3 W. GREMLIN
  - 1 SL INCH
  - 2 HOT COALS (10) + RUN
  - 2 SPIKES
  - 1 REV HYDRA
  - 1 RDL (8) + TZN
  - 2 CRAISE (20) + TZN
  - 4 PRIMATES 4-1-3-1-2-1
  - 1 WICCA
  - 3 REV GROWLER
  - 3 APE SHOOT!
  - 1 ARACHNID
  - 2 SQ. JUMPS (10) + RUN
  - 4 BOVINE
  - 2 ROOTED GROOT (8) + PUSH



SLOPE

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

## MTN2

1. **KAMIKAZE 4-3-4-2-4-1-4-1**
2. **EN GARDE**

---

3. **QUICK FT. (20) + RUN**
4. **TYSONS**

---

5. **HIKES**
6. **MOWGLI (12) + RUN**

---

7. **HANG (10) + RUN**
8. **HALO 2-1-3-1-4-1**

---

9. **GARGOYLE**
10. **MOGUL PUSH**

---

11. **REVIVAL**
12. **THRASHER**

1-4, 5A 5B  
1-4, 6A 6B  
1-4, 7A 7B  
1-4, 8A 8B

## REPTILIAN N+N

1. **GALLOW 2-1-4-3-4-1**
2. **KIT. SINK (10) + TZN**
3. **SAWED OFF (10) + TZN**
4. **MONKEY**

---

- 5A. **BALL N CHAIN**
- 5B. **REV BALL N CHAIN**

---

- 6A. **SWASHBUCKLER**
- 6B. **PIRATE**

---

- 7A. **HAG 1:1**
- 7B. **SKY HIGH 4-1**

---

- 8A. **MASTODON**
- 8B. **REV MASTODON**

ETS

**FOLLOW THE BOARD, NOT THE HERD.**

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

## FADED3

1. **SHUTTLE 3-2-4-2-3-1**
2. **AMAROK**
3. **BOULDER**

---

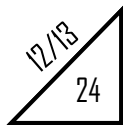
4. **BUCKS**
5. **TOUCAN (20) + TZN**
6. **BUZZARD**

---

7. **SA P.P.**
8. **MONTAUK**
9. **OGRE (10) + TZN**

---

10. **BANDIT (20) + RUN**
11. **CURL PRESS 5+**
12. **GIMPY DOG**



SLOPE

123  
234  
345  
456  
567  
678  
789  
89.10

## MESA

1. BONSAI 3-1-4-2-4-1
2. SUE STEP (20) + RUN
3. PLATE SHAKE 9+
4. BANDIT (20) + RUN
5. TYSONS
6. YIKES!
7. SCALAWAG
8. CHICKIN 2-1-3-1-4-1
9. GORGON (8) + RUN
10. VENOM

1  
121  
12321  
1234321  
123454321

## UPLIFT

1. SKY HIGH 4-1
2. MOWGLI (12) + RUN
3. REV BOVINE
4. WARRIOR
5. GRIFTER (8) + SA PP

1-4. 5A 5A  
1-4. 5B 5B  
1-4. 5C 5C

## REPTILIANZ

1. KAMIKAZE 4-3-4-2-4-1-4-1
  2. SAWED OFF (10) + TZN
  3. VEXED (10) + RUN
  4. POTTY SHOT
- 
- 5A. SUPP 10  
5B. ARACHNID  
5C. NEAPOLITAN

ETS

FOLLOW THE BOARD, NOT THE HERD.

1-10  
10-1

U

1. YETI
2. JAGGER (12) + RUN
3. RDL (8) + TZN
4. PUSH UP (10) + RUN
5. 3 PT. STANCE
6. MONGOOSE
7. ALT. SQUONQ
8. HAG 1:1
9. CRAISE (20) + TZN
10. SLING SHOT 3-2-4-2-3-1

12/14  
23

SLOPE

ETS

**FOLLOW THE BOARD, NOT THE HERD.**

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

## BODY WEIGHT MTN2

1. SUICIDE 2-1-3-1-4-1
2. TOES (20) + RUN
3. TYSONS
4. HOT COALS (10) + RUN
5. MOGUL (20) + RUN
6. ALI 22+
7. HANG (10) + RUN
8. BAYOK (6) + RUN
9. CROAKIN
10. SCORPION TO 3/BACK

1-10  
10-1

## GLUED PLATE U

1. SWAGGIN 1:1
2. TALL ORDER 6+
3. CURL WALK 6+
4. DENSER 2-1-3-1-4-1
5. SAWED OFF (10) + TZN
6. RDL (8) + TZN
7. W. CROOK
8. FLAMINGO (6) + TZN
9. KITCHEN SINK (10) + TZN
10. ROW STROLL 6+

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

## VERTEX

1. PETRA
2. APE SHOOT!
3. F. LUNGE
4. VEXUM

III  
222  
333...

## CENTAUR3

1. TURKEYS
2. MONTAUK
3. TROG
4. PUSH UP (10) + RUN
5. DIABLO
6. CURIOUS GEORGE
7. TAKE OFF!



## SLOPE

ABC  
BCD  
CDE  
DEF  
EFG  
FGH  
HJI  
IJK

**A** 1. SUICIDE 2-1-3-1-4-1**A** 2. QUICK FT. (20) + RUN

3. SHUFFLE

4. SQ. JUMP (10) + RUN

**B** 5. MT. CLIMB (20) + RUN

6. PLATE SHAKE 9+

7. HIKES

**C** 8. TIPPY-TAP

9. VENOM

10. PARATROOP (10) + RUN

**D** 11. PRIMATES 4-1-3-1-2-1

12. BRIDG BENCH (30) + TZN

## MASSIVE MESA

13. APE SHOOT!

**E** 14. TYSONS

15. PLATE PUSH

16. DIABLO

**F** 17. MONTAUK

18. PUSH UP (10) + RUN

19. SLUSKI

**G** 20. SKY-HIGH 4-1

21. REV PLATE PUSH

22. W. CROOK

**H** 23. REV BOVINE

24. UNTAMED 4-1-3-1-2-1

25. SLAP JACK

**I** 26. STAMPEDE

27. MOGUL PUSH

28. W. LUNGE

**J** 29. YAK

30. SHALD 1:1

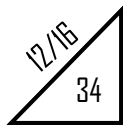
31. BUCKS

**K** 32. AMAROK

33. TAKE OFF!

ETS

FOLLOW THE BOARD, NOT THE HERD.



SLOPE

# THE MUTT

CREATED BY JEN DEMERCURIO

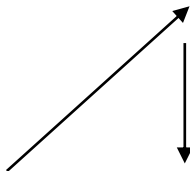


1A, 1B, 1C, 1D, 1E, 1F, 1G

1A 2A, 1B 2B, 1C 2C...

1A 2A 3A, 1B 2B 3B...

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



1 ACROSS

2 ACROSS

3 ACROSS

4 ACROSS

ETS

**FOLLOW THE BOARD, NOT THE HERD.**

	A	B	C	D	E	F	G
1	SHUFFLE	TOES (20) + RUN	SUE STEP (20) + RUN	MT. CLIMB (20) + RUN	CURL PRESS 5+	HIGH KNEES	PLATE PUSH
2	SKUFFLE	SQ. JUMP (10) + RUN	JIGGY (20) + RUN	MONTAUK	BULLY	REVBNC	ENFORCER
3	MIEL'S WHEELS	W. LUNGE	BOULDER	REV BOVINE	SL BRD SKULLS (10) + TZN	RAMPAGE (12) + RUN	GIMPY DOG
4	FLYING MONKEY	JOHNNY APPLESEED	REV PLATE PUSH	TRIPTYCH	ROW MADNESS 3 + PIN	HAMSTRUNG	TAKE-OFF!

12/17

34

SLOPE

## MOLE-HILLS

1. TWO-STEP (20) + RUN

2. SWAGGIN 1:1

3. 3 PT. STANCE

1. RAMPANT (10) + RUN

2. KOBOLD

3. TUCKS (10) + RUN

1. PLATE PUSH

2. HANG (10) + RUN

3. TWINKLE TOES (30) + TZN

1. TYSON

2. RDL (8) + TZN

3. GREGORIAN (8) + RUN

1. MONKEY

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

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

1-10, 10-1

3-8, 8-3

5,6,6,5

## EL CYCLE X2

1. SCORPION TO 3/BACK

2. SKUFFLE

3. KITCHEN SINK (10) + TZN

4. ALI 22+

5. SPEED SKATES (20) + RUN

6. MONGOOSE

7. VEXED (10) + RUN

8. JACKALOPE

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

10. WICCA

ETS

FOLLOW THE BOARD, NOT THE HERD.

11

22

33...12, 12

## CENTAUR2

1. BENCHED (30) + TZN

2. W. CROOK

3. LYCAN (10) + RUN

4. TYPHON

5. SKY HIGH 4-1

6. JABBERWOCKY

7. BUCKS

8. SA PP

9. TARASQ

10. DEVIL

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

12. TAKE OFF!



SLOPE

1-3

1-6

1-9

1-12

MTN3

**BODY WEIGHT**

1. BUTT KICKS
2. SHUTTLE RUN 3-2-4-2-3-1
3. MOGULS (20) + RUN
4. SUE-STEP (20) + RUN
5. TYSON
6. SQ. JUMP (10) + RUN
7. BANDIT (20) + RUN
8. VIP (10) + RUN
9. BEAR
10. 45°
11. TAUNTAUN
12. FROZEN CROOK8

11,22,33,44,55,66,77,88,99,10,10

1-10

**G2 TO CHECKLIST**

1. SQUONQ
2. QUICK FT. (20) + RUN
3. PUSH UP (10) + RUN
4. STAMPEDE
5. VEXED (10) + RUN
6. B. LUNGE
7. KOBOLD
8. FLYING MONKEY
9. BONSAI 3-1-4-2-4-1
10. GBD (15) + RUN

6,7

5-8

4-9

3-10

2-11

1-12

**EXPANDING**

1. PEG LEG (8) + RUN
2. REV BEAR
3. ROTATING SQUAT
4. FROZEN GREMLIN 8
5. CHIMP (8) + RUN
6. MT. CLIMB (20) + RUN
7. TURKEY
8. RAMPANT (10) + RUN
9. HOT COALS (10) + RUN
10. GORGON + PUSH UP (8) + RUN
11. MOWGLI (12) + RUN
12. TARASQ



SLOPE

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

### EQUALIBRIOUS

1. QUICK FT. (20) + RUN
2. BUTT KICKS
3. MOGUL (20) + RUN
4. PLATE SHAKE 9+
5. F. LUNGE

ETS

FOLLOW THE BOARD, NOT THE HERD.

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

### EXPANDING

1. GATOR TO 3
2. SAPP
3. TOES (20) + RUN
4. RAMBO (10) + RUN
5. SWAGGIN 1:1
6. APE SHOOT!
7. REV BULLDOG
8. TYSONS
9. SKULLS (10) + TZN
10. JOHNNY APPLESEED

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

### C2U

1. SHOT PUT
2. FLAMINGO (6) + TZN
3. PEG LEG (8) + RUN
4. HALO 2-1-3-1-4-1
5. OGRE (10) + TZN
6. W. CROOK
7. REV B.N.C.
8. POTTY SHOT
9. GALLOWS 2-1-4-3-4-1
10. BOVINE



SLOPE

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

## ZENITH

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

2. SHUFFLE

---

3. MT. CLIMB (20) RUN

4. PLATE SHAKE 9+

---

5. MONKEY

6. TALL ORDER 6+

---

7. SQ. JUMP (10) + RUN

8. CRAZY LEGS

1X

2X

3X

4X

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

## DARK SIDE

1. REV BULLDOG

2. W. GREMLIN

3. VIP (10) + RUN

4. GORGON (8) + RUN

5. SUE-STEP (20) + RUN

DIABLO

W. LUNGE

VIPER

RESURRECTION

FROGS

## MT. NEVEREST

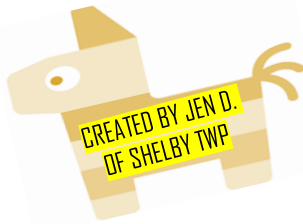
1  
1,22  
1,22,333  
1,22,333,4444

1X DECALF

2X TWISTED

3X CURL WALK 6+

4X JACKALOPE



# PIÑATA

START WITH THE ORANGE TASKS AS A CENTAUR2. CHOOSE ANY 10 TASKS TO DO, 5 WILL BE LEFT UNDONE. THEN, MOVE TO THE BLUE TASKS AND DO AS CENTAUR 3. AGAIN, ONLY CHOOSE 10 TASKS. THEN, ENTER THE PINATA AND PERFORM THE TASKS AS A CHAOS CHECKLIST.

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

HIKES

CURL WALK 6+

VEXED (10) + RUN

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

~~ANTEATER~~  
SLIGER

KOD (20) + TZN

W. GREMLIN

SAPP

CHAOS

NEAPOLITAN

TROMBONE 6+

4 STAMPEDE

5 MT. CLUMB (20) + RUN 3 SQUONO

2 GRECO

3 MONGOOSE

2 DIABLO

TIPPY-TAP

TYPHON

3 TWIZZY

2 SWAGGIN 1:1

2 CURIOUS GEORGE

BOR (15) + TZN

TOES (20) + RUN

1 CYCLONE (12) + TZN

2 BULLY

1 SKULLS (10) + TZN

F. LUNGE

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

2 B. LUNGE

2 RIBBITS (10) + RUN

MONTAUK

ROW STROLL 6+

2 TORO

1 MIM 2-3-4-2-3-1

1 VENOM

QUICK FT. (20) + RUN

MIEL'S WHEELS

FLAMINGO (6) + TZN

PISTON (10) + TZN

KOBOLD

SUE-STEP (20) + RUN

RAMPAGE (12) + RUN



SLOPE

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

## MT. NEVEREST

- 1X TOES (20) + RUN
- 2X TYSON
- 3X COALITION (10) + TZN
- 4X W. GREMLIN
- 5X XPP

1-15

15-1

U

1. MIEL'S WHEELS
2. STAT TYPHON (10) + RUN
3. STORK (12) + TZN
4. TROG
5. REV BEAR
6. YIKES!
7. YETI
8. CURL PRESS 5+
9. GIMPY DOG
10. REV PLATE PUSH
11. JAGGER (12) + RUN
12. BONSAI 3-1-4-2-4-1
13. INCH WORM
14. BANDIT (20) + RUN
15. SA DIABLO

5,6

4-7

3-8

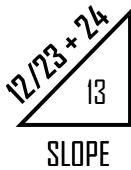
2-9

1-10

## EXPANDING

1. VEXUM
2. YAK
3. HALO 2-1-3-1-4-1
4. B. LUNGE
5. RAMBO (10) + RUN
6. APE SHOOT!
7. PUSH UP (10) + RUN
8. ALI 22+
9. GRIFTER (8) + SA PP
10. MOGUL 6 TO FROG





# STOCKING STUFFERS

Your job is to ensure all the stockings are filled equally and to fill as many as possible. Choose ANY task from the indicated classification. For scoring purposes, the order must always remain the same [1-7 and associated classification] and no repeats are allowed.

Refer to the [Complete Task Classification List](#) to verify the classification of any task. PLEASE do not do any tasks that you, or the Pros, do not know how to do. There are some tasks on here that we no longer recommend. Note: Both +Run and +Tzn can be found under the Stationary Classification.

Pros, it may be helpful to give each junkie a marker to write a dash/check on the board for each time they fill a stocking.

For scoring the following is uniform throughout on the back-end. Determine how many full stockings were completed and then add the last task(s) completed.

- 1. CURL WALK 6+
- 2. BULLDOG
- 3. QUICK FT. (20) + RUN
- 4. KOBOLD
- 5. NEAPOLITAN
- 6. FLAMINGO (6) + TZN
- 7. BALL N CHAIN

## START WITH THIS CENTAUR2 WARM-UP!

...yes, you can use these tasks in a stocking, too :-)



- 1. CARRY
- 2. CRAWL
- 3. + RUN
- 4. TRAVELING
- 5. PUSH
- 6. + TZN
- 7. DRAG



### CENTAUR2

- 1. BONSAI 3-1-4-2-4-1
- 2. TOES (20) + RUN
- 3. STAMPEDE
- 4. SWAGGIN 1:1
- 5. MOWGLI (12) + RUN



# SYPHUS TASK CLASSIFICATIONS



STATIONARY <i>+run/tzn</i>	PUSHES
TASKS PERFORMED IN THE ENDOZONE FOR A SET # OF REPETITIONS. ALSO KNOW AS +RUN, +TZN OR +PUSH. WRITTEN ON THE BOARD AS "TASK" (REP COUNT) + RUN/TZN/PUSH	EXECUTED BY PROPELLING THE PLATE DOWN THE FIELD USING <i>EITHER</i> LOWER <i>OR</i> UPPER EXTREMITIES. PLATE MUST REMAIN ON THE TURF AT ALL TIMES THROUGHOUT THE MOVEMENT.
<i>EX: MT. CLIMB (2D) + RUN, STORK (2D) + TZN, GRIFTER (8) + SAPP, RIBBIT (1D) + RUN, MANTIS (8) + RUN</i>	<i>EX: XPP, NEAPOLITAN, REV PP, JACK-ASS, M.F.T., TAKE-OFF, MIELS, GRECO, DELAURA</i>
CRAWLS	DRAGS
TRAVERSE THE FIELD USING SPECIFIC HAND AND FOOT MOVEMENTS. REQUIRES SPECIFIC TRANSFER OF BODY WEIGHT. NEVER INVOLVES A PLATE. MAINTAIN AT LEAST ONE POINT OF CONTACT WITH THE TURF AT ALL TIMES DURING THE MOVEMENT.	ALWAYS REQUIRES THE PLATE. MOVEMENT OF THE PLATE IS OFTEN IS BEING <i>DRAWN INWARD TOWARD</i> THE BODY, OR IN THE DIRECTION ONE'S BODY IS TRAVELING. THE PLATE MUST NEVER LEAVE CONTACT WITH YOUR BODY.
<i>EX: GARGOYLE, MONKEY, MONGOOSE, REV VIPER, BOVINE, HYDRA, MASTODON, YETI, SLIGER, JABBERWOCKY</i>	<i>EX: DIABLO, INCH WORM, JACKALOPE, WICCA, ARACHNID, HAMSTRUNG, B.N.C., PARLO</i>
JUMPS	CARRY
WHEN PERFORMED CORRECTLY, BOTH FEET WILL LEAVE THE TURF TO ADVANCE ONE'S SELF DOWN THE FIELD. WHILE THEY MAY NOT LEAVE THE TURF SIMULTANEOUSLY, BOTH FEET SHOULD BE IN THE AIR, AT THE SAME TIME, AT SOME POINT DURING THE MOVEMENT. A SPECIFIC "TOUCH OF THE TURF" WITH YOUR HAND(S) MAY BE REQUIRED FOR CORRECT FORM.	TRANSPORTING THE PLATE USING A SPECIFIC GRIP, PERFORMING A SPECIFIC MOVEMENT AND/OR EXECUTING A NUMBER OF REPS. UNLESS RESTING MID-TASK, THE PLATE MUST BE OFF THE TURF. MAY BE ENDOZONE-TO-ENDOZONE OR IN A PATTERN. REP COUNT/PATTERN NOTED ON THE UPPER RIGHT OF THE TASK.
<i>EX: TYPHON, ALL, TROG, TARASO, AMAROK, ANY "FLYING" TASK, THRUST to FROG, CROAKIN, HOPSCOTCH</i>	<i>EX: BULLY, CURL WALK, HALD, SCURL, W, LUNGE, W, GREMLIN, SKY-HIGH, SWAGGIN</i>
THROWS	TRAVELING
ANY TASK WHERE THE PLATE ADVANCES DOWN THE FIELD AND LEAVES CONTACT WITH ONE'S BODY. THROW MAY BE INITIATED BY YOUR HANDS <i>OR</i> FEET; PLATE MUST REMAIN IN CONTACT WITH THE TURF AT ALL TIMES. SOME TASKS MAY INVOLVE A CRAWL OR A JUMP TO RETURN TO THE PLATE, HOWEVER, IF THE PLATE IS RELEASED, IT IS DEEMED A THROW.	ANY MOVEMENT WITHOUT THE USE OF THE PLATE. USUALLY REQUIRES A SPECIFIC POSTURE AND/OR HAND MOVEMENT(S) WHILE PERFORMING.
<i>EX: HIKES, BUCKS, ANACONDA, SLUSKI, CURIOUS GEORGE, SHOT PUT, SLAP JACK, POTTY SHOT, TORD</i>	<i>EX: SQUONO, EN GARDE, SCALAWAG, LUNGE, TYSON, KOBOLD, BUZZARD, TURKEY, STAMPEDE</i>
PATTERN RUNS	MADNESS/MAYHEM/FROZEN
RUNNING OR WALKING TO THE YARD LINES IN A SPECIFIC PATTERN. NOTED ON THE UPPER RIGHT OF THE TASK.	ANY TASK THAT REQUIRES YOU TO STOP AT EACH LINE TO PERFORM A SET OF REPS OR HOLD A POSTURE. MAY OR MAY NOT INVOLVE THE PLATE.
<i>EX: BONSAL GALLOW, KAMIKAZE, SHUTTLE, SUICIDE</i>	<i>EX: MOGUL MADNESS, SUPP MADNESS, FROZEN CROOK :DB, DEVASTATOR 6</i>
LADDER TASKS 	
A COMBINATION OF SEVERAL TASKS, PERFORMED IN THE PATTERN OF 2-1-3-2-4-3-4-3-4-2-3-1-2-1. THE  SYMBOL WILL INDICATE A LADDER TASK. A FEW VARIATIONS PERFORMED IN A SHUTTLE PATTERN.	
<i>EX: QUICKSAND, MATTADOR, HALF-BLAKED, TWEAKER, VOODOO, VITRIOL, PROWLER, MINOTAUR, CUJO VARIATIONS : QUADZILLA, SLING-SHOT, MIM</i>	



SLOPE

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

## SPLIT/FADE

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. SUE-STEP (20) + RUN
3. TYSON
4. MIEL'S WHEELS
5. YIKES!

---

6. BULLY
7. PLATE PUSH
8. GORGON (8) + RUN
9. SQ. JUMP (10) + RUN
10. SCALAWAG

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

## EQUALIBRIOUS

1. TRUMPET 9+
2. MOGUL PUSH
3. RDL (8) + TZN
4. PRIMATES 4-1-3-1-2-1
5. B. LUNGE

- 123
- 234
- 345
- 456
- 567
- 678

## MESA

1. GBD (15) + RUN
2. SHOT PUT
3. AMAROK
4. VIPER
5. W. CROOK
6. SAWED OFF (10) + TZN
7. SKULLS (10) + TZN
8. 313

ETS

FOLLOW THE BOARD, NOT THE HERD.

- 1-8
- 1-8
- 1-8

## CHECKLIST(3)

1. DEATH ROW 2-1-3-1-4-1
2. MONKEY
3. ENFORCER
4. VEXED (10) + RUN
5. QUICKSAND
6. BANDIT (20) + RUN
7. TROG
8. UNLEASHED



SLOPE

# PICKtilians

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

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

**NO REPEATING PICKED TASKS.**

**A.**

1. SUICIDE 2-1-3-1-4-1
2. TWO-STEP (20) + RUN
3. INFINITY (20) + RUN
4. LYCAN (10) + RUN
5. RAMBO (10) + RUN
5. ROW STROLL 6+
5. TIP-TOES (20) + RUN
5. MUGGER (12) + RUN

**B.**

1. KOBOLD
2. POTTY SHOT
3. FLAMINGO (6) + TZN
4. BULLDOZER
4. GROWLER
4. F. LUNGE
4. SLIGER

In scoring as anteater, do sliger.

**C.**

1. VENOM
2. MONTAUK
3. JUNKIE JUMP (8) + RUN
4. ROOSTER (10) + TZN
5. CYCLONE (12) + TZN
5. O-BOR (10) + TZN
5. PUSH UP (10) + RUN
5. YAK

**D.**

1. HOT COALS (10) + RUN
2. JIGGY (20) + RUN
3. CRAISE (20) + TZN
4. CALF-IN-ATOR
4. HALO 2-1-3-1-4-1
4. HAG 1:1
4. DELAURA

**E.**

1. VIP (10) + RUN
2. OFFERING
3. TROG
4. APE SHOOT!
5. MIM 3-2-4-2-3-1
5. JACK BOX
5. JACK-ASS
5. ATTACK IT

**F.**

1. SL BUCKS
2. MONGOOSE
3. SLING SHOT 3-2-4-2-3-1
4. OGRE (10) + TZN
4. REV GROWLER
4. SHWAGGIN 1:1
4. RAZOR



1-4, 1-4, 1-4

### WARM-UP CHECKLIST(3)

1. QUICK FT. (20) + RUN
2. EN GARDE
3. GALLOW 2-1-4-3-4-1
4. SWAGGIN 1:1

### PRO-DESIGNED WORKOUT

PRO-DESIGNED WORKOUTS ARE CREATED BY PROS OR OWNERS FROM ONE OF OUR INDEPENDENT LOCATIONS!

ARCHITECT: TIM KNIGA      TURF: HARRISON TOWNSHIP

ETS

**FOLLOW THE BOARD, NOT THE HERD.**


### =IBRIDOUS

12131415  
232425  
3435  
45

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN
3. BEAR
4. SKY-HIGH 4-1
5. PETRA

PRIMATE, TASK, PRIMATE, TASK...

### PRIMATES GAUNTLET

1. APE SHOOT!
2. PUSH UP (10) + RUN
3. KIT. SINK (10) + TZN
4. GRIFTER (8) + SA PP
5. CURL WALK 6+
6. YETI
7. MOGUL PUSH
8. SUE-STEP (20) + RUN
9. TROG
10. QUICKSAND 

11  
22  
33  
44  
55  
66

### CENTAUR2

1. BENCHED (30) + TZN
2. RAMPANT (10) + RUN
3. TALL ORDER 6+
4. HANG (10) + RUN
5. PINNED 2-1-3-1-4-1
6. LYCAN (10) + RUN

VENOM, TASK, VENOM, TASK...

### VENOM GAUNTLET

1. ROW STROLL 6+
2. GALLOW 2-1-4-3-4-1
3. REV BULLDOG
4. OGRE (10) + TZN
5. CYCLONE (12) + TZN
6. MONKEY
7. TYSONS
8. REV PLATE PUSH
9. FROGS
10. VIPER



SLOPE

1,10

1,2,9,10

1,2,3,8,9,10

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

**FILING**

1. **BONSAI 3-1-4-2-4-1**
2. **EN GARDE**
3. **TROMBONE 9+**
4. **B. LUNGE**
5. **PIRATE**
6. **GIMPY DOG**
7. **REV BEAR**
8. **RAMPANT (10) + RUN**
9. **SWAGGIN 1:1**
10. **TWO-STEP (20) + RUN**

1-4

1-8

1-12

**MTN4**

1. **BULLY**
2. **GREGORIAN (8) + RUN**
3. **JIGGY (20) + RUN**
4. **SAWED OFF (10) + TZN**

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5. **RDL (8) + TZN**
6. **DEATH ROW 2-1-3-1-4-1**
7. **GRYPHON (8) + PUSH**
8. **MOWGLI (12) + RUN**

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9. **SCURL 1:1**
10. **SQL JUMP (10) + RUN**
11. **REV INCH WORM**
12. **SKUFFLE**

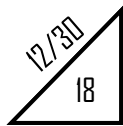
111

222...

999

**CENTAUR3**

1. **NEAPOLITAN**
2. **TROG**
3. **W. LUNGE**
4. **BUCKS**
5. **TWISTED**
6. **ABD. MANTIS (8) + RUN**
7. **POTTY SHOTS**
8. **CRAY-CRAY**
9. **MONGOOSE**



SLOPE

1

1.22

1.2.333

1.2.3.4444

## VERTEX

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

## CHECKLIST(3)

1. W. CROOK
2. B.D.R. (15) + TZN
3. GARGOYLE
4. MUGGER (12) + RUN
5. STORK (12) + TZN
6. SQUIBBLE

1-6  
1-6  
1-6

PERFORM THE FORWARD VERSION OF THE TASK TO LINE 4 AND THE REV. VERSION BACK TO LINE 1. PERFORM EACH NUMBER 2X SO THAT YOU DO ONE FULL FORWARD AND BACKWARD TASK.

## REDRUM

- |                |                |
|----------------|----------------|
| 1. PLATE PUSH  | REV PLATE PUSH |
| 2. GREMLIN     | REV GREMLIN    |
| 3. BEAR        | REV BEAR       |
| 4. F. LUNGE    | B. LUNGE       |
| 5. SQUONQ      | SCALAWAG       |
| 6. 313         | REV 313        |
| 7. TURKEYS     | BUTT KICKS     |
| 8. BULLDOZER   | DIABLO         |
| 9. THRASHER    | TORO           |
| 10. BULLDOG    | REV BULLDOG    |
| 11. POTTY SHOT | HIKES          |
| 12. ANACONDA   | BUCKS          |

ETS

**FOLLOW THE BOARD, NOT THE HERD.**

5.6

4-7

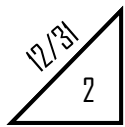
3-8

2-9

1-10

## EXPANDING

1. YETI
2. STAT SWAG (20) + TZN
3. CRAZY LEGS
4. SUICIDE 2-1-3-1-4-1
5. V-STEP (10) + RUN
6. MIEL'S WHEELS
7. OGRE (10) + TZN
8. TRIFECTA 6+
9. SLAP JACK
10. PRIMATES 4-1-3-1-2-1



SLOPE

### "DO-OVER"

IF YOU COMPLETE ALL 3 CIRCUITS START ALL OVER AGAIN  
AND ATTEMPT TO COMPLETE ALL 3...FOR A 1254 ;-)

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

### REPTILIAN2

1. TYSON
  2. MOWGLI (12) + RUN
  3. TAUNTAUN
  4. KITCHEN SINK (10) + TZN
  5. JAGGER (12) + RUN
- 
- 6A. DENSER 2-1-3-1-4-1
  - 6B. REV B.N.C.
  - 6C. BENCHED (30) + TZN
  - 6D. BUZZARD

### XION

1. QUICK FT. (20) + RUN
2. MT. CLIMB (20) + RUN
3. VEXED (10) + RUN
4. SQUANTOES (20) + RUN
5. CURIOUS GEORGE



- 1A
- 12B
- 123C
- 1234D
- 12345E

### ETS

**FOLLOW THE BOARD, NOT THE HERD.**

- A. SUE-STEP (20) + RUN
- B. CURL WALK 6+
- C. RIBBITS (10) + RUN
- D. ROW STROLL 6+
- E. DIABLO

### MTN2

- 1,2
  - 1-4
  - 1-6
  - 1-8
1. GALLOW 2-1-4-3-4-1
  2. HIKES
  3. GREMLIN
  4. SKY HIGH 4-1
  5. SLUSKI
  6. TORO
  7. FLYING MONKEY
  8. MASTODON



# 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