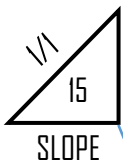


JANUARY

MOTHERBOARD

2024



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 SYSPHER

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

JANUARY OBJECTIVE

RECRUIT A NEWBIE

A thriving turf is one that regularly initiates fresh blood. New faces bring new energy. For the Pros, the initiation process is your chance to showcase your expertise and share in the excitement as you expand the initiates's concept of exercise. For the fellow turf-mates, the new comer brings a sense of rawness to the group from which you, too, can benefit. Feed off the energy released as you reflect upon how far you've come since your initiation. Extend welcoming words of wisdom, compassion and empathy. Fuel the first-timer's fire; become their model of Form First; it will push you both to greater heights!

Pros and Junkies: Recruit at least ONE person this month to try Syphus for the first time.

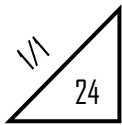
Owners/Pros: Keep track which Junkies successfully recruit a newbie so we can recognize our top recruiters.

JUNKIE

RECRUIT

JUNKIE

RECRUIT



SLOPE

ETS
RECRUIT A NEWBIE

INITIATION [EXPANDED]

Run through our traditional Initiation Workout by doing just the lighter colored portion of each circuit. Then, if/when you finish the Mesa, return to the MTN2 and complete the darker portion of each circuit. The keys on the left of each circuit coincide with what is to be done the first time through; keys on the right is what you'll do the second time through.

1,2
1-4
1-6
MTN2
1-8
1-10

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

11, 22, 33,
44, 55, 66
CENTAUR2
77, 88,
99, 10,10

123
234
345
456
567
MESA
678
789

1. RUN
2. MOGUL (20) + RUN
3. HIKES
4. PLATE PUSH
5. STAT SWAG (20) + TZN
6. BEAR
7. CYCLONE (12) + TZN
8. TROG
9. TYPHON
10. BOULDER

1. SUICIDE 2-1-3-1-4-1
2. F. LUNGE
3. POTTY SHOT
4. PUSH UP (10) + RUN
- 5A. INCH WORM
- 5B. HALO 2-1-3-1-4-1
- 5C. MASTODON
- 5D. JACKALOPE

1. EN GARDE
2. BULLDOG
3. BULLY
4. MOGUL PUSH
5. REV PLATE PUSH
6. STAMPEDE
7. SHOT PUT
8. ROW STROLL 6+
9. REV BALL N CHAIN
10. BONSAI 3-1-4-2-4-1

1. JIGGY (20) + RUN
2. CURL WALK 6+
3. SQ. JUMP (10) + RUN
4. MONKEY
5. W. CROOK
6. BUCKS
7. QUICKSAND
8. OGRE (10) + TZN
9. PRIMATES 4-1-3-1-2-1



ETS

RECRUIT A NEWBIE

1-20

Order: Checklist, Uplift,
Checklist, =ateral, Checklist

CHECKLIST

1. BONSAI 3-1-4-2-4-1
2. HOT COALS (10) + RUN
3. TYSONS
4. STAT SWAG (20) + TZN
5. MOWGLI (12) + RUN
6. ROW STROLL 6+
7. ALI 22+
8. V-STEP (10) + RUN
9. HIKES
10. YETI
11. HANG (10) + RUN
12. HALO 2-1-3-1-4-1
13. STAMPEDE
14. JAGGER (12) + RUN
15. B.O.R. (15) + TZN
16. STACK SHOT
17. KIT. SINK (10) + TZN
18. TROG
19. REV BALL N CHAIN
20. INCH WORM

1
121
12321
1234321
123454321

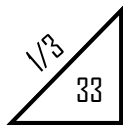
UPLIFT

1. QUICK FT. (20) + RUN
2. PINNED 2-1-3-1-4-1
3. RIBBITS (10) + RUN
4. REV MASTODON
5. RUMP ROAST

121314
434241
2324
4342
34
43

=ATERAL

1. AMAROK
2. OFFERING
3. OGRE (10) + TZN
4. NEAPOLITAN



SLOPE

12131415
232425
3435
45

EQUALIBRIOUS

1. BONSAI 3-1-4-2-4-1
2. SHUFFLE
3. QUICK FT. (20) + RUN
4. PLATE SHAKE 9+
5. PLATE PUSH

1-5. 6A 6A
1-5. 6B 6B
1-5. 6C 6C

REPTILIAN2

1. PRIMATES 4-1-3-1-2-1
 2. HIKES
 3. BUZZARD
 4. HALO 2-1-3-1-4-1
 5. SA P.P.
-
- 6A. K.O.D. (20) + TZN
 - 6B. RAMP UP (8) + RUN
 - 6C. CURL MADNESS 3 + PIN

123
234
345
456
567
678
789
89,10

MESA

1. MIEL'S WHEELS
2. BULLDOG
3. OGRE (10) + TZN
4. RIBBITS (10) + RUN
5. REV MASTODON
6. SCALAWAG
7. JACKALOPE
8. CYCLONE (12) + TZN
9. BUCKS
10. TARASQ

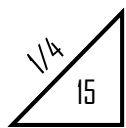
ETS

RECRUIT A NEWBIE

1-10
10-1

U

1. SLING SHOT 3-2-4-2-3-1
2. ROW STROLL 6+
3. VEXED (10) + RUN
4. MONGOOSE
5. KOBOLD
6. PETRA
7. DENSER 2-1-3-1-4-1
8. SUE STEP (20) + RUN
9. SAWED OFF (10) + TZN
10. XPP



SLOPE

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

MTN2

1. HOT COALS (10) + RUN
2. EN GARDE
3. TWO-STEP (20) + RUN
4. KOBOLD
5. SWAGGIN 1:1
6. MONTAUK
7. APE SHOOT!
8. SQ. THRUST (10) + RUN
9. FLAMINGO (6) + TZN
10. INCH WORM

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

EL CYCLE

1. PLATE PUSH
2. V-STEP (10) + RUN
3. KNEEL CURL (6) + TZN
4. STATARASQ (16) + RUN

1, AA
12, BB
123, CC
1234, D
12345, EE

1. TYSONS
2. MT. CLIMB (20) + RUN
3. F. LUNGE
4. BULLY
5. REV PLATE PUSH

XION2

- A. GARGOYLE
- B. YETI
- C. REV VIPER
- D. HYDRA
- E. GROWLER

Perform as a checklist
by doing each task the
number of times listed.

MATTERHORN

ETS
RECRUIT A NEWBIE

- | | |
|---------------------|-----------------------|
| 2 OHNO (12) + RUN | 2 CRAISE (20) + TZN |
| 2 B.O.R. (15) + TZN | 2 REV B.N.C. |
| 1 SLUSKI | 1 JIGSAW |
| 2 CRAY-CRAY | 2 SUICIDE 2-1-3-1-4-1 |
| 2 VIP (10) + RUN | 2 GBD (15) + RUN |
| 1 OZARK | 1 BENCHED (30) + TZN |
| 2 JIGGY (20) + RUN | 2 MANTIS (8) + RUN |
| 2 TYPHON | 2 MONKEY |
| 1 DIABLO | 1 TAKE OFF! |



1.5
12.56
123.567
1-8

SPLIT-PEAK

1. BONSAI 3-1-4-2-4-1
2. SWAGGIN 1:1
3. INFINITY (20) + RUN
4. PLATE PUSH
5. SKIPS
6. KOBOLD
7. HIKES
8. MONGOOSE

RAPTURE

ORDER:
SPIT-PEAK, U
FLIPPED, U
UPLIFT, U
CENTAUR2, U

1123
2234
3345
4456
5567

FLIPPED

1. QUICK FT. (20) + RUN
2. HANG (10) + RUN
3. JAGGER (12) + RUN
4. JACKLOPE
5. SAWED OFF (10) + TZN
6. MOGUL PUSH
7. W. LUNGE

U

1. SL MANTIS (8) + RUN
2. HALO 2-1-3-1-4-1
3. PUSH UP (10) + RUN

1
121
12321
1234321

UPLIFT

1. ALT SQUONQ
2. REV BULLDOG
3. PINNED 2-1-3-1-4-1
4. SL BOULDER

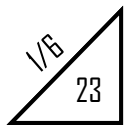
ETS

RECRUIT A NEWBIE

11, 22...10,10

CENTAUR2

- | | |
|----------------------|----------------------|
| 1. STAMPEDE | 6. OGRE (10) + TZN |
| 2. TORO | 7. XPP |
| 3. B. LUNGE | 8. PEG LEG (8) + RUN |
| 4. REV MASTODON | 9. AMAROK |
| 5. STIGMA (10) + RUN | 10. APE SHOOT! |



SLOPE

12

123344

123344555666

12334455566677778888

ZENITH

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

- 3. MT. CLIMB (20) + RUN
- 4. PLATE SHAKE 9+

- 5. PLATE PUSH
- 6. SCALAWAG

- 7. PRIMATES 4-1-3-1-2-1
- 8. MIEL'S WHEELS

1X

2X

3X

4X

ETS

RECRUIT A NEWBIE

1-8
3-8
5-8
7,8

FADED2

- 1. BUNYAN
- 2. TWEAKER (L)

- 3. VEXED (10) + RUN
- 4. COALITION (10) + TZN

- 5. RDL (8) + TZN
- 6. CYCLONE (12) + TZN

- 7. GRECO
- 8. SKY HIGH 4-1

REPTILIAN2

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

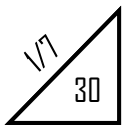
- 1. XPP
- 2. ROW STROLL 6+
- 3. JUNKIE (8) + RUN
- 4. REV HYDRA

- 5A. CRAISE (20) + TZN
- 5B. MOWGLI (12) + RUN
- 5C. BALL N CHAIN

1-12
1-12

CHECKLIST(2)

- 1. BENCHED (30) + TZN
- 2. APE SHOOT!
- 3. SHUTTLE 3-2-4-2-3-1
- 4. TARASQ
- 5. GORGON (8) + RUN
- 6. BUCKS
- 7. SA P.P.
- 8. CURL PRESS 5+
- 9. BOVINE
- 10. STAMPEDE
- 11. K.O.D. (20) + TZN
- 12. TAKE OFF!



SLOPE

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

MTN4

1. SUE STEP (20) + RUN
2. TYSONS
3. ALI 22+
4. TROMBONE 6+
5. LYCAN (10) + RUN
6. POTTY SHOTS
7. TIP-TOES (20) + RUN
8. SKULLS (10) + TZN
9. MONTAUK
10. OHNO (12) + RUN
11. FLAMINGO (6) + TZN
12. CRAZY LEGS
13. INCH WORM
14. SWASHBUCKLER
15. PETRA
16. GBD (15) + RUN

1-12
12-1

U

1. GALLOW 2-1-4-3-4-1
2. VIP (10) + RUN
3. HAG 1:1
4. F. LUNGE
5. SLUSKI
6. JACKAL
7. MUGGER (12) + RUN
8. OFFERING
9. VIPER
10. SUPP 10
11. SCORPION to 3/BACK
12. SWAGGIN 1:1

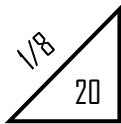
1-10
1-8
1-6
1-4
1-2

ETS

RECRUIT A NEWBIE

REV MTN2

1. YETI
2. EXPLOSIONS
3. TOES (20) + RUN
4. PISTON (10) + TZN
5. DENSER 2-1-3-1-4-1
6. BUZZARD
7. YIKES!
8. RAMP UP (8) + RUN
9. TALL ORDER 6+
10. WICCA



SLOPE

ETS
RECRUIT A NEWBIE

MATTERHORN

3 HOT COALS (10) + RUN

1 STAMPEDE

3 SWAGGIN 1:1

3 TWO-STEP (20) + RUN

1 SQUONK

3 POTTY SHOT

3 SPEED SKATES (20) + RUN

1 TARASQ

3 REV GREMLIN

3 ROW STROLL 6+

1 3 PT. STANCE

3 TALL ORDER 6+

3 VEXED (10) + RUN

1 REV INCH WORM

3 XPP

Perform as a checklist by doing each task The number of times noted. Pattern remains consistent throughout.

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

MESA

1. GRECO

2. CRAISE (20) + TZN

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

4. MONTAUK

5. SKULLS (10) + TZN

6. LYCAN UP (10) + RUN

7. JAGGER (12) + RUN

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

9. ALI 22+

10. ABD. JANGLE LEG 3

- 1
- 12
- 123
- 1
- 12
- 123...

MOLE-HILLS

1. HANG (10) + RUN

2. MONGOOSE

3. MILLIPEDE (L)

1. TWINKLE TOES (30) + TZN

2. SQ. THRUST (10) + RUN

3. REV BULLDOG

1. KNEELING CURL (6) + TZN

2. OGRE (10) + TZN

3. PUSH UP (10) + RUN

1. TWISTED

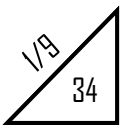
2. BONSAI 3-1-4-2-4-1

3. DIABLO

1. W. CROOK

2. SL BUCKS

3. TAKE OFF!



SLOPE

1-12
12-1 **U**

1. QUICK FT. (20) + RUN
2. STAMPEDE
3. SWAGGIN 1:1
4. TYSON
5. VEXED (10) + RUN
6. MIEL'S WHEELS
7. POTTY SHOT
8. SQUANTOES (20) + RUN
9. ROW STROLL 6+
10. BAYOK (6) + RUN
11. CRAISE (20) + TZN
12. REV BULLDOG

ETS
RECRUIT A NEWBIE

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. JIGGY (20) + RUN
2. BOVINE
3. COALITION (10) + TZN
4. CRAZY LEGS
5. SAWED OFF (10) + TZN
6. APE SHOOT

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

"1,2, PUNCH"

MTN2

1. GRECO
2. RAMBO (10) + RUN
3. CHICKIN 2-1-3-1-4-1
4. TWO-STEP (20) + RUN
5. DEVIL
6. MIM 3-2-4-2-3-1
7. JUNKIE JUMP (8) + RUN
8. SA PP



SLOPE

ETS
RECRUIT A NEWBIE

1
122
12333
1234444

VERTEX

1. WARRIOR
2. SLUSKI
3. W. CROOK
4. PRIMATES 4-1-3-1-2-1

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

EL CYCLE

1. GRIFTER (8)+SAPP
2. POTTY SHOT
3. SHUTTLE RUN 3-2-4-2-3-1
4. VENDM
5. RAMP UP (8) + RUN

PERFORM EACH TASK NUMBER OF TIMES INDICATED IN A CHECKLIST FASHION.

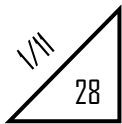
CHAOS

- 2 CYCLONE (12) + TZN
- 4 STAMPEDE
- 1 KITCHEN SINK (10) + TZN
- 3 RAMPAGE (12) + TZN
- 1 M.F.T.
- 1 SL BOULDER
- 2 3 PT. STANCE
- 3 TROG
- 1 DEATH ROW 2-1-3-1-4-1
- 3 SPEED SKATES (20) + RUN
- 2 JAGGER (12) + RUN
- 1 TWEAKER (L)
- 1 REV MASTODON
- 3 NEAPOLITAN

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

MTN3

1. BONSAI 3-1-4-2-4-1
2. TWO-STEP (20) + RUN
3. TAUNTAUN
4. PLATE SHAKE 9+
5. HIKES
6. ALI 22+
7. V-STEP (10) + RUN
8. EN GARDE
9. PISTON (10) + TZN
10. INCH WORM
11. FLYING MONKEY
12. CALF-IN-ATOR



SLOPE

1-10
1-10
1-10

CHECKLIST(3)

1. HOT COALS (10) + RUN
2. TYSON
3. MOGUL (20) + RUN
4. W. GREMLIN
5. VIP (10) + RUN
6. SQ. JUMP (10) + RUN
7. ENFORCER
8. KAMIKAZE 4-3-4-2-4-1-4-1
9. HALO 2-1-3-1-4-1
10. MATTADOR (L)

SCS - If you've gotta swap this one out that's understandable..

ETS
RECRUIT A NEWBIE

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

MESA

1. RUN
2. BUZZARD
3. BEAR
4. MUGGER (12) + RUN
5. CRAY-CRAY
6. FLAMINGO (6) + TZN
7. JESTER
8. TOES (20) + RUN
9. TROG
10. RDL (8) + TZN

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

CAVITY

1. BULLDOZER
2. MONKEY
3. GALLOW 2-1-4-3-4-1
4. YIKES!
5. SL BRDG BENCH (15) + TZN
6. MASTODON
7. SCALAWAG
8. PABLO
9. RAZOR
10. QUICK FT. (20) + RUN



SLOPE

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

A.

MESA

1. BONSAI 3-1-4-2-4-1
2. TOES (20) + RUN
3. SQUONQ
4. V-STEP (10) + RUN
5. SWAGGIN 1:1
6. PARATROOP (10) + RUN
7. PUSH UP (10) + RUN
8. POTTY SHOT
9. TRIFECTA 6+
10. NEAPOLITAN

ETS
RECRUIT A NEWBIE

B.

FIND MUCK

- 4321 RAMPAGE (12) + RUN
- 321 HIKES
- 21 SL BOULDER
- 1 O-PINNED 2-1-3-1-4-1

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

D.

1. MOGUL MADNESS 10
2. JIGGY (20) + RUN
3. BANDIT (20) + RUN
4. EXPLOSIONS
5. JACK BOX
6. TROG

C.

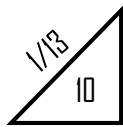
BOVINE, TASK
BOVINE, TASK...

BOVINE GAUNTLET

1. PEG LEG (8) + RUN
2. SHOT PUT
3. SUICIDE 2-1-3-1-4-1
4. ALI 22+
5. BUTT KICKS
6. SPIKES
7. FROZEN LUNGE 5
8. SL OGRE (10) + TZN

XION

- A. SCURL 1:1
- B. REV GROWLER
- C. O-B.O.R. (10) + TZN
- D GATOR to 3
- E. REVIVAL
- F. X PP



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

SLOPE

CHAOS

2 SHUFFLE

1 QUICK FT. (20) + RUN

3 SWAGGIN 1:1

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

1 VIP (10) + RUN

3 ROW STROLL 6+

2 HOP SCOTCH

1 MONGOOSE

1 SQ. THRUST (10) + RUN

3 TOES (20) + RUN

2 MANTIS (8) + RUN

4 TYSONS

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

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

3 ALT. SQUONQ

I
II2
III223
IIII222334

AND1

1. SPIKES

2. SUE-STEP (20) + RUN

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

4. MATTADOR (L)

MTN2

1.2
1-4
1-6
1-8
1-10
1. BONSAI 3-1-4-2-4-1

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

3. TAUNTAUN

4. JACKALOPE

5. X PP

6. HANG (10) + RUN

7. OFFERING

8. THRASHER

9. RAMP UP (8) + RUN

10. GARGOYLE

ETS

RECRUIT A NEWBIE

1-10
10-1

U

1. REV INCH

2. TRIFECTA! 6+

3. W. GREMLIN

4. RIBBITS (10) + RUN

5. QUICKSAND (L)

6. AMAROK

7. TALL ORDER 6+

8. STAMPEDE

9. ENFORCER

10. DIABLO

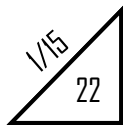


ETS
RECRUIT A NEWBIE

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

MTN5

- | | | |
|-------------------------|---------------------------|-----------------------------|
| 1. GALLOW 2-1-4-3-4-1 | 11. PUSH UP (10) + RUN | 21. TORO |
| 2. EN GARDE | 12. POTTY SHOTS | 22. HANG (10) + RUN |
| 3. COALITION (10) + TZN | 13. YETI | 23. ABD. FLAMINGO (6) + TZN |
| 4. TURKEYS | 14. DEATH ROW 2-1-3-1-4-1 | 24. JAGGER (12) + RUN |
| 5. KOBOLD | 15. RDL (8) + TZN | 25. REV HYDRA |
| <hr/> | <hr/> | <hr/> |
| 6. STAMPEDE | 16. REV BULLDOG | 26. TYPHON |
| 7. BANDIT (20) + RUN | 17. TROG | 27. REV MASTODON |
| 8. CURL WALK 6+ | 18. SA P.P. | 28. SLAP JACK |
| 9. TOES (20) + RUN | 19. B. LUNGE | 29. GRYPHON (8) + PUSH |
| 10. XPP | 20. INCH WORM | 30. PRIMATES 4-1-3-1-2-1 |



SLOPE

Practice run in preparation for March Mayhem.

ETS

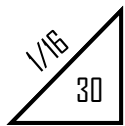
RECRUIT A NEWBIE

MARCH MAYHEM - ROUND 4

From last year's tourney

		ROQ		ROQ
1. GALLOW 2-1-4-3-4-1	HOT COALS (10) + RUN		24. OZARK	M.I.M. 3-2-4-2-3-1
2. ALT. SQUONQ	BONSAI 3-1-4-2-4-1	X	25. SKY HIGH 4-1	SKY HIGH 4-1
3. SKATES	EN GARDE	X	26. ARACHNID	SUPP 10
4. SHUFFLE	TURKEYS	X	27. SL BUCKS	TORO
5. VEXED (10) + RUN	STAT ROW (6) + TZN	X	28. F. LUNGE	BEAR
6. KNEEL CURL (6) + TZN	V-STEP (10) + RUN	X	29. W. GREMLIN	TYSONS
7. TIPPY-TAP	STAPMEDE	X	30. REV BEAR	MOGUL PUSH
8. SA PP	HIKES	X	31. SWAGGIN 1:1	SWAGGIN 1:1
9. YAK	BULLDOG	X	32. VIPER	HYDRA
10. POTTY SHOT	AMAROK	X	33. SKUFFLE	W. CROOK
11. BOVINE	CURIOUS GEORGE	X	34. THRASHER	GRECO
12. ATTACK-IT	JESTER	X	35. SCALAWAG	ALI 22+
13. SWASHBUCKLER	BULLDOG	X	36. REV GARGOYLE	STACK SHOT (On Toes)
14. SQUONQ	SQUONQ	X	37. MIEL'S WHEELS	NEAPOLITAN
15. HALO 2-1-3-1-4-1	STORK (20) + TZN	X	38. QUICK FT. (20) + RUN	MT. CLIMB (20) + RUN
16. SLAP JACK	MONKEY	X	39. JAGGER (12) + RUN	MUGGER (12) + RUN
17. 3 PT. STANCE	COALITION (10) + TZN	315	40. TROG	BULLY
18. SUE-STEP (20) + RUN	APE SHOOT!	327	41. TAUNTAUN	BUTT KICKS
19. DELAURA	GROWLER	360	42. YETI	FROGS
20. SHUTTLE 3-2-4-2-3-1	SUICIDE 2-1-3-1-4-1	366	43. SHOT PUT	REV B.N.C.
21. TWISTED	VEXUM	396	44. PLATE PUSH	PLATE PUSH
22. MONGOOSE	XPP	417	45. PRIMATES 4-1-3-1-2-2	LYCAN (10) + RUN
23. HIGH KNEES	SKIPS	420		

NOT ALL TASKS MAY BE AN EVEN POINT-FOR-POINT SUBSTITUTION AS PORTRAYED BY THE MOD-INDEX AND SOME TASKS MAY REPEAT IN A WORKOUT; THIS IS OK FOR TOURNAMENT PURPOSES.



1-15
1-15

SLOPE

CHECKLIST(2)

1. SUICIDE 2-1-3-1-4-1
2. SWAGGIN 1:1
3. TYSONS
4. VIP (10) + RUN
5. PLATE SHAKE 9+
6. LYCAN (10) + RUN
7. SPD SKATES (20) + RUN
8. RIBBITS (10) + RUN
9. MONTAUK
10. MIEL'S WHEELS
11. JACKALOPE
12. MOGUL (20) + RUN
13. OFFERING
14. BUCKS
15. 45°

PUSH, TASK
PUSH, TASK..
1-8
1-8

GAUNTLET(2)

1. VIPER
2. TAUNTAUN
3. CRAISE (20) + TZN
4. WICCA
5. SL GORGON (8) + RUN
6. HALO 2-1-3-1-4-1
7. HIKES

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

EL CYCLE

1. SL OGRE (10) + TZN
2. CURL PRESS 5+
3. VEXED (10) + RUN
4. BALL N CHAIN
5. MONKEY

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

ETS

RECRUIT A NEWBIE

FADED2

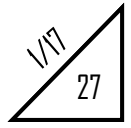
1. SL BOULDER
2. DEVIL

3. B.O.R. (15) + TZN
4. INFINITY (20) + RUN

5. APE SHOOT!
6. CRAZY LEGS

7. K.O.D. (20) + TZN
8. QUICK FT. (20) + RUN

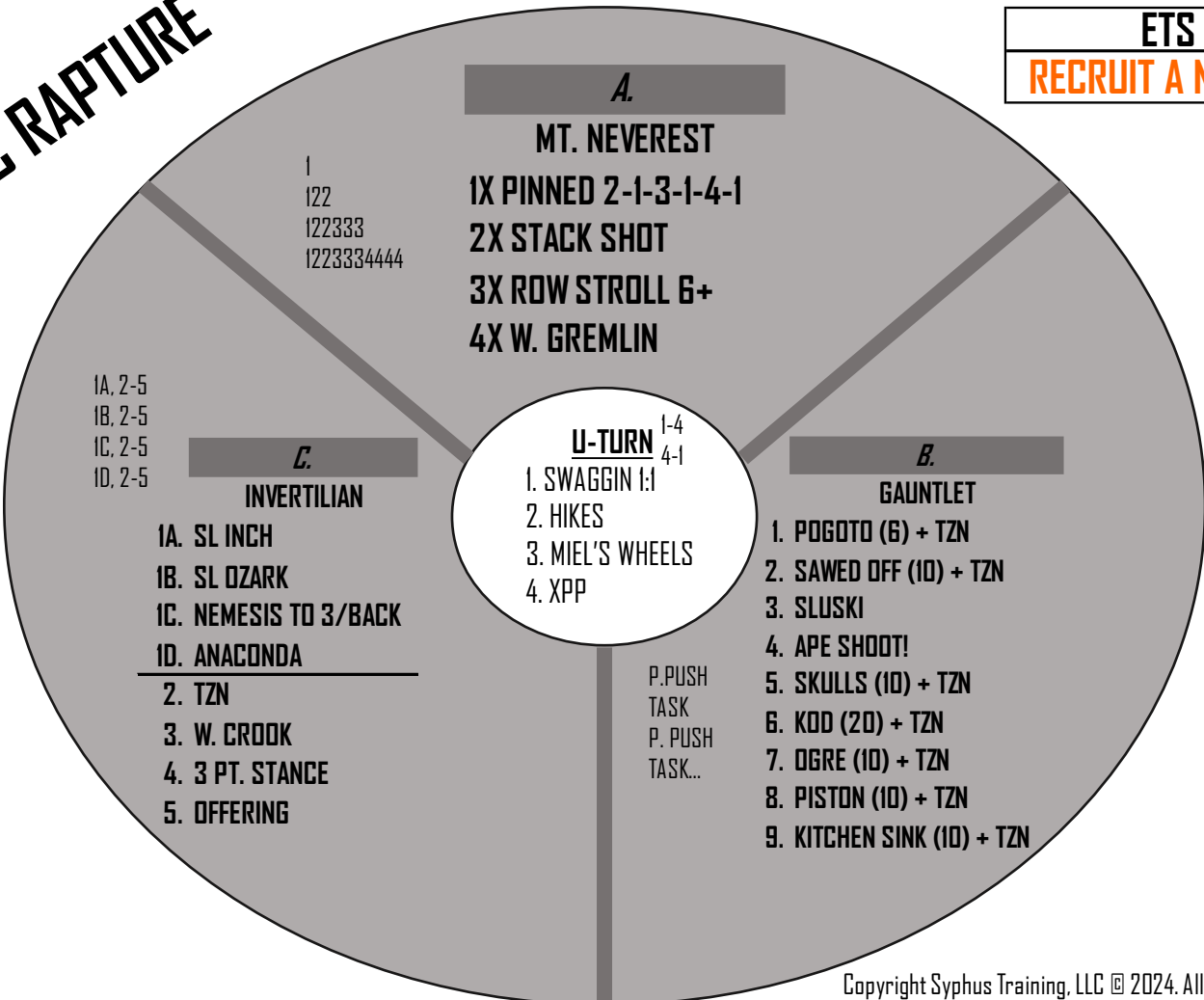
9. REV GROWLER
10. MONGOOSE



PLATONIC RAPTURE

ETS
RECRUIT A NEWBIE

- ORDER
 U-TURN
 NEVEREST
 U-TURN
 GAUNTLET
 U-TURN
 INVERTILIAN
 U-TURN



A.

MT. NEVEREST
 1X PINNED 2-1-3-1-4-1
 2X STACK SHOT
 3X ROW STROLL 6+
 4X W. GREMLIN

C.

INVERTILIAN

- 1A. SL INCH
 1B. SL OZARK
 1C. NEMESIS TO 3/BACK
 1D. ANACONDA
-
2. TZN
 3. W. CROOK
 4. 3 PT. STANCE
 5. OFFERING

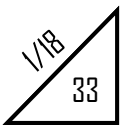
B.

GAUNTLET

1. POGOTO (6) + TZN
2. SAWED OFF (10) + TZN
3. SLUSKI
4. APE SHOOT!
5. SKULLS (10) + TZN
6. KOD (20) + TZN
7. OGRE (10) + TZN
8. PISTON (10) + TZN
9. KITCHEN SINK (10) + TZN

U-TURN¹⁻⁴₄₋₁
 1. SWAGGIN 1:1
 2. HIKES
 3. MIEL'S WHEELS
 4. XPP

P. PUSH
 TASK
 P. PUSH
 TASK...



SLOPE

1-10
10-1
1-10

N

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

ETS
RECRUIT A NEWBIE

CROSS-FIRE

1. **MT. CLIMB (20) + RUN**

2. **YIKES!**

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

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

A. **DIABLO**

B. **JOHNNY APPLESEED**

C. **SL PUSH UP (10) + RUN**

1. **TWO-STEP (20) + RUN**

2. **SHUFFLE**

3. **STAMPEDE**

4. **TIP-TOES (20) + RUN**

5. **TROMBONE 6+**

6. **SQ. JUMP (10) + RUN**

7. **RAMBO (10) + RUN**

8. **GARGOYLE**

9. **TOUCAN (20) + TZN**

10. **NEAPOLITAN**

III,222,333...

CENTAUR3

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

2. **W. GREMLIN**

3. **SAWED OFF (10) + TZN**

4. **TROG**

5. **JIGGY (20) + RUN**

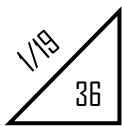
6. **JUNKIE (8) + RUN**

7. **ROW STROLL 6+**

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

9. **SPIKES**

10. **BOVINE**



SLOPE

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

MTN3

1. SHUTTLE 3-2-4-2-3-1
2. MT. CLIMB (20) + RUN
3. TOES (20) + RUN

4. STAT SWAG (20) + TZN
5. GORGON (8) + RUN
6. HIKES

7. RIBBITS (10) + RUN
8. ROW STROLL 6+
9. BULLDOG

10. REV B.N.C.
11. SLAP JACK
12. TWISTED

ETS
RECRUIT A NEWBIE

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

XION

1. MONGOOSE
2. BENCHED (30) + TZN
3. CRAY-CRAY
4. AMAROK
5. KAMIKAZE 4-3-4-2-4-1-4-1

ODDS, EVENS, CHECKLIST

1,3,5...
2,4,6...
1-20

1. RAMPANT (10) + RUN
2. ALI 22+
3. RAMBO (10) + RUN
4. TWINKLE (30) + TZN
5. RAMPAGE (12) + RUN
6. TIPPY-TAP
7. MUGGER (12) + RUN
8. TIP-TOES (20) + RUN
9. RAMP UP (8) + RUN
10. STAT TYSON (20) + RUN

- A. SCALAWAG
- B. HAG 1:1
- C. CYCLONE (12) + TZN
- D. OZARK
- E. W. LUNGE

11. BOULDER
12. ALT SQUONQ
13. DELAURA
14. W. GREMLIN
15. JACKBOX
16. SWASHBUCKLER
17. STAMPEDE
18. TAUNTAUN
19. REV INCH
20. TAKE OFF!

1/20
22

SLOPE

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

ETS
RECRUIT A NEWBIE

REPTILIAN2

1. TWO-STEP (20) + RUN
2. EN GARDE
3. SWAGGIN 1:1
4. MT. CLIMB (20) + RUN
5. STAT CURL (6) + TZN
- 6A. PLATE PUSH
- 6B. GORGON (8) + RUN
- 6C. PRIMATES 4-1-3-1-2-1

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

CAVITY

1. TWINKLE (30) + TZN
2. KOBOLD
3. SAWED OFF (10) + TZN
4. XPP
5. RAMP UP (8) + RUN
6. SL INCH
7. SCURL 1:1
8. TYPHON
9. REV GARGOYLE
10. JUNKIE (8) + RUN
11. TROMBONE 6+
12. SUICIDE 2-1-3-1-4-1

1-7, 1-8, 1-9

MID-POINT MTN

1. BONSAI 3-1-4-2-4-1
2. VIP (10) + RUN
3. SKULLS (10) + TZN
4. MIEL'S WHEELS
5. HYDRA
6. HALO MARCH (20) + TZN
7. 45°
8. WICCA
9. DELAURA



SLOPE

ETS
RECRUIT A NEWBIE

EXPANDING

12345
 12345
 12345
 12345
 12345
 12345

1. REV VIPER
2. STAT ROW (6) + TZN
3. VEXED (10) + RUN
4. MONKEY
5. SWAGGIN 1:1

DARK-SIDE

- DEVIL**
DEATH ROW 2-1-3-1-4-1
VEXUM
CURIOUS GEORGE
SHWAGGIN 1:1

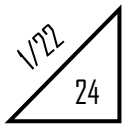
5,6
 4-7
 3-8
 2-9
 1-10

1. JACKAL
2. XPP
3. LYCAN (10) + RUN
4. SHUFFLE
5. SUICIDE 2-1-3-1-4-1
6. TOES (20) + RUN
7. MOWGLI (12) + RUN
8. HIKES
9. TRUMPET 9+
10. GRECO

1-18
 1-18

CHECKLIST(2)

- | | |
|-----------------------|--------------------------|
| 1. V-STEP (10) + RUN | 10. INFINITY (20) + RUN |
| 2. CYCLONE (12) + TZN | 11. TYSONS |
| 3. TARASQ | 12. TRIFECTA! 6+ |
| 4. REV PLATE PUSH | 13. BUZZARD |
| 5. HALO 2-1-3-1-4-1 | 14. KIT. SINK (10) + TZN |
| 6. BANDIT (20) + RUN | 15. CURL PRESS 5+ |
| 7. ANACONDA | 16. SHOT PUT |
| 8. GRYPHON (8) + PUSH | 17. STAMPEDE |
| 9. MASTODON | 18. DELAURA |



SLOPE

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

ETS
RECRUIT A NEWBIE

MTN3

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

4. HOT COALS (10) + RUN
5. RAMBO (10) + RUN
6. YETI

7. SAWED OFF (10) + TZN
8. CRAZY LEGS
9. MIEL'S WHEELS

10. TYPHON
11. RESURRECTION
12. BUCKS

1-4, 4-1
1-4, 4-1...

U MOLE-HILLS

1. TAUNTAUN
2. STORK (12) + TZN
3. KOBOLD
4. REV BOVINE

-
1. BENCHED (30) + TZN
 2. PLATE PUSH
 3. TURKEYS
 4. PUSH UP (10) + RUN

-
1. ATTACK IT
 2. RIBBITS (10) + RUN
 3. CHICKIN 2-1-3-1-4-1
 4. B. LUNGE

-
1. OGRE (10) + TZN
 2. 3 PT. STANCE
 3. MONGOOSE
 4. O-B.O.R. (10) + TZN

Perform as a checklist and do each task the number of times indicated

MATTERHORN

- 2 MUGGER (12) + RUN

1 SUPP 10

2 AMAROK

3 SQUONQ

2 POTTY SHOT

1 M.F.T.

2 W. CROOK

3 MONKEY

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

1 SLUSKI

2 RDL (8) + TZN

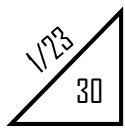
3 QUICK FT. (20) + RUN

2 MANTIS (8) + RUN

1 SA DIABLO

2 ALI 22+

3 SA P.P.



SLOPE

Perform each section
as a checklist and in
the following order:

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

ETS
RECRUIT A NEWBIE

CROSS-LISTS

- 1. BUTT KICKS**
MOGUL (20) + RUN
TIPPY-TAP
- 2. STAMPEDE**
ENFORCER
PUSH UP (10) + RUN
- 3. SLAP JACK**
C.H.B.
DENSER 2-1-3-1-4-1
- 4. W. CROOK**
PROWLER Ⓛ
DEATH ROW 2-1-3-1-4-2

- A. BONSAI 3-1-4-2-4-1**
PLATE SHAKE 9+
MUGGER (12) + RUN
- B. ALT. SQUONQ**
ROOSTER (10) + TZN
TROG
- C. LUMBERJACK (8) + RUN**
3 PT. STANCE
GBD (15) + RUN
- D. PABLO**
CYCLONE (12) + TZN
YAK



1
121
12321
1234321
123454321

UPLIFT

1. QUICK FT. (20) + RUN
2. SWAGGIN 1:1
3. MT. CUMB (20) + RUN
4. BALL N CHAIN
5. ROTATING SQUAT

ETS
RECRUIT A NEWBIE

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

EL CYCLE

1. SUPP 10
2. BONSAI 3-1-4-2-4-1
3. MONTAUK
4. TWO-STEP (20) + RUN
5. ENFORCER
6. DIABLO

1-10
1-10
1-10

CHECKUST(3)

1. INCH WORM
2. KOBOLD
3. THRASHER
4. CRAZY LEGS
5. MUGGER (12) + RUN
6. JOHNNY APPLESEED
7. JACKALOPE
8. PUSH UP (10) + RUN
9. TOES (20) + RUN
10. MIEL'S WHEELS

Pinned 2-1-3-1-4-1, task
Pinned 2-1-3-1-4-1, task...

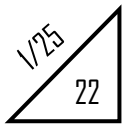
NOT A GLUED PLATE

PINNED GAUNTLET

1. CYCLONE (12) + TZN
2. SAWED OFF (10) + TZN
3. HALO 2-1-3-1-4-1
4. BENCHED (30) + TZN
5. ROW STROLL 6+
6. B.O.R. (15) + TZN
7. RDL (8) + TZN
8. CURL PRESS 5+

10/1/21 THROWBACK

PRO-DESIGNED WORKOUT			
PRO-DESIGNED WORKOUTS ARE CREATED BY PROS OR OWNERS FROM ONE OF OUR INDEPENT LOCATIONS!			
ARCHITECT:	KIM DENEWITH	TURF:	HARRISON TOWNSHIP



SLOPE

1,10

1,2,9,10

1,2,3,8,9,10

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

1-10

FILLING

1. TWO-STEP (20) + RUN
2. TYSON
3. TROMBONE 6+
4. PLATE PUSH
5. REV BULLDOG
6. RAMP UP (8) + RUN
7. CURL WALK 6+
8. BEAR
9. V-STEP (10) + RUN
10. W. GREMLIN

1-3,3-1

1-3,3-1...

U-TURN MOLE-HILLS

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

1. YETI
2. JANGLE LEG 3
3. MIEL'S WHEELS

1. TALL ORDER 6+
2. THRASHER
3. PARATROOP (10) + RUN

1. OGRE (10) + TZN
2. RESURRECTION
3. B.O.R. (15) + TZN

1. BOVINE
2. K.O.D. (20) + TZN
3. ARACHNID

12

123344

12334455556666

1233445555666677778888

ZENITH

1. NO GIMMIES
 2. SKULLS (10) + TZN

 3. INFINITY (20) + RUN
 4. MASTODON

 5. BULLY
 6. TAUNTAUN

 7. DELAURA
 8. SQUONQ
- 1X
2X
3X
4X

ETS
RECRUIT A NEWBIE



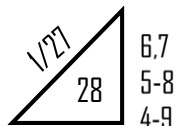
EXPAND BY 3

16-21
13-24
10-27
4-22
1-36

ETS

RECRUIT A NEWBIE

1. SHUFFLE
2. SCALAWAG
3. SQUONG
4. YETI!
5. INCH WORM
6. CROOKED BULLY
7. 3 PT. STANCE
8. VIPER
9. EN GARDE
10. MONKEY CRAWL
11. REV MASTODON
12. DIABLO
13. STAT TYPHON (10) + RUN
14. TYSON
15. MIEL'S WHEELS
16. TOES (20) + RUN
17. STAMPEDE
18. BANDIT (20) + RUN
19. W. GREMLIN
20. PLATE SHAKE 9+
21. HIKES
22. DHNO (12) + RUN
23. CURL PRESS 5+
24. THRASHER
25. KAMIKAZE 4-3-4-2-4-1-4-1
26. DECALF
27. TROG
28. BUCK UP
29. SKY HIGH 4-1
30. DENSER 2-1-3-1-4-1
31. KOBOLD
32. SQUIBBLE
33. SKUFFLE
34. REVIVAL
35. AMAROK
36. SLAP JACK



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

ETS
RECRUIT A NEWBIE

EXPANDING

1. POTTY SHOT
2. GARGOYLE
3. SWASHBUCKLER
4. LYCAN UP (10) + RUN
5. MOWGLI (12) + RUN
6. TOES (20) + RUN
7. TWINKLE TOES (30) + TZN
8. BANDIT (20) + RUN
9. TRUMPET 9+
10. SUPP 10
11. ROW STROLL 6+
12. KAMIKAZE 4-3-4-2-4-1-4-1

123456 F
12345 E
1234 D
123 C
12 B
1 A

1. QUICK FT. (20) + RUN
2. SQ. JUMP (10) + RUN
3. TALL ORDER 6+
4. SPIKES
5. BOULDER
6. JIGSAW

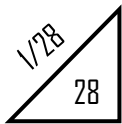
REV XION

- A. TURKEYS
- B. SKUFFLE
- C. SQUONQ
- D. F. LUNGE
- E. BULLDOG
- F. REV HYDRA

111, 222,
333, 444,
555, 666,
777, 888

CENTAUR3

1. RDL (8) + TZN
2. MANTIS (8) + RUN
3. YETI
4. SLING SHOT 3-2-4-2-3-1
5. BUNYAN
6. GALLOW 2-1-3-1-4-1
7. BALL N CHAIN
8. CRAZY LEGS



SLOPE

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

ETS
RECRUIT A NEWBIE

MONGREL

A

B

C

D

E

1	BONSAI 3-1-4-2-4-1	QUICK FT. (20) + RUN	SWAGGIN 1:1	SPD SKATES (20) + RUN	TYSON
2	HIKES	STAMPEDE	CURL PRESS 5+	VIP (10) + RUN	VIPER
3	XPP	TRUMPET 9+	RIBBITS (10) + RUN	SUICIDE 2-1-3-1-4-1	CYCLONE (12) + TZN
4	BULLDOG	BULLY	BULLDOZER	BULLFROG	RAGING BULL
5	SL REVIVAL	SL OGRE (10) + TZN	SL BOULDER	SL BUCKS	SPRINT



SLOPE

122
1223444
122344566
122344566788

1,2 PUNCH

1. EN GARDE
2. SUE STEP (20) + RUN
3. SWAGGIN 1:1
4. STIGMATA (10) + RUN
5. BULLY
6. MONTAUK
7. JABBERWOCKY
8. NEAPOLITAN

ETS
RECRUIT A NEWBIE

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

REPTILIAN2

1. APE SHOOT!
2. MONKEY
3. CURL PRESS 5+
4. XPP
5. CHICKIN 2-1-3-1-4-1

6A. REVIVAL

6B. THRASHER

6C. PETRA

6D. HACK-IT

1
122
12333
1234444

VERTEX

1. OHNO (12) + RUN
2. SPIKES
3. HANG (10) + RUN
4. GARGOYLE

1
12
123
1
12
123...

MOLE-HILLS

1. VEXED (10) + RUN
2. TARASQ
3. GBD (15) + RUN
1. STORK (12) + TZN
2. F. LUNGE
3. SHOT PUT
1. VIP (10) + RUN
2. SKULLS (10) + TZN
3. SUPP 10
1. MOWGLI (12) + RUN
2. GARGANTUAN
3. SCORPION TO 3/BACK



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

A **CROSS-FIRE**

1. SUICIDE 2-1-3-1-4-1
2. HIKES
3. CYCLONE (12) + TZN
4. PLATE PUSH
5. OGRE (10) + TZN

- A. MT. CLUMB (20) + RUN
- B. TOES (20) + RUN
- C. SQ. JUMP (10) + RUN

1-15
15-1 **B** **U**

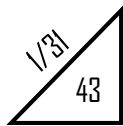
1. V-STEP (10) + RUN
2. SUGER
3. TYPHON
4. D-PINNED 2-1-3-1-4-1
5. SUPP 10
6. BANDIT (20) + RUN
7. REV B.N.C.
8. TYSONS
9. BULLDOG
10. SL BUCKS
11. INFINITY (20) + RUN
12. MONGOOSE
13. SKULLS (10) + TZN
14. 45°
15. SLAP JACK

11,22,33...10,10
1-10 **C**

C2 TO CHECKLIST

- | | |
|------------------|-------------------------|
| 1. W. CROOK | 6. OFFERING |
| 2. AMAROK | 7. SAWED OFF (10) + TZN |
| 3. QUICKSAND (L) | 8. VEXED (10) + RUN |
| 4. SWAGGIN 1:1 | 9. TORO |
| 5. JACK-ASS | 10. MONKEY |

ETS
RECRUIT A NEWBIE



SLOPE

1. EN GARDE
2. MT. CLIMB (20) + RUN
3. W. GREMLIN
4. OFF THE DOCK

1. POTTY SHOT
2. ALI 22+
3. BEAR
4. RIBBITS (10) + RUN
5. YETI
6. OFF THE DOCK

1. KNEELING CURL (6) + TZN
2. SKY HIGH 4-1
3. YIKES!
4. JAGGER (10) + RUN
5. SLIGER
6. OFF THE DOCK

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN
3. MINOTAUR Ⓛ
4. OFF THE DOCK

1. PUSH UP (10) + RUN
2. FROZEN CROOK 8
3. TROG
4. SHALLOW WATER

MTN2 GONE FISHIN'

1. TYSONS
2. PEG LEG (8) + RUN
3. TORO
4. SHALLOW WATER

1. ENFORCER PUSH
2. PINNED 2-1-3-1-4-1
3. GRECO
4. QUICK FT. (20) + RUN
5. HIGH Xs
6. SHALLOW WATER

1. OGRE (10) + TZN
2. INFINITY (20) + RUN
3. DEATH ROW 2-1-3-1-4-1
4. SHALLOW WATER

1. RAMPANT (10) + RUN
2. MIEL'S WHEELS
3. 45°
4. JACKALOPE
5. TIPPY-TAP
6. DEEP SEA

1. SA PP
2. SCORPION TO 3/BACK
3. BOR (15) + TZN
4. DEEP SEA

1. VIPER
2. STORK (12) + TZN
3. KOBOLD
4. DEEP SEA

ETS
RECRUIT A NEWBIE

OFF THE DOCK

1. PLATE PUSH
2. FROGS
3. 3 PT. STANCE
4. MONKEY

SHALLOW WATER

1. B.N.C.
2. DECALF
3. CURIOUS GEORGE
4. CHICKIN 2-1-3-1-4-1

DEEP SEA

1. OZARK
2. RESURRECTION
3. JACK BOX
4. SL BAYOK (6) + RUN

MTN2 SECTIONS.

AT THE END OF EACH SECTION "GO FISHING" FOR A TASK FROM THE NOTED LIST.

YOU CANNOT REPEAT A "GONE FISHING" TASK.

THE SYPHER

TAP IN. TAME IT. LET IT OUT.

FORM FIRST

PERFORM EACH TASK TO THE BEST OF YOUR ABILITY. DON'T CHEAT YOURSELF IN PURSUIT OF A HIGHER SCORE.

COMPETITION SECOND

COMPETITION IS THE HEART OF SYPHUS BUT SECONDARY TO FORM. YOU ARE YOUR GREATEST COMPETITION.

FOLLOW THE BOARD, NOT THE HERD

YOU'LL NEVER LEAD THE PACK IF YOU'RE WAITING TO FOLLOW SOMEONE ELSE. READY TO GO? ASK YOUR PRO.
COMMITTING TASKS AND PROGRESSIONS TO MEMORY ENGAGE THE MIND AS WELL AS THE BODY.

THE PRO IS NOT A REFEREE

ALL PROS ARE EXPERIENCED VETERANS OF SYPHUS TRAINING & HAVE BEEN RECOGNIZED FOR THEIR OF KNOWLEDGE AND RECALL OF THE FORMS, TASKS AND CIRCUITS OF SYPHUS. ANY INSTRUCTION FROM YOUR PRO IS FOR YOUR SAFETY AND IMPROVEMENT.

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

- NEVER PERFORM A STATIONARY TASK OUTSIDE OF THE ENDZONE
- ALWAYS FACE THE FIELD
- NEVER STOP SHORT OF YOUR MARK
- TASK PERFORMED OUT OF ORDER ARE NOT GIVEN CREDIT
- REDEEM ANY TASKS PERFORMED OUT OF ORDER
- LET THE PRO KNOW WHEN REDEEMING OR NEEDING A MODIFICATION
- IF YOU'RE UNSURE WHICH REP YOU'RE ON; DO ANOTHER

NO SCORE? LET US KNOW BEFORE

YOU'RE NOT REQUIRED TO KEEP A SCORE, BUT IF YOU DO, PLEASE REMEMBER THE FOLLOWING:

- IF YOU DO NOT WANT A SCORE, LET US KNOW BEFORE YOU HIT THE TURF.
- IF WE MAKE AN ERROR OR FORGET TO IN ENTER YOUR SCORE PLEASE LET THE PRO KNOW UPON YOUR NEXT VISIT.
- PERSONAL MESSAGES AND TEXTS WILL NOT BE ANSWERED FOR SCORING PURPOSES.

PLATE ETIQUETTE

- DO NOT SWITCH PLATES MID-WORKOUT FOR ONE THAT "SLIDES" EASIER. SWEAT ON THE PLATE IS A GOOD THING.
- DO NOT INTENTIONALLY DROP PLATES FROM ANY POINT HIGHER THAN YOUR HIP AS IT DAMAGES THE TURF.
- PLEASE WIPE DOWN YOUR PLATE AND RETURN IT TO THE RACK AT THE END OF THE WORKOUT.

WAIT YOUR TURN

RESPECT THE WORKOUT OF OTHERS. STAY OFF THE FIELD OF PLAY WHEN A WORKOUT IS IN PROGRESS
EVERYONE HAS A FAVORITE PLATE AND LANE BUT PLEASE WAIT TO CLAIM IT.

LET IT OUT

IF THE WORKOUT MAKES YOU WANT TO SCREAM AND CUSS, GO AHEAD AND LET IT OUT!
BE WARNED, SOME OF THE MUSIC PLAYED IS JUST AS ILLICIT.

EMBRACE THE HANGOVER