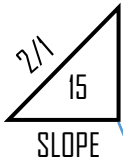


FEBRUARY

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

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.

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

ENGAGING THE SYPHER

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

Second only to "Form First", the phrase "The Most Important Task is the One You're On" has become a daily mantra of mine. So much so, in fact, I've even plastered it (via Expo marker) to my bathroom wall! For the past 7 years, this is the first thing I see upon waking. It is constant a reminder to stay focused, present and persistent.

All too easily we get caught up in the whirlwind of the day with work, school, housework, athletics, relationships and other responsibilities demanding our attention; pulling us in different directions, diverting our attention and often interrupting the flow of the day.

In order for me to do my best work I must remain focused on the task at hand. All too often I feel the obligations of the outside world piling up, nagging me for attention. Other times, I'll find my mind wandering to something totally unrelated to the what I'm physically doing – I'm not present with my physical self – and because of this, it takes considerable effort to regain my focus and continue on with the current objective. Be it cleaning out my basement; I give it my full attention. I may be playing the guitar; nothing else exists but the sounds I produce with my acoustic. At the dinner table, the task at hand is to be engaged in the conversation and strengthening the bonds with those seated at the table.

You see, maintaining your focus not only makes you more efficient at task completion, but it also allows you to appreciate, if not enjoy the experience with full vigor. When viewed through this lens, the parallels between Syphus and the "real world" become particularly evident.

Here are some examples at how I use Syphus to sharpen my focus. Try implementing some of these tips next time you're on the turf to block out the external and internal distractions eating away at your workout...and connection to the present:

- △ **Leave your phone off the turf and out of sight.** (Something I'm totally guilty of but making a conscious effort to leave it alone for the hour I'm on the turf)
- △ **Recognize when your mind wanders and recenter.**
- △ **Focus on every-single-movement, every-single-rep.** Feel what muscles are responsible for each movement; harness and activate.
- △ **Blinders and muzzles on.** Pay no mind to the pace or the form of others. Playing catch up, keep ahead and or chirping with a turfmate only takes you away from your own.
- △ **Study the Motherboard and VISUALIZE** yourself going through the workout. REALLY go there in your mind. BE in the movements. The more vividly you can picture it, the better.
- △ **Set a realistic "target"** for the day's workout. For instance, if your 30-day is 650 but on occasion you can hit 800; set a baseline target somewhere in the 650-range. Having your sights set on too lofty of a goal can take your focus off the journey (form/present) and place it on the destination (score/future) which can cause you to stress out over tasks you may not even get to.
- △ **Play the game within the game.** Can you Hike or Ape Shoot in 2? Buck or Potty Shot in 3? How many jumps does it take you to do a Typhon? Monitoring your performance at the granular level keeps your focus right where it should be.



1.AA
 12.BB
 123.CC
 1234.DD
 12345.EE
 123456.FF

XION2

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

1. SUICIDE 2-1-3-1-4-1
2. MT. CLIMB (20) + RUN
3. SQUANTOES (20) + RUN
4. GORGON (8) + RUN
5. HIKES
6. SLAP JACK

- A. EN GARDE
- B. SWAGGIN 1:1
- C. STAT CURL (6) + TZN
- D. XPP
- E. HALO MARCH (20) + TZN
- F. OGRE (10) + TZN

1-16
 1,3,5,7,9,11,13,15
 2,4,6,8,10,12,14,16

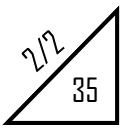
CHECKLIST, ODDS, EVENS

- | | |
|-----------------------|---------------------------|
| 1. JUNKIE (8) + RUN | 9. TROG |
| 2. YETI | 10. OFFERING |
| 3. MIEL'S WHEELS | 11. W. LUNGE |
| 4. VEXED (10) + RUN | 12. DEATH ROW 2-1-3-1-4-1 |
| 5. CRAISE (20) + TZN | 13. W. CROOK |
| 6. BENCHED (30) + TZN | 14. B.O.R. (15) + TZN |
| 7. VENOM | 15. SL OGRE (10) + TZN |
| 8. CYCLONE (12) + TZN | 16. GATOR TO 3 |

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

MTN3

- | | |
|--------------------------|--------------------------|
| 1. BONSAI 3-1-4-2-4-1 | 7. SKULLS (10) + TZN |
| 2. SPD SKATES (20) + RUN | 8. STAT TYSON (20) + RUN |
| 3. <u>POTTY SHOT</u> | 9. <u>DEVIL</u> |
| 4. BANDIT (20) + RUN | 10. QUICKSAND (L) |
| 5. TORO | 11. MONGOOSE |
| 6. <u>NEAPOLITAN</u> | 12. MOWGLI (12) + RUN |



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

CROSS-LISTS

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

1. **BONSAI 3-1-4-2-4-1**
TURKEYS
TOES (20) + RUN

2. **PETRA**
W. CROOK
TRIFECTA 6+

3. **JUNKIE (8) + RUN**
REV HYDRA
SKY HIGH 4-1

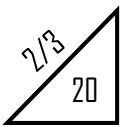
4. **SHUTTLE 3-2-4-2-3-1**
WARLOCK
BUNYAN

A. **INFINITY (20) + RUN**
PLATE SHAKE 9+
KOBOLD

B. **HIKES**
PLATE PUSH
TOUCAN (20) + TZN

C. **GARGOYLE**
ABD. PUSH UP (8) + RUN
DIABLO

D. **GBD (15) + RUN**
SLUSKI
DELAURA



SLOPE

1-8
1-8
1-8

CHECKLIST(3)

1. TWO-STEP (20) + RUN
2. SWAGGIN 1:1
3. BANDIT (20) + RUN
4. KOBOLD
5. CURL PRESS 5+
6. PLATE PUSH
7. RAMPAGE (12) + RUN
8. AMAROK

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

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

FILLING

1. HOT COALS (10) + RUN
2. SUICIDE 2-1-3-1-4-1
3. PUSH UP (10) + RUN
4. MOGUL PUSH
5. REVIVAL
6. INCH WORM
7. DEATH ROW 2-1-3-1-4-1
8. BOVINE
9. TARASQ
10. VIP (10) + RUN

1
122
12333
1234444

VERTEX

1. JACKALOPE
2. D-PINNED 2-1-3-1-4-1
3. XPP
4. BULLY

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

REPTILIAN2

1. BONSAI 3-1-4-2-4-1
 2. CHIMP (8) + RUN
 3. 3 PT. STANCE
 4. SKULLS (10) + TZN
 5. HANG (10) + RUN
-
- 6A. REV PLATE PUSH
 - 6B. SA P.P.
 - 6C. SHOT PUT
 - 6D. PRIMATES 4-1-3-1-2-1



SLOPE

123
234
345
456

WARM-UP MESA

1. SHUTTLE 3-2-4-2-3-1
2. MT. CLIMB (20) + RUN
3. TYSONS
4. SWAGGIN 1:1
5. MOWGLI (12) + RUN
6. PLATE SHAKE 9+

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

MTNG

1. FLAMINGO (6) + TZN
2. KOBOLD
3. POTTY SHOT
4. VEXED (10) + RUN
5. MONTAUK
6. KAMIKAZE 4-3-4-2-4-1-4-1

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

7. RAMBO (10) + RUN
8. SPIKES
9. REV BULLDOG
10. VENOM
11. TROG
12. TROMBONE 6+
13. APE SHOOT!
14. YETI
15. JIGGY (20) + RUN
16. CRAISE (20) + TZN
17. B. LUNGE
18. SHALD 1:1
19. QUICK FT. (20) + RUN
20. OGRE (10) + TZN
21. SAWED OFF (10) + TZN
22. TYPHON
23. PEG LEG (8) + RUN
24. BUCKS
25. PLATE PUSH
26. VIPER
27. CYCLONE (12) + TZN
28. W. GREMLIN
29. PRIMATES 4-1-3-1-2-1
30. EXPLOSIONS

MARCH MAYHEM - TRIALS

2/5

SLOPE 35

ROQ

ROQ

1. BONSAI 3-1-4-2-4-1	SUICIDE 2-1-3-1-4-1	X	25. STAMPEDE	TAUNTAUN	456
2. TURKEY	SHUFFLE	X	26. SWAGGIN 1:1	SKY HIGH 4-1	465
3. TYSON	EN GARDE	X	27. RESURRECTION	HACK-IT	513
4. QUICK FT. (20) + RUN	MOGUL (20) + RUN	X	28. BUCKS	0-PINNED 2-1-3-1-4-1	550
5. ROW STROLL 6+	APE SHOOT!	X	29. XPP	CRAZY LEGS	571
6. SQUONQ	TIPPY-TAP	X	30. W. GREMLIN	W. GREMLIN	580
7. PLATE PUSH	MONTAUK	X	31. THRASHER	GRECO	623
8. COALITION (10) + TZN	STAT CURL (6) + TZN	X	32. THRUST TO FROG	STROW 1:1	670
9. HIKES	POTTY SHOT	X	33. HOT COALS (10) + RUN	TWO-STEP (20) + RUN	681
10. BULLDOG	YIKES!	X	34. SKATES	SKIPS	683
11. F. LUNGE	GARGOYLE	X	35. REV VIPER	YAK	717
12. KOBOLD	ALT. SQUONQ	X	36. BALL N CHAIN	WARLOCK	754
13. HALO 2-1-3-1-4-1	PUSH UP (10) + RUN (ON TOES!)	X	37. INCH WORM	BAYDK (6) + RUN	795
14. TROG	BULLY	X	38. KAMIKAZE 4-3-4-2-4-1-4-1	KAMIKAZE 4-3-4-2-4-1-4-2	803
15. BANDIT (20) + RUN	SUE-STEP (20) + RUN	X	39. PRIMATES 4-1-3-1-2-1	CRAY-CRAY	824
16. MASTODON	REV HYDRA	X	40. VENOM	GROWLER	855
17. TYPHON	CYCLONE (12) + TZN	X	41. CURL WALK 6+	OFFERING	869
18. SA PP	NEAPOLITAN	303	42. RAMBO (10) + RUN	SCALAWAG	884
19. MONKEY	YETI	324	43. TORO	PABLO	928
20. GALLOW 2-1-4-3-4-1	GALLOW 2-1-4-3-4-1	331	44. SLING SHOT 3-2-4-2-3-1	COBRA (10) + PUSH	966
21. VIP (10) + RUN	MIEL'S WHEELS	346	45. BUTT KICKS	HIGH KNEES	967
22. SHOT PUT	DIABLO	387	46. JACKALOPE	TAKE OFF!	995
23. SUPP 10	PETRA	426	47. SPIKES	NO GIMMIES	1022
24. B. LUNGE	BOVINE	453	48. CUJO	OZARK	1077

NOTE: NOT ALL TASKS MAY BE AN EVEN POINT-FOR-POINT SUBSTITUTION AS PORTRAYED IN THE MOD-INDEX. THIS IS OK FOR TOURNAMENT PURPOSES.

2/6

20

SLOPE

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

CHAOS

- 2 BUTT KICKS
- 1 MT. CLIMB (20) + RUN
- 1 STAMPEDE
- 2 SWAGGIN 1:1
- 3 TYSONS
- 2 JAGGER (12) + RUN
- 2 GORGON (8) + RUN
- 1 POTTY SHOT
- 2 YAK
- 1 O-B.O.R. (10) + TZN
- 3 TIPPY-TAP
- 1 COBRA (10) + PUSH
- 2 MIEL'S WHEELS
- 2 BALL N CHAIN
- 2 GALLOW 2-1-4-3-4-1

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

PUSH, TASK
PUSH, TASK...

GAUNTLET

- 1. MONKEY
- 2. ROW STROLL 6+
- 3. BUCKS
- 4. JACKALOPE
- 5. MR. ATLAS
- 6. RDL (8) + TZN
- 7. CURL WALK 6+
- 8. KIT. SINK (10) + TZN
- 9. HALO 2-1-3-1-4-1
- 10. REV GROWLER
- 11. SCALAWAG
- 12. APE SHOOT!

12
123344
1233445556666

ZENITH

- 1. ALI 22+ 1x
 - 2. GRECO

 - 3. TAUNTAUN 2x
 - 4. RIBBITS (10) + RUN

 - 5. SPIKES 3x
 - 6. PRIMATES 4-1-3-1-2-1
- 1-10, 10-1 U
- 1. SQUONK
 - 2. COALITION (10) + TZN
 - 3. AMAROK
 - 4. K.O.D. (20) + TZN
 - 5. MONGOOSE
 - 6. TIP-TOES (20) + RUN
 - 7. SQ. THRUST (10) + RUN
 - 8. W. GREMLIN
 - 9. TROG
 - 10. ARACHNID



JACOB'S LADDER

5. WICCA

4. MONGOOSE

3. BENGCHED (30) + TZN

2. YIKES!

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

4. ROOTED GROOT (8) + PUS

3. STIGMATA (10) + RUN

2. VEXUM

5.1. 0-PINNED 2-1-3-1-4-1

4. SCALAWAG

3. STACK SHOT

2. SL OGRE (10) + TZN

5.1. ENFORCER

4. SQUIBBLE

3. QUICK FT. (20) + RUN

2. REV VIPER

5.1. SQUONQ

4. MONKEY

3. SQ. THRUST (10) + RUN

2. BULLY

5.1. TOES (20) + RUN

4. ALLI 22+

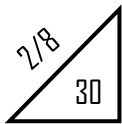
3. SKY HIGH 4-1

2. TWO-STEP (20) + RUN

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

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

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON



SLOPE

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

TIM STRENGTH

Workout designed by Turf HT's owner Tim Kniga!

MTN3

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. TWO-STEP (20) + RUN
3. MT. CLIMB (20) + RUN

4. PLATE PUSH
5. TYSONS
6. CURL WALK 6+

7. REV BEAR
8. F. LUNGE
9. PLATE SHAKE 9+

10. PUSH UP (10) + RUN
11. VENOM
12. JAGGER (12) + RUN

1-15, 1-15

CHECKLIST(2)

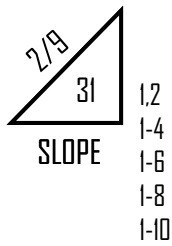
1. YIKES!
2. YETI
3. POTTY SHOT
4. BANDIT (20) + RUN
5. CURIOUS GEORGE
6. RAMPANT (10) + RUN
7. 3 PT. STANCE
8. TRIFECTA! 6+
9. SHOT PUT
10. SQ. JUMP (10) + RUN
11. TORO
12. GARGOYLE
13. SAWED OFF (10) + TZN
14. SLUSKI
15. RDL (8) + TZN

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

1
121
12321
1234321
123454321

UPLIFT

1. SWAGGIN 1:1
2. BULLDOG
3. MIEL'S WHEELS
4. BENCHED (30) + TZN
5. SL BOULDER



MTN2

1. QUICK FT. (20) + RUN
2. EN GARDE

3. BULLY
4. TOES (20) + RUN

5. MIEL'S WHEELS
6. TROG

7. HALO 2-1-3-1-4-1
8. BULLDOG

9. X PP
10. JACKAL

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

EXPANDING MTN

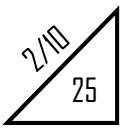
1. GRECO
2. TURKEY
3. NEAPOLITAN
4. TYSONS
5. MANTIS (8) + RUN
6. RIBBITS (10) + RUN
7. JIGGY (20) + RUN
8. PINNED 2-1-3-1-4-1
9. SKY HIGH 4-1
10. REV SCORPION TO 3/BACK

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

CROSS-FIRE

1. HOT COALS (10) + RUN
 2. CHICKIN 2-1-3-1-4-1
 3. LYCAN UP (10) + RUN
 4. YETI
 5. ANACONDA
- A. SPIKES
 - B. REV BEAR
 - C. SHOT PUT

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON



SLOPE

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

REV MTN3

1. QUICK FEET (20) + RUN
2. V-STEP (10) + RUN
3. SKIPS

4. SWAGGIN 1:1
5. STAT TYSON (20) + RUN
6. PLATE SHAKE 9+

7. BANDIT (20) + RUN
8. STAMPEDE
9. GORGON (8) + RUN

10. SQ. JUMP (10) + RUN
11. REV GROWLER
12. SLING SHOT 3-2-4-2-3-1

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

1. MONKEY
2. TIP-TOES (20) + RUN
3. MOGUL (20) + RUN
4. DELAURA
5. D-PINNED 2-1-3-1-4-1

XION

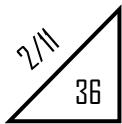
- A. KAMIKAZE 4-3-4-2-4-1-4-1
- B. ENFORCER
- C. BOVINE
- D. POGOTO (6) + TZN
- E. HANG (10) + RUN

11, 22, 33...10,10
Repeat

CENTAUR 2X2

1. PEG LEG (8) + RUN
2. MONGOOSE
3. OFFERING
4. SL OGRE'S (10) + TZN
5. POTTY TO BULLDOG
6. TROG
7. SL TOES (20) + RUN
8. OZARK
9. BONSAI 3-1-4-2-4-1
10. GIMPY DOG

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON



SLOPE

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

MTN3

1. HOT COALS (10) + RUN
2. STAMPEDE
3. SWAGGIN 1:1

4. POTTY SHOTS
5. JIGGY (20) + RUN
6. STORK (12) + TZN

7. VENOM
8. SKUFFLE
9. MONGOOSE

10. TYPHON
11. REV B.N.C.
12. SUICIDE 2-1-3-1-4-1

BUCKS, TASK
BUCKS, TASK...

BUCKS GAUNTLET

1. CRAISE (20) + TZN
2. GARGOYLE
3. CHICKIN 2-1-3-1-4-1
4. 45°
5. LYCAN (10) + RUN
6. SKATES
7. CURL WALK 6+
8. TYSONS

1-6
6-1

U

1. ALI 22+
2. RDL (8) + TZN
3. SHOT PUT
4. RAMBO (10) + RUN
5. SKY HIGH 4-1
6. DIABLO

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

FADED2

1. TWO-STEP (20) + RUN
2. B.O.R. (15) + TZN

3. KOBOLD
4. COBRA (10) + PUSH

5. 3 PT. STANCE
6. MOWGLI (12) + RUN

7. BULLDOG
8. KAMIKAZE 4-3-4-2-4-1-4-1

9. CRAY-CRAY
10. GATOR TO 3



SLOPE

1
12
123
1
12
123...

MOLE-HILLS

1. GALLOW 2-1-4-3-4-1
2. MT. CLIMB (20) + RUN
3. SWAGGIN 1:1

1. TWO-STEP (20) + RUN
2. RAMBO (10) + RUN
3. POTTY SHOT

1. XPP
2. TROMBONE 6+
3. MONTAUK

1. FLAMINGO (6) + TZN
2. BULLDOZER
3. F. LUNGE

1. MONKEY
2. BUCKS
3. TROG

1. SAWED OFF (10) + TZN
2. PEG LEG (8) + RUN
3. VEXUM

1-6
1-7
1-8

MID-POINT MTN

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. MUGGER (12) + RUN
3. RDL (8) + TZN
4. HIKES
5. PABLO

6. JUNKIE (8) + RUN
7. K.O.D. (20) + TZN
8. WICCA

1
121
12321
1234321

UPLIFT

1. COALITION (10) + TZN
2. CRAZY LEGS
3. MIEL'S WHEELS
4. C.H.B.

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

1-12, 12-1

U

1. MONGOOSE
2. VIP (10) + RUN
3. DGRE (10) + TZN
4. ROW STROLL 6+
5. RIBBITS (10) + RUN
6. TIPPY-TAP
7. REV BULLDOG
8. CYCLONE (12) + TZN
9. JACKALOPE
10. KIT. SINK (10) + TZN
11. W. CROOK
12. REV PLATE PUSH

2/13

39

SLOPE

1,2,3,4

3,4,5,6

5,6,7,8

7,8,9,10

9,10,11,12

11,12,13,14

13,14,15,16

MESA BY 2s

1. BONSAI 3-1-4-2-4-1
2. HOT COALS (10) + RUN
3. W. GREMLIN
4. VIP (10) + RUN
5. TRUMPET 9+
6. RIBBITS (10) + RUN
7. POTTY SHOTS
8. MIEL'S WHEELS
9. ROW STROLL 6+
10. PUSH UP (10) + RUN
11. CHIMP (8) + RUN
12. SHWAGGIN 1:1
13. SKULLS (10) + TZN
14. C.H.B.
15. X PP
16. TARASQ

1-10

1-10

1-10

CHECKLIST (3)

1. SAWED OFF (10) + TZN
2. PARATROOPER (10) + RUN
3. DIABLO
4. BANDIT (20) + RUN
5. GARGOYLE
6. BULLY
7. D-PINNED 2-1-3-1-4-1
8. VENOM
9. SQUIBBLE
10. STACK SHOT

1

12

123

1234

MTN

1. APE SHOOT!
2. MOWGLI (12) + RUN
3. RDL (8) + TZN
4. SLIGER

1,10

1,2,9,10

1,2,3,8,9,10

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

1-10

FILLING

1. TIPPY-TAP
2. JIGGY (20) + RUN
3. SUICIDE 2-1-3-1-4-1
4. KOBOLD
5. SHUFFLE
6. M.F.T.
7. THRUST TO FROG
8. SHOT PUT
9. BUCKS
10. GROWLER

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON



TWIN FLAMES

Perform each section as a Dark-Side

1234
1234
1234
1234
1234

- | | | |
|----|----------------------|------------------------|
| 1. | SHUFFLE | MIEL'S WHEELS |
| 2. | QUICK FT. (20) + RUN | ALI 22+ |
| 3. | SKATES | SPD SKATES (20) + RUN |
| 4. | KOBOLD | ALT. SQUONQ |
| 1. | W. GREMLIN | W. LUNGE |
| 2. | RIBBITS (10) + RUN | CROAKIN |
| 3. | MONTAUK | CRAZY LEGS |
| 4. | PISTON (10) + TZN | 90°(10) + TZN |
| 1. | SHUTTLE 3-2-4-2-3-1 | SLING SHOT 3-2-4-2-3-1 |
| 2. | SKY HIGH 4-1 | HAG 1:1 |
| 3. | V-STEP (10) + RUN | VENOM |
| 4. | TROMBONE 6+ | STORK (12) + TZN |
| 1. | MOWGLI (12) + RUN | REV MASTODON |
| 2. | 3 PT. STANCE | TORO |
| 3. | SWAGGIN 1:1 | SHWAGGIN 1:1 |
| 4. | VEXED (10) + RUN | VEXUM |
| 1. | SCALAWAG | PIRATE |
| 2. | ROOSTER (10) + TZN | CHICKIN 2-1-3-1-4-1 |
| 3. | MONKEY | JACKAL |
| 4. | RAMPAGE (12) + RUN | MUGGER (12) + RUN |

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON



SLOPE

MT. NEVERLIST

1-10
1-10
1-10

CHECKLIST(3)

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

REV MTN 2

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

- 1. BONSAI 3-1-4-2-4-1
- 2. SKATES
- 3. BULLY

- 4. MIEL'S WHEELS
- 5. BANDIT (20) + RUN
- 6. HIKES

- 7. JUNKIE JUMP (8) + RUN
- 8. CURL PRESS 5+
- 9. GROWLER

1X

2X

3X

- 1. VIP (10) + RUN
- 2. SUICIDE 2-1-3-1-4-1
- 3. SKULLS (10) + TZN
- 4. JACK ASS
- 5. SKY HIGH 4-1
- 6. CALF-IN-ATOR
- 7. CYCLONE (12) + TZN
- 8. COBRA (10) + PUSH
- 9. ALI 22+
- 10. HAG 1:1

- 1. MOWGLI (12) + RUN
- 2. NEAPOLITAN

- 3. TWO-STEP MADNESS 10
- 4. TROG

- 5. BUCKS
- 6. JACKALOPE

- 7. RDL (8) + TZN
- 8. MONGOOSE

- 9. TWISTED
- 10. JANGLE LEG 3

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

2/16

MARCH MAYHEM - ROUND 1

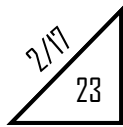
SLOPE 22

ROQ

ROQ

1. QUICK FT. (20) + RUN	TWO-STEP (20) + RUN	X	25. SQUONQ	SKY HIGH 4-1	432
2. GALLOW 2-1-4-3-4-1	SHUTTLE 3-2-4-2-3-1	X	26. BOULDER	TORD	474
3. TURKEYS	TYSONS	X	27. SUICIDE 2-1-3-1-4-1	SUICIDE 2-1-3-1-4-1	480
4. INFINITY (20) + RUN	MOGUL (20) + RUN	X	28. VENOM	TWISTED	510
5. BULLY	ROW STROLL 6+	X	29. DELAURA	REV BULLDOG	543
6. W. GREMLIN	KOBOLD	X	30. REV PLATE PUSH	ANACONDA	589
7. VEXED (10) + RUN	TIP-TOES (20) + RUN	X	31. PINNED 2-1-3-1-4-1	STAT SWAG (20) + TZN	620
8. LYCAN (10) + RUN	ALI 22+	X	32. OHNO (12) + RUN	MOWGLI (12) + RUN	634
9. XPP	PLATE PUSH	X	33. YAK	CURIOUS GEORGE	662
10. CRAY-CRAY	MONTAUK	X	34. NEAPOLITAN	SLAP JACK	686
11. HALO 2-1-3-1-4-1	WARRIOR	X	35. SHUFFLE	SKIPS	688
12. STAMPEDE	EN GARDE	X	36. CURL PRESS 5+	RIBBITS (10) + RUN	706
13. GARGOYLE	VEXUM	X	37. RAMP UP (8) + RUN (ON TOES)	POTTY TO BULLDOG	746
14. HIKES	STAT CURL (6) + TZN	X	38. SWAGGIN 1:1	SWAGGIN 1:1	755
15. YETI	JAGGER (12) + RUN	X	39. SUE STEP (20) + RUN	HOT COALS (10) + RUN	766
16. W. CROOK	W. CROOK	X	40. TARASQ	AMAROK	781
17. B. LUNGE	TYPHON	X	41. DEVL	GRECO	828
18. MOGUL PUSH	GIMPY DOG	303	42. REV BOVINE	DEATH ROW 2-1-3-1-4-1	861
19. TAUNTAUN	SKATES	307	43. BUZZARD	BULLDOZER	886
20. APE SHOOT!	TROG	319	44. PLATE SHAKE 9+	VIP (10) + RUN	897
21. HYDRA	3 PT. STANCE	343	45. SA P.P.	MIEL'S WHEELS	922
22. COALITION (10) + TZN	TRIFECTA! 6+	358	46. SCORPION TO 3/BACK	FLYING JACKAL	972
23. STACK SHOT (ON TOES)	BUCKS	393	47. BONSAI 3-1-4-2-4-1	ALT. SQUONQ	977
24. JACKAL	HAG 1:1	426	48. PRIMATES 4-1-3-1-2-1	PRIMATES 4-1-3-1-2-1	998

NOTE: NOT ALL TASKS MAY BE AN EVEN POINT-FOR-POINT SUBSTITUTION AS PORTRAYED IN THE MOD-INDEX. THIS IS OK FOR TOURNAMENT PURPOSES.



SLOPE

CHECKLIST(3)

- 1-10 1. EN GARDE
- 1-10 2. HOT COALS (10) + RUN
- 1-10 3. STAMPEDE
- 4. SWAGGIN 1:1
- 5. QUICK FT. (20) + RUN
- 6. BULLDOG
- 7. BULLY
- 8. MIEL'S WHEELS
- 9. SA PP
- 10. PABLO

VENOM, TASK
VENOM, TASK...

VENOM GAUNTLET

- 1. BEAR
- 2. ROTATING SQUAT
- 3. HIKES
- 4. TIPPY-TAP
- 5. BUCKS
- 6. DGRE (10) + TZN

1-8
1-8

CHECKLIST(2)

- 1. TAUNTAUN
- 2. SKULLS (10) + TZN
- 3. LYCAN (10) + RUN
- 4. TWISTED
- 5. JIGGY (20) + RUN
- 6. POTTY SHOT
- 7. STORK (12) + TZN
- 8. RIBBITS (10) + RUN

1
12
123
1234
12345
123456

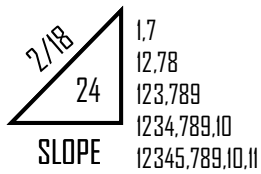
MTN

- 1. MT. CLIMB (20) + RUN
- 2. CURIOUS GEORGE
- 3. KOBOLD
- 4. MONTAUK
- 5. PINNED 2-1-3-1-4-1
- 6. TWEAKER Ⓛ

1-12 CHECKLIST

- 1. REV VIPER
- 2. BONSAI 3-1-4-2-4-1
- 3. AMAROK
- 4. B.N.C.
- 5. REVIVAL
- 6. MOGUL PUSH
- 7. SHOT PUT
- 8. TROG
- 9. 3 PT. STANCE
- 10. INFINITY (20) + RUN
- 11. VIP (10) + RUN
- 12. PLATE PUSH

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON



THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

SPLIT-PEAK

1. GALLOW 2-1-4-3-4-1
2. TURKEYS
3. STAT ROW (6) + TZN
4. MONGOOSE
5. 45°
6. REV BALL N CHAIN
7. MT. CLIMB (20) + RUN
8. KOBOLD
9. SAWED OFF (10) + TZN
10. NEAPOLITAN
11. HALO 2-1-3-1-4-1
12. INCH WORM

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

REPTILIAN2

1. V-STEP (10) + RUN
2. CYCLONE (12) + TZN
3. RDL (8) + TZN
4. BULLDOG
- 5A. TYPHON
- 5B. JACKAL
- 5C. SPIKES
- 5D. CRAISE (20) + TZN
- 5E. THRASHER

1-15, 15-1 U

1. PRIMATES 4-1-3-1-2-1
2. SWASHBUCKLER
3. EN GARDE
4. JIGGY (20) + RUN
5. MIEL'S WHEELS
6. BAYOK (6) + RUN
7. SQUIBBLE
8. TROMBONE 6+
9. HOT COALS (10) + RUN
10. REV HYDRA
11. SUICIDE 2-1-3-1-4-1
12. BOULDER
13. HANG (10) + RUN
14. PUSH UP (10) + RUN
15. DENSER 2-1-3-1-4-1



1-20
1-20
1-20
1-20
1-20

CHECKLIST(5)

1. BONSAI 3-1-4-2-4-1
2. TWO-STEP (20) + RUN
3. SHUFFLE
4. TWINKLE (30) + TZN
5. BULLY
6. LYCAN UP (10) + RUN
7. ALI 22+
8. XPP
9. TYSONS
10. O-PINNED 2-1-3-1-4-1
11. BOVINE
12. SL BUCKS
13. KNEEL SWAG (15) + TZN
14. YETI
15. ARACHNID
16. SA DIABLO
17. CURL WALK 6+
18. GATOR TO 3
19. SCALAWAG
20. SKY HIGH 4-1

2/20
30

SLOPE

JACOB'S LADDER

4. SL BOULDER

3. RDL (8) + TZN

2. TYPHON

4.1. YETI

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

2. GARGOYLE

4.1. COALITION (10) + TZN

3. JACK BOX

2. SKY HIGH 4-1

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

3. HIKES

2. GORGON (8) + RUN

4.1. V-STEP (10) + RUN

3. ALI 22+

2. MOGUL (20) + RUN

1. QUICK FT. (20) + RUN

1234

123

12

1234

123

12

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123

12

1234

123

12

1234

123

12

1

Start here

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

1-8

1-8

CHECKLIST(2)

1. BUZZARD

2. TURKEYS

3. SPIKES

4. JAGGER (12) + RUN

5. GBD (15) + RUN

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

7. VIPER

8. TOES (20) + RUN

12

123344

12334455556666

1233445555666677778888

ZENITH

1. CRAISE (20) + TZN

2. MASTODON

3. JESTER

4. RAMPAGE (12) + RUN

5. SLAP JACK

6. ALT. SQUONQ

7. REV BEAR

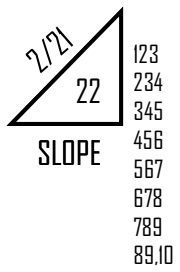
8. VENOM

1X

2X

3X

4X



MESA

1. QUICK FT. (20) + RUN
2. STAMPEDE
3. MOWGLI (20) + RUN
4. SWAGGIN 1:1
5. COALITION (10) + TZN
6. FLAMINGO (6) + TZN
7. MONKEY
8. SA P.P.
9. YIKES!
10. TALL ORDER 6+

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

EL CYCLE

1. GRECO
2. GALLOW 2-1-4-3-4-1
3. APE SHOOT!
4. TROG
5. BENCHED (30) + TZN

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

XION2

1. BANDIT (20) + RUN
2. SQ. JUMP (10) + RUN
3. W. GREMLIN
4. 3 PT. STANCE
5. LUMBERJACK (8) + RUN

- A. KIT. SINK (10) + TZN
- B. REV VIPER
- C. REV MASTODON
- D. MOGUL PUSH
- E. **PETRA SHOT**

NEW: Shot Put but Petra to the plate rather than bear. Video demo will be circulated prior to this day's workout.

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

MTN2

1. VEXED (10) + RUN
2. CHICKIN 2-1-3-1-4-1

3. SL GORGON (8) + RUN

4. TAUNTAUN

5. STACK SHOT

6. BUZZARD

7. GROWLER

8. TAKE OFF!

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON



INTERRUPTED MTN4

1. BONSAI 3-1-4-2-4-1
2. TURKEY
3. MOGUL (20) + RUN
4. TYSON

5. CROOK
6. RIBBITS (10) + RUN
7. HIKES
8. ROW STROLL 6+

9. JACKALOPE
10. OGRE (10) + TZN
11. APE SHOOT

12. JIGGY (20) + RUN
13. PINNED 2-1-3-1-4-1
14. RDL (8) + TZN
15. B.O.R. (15) + TZN
16. HOT COALS (10) + RUN

17. KOBOLD
18. POTTY SHOT
19. TROG
20. GATOR TO 3

1-4
4-1 U

1. BOVINE
2. GIMPY DOG
3. SPD SKATES (20) + RUN
4. ENFORCER

- 121314 =BRIOUS
2324
34
1. TAKE OFF
 2. MUGGER (12) + RUN
 3. BUCKS
 4. CYCLONE (12) + TZN

11
22
33... CENTAUR2

1. MIEL'S WHEELS
2. ARACHNID
3. HANG (10) + RUN
4. VIPER

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

VENOM, TASK
VENOM, TASK...

VENOM GAUNTLET

1. F. LUNGE
2. B.N.C.
3. OZARK

1-4
1-8
U-TURN
1-12
=IBRIOUS

VENOM GAUNTLET

1-16
1-20
CENTAUR2

2/23

MARCH MAYHEM - ROUND 2

SLOPE 29

ROQ

ROQ

1. SHUTTLE 3-2-4-2-3-1	GALLOW 2-1-4-3-4-1
2. MT. CLIMB (20) + RUN	MOGUL (20) + RUN
3. TYSONS	SQUONQ
4. TIP-TOES (20) + RUN	COALITION (10) + TZN
5. BULLY	PLATE SHAKE 9+
6. PLATE PUSH	HIKES
7. KOBOLD	ROW STROLL 6+
8. BULLDOG	GROWLER
9. F. LUNGE	SPIKES
10. STAT HALO (18) + TZN	REV VIPER
11. STAMPEDE	TAUNTAUN
12. RAMPAGE (12) + RUN	JIGGY (20) + RUN
13. POTTY SHOT	TARASQ
14. SCALAWAG	SCALAWAG
15. APE SHOOT!	BANDIT (20) + RUN
16. REV BALL N CHAIN	SLUSKI
17. MASTODON	BUCKS
18. O-PINNED 2-1-3-1-4-1	SLING SHOT 3-2-4-2-3-1
19. V-STEP (10) + RUN	RAMPANT (10) + RUN
20. KIT. SINK (10) + TZN	PABLO
21. TIPPY-TAP	SKUFFLE
22. PETRA	SUPP 10
23. FLAMINGO (6) + TZN	BOVINE
24. VEXED (10) + RUN	STIGMATA (10) + RUN

X	25. JACKALOPE	NO GIMMIES	509
X	26. XPP	SA PP	530
X	27. PUSH UP (10) + RUN (ON TOES)	B. LUNGE	557
X	28. SWAGGIN 1:1	SWAGGIN 1:1	566
X	29. TWINKLE TOES (30) + TZN	W. CROOK	584
X	30. PROWLER	TWEAKER	637
X	31. BUTT KICKS	HIGH KNEES	639
X	32. BONSAI 3-1-4-2-4-1	SUICIDE 2-1-3-1-4-1	644
X	33. MUGGER (12) + RUN	MOWGLI (12) + RUN	659
X	34. MONKEY	MONGOOSE	680
X	35. CURL MADNESS 3+PIN	DENSER 2-1-3-1-4-1	726
X	36. TWO-STEP (20) + RUN	SPD SKATES (20) + RUN	738
X	37. SKY HIGH 4-1	SKY HIGH 4-1	743
X	38. AMAROK	TARASQ	764
X	39. MOGUL PUSH	GIMPY DOG	792
X	40. SL BOULDER	WICCA	842
312	41. OFFERING	CURL PRESS 5+	860
345	42. ENFORCER	3 PT. STANCE	884
357	43. INFINITY (20) + RUN	TRUMPET 9+	895
394	44. MONTAUK	TAKE OFF!	923
402	45. REV BULLDOG	45°	954
442	46. REVIVAL	W. LUNGE	1008
467	47. ALT. SQUONQ	TROG	1016
481	48. NEAPOLITAN	PRIMATES 4-1-3-1-2-1	1040

NOTE: NOT ALL TASKS MAY BE AN EVEN POINT-FOR-POINT SUBSTITUTION AS PORTRAYED IN THE MOD-INDEX. THIS IS OK FOR TOURNAMENT PURPOSES.



SLOPE

MTN2

- 1,2 1. GALLOW 2-1-4-3-4-1
- 1-4 2. MT. CLIMB (20) + RUN

- 1-6 3. EN GARDE
- 1-8 4. BULLY

- 1-10 5. STAMPEDE
- 6. CURL WALK 6+

- 7. TAKE OFF!
- 8. BUZZARD

- 9. CYCLONE (12) + TZN
- 10. SLING SHOT 3-2-4-2-3-1

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

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

ZENITH

- 1. V-STEP (10) + RUN
- 2. PEG LEG (8) + RUN

- 3. JACKALOPE
- 4. VEXUM

- 5. HIKES
- 6. HANG (10) + RUN

- 7. REV BEAR
- 8. SCALAWAG

1X

2X

3X

4X

1-10
10-1

U-TURN

- 1. SUICIDE 2-1-3-1-4-1
- 2. YETI
- 3. BOULDER
- 4. CRAZY LEGS
- 5. POTTY TO BULLDOG
- 6. DENSER 2-1-3-1-4-1
- 7. GARGOYLE
- 8. TARASQ
- 9. RAMP UP (8) + RUN
- 10. OFFERING



REV MOLE-HILLS

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

1. SWAGGIN 1:1
2. BEAR
3. HALO 2-1-3-1-4-1

1. SKY HIGH 4-1
2. MIEL'S WHEELS
3. KIT. SINK (10) + TZN
4. BOVINE

1. EN GARDE
2. NEAPOLITAN
3. MANTIS (8) + RUN

1. SHUFFLE
2. C.H.B.

1. PLATE SHAKE 9+
2. RAMPANT (10) + RUN
3. MONKEY

1. XPP
2. GORGON (8) + RUN

123
12
1
123
12
1...

EXPANDING MTNS

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

1. INCH WORM
2. STAT TYPHON (10) + RUN
3. SKATES
4. SKULLS (10) + TZN
5. SCORPION TO 3/BACK

1. ALL 22+
2. TRIFECTA! 6+
3. HIKES
4. STAT CURL (6) + TZN
5. SL BUCKS

1. GREMLIN
2. PINNED 2-1-3-1-4-1
3. REV BEAR CRAWL
4. ROOSTER (10) + TZN
5. M.F.T.

PUSH, TASK
PUSH, TASK...

GAUNTLET

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. SL REVIVAL
3. TYSONS
4. TORO
5. PISTON (10) + TZN
6. HIGH KNEES
7. RDL (8) + TZN
8. QUICK FT. (20) + RUN

1A1B
2A2B
3A3B
4A4B
5A5B

CROSS-FIRE

1. W. LUNGE
 2. U POTTY SHOT
 3. PUSH UP (10) + RUN
 4. THRASHER
 5. APE SHOOT!
- A. GARGOYLE
B. CROOK

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON
PRO-DESIGNED WORKOUT

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

ARCHITECT: JOE MILITELLO

TURF: ST. CLAIR SHORES



SLOPE

1-10
10-1
1-10

W

5.6
4-7
3-8
2-9
1-10

EXPANDING MTN

1
122
122333
1223334444

MT. NEVEREST

1. SHUTTLE RUN 3-2-4-2-3-1
2. COALITION (10) + TZN
3. AU 22+
4. SQUONQ
5. SWAGGIN 1:1
6. VEXED (10) + RUN
7. BULLY
8. YIKES!
9. TOES (20) + RUN
10. MONKEY

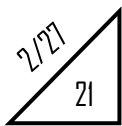
1. STAT TYSON (20) + RUN
2. O-PINNED 2-1-3-1-4-1
3. SQ JUMP (10) + RUN
4. TRUMPET 9+
5. TWO-STEP (20) + RUN
6. BANDIT (20) + RUN
7. EN GARDE
8. CRAZY LEGS
9. KIT SINK (10) + TZN
10. REV GARGOYLE

1. PETRA
2. TIPPY-TAP
3. PLATE PUSH
4. BULLDOG

REPTILIANZ

1-4, 5A5A
1-4, 5B5B
1-4, 5C5C
1-4, 5D5D

1. 45°
 2. SCALAWAG
 3. SPIKES
 4. K.O.D. (20) + TZN
-
- 5A. VENOM
 - 5B. GARGANTUAN
 - 5C. PABLO
 - 5D. TAKE OFF!



SLOPE

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

EL CYCLE

1. SUICIDE 2-1-3-1-4-1
2. TWO-STEP (20) + RUN
3. BANDIT (20) + RUN
4. TROMBONE 6+
5. PEG LEG (8) + RUN

1234444
12333
122
1

REVERTX

1. OHNO (12) + RUN
2. HIKES
3. TAUNTAUN
4. PLATE PUSH

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

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

MTN3

1. SAWED OFF (10) + TZN
2. MIEL'S WHEELS
3. SQ. JUMP (10) + RUN
4. YETI
5. PIRATE
6. W. GREMLIN
7. TARASQ
8. ARACHNID
9. SHWAGGIN 1:1
10. GRECO
11. HOT COALS (10) + RUN
12. BUCKS

MATTER HORN

- 2 G.B.D. (15) + RUN
- 1 SLUSKI
- 4 VENOM
- 2 SKY HIGH 4-1
- 1 MOGULS (20) + RUN
- 4 MONGOOSE
- 2 CHICKIN 2-1-3-1-4-1
- 1 OFFERING
- 4 HANG (10) + RUN
- 2 TALL ORDER 6+
- 1 REV PLATE PUSH
- 4 JACKALOPE
- 2 VIP (10) + RUN
- 1 SHOT PUT
- 4 RAMPAGE (12) + RUN
- 2 TRIFECTA! 6+
- 1 45°
- 4 SA PP

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



SLOPE

- 1A, 2-5, 6A
- 1B, 2-5, 6B
- 1C, 2-5, 6C
- 1D, 2-5, 6D

CHAMELEON

- 1A. STAMPEDE
- 1B. SQUIBBLE
- 1C. ROW STROLL 6+
- 1D. STIGMA (10) + RUN

-
- 2. EN GARDE
 - 3. QUICK FT. (20) + RUN
 - 4. JIGGY (20) + RUN
 - 5. SABRE (8) + RUN

-
- 6A. SKY HIGH 4-1
 - 6B. DELAURA
 - 6C. W. CROOK
 - 6D. GARGOYLE

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

CAVITY

1. MT. CLIMB (20) + RUN
2. GBD (15) + RUN
3. REV BEAR
4. APE SHOOT!
5. SUE-STEP (20) + RUN
6. THRUST to FROG
7. MOWGLI (12) + RUN
8. ATTACK-IT
9. GALLOW 2-1-4-3-4-1
10. STAT CURL (6) + TZN
11. TYPHON
12. JACKALOPE

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

- 1A1B1C
- 2A2B2C
- 3A3B3C
- 4A4B4C
- 5A5B5C

CROSS-FIRE

1. BUCKS
2. YETI
3. HIKES
4. B.N.C.
5. SAWED OFF (10) + TZN

- A. PROWLER (L)
- B. MIEL'S WHEELS
- C. MONGOOSE



SLOPE

Like Checklist(4)

Mole-Hills

1-3

1-3

1-3

1-4

LEAP DAY

1. QUICK FT. (20) + RUN

2. TURKEYS

3. SWAGGIN 1:1

4. **MOWGLI (12) + RUN**

1. HOT COALS (10) + RUN

2. RIBBITS (10) + RUN

3. APE SHOOT!

4. **BAYOK (6) + RUN**

1. XPP

2. CYCLONE (12) + TZN

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

4. **INCH WORM**

1. HANG (10) + RUN

2. MIEL'S WHEELS

3. BOVINE

4. **PIRATE**

1. TWINKLE (30) + TZN

2. TARASQ

3. JAGGER (12) + RUN

4. **REV INCH**

1. AMAROK

2. HALD 2-1-3-1-4-1

3. RDL (8) + TZN

4. **SL BUCKS**

1. SUE STEP (20) + RUN

2. SAWED OFF (10) + TZN

3. TYPHON

4. **SCORPION TO 3/BACK**

1. V-STEP (10) + RUN

2. REV VIPER

3. ALT. SQUONQ

4. **TWEAKER** (L)

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