

MARCH

MOTHERBOARD

2024

3/1
30

MARCH MAYHEM - ROUND 3

SLOPE 30

SLOPE

		ROD		ROD
1. RUN	RUN	X	25. NEAPOLITAN	SAPP
2. SHUFFLE	TAUNTAUN	X	26. REV PLATE PUSH	PIRATE
3. MT. CLIMB (20) + RUN	HOT COALS (10) + RUN	X	27. SWAGGIN 1:1	SWAGGIN 1:1
4. PLATE SHAKE 9+	TIP-TOES (20) + RUN	X	28. RIBBITS (10) + RUN	CURL PRESS 5+
5. SQUOND	SKUFFLE	X	29. TORO	REV BALL N CHAIN
6. MOWGLI (12) + RUN	ROW STROLL 6+	X	30. ANY PUSH OTHER THAN REGULAR OR XPP	
7. MONKEY	MONGOOSE	X	31. HALO 2-1-3-1-4-1	SWASHBUCKLER
8. PLATE PUSH	YETI	X	32. STAMPEDE	EN GARDE
9. HIKES	RAMBO (10) + RUN	X	33. V-STEP (10) + RUN	TROMBONE 6+
10. KOBOLD	TROG	X	34. REV GREMLIN	SHUTTLE 3-2-4-2-3-1
11. VIPER	BULLDOG	X	35. WICCA	TWEAKER
12. F. LUNGE	GARGOYLE	X	36. BUCKS	STACK SHOT (ON TOES)
13. DENSER 2-1-3-1-4-1	SHWAGGIN 1:1	X	37. FLAMINGO (6) + TZN	JIGGY (20) + RUN
14. SUICIDE 2-1-3-1-4-1	SUICIDE 2-1-3-1-4-1	X	38. BONSAI 3-1-4-2-4-1	BONSAI 3-1-4-2-4-1
15. PUSH UP (10) + RUN (ON TOES)	CYCLONE (12) + TZN	X	39. BANDIT (20) + RUN	INFINITY (20) + RUN
16. MIEL'S WHEELS	SLAP JACK	X	40. PRIMATES 4-1-3-1-2-1	FROGS
17. VIP (10) + RUN	MUGGER (12) + RUN	X	41. SLUSKI	SHOT PUT
18. REV BOVINE	MASTODON	298	42. SHALO 1:1	ATTACK IT
19. GRECO	BUNYAN	339	43. TIPPY-TAP	EN GARDE
20. W. CROOK	OFFERING	357	44. SUE STEP (20) + RUN	TWO-STEP (20) + RUN
21. INCH WORM	DIABLO	396	45. APE SHOOT!	STAT ROW (6) + TZN
22. MUGGER (12) + RUN	OHNO (12) + RUN	411	46. TYPHON	YAK
23. AMAROK	GROWLER	432	47. OZARK	JESTER
24. QUICK FT. (20) + RUN	TOES (20) + RUN	441	48. TWISTED	TAKE OFF!

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



1
12
123
1234
12345

MTN

1. GALLOW 2-1-4-3-4-1
2. TURKEYS
3. MOGULS (20) + RUN
4. SWAGGIN 1:1
5. JAGGER (12) + RUN

FADED MTN2

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

1. PROWLER (L)
2. REV BULLDOG
3. DEVIL
4. BULLY
5. GIMPY DOG
6. BENCHED (30) + TZN
7. TROG
8. RIBBITS (10) + RUN
9. POTTY SHOT
10. B.N.C.

1-8, 8-1

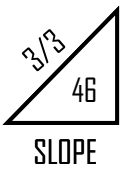
U

1. SUICIDE 2-1-3-1-4-1
2. W. CROOK
3. TYSONS
4. HOT COALS (10) + RUN
5. V-STEP (10) + RUN
6. PLATE SHAKE 9+
7. MIEL'S WHEELS
8. RAMBO (10) + RUN

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

C2 TO CHECKLIST

1. 313
2. W. LUNGE
3. XPP
4. VIPER
5. CYCLONE (12) + TZN
6. SPD SKATES (20) + RUN
7. SKUFFLE
8. STORK (12) + TZN
9. PRIMATES 4-1-3-1-2-1
10. NEAPOLITAN



CROSS LISTS

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

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

1. **GALLOW 2-1-4-3-4-1
SPD SKATES (20) + RUN
COALITION (10) + TZN
V-STEP (10) + RUN**

2. **TYSON
ROW STROLL 6+
RAMPANT (10) + RUN
GIMPY DOG**

3. **CHICKIN 2-1-3-1-4-1
PUSH UP (10) + RUN
CYCLONE (12) + TZN
B. LUNGE**

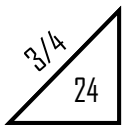
4. **YETI
SL BUCKS
RDL (8) + TZN
TAUNTAUN**

5. **O-BOR (15) + TZN
TOES (20) + RUN
SCURL 1:1
SA PP**

A. **EN GARDE
APE SHOOT!**

B. **QUICKSAND (L)
MONKEY**

C. **PABLO
RESURRECTION**



SLOPE

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

MTN2

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

3. TWO-STEP (20) + RUN
4. CURL WALK 6+

5. HIKES
6. MONTAUK

7. B. LUNGE
8. REV HYDRA

9. VENOM
10. SHALO 1:1

11
122
1233
12344

VERTEX

1. TROG
2. SLAP JACK
3. RIBBITS (10) + RUN
4. PRIMATES 4-1-3-1-2

PUSH, TASK
PUSH, TASK

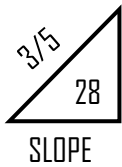
GAUNTLET

1. TOUCAN (20) + TZN
2. BENCHED (30) + TZN
3. SKULLS (10) + TZN
4. CYCLONE (12) + TZN
5. FLAMINGO (6) + TZN
6. ROW STROLL 6+
7. SAWED OFF (10) + TZN
8. DENSER 2-1-3-1-4-1

123
234
345
456
567
678
789
89,10

MESA

1. KOBOLD
2. BULLY
3. VIPER
4. MIEL'S WHEELS
5. ARACHNID
6. SPIKES
7. RDL (8) + TZN
8. RAZOR
9. MONGOOSE
10. SLING SHOT 3-2-4-2-3-1



DO EACH TASK THE NUMBER OF TIMES LISTED
AND PERFORM IN A CHECKLIST MANNER

CHAOS

- 2 SUICIDE 2-1-3-1-4-1
- 3 TWO-STEP (20) + RUN
- 3 PLATE SHAKE 9+
- 1 BEAR
- 4 PLATE PUSH
- 1 JIGGY (20) + RUN
- 2 LYCAN UP (10) + RUN
- 4 SKY-HIGH 4-1
- 3 SHUFFLE
- 1 KITCHEN SINK (10) + TZN
- 4 REV VIPER
- 3 HIKES
- 2 RAZOR
- 2 BUZZARD

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

REV MTN2

- 1. V-STEP (10) + RUN
- 2. 3 PT. STANCE

- 3. DELAURA
- 4. COALITION (10) + TZN

- 5. CURL PRESS 5+
- 6. BULLDOG

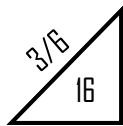
- 7. GIMPY DOG
- 8. TYSONS

- 9. PINNED 2-1-3-1-4-1
- 10. SUPP 10

1123
2234
3345
4456
5567
6678

FLIPPED

- 1. GRYPHON (8) + PUSH
- 2. TYPHON
- 3. OPA (8) + TZN
- 4. JAGGER (12) + RUN
- 5. O-BOR (10) + TZN
- 6. TIPPY-TAP
- 7. SUCK UPS
- 8. QUICKSAND Ⓛ



SLOPE

Whenever you get to a red line, "check-in" with the red checklist.

1-8

9-16

1-8

17-25

1-8

26-35

1-8

36-46

1-8

47-58

CHECK-IN CHECKLIST

1. BONSAI 3-1-4-2-4-1
2. MT. CLIMB (20) + RUN
3. SWAGGIN 1:1
4. TOES (20) + RUN
5. STAMPEDE
6. ROW STROLL 6+
7. COALITION (10) + TZN
8. HANG (10) + RUN
9. 3 PT. STANCE
10. ALI 22+
11. CURL WALK 6+
12. YETI
13. BANDIT (20) + RUN
14. XPP
15. VEXED (10) + RUN
16. SQ. THRUST (10) + RUN

17. TYPHON
18. INCH WORM
19. MONKEY
20. OGRE (10) + TZN
21. PUSH UP (10) + RUN
22. SUPP 10
23. CHICKIN 2-1-3-1-4-1
24. CHIMP (8) + RUN
25. REV BEAR

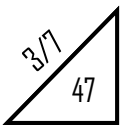
26. SCALAWAG

27. SHOT PUT
28. TAUNTAUN
29. GRECO
30. BUCKS
31. 90°(10) + TZN
32. POTTY SHOT
33. O-B.O.R. (10) + TZN
34. BALL N CHAIN
35. GROWLER

36. JACKAL
37. STORK (12) + TZN
38. WICCA
39. INFINITY (20) + RUN
40. TORO
41. KIT. SINK (10) + TZN
42. GBD (15) + RUN
43. EN GARDE
44. COBRA (10) + PUSH
45. HIKES
46. WARRIOR

47. TROG

48. MONGOOSE
49. MOGUL PUSH
50. STACK SHOT
51. PETRA
52. W. CROOK
53. SLING SHOT 3-2-4-2-3-1
54. JUNKIE (8) + RUN
55. CRAISE (20) + TZN
56. K.O.D. (20) + TZN
57. BULLSHIT
58. TAKE OFF!



SLOPE

C
U
L
-
D
E
-
S
A
C
S

1-10
GAUNTLET
10-1

U

1. BONSAI 3-1-4-2-4-1
2. HOT COALS (10) + RUN
3. VIP (10) + RUN
4. PLATE SHAKE 9+
5. BANDIT (20) + RUN
6. ALI 22+
7. TAUNTAUN
8. RAMBO (10) + RUN
9. CRAISE (20) + TZN
10. 0-PINNED 2-1-3-1-4-1

PUSH, TASK
PUSH, TASK, ...

GAUNTLET

1. VIPER
2. CROOK SHAKE 1:1
3. SLIGER
4. JACKAL
5. BULLDOG

1-10
VERTEX
10-1

U

1. SHOT PUT
2. B.D.R. (15) + TZN
3. SPEED SKATES (20) + RUN
4. EN GARDE
5. B.N.C.
6. ROOSTER (10) + TZN
7. BUTT KICKS
8. SCALAWAG
9. W. LUNGE
10. RDL (8) + TZN

1
122
12333

VERTEX

1. SPIKES
2. RIBBITS (10) + RUN
3. WARLOCK

1-10
CENTAUR2
10-1

U

1. INCH WORM
2. ENFORCER
3. POTTY SHOT
4. APE SHOOT!
5. TYPHON
6. BOULDER
7. SKUFFLE
8. BENCHED (30) + TZN
9. CURL PRESS 5+
10. MOGUL MADNESS 10

11
22
33
44

CENTAUR2

1. VEXUM
2. MASTODON
3. MONGOOSE
4. THRASHER

3/8
26

MARCH MAYHEM - ROUND 4

SLOPE

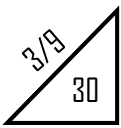
SLOPE 26

1. BONSAI 3-1-4-2-4-1	GALLOW 2-1-4-3-4-1
2. MT. CLIMB (20) + RUN	MOGUL (20) + RUN
3. HIGH Xs	SKIPS
4. KOBOLD	SWAGGIN 1:1
5. CURL WALK 6+	COALITION (10) + TZN
6. W. CROOK	POTTY SHOT
7. REV BEAR	GARGOYLE
8. STAT ROW (6) + TZN	HIKES
9. YETI	SA P.P.
10. F. LUNGE	0-PINNED 2-1-3-1-4-1
11. QUICK FT. (20) + RUN	PLATE SHAKE 9+
12. MOGUL PUSH	VEXUM
13. 3 PT. STANCE	HYDRA
14. SCALAWAG	SCALAWAG
15. YIKES!	BULLDOZER
16. STAMPEDE	TAUNTAUN
17. SHUTTLE 3-2-4-2-3-1	SKUFFLE
18. HOP SCOTCH	TARASQ
19. BENCHED (30) + TZN	POTTY TO BULLDOG
20. RAMPAGE (12) + RUN	JAGGER (12) + RUN
21. STROW 1:1	QUICKSAND
22. ALI 22+	KNEEL CURL (6) + TZN
23. TYSONS	W. GREMLIN
24. JACKAL	SWASHBUCKLER

ROD

X	25. SUE-STEP (20) + RUN	SPD SKATES (20) + RUN	450
X	26. MONTAUK	XPP	477
X	27. KAMIKAZE 4-3-4-2-4-1-4-1	KAMIKAZE 4-3-4-2-4-1-4-1	486
X	28. SLAP JACK	MIEL'S WHEELS	504
X	29. GARGANTUAN	CRAY-CRAY	537
X	30. DEATH ROW 2-1-3-1-4-1	REV BOVINE	570
X	31. TIPPY-TAP	TURKEYS	579
X	32. INFINITY (20) + RUN	V-STEP (10) + RUN	591
X	33. MONGOOSE	PLATE PUSH	612
X	34. SL BUCKS	BOULDER	655
X	35. STIGMA (10) + RUN	RAMPANT (10) + RUN	682
X	36. NEAPOLITAN	CYCLONE (12) + TZN	706
X	37. SHALD 1:1	SL PUSH UP (10) + RUN	753
X	38. SKY HIGH 4-1	SKY HIGH 4-1	758
X	39. SL INCH	CUJO	814
X	40. TWINKLE TOES (30) + TZN	LYCAN (10) + RUN	832
X	41. ALT. SQUOND	SUICIDE 2-1-3-1-4-1	840
X	42. CURL PRESS 5+	HANG (10) + RUN	858
321	43. THRASHER	JIGSAW	902
334	44. TRUMPET 9+	COALITION (10) + TZN	917
378	45. TROG	VIP (10) + RUN	928
396	46. VEXED (10) + RUN	TIP-TOES (20) + RUN	943
405	47. C.H.B.	ANACONDA	986
438	48. ANY PUSH OTHER THAN REGULAR OR XPP		1017

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

C R A M S E S H

1
12
123
1234
FOR ALL
CIRCUITS

ACE-IT

1. SUICIDE 2-1-3-1-4-1
2. QUICK FT. (20) + RUN
3. SWAGGIN 1:1
4. HIKES

STUDY IT

1. W. CROOK
2. LYCAN (10) + RUN
3. TROMBONE 6+
4. SL OGRE (10) + TZN

ACE-IT

1. PLATE PUSH
2. GROWLER
3. MIEL'S WHEELS
4. POTTY SHOT

STUDY IT

1. CURL PRESS 5+
2. MANTIS (8) + RUN
3. JUNKIE (8) + RUN
4. K.O.D. (20) + TZN

ACE-IT

1. VENOM
2. APE SHOOT!
3. BUCKS
4. M.I.M. 3-2-4-2-3-1

STUDY IT

1. SKATES
2. HALO 2-1-3-1-4-1
3. SLAP JACK
4. BOULDER

ACE-IT

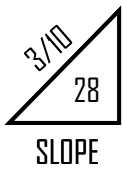
1. MT. CLIMB (20) + RUN
2. BUTT KICKS
3. INCH WORM
4. KAMIKAZE 4-3-4-2-4-1-4-1

STUDY IT

1. RIBBITS (10) + RUN
2. BENCHED (30) + TZN
3. B.D.R. (15) + TZN
4. TYPHON

ACE-IT

1. B.N.C.
2. CRAZY-LEGS
3. REV PLATE PUSH
4. TAKE OFF!



VERTI-CHECK

PERFORM THESE CIRCUITS IN THE ORDER OF A MTN:

- A
- AB
- ABC
- ABCD
- ABCDE
- ABCDEF

THE FIRST TIME YOU COME TO A CIRCUIT, DO THE CIRCUIT IN IT'S USUAL PATTERN, ONCE COMPLETED, IT BECOMES A CHECKLIST. SO, THE NEXT TIME YOU REVISIT A SECTION AS YOU'RE GOING THROUGH THE MTN PROGRESSION, YOU ONLY DO EACH TASK IN THAT SECTION ONE TIME, SIMILAR TO A VERTEX CIRCUIT.

- 1
12
123
1234
- A. MTN**
 1. GALLOW 2-1-4-3-4-1
 2. HOT COALS (10) + RUN
 3. ALT SQUONQ
 4. SWAGGIN 1:1

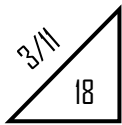
- 11
22
33
- B. CENTAUR2**
 1. STAT CURL (6) + TZN
 2. MONTAUK
 3. VEXUM

- 1-3
3-1
- C. U**
 1. DENSER 2-1-3-1-4-1
 2. JIGGY (20) + RUN
 3. COBRA (10) + PUSH

- 1-3
3-1
2.2
- D. EL CYCLE**
 1. ALI 22+
 2. SQUANTOES (20) + RUN
 3. STACK SHOT

- 1
122
12333
- E. VERTEX**
 1. GRECO
 2. PISTON (10) + TZN
 3. REV VIPER

- 1-3, 4A
1-3, 4B
- F. REPTILIAN**
 1. HANG (10) + RUN
 2. OFFERING
 3. SUPP(10)
 - 4A. HAMSTRUNG
 - 4B. JACKAL



GONE FISHING

SLOPE

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

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

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

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

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

1. POTTY SHOT
2. AMAROK
3. TROLLING

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

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

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

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

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

OFF THE DOCK

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

TROLLING

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

DEEP SEA

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

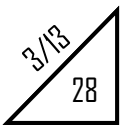


SLOPE

11
22
33...24, 24
1-8
1-16
1-24

CENTAUR2 to MTN8

- | | |
|-------------------------|-------------------------|
| 1. BONSAI 3-1-4-2-4-1 | 13. CHICKIN 2-1-3-1-4-1 |
| 2. MT. CLIMB (20) + RUN | 14. RDL (8) + TZN |
| 3. TURKEY | 15. MONGOOSE |
| 4. TIP-TOES (20) + RUN | 16. HALO 2-1-3-1-4-1 |
| 5. V-STEP (10) + RUN | 17. INCH WORM |
| 6. MUGGER (12) + RUN | 18. ENFORCER |
| 7. CURL PRESS 5+ | 19. JOUNCE 2-1-3-1-4-1 |
| 8. MASTODON | 20. TALL ORDER 6+ |
| 9. INFINITY (20) + RUN | 21. GALLOWS 2-1-4-3-4-1 |
| 10. TYSON | 22. SL OGRE (10) + TZN |
| 11. PISTON (10) + TZN | 23. YIKES! |
| 12. SQUIBBLE | 24. WICCA |



SLOPE

PICK YOUR GAUNTLET

AFTER PERFORMING THE WARM UP MTN, CHOOSE ANY TASK FROM THE GAUNTLET BANK AND PERFORM THAT TASK BEFORE EACH TASK IN GAUNTLET 1. MOVE ONTO GAUNTLET 2 AND CHOOSE A DIFFERENT TASK FROM THE BANK. CONTINUE CHOOSING A NEW TASK FOR EACH GAUNTLET, NO REPEATS.

GAUNTLET BANK

- A. 3 PT STANCE
- B. GROWLER
- C. STATROG (10) + RUN
- D. NO GIMMIES
- E. BOVINE
- F. GBD (15) + RUN
- G. BOR (15) + TZN
- H. BUZZARD
- I. MANTIS (8) + RUN
- J. LUMBERJACK (8) + RUN

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

WARM UP MTN

- 1. RUN
- 2. QUICK FT (20) + RUN
- 3. W. CROOK
- 4. PLATE PUSH

GAUNTLET 1

- 1. F. LUNGE
- 2. LYCAN (10) + RUN
- 3. CURL WALK 6+
- 4. TYSON
- 5. SL BUCKS

GAUNTLET 2

- 1. TRIFECTA 6+
- 2. STORK (20) + TZN
- 3. RIBBITS (10) + RUN
- 4. REV BEAR
- 5. JIGGY (20) + RUN

GAUNTLET 3

- 1. BULLDOZER
- 2. BANDIT (20) + RUN
- 3. OFFERING
- 4. DIABLO
- 5. MOGUL (20) + RUN

GAUNTLET 4

- 1. TALL ORDER 6+
- 2. AMAROK
- 3. KOD (20) + TZN
- 4. ALI 22+
- 5. HALO 2-1-3-1-4-1

GAUNTLET 5

- 1. SPD SKATES (20) + RUN
- 2. SKIPS
- 3. COALITION (10) + TZN
- 4. JUNKIE JUMP (8) + RUN
- 5. REV INCH

GAUNTLET 6

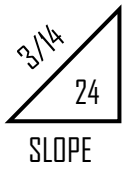
- 1. GIMPY DOG
- 2. 0-PINNED 2-1-3-1-4-1
- 3. RAMPANT (10) + RUN
- 4. ROOTED GROOT (8) + PUSH
- 5. KOBOLD

GAUNTLET 7

- 1. MT. CLIMB (20) + RUN
- 2. ENFORCER
- 3. SAWED OFF (10) + TZN
- 4. JAGGER (12) + RUN
- 5. TAUNTAUN

GAUNTLET 8

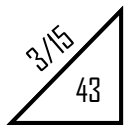
- 1. SL BOULDER
- 2. TROMBONE 6+
- 3. SHUTTLE RUN 3-2-4-2-3-1
- 4. SL TOES (20) + RUN
- 5. REVIVAL



1-22
11,22,33...22
1,3,7,9...21
2,4,6,8...22

CHECKLIST, C2, ODDS, EVENS

- 1. BONSAI 3-1-4-2-4-1**
- 2. EN GARDE**
- 3. TAUNTAUN**
- 4. TIP-TOES (20) + RUN**
- 5. SWAGGIN 1:1**
- 6. POTTY SHOT**
- 7. MOGUL (20) + RUN**
- 8. PLATE PUSH**
- 9. APE SHOOT!**
- 10. PRIMATES 4-1-3-1-2-1**
- 11. TROG**
- 12. COALITION (10) + TZN**
- 13. JACKAL**
- 14. SLUSKI**
- 15. YIKES!**
- 16. YETI**
- 17. VENOM**
- 18. F. LUNGES**
- 19. OZARK**
- 20. SHOT PUT**
- 21. SUICIDE 2-1-3-1-4-1**
- 22. M.I.M. 3-2-4-2-3-1**



SLOPE

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

EXPANDING

1. SL BOULDER
2. HALO 2-1-3-1-4-1
3. SQ. JUMP (10) + RUN
4. TYSONS
5. SUE-STEP (20) + RUN
6. V-STEP (10) + RUN
7. ALI 22+
8. FLYING MONKEY
9. PUSH UP (10) + RUN
10. CURL PRESS 5+

1-8
1-8
1-8

CHECKLIST(3)

1. DIABLO
2. CROAKIN
3. SCALAWAG
4. PINNED 2-1-3-1-4-1
5. SHWAGGIN 1:1
6. CRAISE (20) + TZN
7. GBD (15) + RUN
8. STORK (20) + TZN

1
121
12321
1234321
132454321

UPLIFT

1. SWASHBUCKLER
2. CYCLONE (12) + TZN
3. SKUFFLE
4. HANG (10) + RUN
5. GATOR TO 3

3/16

22

MARCH MAYHEM - FINALS

SLOPE

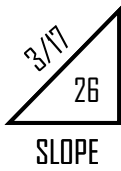
SLOPE 22

ROQ

ROQ

1. SUICIDE 2-1-3-1-4-1	BONSAI 3-1-4-2-4-1	X	25. PRIMATES 4-1-3-1-2-1	RIBBITS (10) + RUN	432
2. SHUFFLE	EN GARDE	X	26. 3 PT. STANCE	BEAR	456
3. SWAGGIN I:I	KOBOLD	X	27. W. GREMLIN	SHUTTLE 3-2-4-2-3-1	465
4. QUICK FT. (20) + RUN	MT. CLIMB (20) + RUN	X	28. JACKAL	D-PINNED 2-1-3-1-4-1	498
5. TURKEYS	TYSONS	X	29. SHOT PUT	PETRA	540
6. HIKES	CURL PRESS 5+	X	30. VIP (10) + RUN	TRUMPET 9+	555
7. LYCAN (10) + RUN	TWINKLE TOES (30) + TZN	X	31. BUCKS	BALL N CHAIN	591
8. TROG	BULLY	X	32. SUE STEP (20) + RUN	TWO-STEP (20) + RUN	603
9. SA P.P.	MONTAUK	X	33. INCH WORM	SLUSKI	643
10. F. LUNGE	GARGOYLE	X	34. SKY HIGH 4-1	SKY HIGH 4-1	649
11. MONGOOSE	MIEL'S WHEELS	X	35. TYPHON	JACKALOPE	676
12. W. CROOK	W. CROOK	X	36. REV PLATE PUSH	ANACONDA	722
13. SQUONQ	TIPPY-TAP	X	37. ROW STROLL 6+	RAMPANT (10) + RUN	737
14. POTTY SHOT	COALITION (10) + TZN	X	38. SKUFFLE	SCALAWAG	739
15. CURIOUS GEORGE	DELAURA	X	39. MUGGER (12) + RUN	CURL WALK 6+	754
16. SLAP JACK	VENOM	X	40. SPIKES	HYDRA	781
17. HALO 2-1-3-1-4-1	REV BOVINE	X	41. REV SCORPION TO 3/BACK	OZARK	837
18. OHNO (12) + RUN	PLATE SHAKE 9+	X	42. STIGMATA (10) + RUN	RAMPAGE (12) + RUN	858
19. OFFERING	FROGS	304	43. JIGSAW	REV MASTODON	899
20. HANG (10) + RUN	TROMBONE 6+	322	44. BANDIT (20) + RUN	INFINITY (20) + RUN	910
21. STAMPEDE	STAMPEDE	326	45. JIGGY (20) + RUN	KNEEL CURL (6) + TZN	928
22. DIABLO	BOULDER	367	46. MONKEY	PLATE PUSH	949
23. REV BULLDOG	YAK	396	47. BULLDOZER	TWISTED	973
24. TARASQ	STAT CURL (6) + TZN	411	48. BULLDOG	VIPER	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.



ST. PADDY'S MADDER LADDER

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

- 5. SHOT PUT
- 4. DIABLO
- 3. ROOSTER (10) + TZN
- 2. F. LUNGE

- 5.1. HATTER
- 4. PEG LEG (8) + RUN
- 3. MILLIPEDE (L)
- 2. POTTY SHOT

- 5.1. HATTER
- 4. BOULDER
- 3. PINNED 2-1-3-1-4-1
- 2. YIKES!

- 5.1. HATTER
- 4. DEATH ROW 2-1-3-1-4-1
- 3. GROWLER
- 2. SHUFFLE

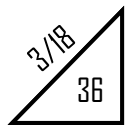
- 5.1. HATTER
- 4. CRAISE (20) + TZN
- 3. PISTON (10) + TZN
- 2. YETI

- 5.1. HATTER
- 4. TRUMPET 9+
- 3. TIP-TOES (20) + RUN
- 2. MOGUL (20) + RUN
- 1. EN GARDE

HATTER OPTIONS

- A. LEPRECHAUN
- B. PARATROOPER (10) + RUN
- C. JIGGY (20) + RUN
- D. KNEELING CURL (6) +TZN
- E. TRIFECTA 6+

PERFORM THIS WORKOUT JUST AS YOU WOULD A TRADITIONAL JACOB'S LADDER HOWEVER, ONCE YOU GET TO THE "HATTER" SECTION IT'LL BE LUCK THE OF DRAW WHICH TASK YOU'LL DO BY PULLING A RANDOM TICKET FROM A HAT. NATURALLY, TASKS CAN BE DUPLICATED. BEST OF LUCK!



SLOPE

RIPPLED

122
122344
122344566
122344566788

1,2 PUNCH

1-10
1-10
1-10

CHECKUST(3)

1233
2344
3455
4566
5677
6788
7899
8910,10

1. QUICK FT. (20) + RUN
2. BONSAI 3-1-4-2-4-1
3. W. GREMUN
4. ALT. SQUONQ
5. INFINITY (20) + RUN
6. CURL WALK 6+
7. S.A. PP
8. GORGON (8) + RUN
9. HIKES
10. ARACHNID

1. SUE-STEP (20) + RUN
2. KOBOLD
3. HALD 2-1-3-1-4-1
4. TWISTED
5. DENSER 2-1-3-1-4-1
6. MONTAUK
7. COBRA (10) + PUSH
8. OZARK

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. CURIOUS GEORGE
3. CRAISE (20) + TZN
4. YETI
5. GRECO
6. ROW STROLL 6+
7. TYPHON
8. REV HYDRA
9. MANTIS (8) + RUN
10. VEXUM



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

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

2. VENOM
SQUANTOES (20) + RUN
POTTY SHOT

3. YETI
KOD (20) + TZN
TROG

4. ALI 22+
JACKALOPE
BUZZARD

5. SHWAGGIN 1:1
SA PP
SLUSKI

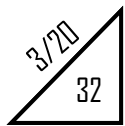
6. 90° (10) +TZN
MOGUL MADNESS 10
JABBERWOCKY

CROSS-FIRE CHECKLISTS "CROSS-LISTS"

A. MT. CLIMB (20) + RUN
W. GREMLIN

B. HIKES
O-PINNED 2-1-3-1-4-1

C. MASTODON
B.N.C.



SLOPE

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

MT. NEVEREST

1X EN GARDE

2X HOT COALS (10) + RUN

3X CRAZY LEGS

4X MONTAUK

5X STAMPEDE

- 1-5, 6A, 7A
- 1-5, 6B, 7B
- 1-5, 6C, 7C
- 1-5, 6D, 7D
- 1-5, 6E, 7E

REPTILIAN N+N

1. F. LUNGE

2. SUE STEP (20) + RUN

3. MONKEY

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

5. SUPP (10)

6A. ROW STROLL 6+

7A. TALL ORDER 6+

6B. REV BULLDOG

7B. DIABLO

6C. B.N.C.

7C. INCH WORM

6D. TROG

7D. TUTOR

6E. YETI

7E. AMAROK

- 1-10
- 11, 22, 33, 44...

CHECKLIST + CENTAUR2

1. CYCLONE (12) + TZN

2. VENOM

3. THRASHER

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

5. HIKES

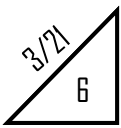
6. SCORPION TO 3/BACK

7. CHICKIN 2-1-3-1-4-1

8. BUCKS

9. SKIPS

10. TAKE OFF!



SLOPE

897 ok

1-6, 6-1

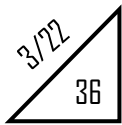
WARM-UP U

1. SUICIDE 2-1-3-1-4-1
2. STAMPEDE
3. SPD SKATES (20) + RUN
4. SWAGGIN 1:1
5. QUICK FT. (20) + RUN
6. EN GARDE

1-21
1-18
1-15
1-12
1-9
1-6
1-3

REV MTN3

1. V-STEP (10) + RUN
2. W. GREMLIN
3. SUE STEP (20) + RUN
4. JAGGER (12) + RUN
5. APE SHOOT!
6. SQ. JUMP (10) + RUN
7. KNEEL CURL (6) + TZN
8. MONGOOSE
9. PINNED 2-1-3-1-4-1
10. ABD. PUSH UP (8) + RUN
11. TALL ORDER 6+
12. YETI
13. NEAPOLITAN
14. TORO
15. ALT SQUONQ
16. WARRIOR
17. BUCKS
18. HALO 2-1-3-1-4-1
19. PEG LEG (8) + RUN
20. M.F.T.
21. INCH WORM



PLATONIC

SLOPE

A.

BODY WEIGHT

WARM UP MTN

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

2. SHUFFLE

3. QUICK FT. (20) + RUN

4. MONGOOSE

1
12
123
1234

B.

VERTEX

1. HIKES

2. MIEL'S WHEELS

3. STACK SHOT

4. SWAGGIN 1:1

5. PLATE PUSH

1
122
12333
1234444
12345555

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

C.

REPTILAIN

1. TZN

2. ROW STROLL 6+

3. APE SHOOT!

4. OFFERING

5. PINNED 2-1-3-1-4-1

6A. ANACONDA

6B. REV ARACHNID

6C. M.F.T.

6D. ATTACK IT

VENOM, TASK

VENOM, TASK...

D.

VENOM GAUNTLET

1. SKY HIGH 4-1

2. SPIKES

3. JACKALOPE

4. SHOT PUT

5. RDL (8) + TZN

6. KNEEL CURL (6) + TZN

7. WALRUS

8. OGRE (10) + TZN

9. SLUSKI

10. BUCKS

1-4
4-1

E.

U-TURN

1. TROMBONE 6+

2. SA DIABLO

3. W. GREMLIN

4. REV PLATE PUSH

3/23
45

SLOPE

4 SQUARE

PERFORM EACH SECTION AS A
CHECKLIST OR AS A CENTAUR 2
(NOTED BY *2) AND IN THE
FOLLOWING ORDER:

A
C
C
A
B
D*2
C
B*2
A
D

A

SHUFFLE

TOES (20) + RUN

MOGUL (20) + RUN

PLATE SHAKE 9+

JAGGER (12) + RUN

HANG (10) + RUN

BEAR

HIKES

C

KOBOLD

SKULLS (10) + TZN

VEXED (10) + RUN

B. LUNGE

ABD. MANTIS (8) + RUN

AMAROK

APE SHOOT!

CURL MADNESS 3 + PIN

B

BULLDOG

ROW STROLL 6+

KITCHEN SINK (10) + TZN

SCALAWAG

INCH WORM

VIP (10) + RUN

TUCKS (10) + RUN

JACKALOPE

D

SUPP(10)

TROG

SWASHBUCKLER

REVIVAL

PARATROOP (10) + RUN

CYCLONE (12) + TZN

ALI 22+

REV ARACHNID



SLOPE

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

MTN2

1. TWO-STEP (20) + RUN
2. SKATES

3. STAMPEDE
4. BULLY

5. SQ. JUMP (10) + RUN
6. TWISTED

7. GARGOYLE
8. DEATH ROW 2-1-3-1-4-1

9. POGOTO (6) + TZN
10. QUICKSAND (L)

1
122
12333
1234444
123455555

VERTEX

1. REV VIPER
2. W. CROOK
3. F. LUNGE
4. HIKES
5. REV BEAR

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

CHAMELEON²

- 1A. SHUTTLE RUN 3-2-4-2-3-1
- 1B. O-PINNED 2-1-3-1-4-1
- 1C. TIPPY-TAP
- 1D. PETRA
- 1E. ALI 22+

2. VEXUM
3. HAG 1:1
4. JACKALOPE

- 5A. LYCAN UP (10) + RUN
- 5B. BUZZARD
- 5C. SHWAGGIN 1:1
- 5D. CRAISE (20) + TZN
- 5E. JACK BOX



MATTER HORN

2 QUICK FT. (20) + RUN

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

2 LYCAN (10) + RUN

3 SWAGGIN 1:1

1 HIKES

2 SUE-STEP (20) + RUN

1 SKIPS

2 GORGON (8) + RUN

3 PLATE SHAKE 9+

1 POTTY SHOT

2 TWO-STEP (20) + RUN

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

2 VIPER

3 TRIFECTA! 6+

1 APE SHOOT!

2 TOES (20) + RUN

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

2 MASTODON

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

1 THRASHER

2 HOT COALS (10) + RUN

1 STAMPEDE

2 MONGOOSE

3 PISTON (10) + TZN

1 ANACONDA

2 TWINKLE TOES (30) + TZN

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

2 JABBERWOCKY

3 ROOSTER (10) + TZN

1 STACK SHOT

2 CRAISE (20) + TZN

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

2 GARGOYLE

3 CYCLONE (12) + TZN

1 SHOT PUT

2 COALITION (10) + TZN

1 TURKEY

2 DECALF

3 SKY-HIGH 4-1

1 SL BUCKS

2 STAT TYSON (20) + RUN

1 EN GARDE

2 YAK

3 BULLY

1 SPIKES

2 SQUANTOES (20) + RUN

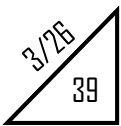
1 SHUFFLE

2 PETRA

3 CURL WALK 6+

1 SLAP JACK

PERFORM EACH TASK THE NUMBER OF TIMES INDICATED AND IN A CHECKLIST FORMAT. PATTERN REMAINS CONSISTENT THROUGHOUT.



SLOPE

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

ZEN-LISTS

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

- 4. RAMBO (10) + RUN
- 5. MIEL'S WHEELS
- 6. YIKES!

- 7. BENCHED (30) + TZN
- 8. JUNKIE JUMP (8) + RUN
- 9. PRIMATES 4-1-3-1-2-1

1X

2X

3X



EL CYCLE

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

- 1. CRAISE (20) + TZN
- 2. ROW STROLL 6+
- 3. SKY-HIGH 4-1
- 4. VITRIOL Ⓢ

III
222
333...

CENTAUR3

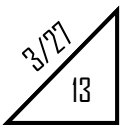
- 1. TYSON
- 2. BOULDER
- 3. KOBOLD
- 4. BULLY
- 5. JACKAL
- 6. JIGGY (20) + RUN
- 7. LUMBERJACK (8) + RUN
- 8. TORO



REV HYBRID2

11223344
112233
1122
11

- 1. SWASHBUCKLER
- 2. YETI
- 3. 90° (10) + TZN
- 4. SLING SHOT 3-2-4-2-3-1



SLOPE

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

XION2

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

2. MT. CLIMB (20) + RUN

3. HIKES

4. CURL WALK 6+

5. F. LUNGE

6. SCALAWAG

A. STAMPEDE

B. TOES (20) + RUN

C. MONGOOSE

D. RIBBITS (10) + RUN

E. MUGGER (12) + RUN

F. RAMP UP (8) + RUN

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

=ATERAL

1. TIP-TOES (20) + RUN

2. TALL ORDER 6+

3. BOVINE

4. VENOM

MOLE-HILLS

- 1
- 12
- 123
- 1
- 12
- 123
- 1234...

1. ALI 22+

2. DIABLO

3. SKUFFLE

1. STAT SWAG (20) + TZN

2. SLAP JACK

3. HANG (10) + RUN

4. STROW 1:1

1. MOWGLI (12) + RUN

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

3. GIMPY DOG

1. RAMPANT (10) + RUN

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

3. C.H.B.

1. SQUONQ

2. INCH WORM

3. BULLDOG

1. MANTIS (8) + RUN

2. OFFERING

3. AMAROK

1. GRECO

2. TAKE OFF!



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

MESA

1. SHUFFLE
2. SUE-STEP (20) + RUN
3. ALT SQUONQ
4. MOGUL (20) + RUN
5. KOBOLD
6. XPP
7. BULLY
8. TIPPY-TAP
9. DEVIL
10. TYPHON

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

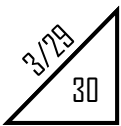
REPTILIAN3

1. HALD 2-1-3-1-4-1
 2. OGRE (10) + TZN
 3. SQ. JUMP (10) + RUN
 4. VIP (10) + RUN
 5. SLULLS (10) + TZN
-
- 6A. SA PP
 - 6B. TWISTED
 - 6C. REV GARGOYLE
 - 6D. MIEL'S WHEELS

- 1-12
- 12-1

U

1. K.O.D. (20) + TZN
2. VEXUM
3. PINNED 2-1-3-1-4-1
4. FLYING JACKAL
5. V-STEP (10) + RUN
6. ALI 22+
7. SHWAGGIN 1:1
8. YETI
9. BANDIT (20) + RUN
10. BONSAI 3-1-4-2-4-1
11. JOHNNY APPLESEED
12. 313



SLOPE

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

MTN2

1. GALLOW 2-1-4-3-4-1
2. SHUFFLE
3. SWAGGIN 1:1
4. QUICK FT (20) + RUN
5. XPP
6. 3 PT. STANCE
7. VIPER
8. SKY HIGH 4-1
9. JACKALOPE
10. VEXUM

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

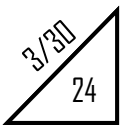
REPTILIAN2

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. GARGOYLE
3. W. GREMLIN
4. MONGOOSE
5. SL BUCKS
- 6A. REV B.N.C.
- 6B. SA DIABLO
- 6C. SLING SHOT 3-2-4-2-3-1
- 6D. HACK-IT
- 6E. ANACONDA

DO EACH TASK THE NUMBER OF TIMES LISTED AND PERFORM IN A CHECKLIST MANNER

CHAOS

- 1 STAMPEDE
- 1 HOT COALS (10) + TZN
- 3 TROG
- 2 MASTODON
- 1 HAG 1:1
- 3 SUE-STEP (20) + RUN
- 2 TWISTED
- 2 JACK-ASS
- 2 REV HYDRA
- 3 MIEL'S WHEELS
- 2 HIKES
- 1 WALRUS
- 1 NEAPOLITAN



SLOPE

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

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

C.

1. MONGOOSE
2. HIKES
3. TYPHON
4. APE SHOOT!

- 5A. MILLIPEDE (L)
- 5B. SCORPION to 3/back
- 5C. W. LUNGE
- 5D. HACK-IT

A.

- 1-3, 4A 1. BONSAI 3-1-4-2-4-1
- 1-3, 4B 2. SHUFFLE
- 1-3, 4C 3. W. GREMLIN

- 4A. POTTY SHOT
- 4B. TROG
- 4C. FROGS
- 4D. CRAZY LEGS

D.

- 1-2, 3A 1. SWAGGIN 1:1
- 1-2, 3B 2. KAMIKAZE 4-3-4-2-4-1-4-1

- 3A. WICCA
- 3B. M.F.T.
- 3C. MATTADOR (L)
- 3D. B.N.C.

B.

- 1-5, 6A 1. SKIPS
- 1-5, 6B 2. BULLY
- 1-5, 6C 3. STAMPEDE
- 1-5, 6D 4. PRIMATES 4-1-3-1-2-1

5. XPP

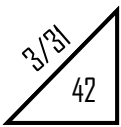
- 6A. REV BOVINE
- 6B. JACK BOX
- 6C. JACKAIOPE
- 6D. DIABLO

E.

- 1-4, 5A 1. QUICK FT. MADNESS 10
- 1-4, 5B 2. BUZZARD
- 1-4, 5C 3. SHOT PUT

4. STROW 1:1

- 5A. ANACONDA
- 5B. REV VIPER
- 5C. TAKE OFF!

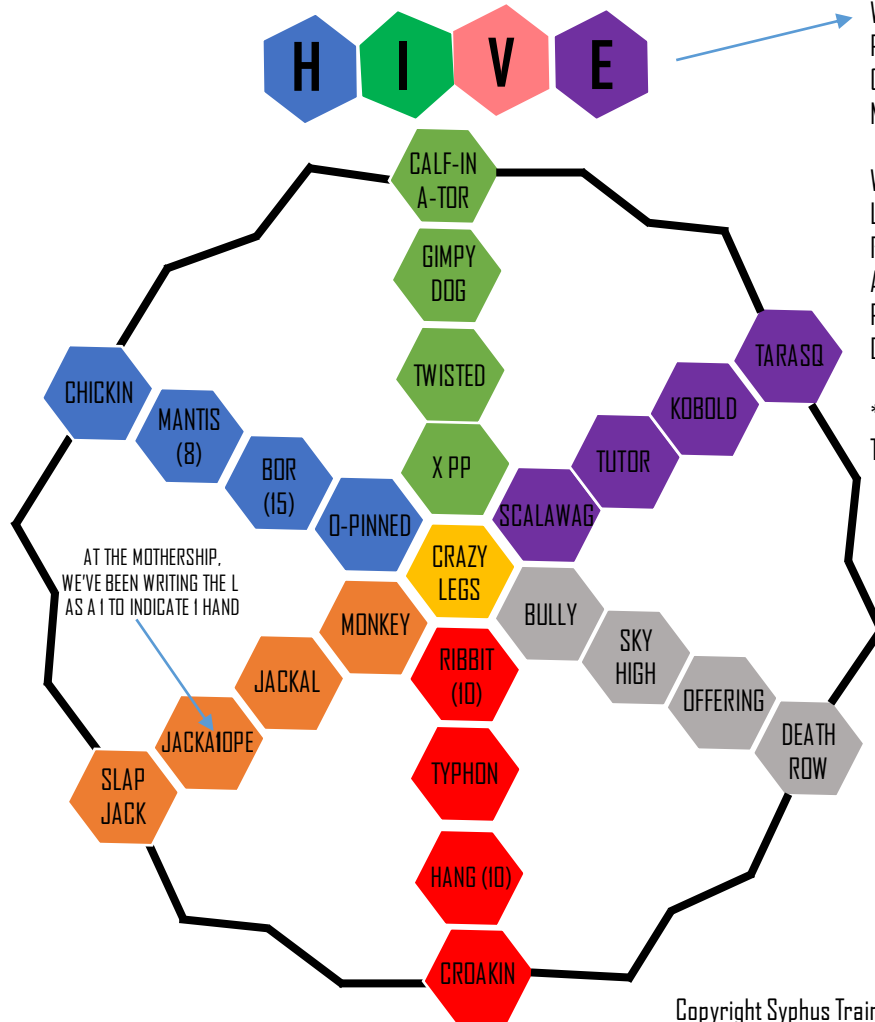


SLOPE

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

MTN

1. QUICK FT. (20) + RUN
2. SWAGGIN 1:1
3. V-STEP (10) + RUN
4. STAMPEDE



AT THE MOTHERSHIP, WE'VE BEEN WRITING THE L AS A I TO INDICATE 1 HAND

WORK YOUR WAY OUT OF THE HIVE BY PERFORMING SIMULTANEOUS MTNS WITH CRAZY LEGS AS THE BASE TASK FOR EACH MTN.

WORK CLOCKWISE STARTING WITH CRAZY LEGS TO SCALAWAG. AFTER EACH REVOLUTION AROUND THE HIVE YOU'LL ADD ANOTHER LAYER TO YOUR MTN. PERFORM EVERY TASK THROUGH THE MTN. DO NOT SKIP.

NOTE UNLIKE THE TRADITIONAL CIRCUIT, THERE ARE NO EXTERIOR TASKS

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 ENDOZONE
- 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 ILLEGAL.

EMBRACE THE HANGOVER