

**May**

**MOTHERBOARD**

**2024**

# 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.

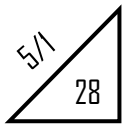
## WAIT YOUR TURN

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



SLOPE

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

## ZEN-LISTS

- 1. SUICIDE 2-1-3-1-4-1
- 2. TOES (20) + RUN 1X
- 3. TURKEYS

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- 4. MT. CLIMB (20) + RUN
- 5. CURL WALK 6+ 2X
- 6. YIKES!

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- 7. SQ. JUMP (10) + RUN
- 8. MONKEY 3X
- 9. VEXUM

1-8  
8-1  
1-8



- 1. MIEL'S WHEELS
- 2. BUCKS
- 3. GRECO
- 4. BONSAI 3-1-4-2-4-1
- 5. SLIGER
- 6. VIP (10) + RUN
- 7. W. LUNGE
- 8. GARGOYLE

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

## MTN3

- 1. TWO-STEP (20) + RUN
- 2. JAGGER (12) + RUN
- 3. YETI

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- 4. TIPPY-TAP
- 5. SLUSKI
- 6. PEG LEG (8) + RUN

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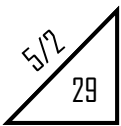
- 7. SKY-HIGH 4-1
- 8. TYPHON
- 9. SAWED OFF (10) + TZN

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- 10. TYSON
- 11. REVIVAL
- 12. TRUMPET 9+

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- 13. MOGUL (20) + RUN
- 14. NEAPOLITAN
- 15. PABLO



SLOPE

12  
123344  
1233445556666  
123344555666677778888

## ZENITH

1. HIGH KNEES
2. MT. CLIMB (20) + RUN

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3. EN GARDE
4. INFINITY (20) + RUN

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5. XPP
6. PLATE SHAKE 9+

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7. 3 PT. STANCE
8. PRIMATES 4-1-3-1-2-1

123  
234  
345  
456  
567  
678  
789  
89,10  
9,10,11  
10,11,12

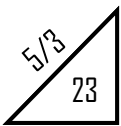
## MESA

1. MR. ATLAS
2. BUCK UPS
3. STAMPEDE
- 1X 4. VEXED (10) + RUN
5. ALI 22+
- 2X 6. O-PINNED 2-1-3-1-4-1
7. CRAISE (20) + TZN
- 3X 8. BOVINE
9. JIGGY (20) + RUN
- 4X 10. TARASQ
11. RAMPAGE (12) + RUN
12. TAKE OFF!

1  
12  
123  
1234  
12345

## MTN

1. SUICIDE 2-1-3-1-4-1
2. HELLION
3. B. LUNGE
4. COALITION (10) + TZN
5. NEAPOLITAN



SLOPE

## MATTERHORN

**3 SHUFFLE**

**1 SUE-STEP (20) + RUN**

**1 PLATE SHAKE 9+**

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**3 HIKES**

**1 ALT SQUONK**

**1 TOES (20) + RUN**

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**3 TIPPY-TAP**

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

**1 LYCAN (10) + RUN**

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**3 ROW STROLL 6+**

**1 VENOM**

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

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**3 GROWLER**

**1 TROG**

**1 SAPP**

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**3 POTTY SHOT**

**1 BRIDGED BENCH (30) + TZN**

**1 BOULDER**

1  
122  
12333  
1234444

## VERTEX

**1. COBRA (10) + PUSH**

**2. VEXED (10) + RUN**

**3. CROOK**

**4. DELAURA**

1-8

8-1

**U**

**1. SCURL 1:1**

**2. YETI**

**3. BANDIT (20) + RUN**

**4. APE SHOOT!**

**5. GIMPY DOG**

**6. V-STEP (10) + RUN**

**7. SPIKES**

**8. YAK**

1  
121  
12321  
1234321  
123454321

## UPLIFT

**1. MONTAUK**

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

**3. TWISTED**

**4. TRIFECTA! 6+**

**5. TWEAKER (L)**

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

PATTERN  
REMAINS  
CONSISTENT  
THROUGHOUT.



# MTN3

SLOPE

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

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

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4. SQUONQ
5. COALITION (10) + TZN
6. HIKES

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7. JUNKIE JUMP (8) + RUN
8. TWISTED
9. HALD 2-1-3-1-4-1

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10. JACKAL
11. MT. CLIMB (20) + RUN
12. KOBOLD

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13. MIM 3-2-4-2-3-1
14. JOHNNY APPLESEED
15. REVIVAL

1-10,  
10-1 U

1. W. CROOK
2. GBD (15) + RUN
3. K.O.D. (20) + TZN
4. STIGMA (10) + RUN
5. 45°
6. SHOT PUT
7. PEG LEG (8) + RUN
8. GARGOYLE
9. PINNED 2-1-3-1-4-1
10. JAGGER (12) + RUN

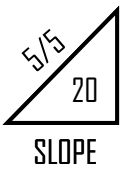
112233, 4A  
112233, 4B  
112233, 4C

## CEPTILIAN2

1. MIEL'S WHEELS
2. TRIFECTA! 6+
3. ALT SQUONQ

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- 4A. SLUSKI
- 4B. WARRIOR
- 4C. PRIMATES 4-1-3-1-2-1



# 5 de MAYO

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

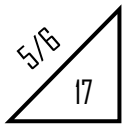
During a set of 5 you cannot repeat a task, but you CAN repeat tasks if you're on a different set of 5 (another time through).

16-20 must all be different tasks, but each time through the checklist you can repeat some, or all tasks.

1. BONSAI 3-1-4-2-4-1
2. V-STEP (10) + RUN
3. TYSONS
4. BULLY
5. KOBOLD
6. MOWGLI (12) + RUN
7. CYCLONE (12) + TZN
8. HANG (10) + RUN
9. PLATE PUSH
10. GORGON (8) + RUN
11. SPIKES
12. DENSER 2-1-3-1-4-1
13. BOVINE
14. TARASQ
15. K.O.D. (20) + TZN
- 16-20. PICK ANY 5 TASKS

PICK CINCO
MONKEY
F. LUNGE
STORK (12) + TZN
VEXUM
SLAP JACK
GARGOYLE
JUNKIE (8) + RUN
AMAROK
ABD MANTIS (8) + RUN
CHICKIN 2-1-3-1-4-1
YIKES!
GBD (15) + RUN
TYPHON
REV BULLDOG
TWISTED

The first 5 tasks are used/repeated for the scoring. Be sure to determine how many reps and which # task junkies were on.



SLOPE

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

## EXPANDING

1. ARACHNID
2. XPP
3. TROMBONE 6+
4. HOT COALS (20) + RUN
5. SUICIDE 2-1-3-1-4-1
6. SUE-STEP (20) + RUN
7. HIKES
8. BOVINE
9. AMAROK
10. W. LUNGE

- 12, 34, 12, 56, 12, 78
- 34, 56, 34, 78
- 56, 78

=(2)

1. SAPP
2. MT. CLIMB (20) + RUN
3. GBD (15) + RUN
4. MIEL'S WHEELS
5. VIPER
6. RDL (8) + TZN
7. PABLO
8. STORK (20) + TZN

ALTERNATE KEY:

- A,B,A,C,A,D
- B,C,B,D
- C,D

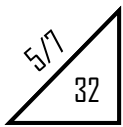
- 1-6
- 1-8
- 1-10
- 1-12

## MID-POINT MTN2

1. INFINITY (20) + RUN
2. SKULLS (10) + TZN
3. SQ. JUMP (10) + RUN
4. VIP (10) + RUN
5. APE SHOOT
6. JAGGER (12) + RUN
7. KITCHEN SINK (10) + TZN
8. BONSAI 3-1-4-2-4-1
9. MASTODON
10. TROG
11. SWASHBUCKLER
12. JACK-ASS

A.  
B.  
C.  
D.





SLOPE

## WARM UP VERTEX

1. EN GARDE
- 1, 1.2, 2  
1, 2, 3, 3, 3  
2. SUE-STEP (20) + RUN
3. V-STEP (10) + RUN

## VERTICE

**A. TROMBONE 6+** **1X**

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**A. XPP** **2X**

**B. TAUNTAUN**

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**A. MONKEY**

**B. 3 PT. STANCE** **3X**

**C. CURL WALK 6+**

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

**B. VEXUM** **4X**

**C. SKULLS (10) + TZN**

**D. CHICKIN 2-1-3-1-4-1**

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**A. SL BRIDGE BENCH (15) + TZN**

**B BONSAI 3-1-4-2-4-1**

**C. SHWAGGIN 1:1** **5X**

**D. INCH WORM**

**E. GARGOYLE**

THIS CIRCUIT BLENDS VERTEX AND ZENITH. PERFORM EACH COLORED SECTION AS A CHECKLIST. DO EACH CHECKLIST THE NUMBER OF TIMES NOTED ON THE RIGHT THE FIRST TIME YOU GET TO THAT SECTION AND THEN ONLY ONCE EVERY TIME THEREAFTER.

### FULL ORDER:

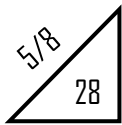
A

A, AB, AB

A, AB, ABC, ABC, ABC,

A, AB, ABC, ABCD, ABCD, ABCD, ABCD

A, AB, ABC, ABCD, ABCDE, ABCDE, ABCDE, ABCDE, ABCDE



SLOPE

122

122344

122344566

122344566788

## 1,2 PUNCH

1. GALLOW 2-1-4-3-4-1
2. MOWGLI (12) + RUN
3. TWINKLE (30) + TZN
4. ROW STROLL 6+
5. APE SHOOT!
6. MIEL'S WHEELS
7. TORO
8. PRIMATES 4-1-3-1-2-1

1123  
2234  
3345  
4456  
5567  
6678

## FLIPPED

1. KOBOLD
2. BUCKS
3. TROG
4. CYCLONE (12) + TZN
5. HANG (10) + RUN
6. SAWED OFF (10) + TZN
7. CRAISE (20) + TZN
8. BULLDOG

1

122

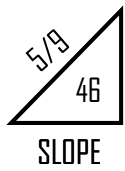
122333

- ## MT. NEVEREST
- 1X PEG LEG (8) + RUN
  - 2X POTTY SHOTS
  - 3X REV BALL N CHAIN

1-10  
1-10  
1-10

## CHECKLIST(3)

1. DGRE (10) + TZN
2. YETI
3. JIGGY (20) + RUN
4. TALL ORDER 6+
5. MONGOOSE
6. VEXED (10) + RUN
7. STACK SHOT
8. SA P.P.
9. DIABLO
10. SHUTTLE 3-2-4-2-3-1



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

- 1A 1B 1C
- 2A 2B 2C
- 3A 3B 3C

## CROSS-LISTS

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

2. F. LUNGE  
POTTY SHOT  
CHIMP (8) + RUN

3. MANTIS (8) + RUN  
SHOT PUT  
VIP (10) + RUN

- A. STAT SWAG (20) + TZN  
RAMBO (10) + RUN  
BULLY

- B. BOVINE  
OHND (12) + RUN  
MONTAUK

- C. HAG 1:1  
NEAPOLITAN  
REV VIPER

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

## MTN4

1. GARGANTUAN
2. TURKEYS
3. PINNED 2-1-3-1-4-1
4. SPIKES

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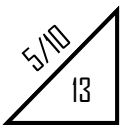
5. SKULLS (10) + TZN
6. BANDIT (20) + RUN
7. JACKALOPE
8. STORK (12) + TZN

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9. SUPP 10
10. SCALAWAG
11. SHALO 1:1
12. AMAROK

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13. INCH WORM
14. GARGOYLE
15. JOUNCE 2-1-3-1-4-1
16. SCORPION to 3/back



SLOPE

## REPTILIAN n+n

1-7, 8A 8B  
1-7, 8C 8D  
1-7, 8E 8F

1. SUICIDE 2-1-3-1-4-1
2. TWO-STEP (20) + RUN
3. MOGUL (20) + RUN
4. PLATE SHAKE 9+
5. TYSONS
6. GORGON (8) + RUN
7. XPP

- 8A. MONKEY
- 8B. BENCHED (30) + TZN
- 8C. BUCKS
- 8D. HALO 2-1-3-1-4-1
- 8E. INCH WORM
- 8F. SA DIABLO

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

## REV MTN3

1. BONSAI 3-1-4-2-4-1
2. PUSH UP (10) + RUN
3. QUICK FT. (20) + RUN
4. TROG
5. PETRA
6. KOBOLD
7. SHWAGGIN 1:1
8. HIKES
9. C.H.B.
10. M.F.T.

1  
121  
12321  
1234321

## UPLIFT

1. TOES (20) + RUN
2. GBD (15) + RUN
3. GARGOYLE
4. SLING SHOT 3-2-4-2-3-1

123  
234  
345  
456  
567  
678  
789  
89,10

## MESA

1. EN GARDE
2. POTTY SHOT
3. W. CROOK
4. JUNKIE (8) + RUN
5. TIPPY-TAP
6. BULLDOG
7. APE SHOOT!
8. DEATH ROW 2-1-3-1-4-1
9. BUZZARD
10. TAKE OFF!

5/11  
54  
SLOPE

PRO-DESIGNED WORKOUT			
PRO-DESIGNED WORKOUTS ARE CREATED BY PROS OR OWNERS FROM ONE OF OUR INDEPENDENT LOCATIONS!			
ARCHITECT:	TIM KNIGA	TURF:	HARRISON TOWNSHIP

Turf Harrison will be hosting a winner takes all invitational showdown featuring some of the highest scoring participants of Syphus. Contact Tim Kniga or Turf Harrison for more details.



## SPEED BUMPS

- 1-14, 15A 16A
- 17-24, 25A 26A
- 27-34, 35A 36A
- 37-42, 43A 44A
- 1-14, 15B 16B
- 17-24, 25B 26B
- 27-34, 35B 36B
- 37-42, 43B 44B

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25A. [faded]

25B. [faded]

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26A. [faded]

26B. [faded]

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43A. [faded]

43B. [faded]

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44A. [faded]

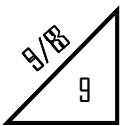
44B. [faded]



1-28  
28-1  
1-28

**N**

1. SUICIDE 2-1-3-1-4-1
2. SHUFFLE
3. TURKEYS
4. TYSONS
5. MIEL'S WHEELS
6. SA PP
7. HIKES
8. MONTAUK
9. TROG
10. APE SHOOT!
11. BULLDOG
12. VEXUM
13. JACKALOPE
14. BONSAI 3-1-4-2-4-1
15. POTTY SHOT
16. BOVINE
17. AMAROK
18. GRECO
19. SKY HIGH 4-1
20. ANACONDA
21. W. LUNGE
22. DELAURA
23. KOBOLD
24. REV PLATE PUSH
25. YETI
26. B. LUNGE
27. SWAGGIN 1:1
28. GIMPY DOG



SLOPE

# MOLE HILLS

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

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

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

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

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

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

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

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

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

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

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

---

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



SLOPE

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

## RIPPLED

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE
3. SWAGGIN 1:1
4. RIBBITS (10) + RUN
5. PINNED 2-1-3-1-4-1
6. BANDIT (20) + RUN
7. ROW STROLL 6+
8. CRAISE (20) + TZN
9. PUSH UP (10) + RUN
10. TIP-TOES (20) + RUN

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

## EXPANDING

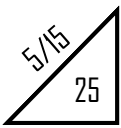
1. SLING SHOT 3-2-4-2-3-1
2. RDL (8) + TZN
3. APE SHOOT!
4. MONKEY
5. JIGGY (20) + RUN
6. STAMPEDE
7. B.O.R. (15) + TZN
8. 45°
9. SKULLS (10) + TZN
10. ARACHNID

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

## CENTAUR 2X2

1. YIKES!
2. HALO 2-1-3-1-4-1
3. MIEL'S WHEELS
4. TARASQ
5. STORK (20) + TZN
6. VIP (10) + RUN
7. GARGOYLE
8. CRAY-CRAY





SLOPE  
898 OK

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

### MTN2

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

---

3. SQUONK
4. TURKEYS

---

5. BEAR
6. TRIFECTA 6+

---

7. SWAGGIN 1:1
8. BULLDOZER

---

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

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

*Titled as a Reptilian-only in the stats site, but it is a Reptilian2*

### REPTILIAN2

1. BUCKS
2. SLAP JACK
3. SUICIDE 2-1-3-1-4-1
4. HIKES
5. VENOM
6. TIPPY-TAP

---

- 7A. MIM 3-2-4-2-3-1
- 7B. THRASHER
- 7C. INCH WORM
- 7D. CUJO Ⓛ

PUSH, TASK  
PUSH, TASK...

### GAUNTLET

1. MONTAUK
2. MIEL'S WHEELS
3. W. GREMLIN
4. MASTODON
5. BONSAI 3-1-4-2-4-1
6. HAG
7. TYPHON

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

### VERTEX

1. DIABLO
2. TWISTED
3. PRIMATES 4-1-3-1-2-1

5/16  
35

# SERPENT

1

2

3

4

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

**CENTAUR2**  
U-TURN

1  
1,2  
1,2,3 **MTN**  
1,2,3,4

1-3  
2-4 **MESA**

1-4  
2-4  
3,4  
4 **FADED**

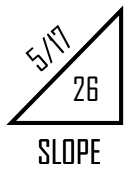
1,2,1,3,4  
4,3,4,2,4,1  
2,3, =**ATERAL**  
3,2

PUSH, TASK  
PUSH, TASK...  
**GAUNTLET**

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

**SLOPE**  
NAVIGATE THIS  
WORKOUT BY  
PERFORMING EACH  
CIRCUIT BY STARTING  
WITH THE CENTAUR2  
AND WORKING DOWN BY  
ROW. NOTE THAT EACH  
COLUMN IS NUMBERED  
TO REFLECT THE TASK  
NUMBER OF EACH  
CIRCUIT.

IF YOU'RE ABLE TO  
COMPLETE EACH  
CIRCUIT, SLAY THE  
SERPENT BY SNAKING  
YOUR WAY THROUGH  
THE GRID IN A  
CHECKLIST MANNER  
STARTING IN THE  
UPPERMOST LEFTHAND  
CORNER WORKING  
DOWNWARD. FOLLOW  
THE PATH OF THE  
SNAKES.



- 1, AA
- 1,2, BB
- 1,2,3, CC
- 1,2,3,4, DD
- 1,2,3,4,5, EE
- 1,2,3,4,5,6, FF

1. SUE-STEP (20) + RUN
2. PLATE SHAKE 9+
3. HOT COALS (10) + RUN
4. TROG
5. OGRE (10) + TZN
6. TRIFECTA 6+

## XION2

- A. SHUFFLE
- B. MT. CLIMB (20) + RUN
- C. YETI
- D. XPP
- E. BEAR
- F. SLUSKI

PERFORM THE "FORWARD" VERSION OF THE TASK IN DARK RED TO LINE 4 PERFORM THE "REVERSE" TASK IN LIGHT RED BACK TO LINE 1. REPEAT SO THAT EACH NUMBER IS DONE TWICE, TO MAKE 1 COMPLETE TASK OF BOTH.

## RED RUM

- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>1. PLATE PUSH</li> <li>2. BULLDOG</li> <li>3. POTTY SHOT</li> <li>4. GREMLIN</li> <li>5. MASTODON</li> <li>6. DELAURA</li> <li>7. THRASHER</li> <li>8. F. LUNGE</li> <li>9. INCH WORM</li> <li>10. HIGH KNEES</li> </ol> | <ol style="list-style-type: none"> <li>REV PLATE PUSH</li> <li>REV BULLDOG</li> <li>HIKES</li> <li>REV GREMLIN</li> <li>REV MASTODON</li> <li>SA DIABLO</li> <li>TORO</li> <li>B. LUNGE</li> <li>REV INCH</li> <li>BUTT KICKS</li> </ol> |
|---|--|

- 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

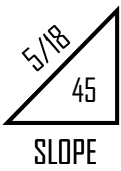
## EQUALIBRIOUS

1. TOES (20) + RUN
2. JACKALOPE
3. MOWGLI (12) + RUN
4. CHICKIN 2-1-3-1-4-1
5. MONGOOSE
6. TAKE OFF!

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

## FADED

1. QUICKSAND (L)
2. LEPRECHAUN
3. SUPP 10
4. KAMIKAZE 4-3-4-2-4-1-4-1



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

## UPLIFT

1. COALITION (10) + TZN
2. SWAGGIN 1:1
3. HIKES
4. XPP
5. SLUSKI

PERFORM AS A CHECKLIST DOING EACH TASK  
NUMBER OF TIMES INDICATED  
PATTERN REMAINS THE SAME THROUGHOUT

# PLATONIC + GLUED PLATE

## GLUED PLATE MATTERHORN

- 2 PLATE SHAKE 9+
- 1 BULLY
- 2 PINNED 2-1-3-1-4-1

---

- 2 W. CROOK
- 1 HALO 2-1-3-1-4-1
- 2 ROW STROLL 6+

---

- 2 STAT. W. SQ. (10) + TZN
- 1 TROMBONE 6+
- 2 RDL (8) + TZN

---

- 2 SKY HIGH 4-1
- 1 O-PINNED 2-1-3-1-4-1
- 2 W. GREMLIN

---

- 2 SAWED OFF (10) + TZN
- 1 KITCHEN SINK (10) + TZN
- 2 TZN

- 1,2
  - 1,2,33,44
  - 1,2,33,44,555,666
- ## ZENITH

1. APE SHOOT!
2. INCH WORM

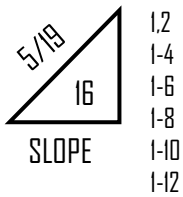
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3. OGRE (10) + TZN
4. GRIFTER (8) + SA PP

---

5. POTTY SHOT
6. BUCK UPS

- 1-8
- 8-1
- 1. RAZOR
- 2. DIABLO
- 3. JACKALOPE
- 4. VEXUM
- 5. MIEL'S WHEELS
- 6. JACKASS
- 7. ARACHNID
- 8. SA PP



## MTN2

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

---

3. W. GREMLIN
4. TROMBONE 6+

---

5. STIGMATA (10) + RUN
6. LYCAN UP (10) + RUN

---

7. 3 PT. STANCE
8. PRIMATES 4-1-3-1-2-1

---

9. XPP
10. SL BUCKS

---

11. DEATH ROW 2-1-3-1-4-1
12. PIRATE

1  
122  
12333  
1234444

## VERTEX

1. PARATROOP (10) + RUN
2. FLAMINGO (6) + TZN
3. BULLY
4. VENOM

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

## EL CYCLE

1. YETI
2. RDL (8) + TZN
3. TAUNTAUN
4. APE SHOOT!
5. REVIVAL

1-10, 10-1 U

1. GARGOYLE
2. KOBOLD
3. POTTY SHOTS
4. 0-PINNED 2-1-3-1-4-1
5. TROG
6. VEXED (10) + RUN
7. SAWED OFF (10) + TZN
8. BALL N CHAIN
9. REV BEAR
10. SHUTTLE 3-2-4-2-3-1



SLOPE

1 AA  
12 BB  
123 CC  
1234 DD  
12345 EE

## XION2



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

## REPTILIAN2

1. V-STEP (10) + RUN
2. CURL WALK 6+
3. F. LUNGE
4. VIPER
5. HIKES

- 
- 6A. CYCLONE (12) + TZN
  - 6B. GRECO
  - 6C. AMAROK
  - 6D. THRASHER

1. SUICIDE 2-1-3-1-4-1
2. SWAGGIN 1:1
3. MUGGER (12) + RUN
4. MONTAUK
5. DIABLO

- A. TWO-STEP (20) + RUN
- B. MT. CLIMB (20) + RUN
- C. RIBBITS (10) + RUN
- D. STAT HALO (18) + TZN
- E. SA P.P.

1233  
2344  
3455  
4566  
5677

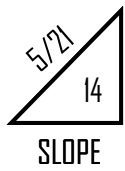
## RIPPLED

1. HANG (10) + RUN
2. HALO MARCH (20) + TZN
3. CRAZY LEGS
4. TWINKLE (30) + TZN
5. SUE STEP (20) + RUN
6. PUSH UP (10) + RUN
7. ALT. SQUONQ

PUSH, TASK  
PUSH, TASK...

## GAUNTLET

1. BANDIT (20) + RUN
2. JACKAL
3. SL DGRE (10) + TZN
4. MANTIS (8) + RUN
5. B.O.R. (15) + TZN
6. REV HYDRA
7. DENSER 2-1-3-1-4-1
8. WARRIOR
9. MASTODON
10. TYPHON



# MTN5

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

1. EN GARDE
2. QUICK FT. (20) + RUN
3. PLATE SHAKE 9+
4. COALITION (10) + TZN
5. KOBOLD


---

6. TURKEYS
7. MONGOOSE
8. SQ. JUMP (10) + RUN
9. KNEEL CURL (6) + TZN
10. RAMBO (10) + RUN

---

11. HALO 2-1-3-1-4-1
12. REV BOVINE
13. MT. CLIMB (20) + RUN
14. YIKES!
15. GORGON PUSH UP (8) + RUN

---

16. VEXUM
17. GBD (15) + RUN
18. SCALAWAG
19. YETI
20. PROWLER 

---

21. BONSAI 3-1-4-2-4-1
22. SQUANTOES (20) + RUN
23. ROW STROLL 6+
24. REV BALL N CHAIN
25. TYPHON

---

26. SHOT PUT
27. VIPER
28. JOHNNY APPLESEED
29. TARASQ
30. TWISTED



SLOPE

Perform as a Zenith, however instead of repeating the same tasks, each number contains a set of tasks. [1-2, 1-4, 1-6, 1-8] and performing all tasks within.

## ZENIST

1. SUICIDE 2-1-3-1-4-1
2. TWINKLE TOES (30) + TZN

---

3. CURL WALK 6+, TRIFECTA 6+
4. JAGGER (12) + RUN, JIGGY (20) + RUN

---

5. MONKEY, YETI, AMAROK
6. PLATE PUSH, XPP, CRAZY LEGS

---

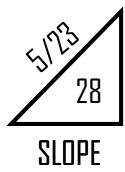
7. F. LUNGE, WARRIOR, BUZZARD, BUNYAN
8. CYCLONE (12) + TZN, BOR (15) + TZN, FLAMINGO (6) + TZN, TOUCAN (20) + TZN

1-20, 20-1, 1-20

## N

- |                    |                        |                        |                        |
|--------------------|------------------------|------------------------|------------------------|
| 1. W. CROOK        | 6. INFINITY (20) + RUN | 11. TALL ORDER 6+      | 16. OZARK              |
| 2. VIP (10) + RUN  | 7. K.O.D. (20) + TZN   | 12. GALLOW 2-1-4-3-4-1 | 17. SWAGGIN 1:1        |
| 3. OGRE (10) + TZN | 8. ARACHNID            | 13. PETRA              | 18. MOWGLI (12) + RUN  |
| 4. REV MASTODON    | 9. REV PLATE PUSH      | 14. SLAP JACK          | 19. PINNED 2-1-3-1-4-1 |
| 5. INCH WORM       | 10. STAMPEDE           | 15. HANG (10) + RUN    | 20. VENOM              |





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

## FILLING

1. QUICK FT. (20) + RUN
2. KOBOLD
3. TWINKLE TOES (30) + TZN
4. STAT TYSON (20) + RUN
5. QUICKSAND Ⓛ
6. SHALD 1:1
7. SAWED OFF (10) + TZN
8. CURL PRESS 5+
9. ALT. SQUONQ
10. SWAGGIN 1:1

1-7  
1-8  
1-9  
1-10

## MID-POINT MTN

1. TAKE OFF!
2. CYCLONE (12) + TZN
3. POTTY SHOT
4. V-STEP (10) + RUN
5. BULLDOG
6. JAGGER (12) + RUN
7. KIT. SINK (10) + TZN
8. REV GARGOYLE
9. DIABLO
10. BUTT KICKS

1-12  
4-12  
7-12  
9-12

## FADED3

1. PETRA
2. RAMPAGE (12) + RUN
3. YIKES!

---

4. HAG 1:1
5. VIPER
6. MOGUL (20) + RUN

---

7. B. LUNGE
8. EN GARDE
9. TORO

---

10. VENOM
11. TRUMPET 9+
12. NEAPOLITAN

## DUNK TANK

SLOPE

5/24

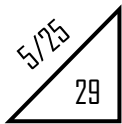
30

1. HOT COALS (10) + RUN
2. BONSAI 3-1-4-2-4-1
3. PLATE SHAKE 9+
4. SUE STEP (20) + RUN
5. ALI 22+
6. KOBOLD
7. LYCAN UP (10) + RUN
8. HIKES
9. CYCLONE (12) + TZN
10. SA P.P.
11. GRAISE (20) + TZN
12. VENOM
13. POTTY SHOTS
14. RAMBO (10) + RUN
15. BOVINE
16. TWISTED
17. DELAURA
18. DIABLO
19. SHWAGGIN 1:1
20. W. CROOK
21. REV HYDRA
22. HALO 2-1-3-1-4-1
23. TYPHON
24. GBD (15) + RUN
25. APE SHOOT!
26. ATTACK IT
27. SKUFFLE
16. YETI
17. MIEL'S WHEELS
18. SCALAWAG
19. AMAROK
20. GALLOW 2-1-4-3-4-1
21. GORGON (8) + RUN
22. HANG (10) + RUN
23. TAUNTAUN
24. STACK SHOT
25. WARRIOR
26. REV VIPER
27. JIGGY (20) + RUN
28. BULLY
29. REVIVAL
30. MOGUL PUSH
25. VEXED (10) + RUN
26. POUNCER (10) + RUN
27. TARASQ
28. JAGGER (12) + RUN
29. RESURRECTION
30. GIMPY DOG
25. 45°
26. TURKEYS
27. BOR (15) + TZN
28. DEATH ROW 2-1-3-1-4-1
29. MONGOOSE
30. TAKE OFF!

A

B

C



SLOPE

# INCEPTION

THIS CIRCUIT IS AN EXPANDING MTN CONSISTING OF EXPANDING MTNS. START IN CIRCUIT 'A' AND PERFORM AN EXPANDING MTN (2,3,1,2,3,4) CONTINUE TO DO EACH CIRCUIT IN THE SAME MANNER FOLLOWING THE LETTER A,B,C,D,E,F. THEN, CREATE A LARGER EXPANDING MTN WITH THE LETTERED SECTIONS, BUT PERFORMING THEM AS CHECKLISTS: A,B,C,A,B,D,E,C,A,B,D,F.

**E.**

1. CHICKIN 2-1-3-1-4-1
2. XPP
3. JAGGER (12) + RUN
4. SUCK UPS

**B.**

1. SHWAGGIN 1:1
2. W. CROOK
3. HIKES
4. GORGON (8) + RUN

**C.**

1. OFFERING
2. REV GROWLER
3. APE SHOOT!
4. NEAPOLITAN

**D.**

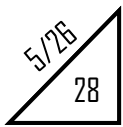
1. CYCLONE (12) + TZN
2. VIP (10) + RUN
3. SUPER TROOP (10) + RUN
4. SLUSKI

**A.**

1. TIP-TOES (20) + RUN
2. EN GARDE
3. KAMIKAZE 4-3-4-2-4-1-4-1
4. PLATE SHAKE 9+

**F.**

1. REV GARGOYLE
2. ROW STROLL 6+
3. SPIDOTO
4. AMAROK



SLOPE

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

## XION2

1. BONSAI 3-1-4-2-4-1
2. GREMLIN
3. HIKES
4. CURL PRESS 5+
5. REV BULLDOG
6. REV PLATE PUSH

- A. QUICK FT. (20) + RUN
- B. SUE-STEP (20) + RUN
- C. HIGH Xs
- D. KITCHEN SINK (10) + TZN
- E. ROW STROLL 6+
- F. JACKAL

III  
222  
333...

## CENTAUR3

1. TURKEY
2. DECALF
3. STAT TYSON (10) + RUN
4. FROZEN CROOK 8
5. TROMBONE 6+

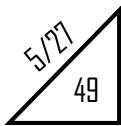
6. DELAURA
7. COALITION (10) + TZN
8. REV HYDRA
9. MANTIS (8) + RUN
10. NEAPOLITAN

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

## CROSS-FIRE

1. BANDIT (20) + RUN
2. X PP
3. BENCHED (30) + TZN
4. REV BEAR
5. MIEL'S WHEELS

- A. KOD (20) + TZN
- B. EXPLOSIONS
- C. COBRA (10) + PUSH



SLOPE

# MATTERHORN

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

PATTERN REMAINS CONSISTENT THROUGHOUT.

2 EN GARDE  
2 MT. CLIMB (20) + RUN

1 TOES (20) + RUN

2 VEXED (10) + RUN

2 TROMBONE 6+

1 XPP

2 TURKEYS

2 CYCLONE (12) + TZN

1 RIBBITS (10) + RUN

2 MANTIS (8) + RUN

2 OFFERING

1 GROWLER

2 NEAPOLITAN

2 F. LUNGE

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

2 SL PUSH UP (10) + RUN

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

1 MASTODON

2 VENOM

2 SKULLS (10) + TZN

1 COALITION (10) + TZN

2 REV VIPER

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

1 BUZZARD

2 BUCKS

2 TROG

1 ARACHNID

2 SUPP 10

2 BANDIT (20) + RUN

1 THRASHER

2 AMAROK

2 CRAISE (20) + TZN

1 OGRE (10) + TZN

2 TYSONS

2 STACK SHOT

1 MONTAUK

2 CRAY-CRAY

2 VIP (10) + RUN

1 OZARK

2 BULLY

2 TYPHON

1 SLUSKI

2 HANG (10) + RUN

2 INCH WORM

1 JIGSAW

2 SA PP

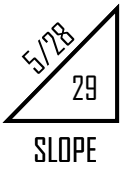
2 GBD (15) + RUN

1 BENCHED (30) + TZN

2 GRIFTER (8) + SA PP

2 GARGOYLE

1 SKIPS



# PENDULUM

PERFORM EACH AS A  
CHECKLIST AND IN THIS ORDER:

A,B,A,C,A,D,A,E

A,E,A,D,A,C,A,B,A

A.

1. SHUFFLE
2. QUICK FT. (20) + RUN
3. V-STEP (10) + RUN
4. ROW STROLL 6+

B.

1. KOBOLD
2. W. GREMLIN
3. RAMBO (10) + RUN

C.

1. XPP
2. RDL (8) + TZN
3. PRIMATES 4-1-3-1-2-1

D.

1. CURL PRESS 5+
2. VIPER
3. REV PLATE PUSH

E.

1. JIGSAW
2. BOVINE
3. JOUNCE 2-1-3-1-4-1

1-5, 6A1, 6A2, 6A1, 6A2  
1-5, 6B1, 6B2, 6B1, 6B2  
1-5, 6C1, 6C2, 6C1, 6C2  
1-5, 6D1, 6D2, 6D1, 6D2

## REPTILIAN 2N+N

1. LYCAN (10) + RUN
2. JAGGER (12) + RUN
3. TALL ORDER 6+
4. YIKES!
5. VENOM

- 6A1. B.N.C.
- 6A2. TORO
- 6B1. ARACHNID
- 6B2. THRASHER
- 6C1. ANACONDA
- 6C2. SHOT PUT
- 6D1. SLUSKI
- 6D2. STRANGLEHOLD



SLOPE

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

## MTN2

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

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3. BULLY
4. HANG (10) + RUN

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5. INFINITY (20) + RUN
6. LYCAN (10) + RUN

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7. TROG
8. BEAR

---

9. PABLO
10. MIEL'S WHEELS

---

11. SUPP 10
12. REV HYDRA

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

## EXPANDING

1. JACKALOPE
2. ARACHNID
3. GBD (15) + RUN
4. TAUNTAUN
5. RIBBITS (10) + RUN
6. MANTIS (8) + RUN
7. CURL WALK 6+
8. MONTAUK
9. THRASHER
10. BONSAI 3-1-4-2-4-1

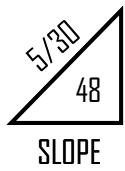
11 22 33 4A  
11 22 33 4B  
11 22 33 4C  
11 22 33 4D

## CEPTILIAN2

1. REV GROWLER
2. TYSONS
3. RAMBO (10) + RUN

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- 4A. DEVASTATOR 6
- 4B. WICCA
- 4C. GATOR TO 3
- 4D. PRIMATES 4-1-3-1-2-1



1-15,  
15-1 U

1. GALLOW 2-1-4-3-4-1
2. SWAGGIN 1:1
3. MT. CLIMB (20) + RUN
4. VIP (10) + RUN
5. XPP
6. SQ. JUMPS (10) + RUN
7. GORGON (8) + RUN
8. HIKES
9. W. CROOK
10. KOBOLD
11. F. LUNGE
12. CHIMP (8) + RUN
13. JIGGY (20) + RUN
14. POTTY SHOT HOPS
15. PRIMATES 4-1-3-1-2-1

MONTAUK, TASK  
DENSER, TASK...

## ALTERNATING GAUNTLET

1. DEVIL
2. TRUMPET 9+
3. OGRE (10) + TZN
4. SKULLS (10) + TZN
5. VEXUM
6. HALO 2-1-3-1-4-1
7. STAMPEDE
8. TYPHON
9. CROOKED BULLY
10. SLUSKI

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

## REV MTN3

1. RDL (8) + TZN
2. B.O.R. (15) + TZN
3. AMAROK

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4. OFFERING
5. SQUONQ
6. GRYPHON (8) + PUSH

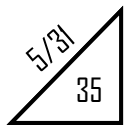
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7. BANDIT (20) + RUN
8. SKY HIGH 4-1
9. BOULDER

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10. TURKEYS
11. JACK BOX
12. REV SCORPION TO 3/BACK





SLOPE

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

## MTN2

1. SHUTTLE 3-2-4-2-3-1
2. V-STEP (10) + RUN
3. SHUFFLE
4. MOWGLI (12) + RUN
5. YIKES!
6. YETI
7. BUCKS
8. MANTIS (8) + RUN
9. TYPHON
10. BUZZARD

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

## REPTILIAN2

1. SAWED OFF (10) + TZN
2. BENCHED (30) + TZN
3. STAMPEDE
4. GROWLER
5. OGRE (10) + TZN
- 6A. VEXUM
- 6B. STORK (20) + TZN
- 6C. JACKAL
- 6D. REV B.N.C.

- 1-10
- 1-10
- 1-10

## CHECKLIST(3)

1. VENOM
2. SHALO 1:1
3. CYCLONE (12) + TZN
4. MONKEY
5. TORO
6. CRAY-CRAY
7. SWAGGIN 1:1
8. W. CROOK
9. TWO-STEP (20) + RUN
10. RIBBITS (10) + RUN