

JUNE

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.

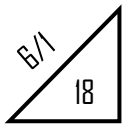
WAIT YOUR TURN

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

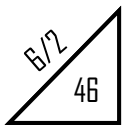


SLOPE

1 DOWN, 1 ACROSS, 2 DOWN, 2 ACROSS, 3 DOWN, 3 ACROSS, 4 DOWN, 4 ACROSS, 5 DOWN, 5 ACROSS, 6 DOWN, 6 ACROSS, 7 ACROSS.
 THEN CHECKLIST THE GRAY SQUARES 1-14 IN THAT ORDER.

DENALI & PLOTTED CHECKLIST

| | | | | | | | |
|---|--------------------------|------------|--------------------------|--------------------------|---------------------|---------------------|-----------------------|
| 1 | SHUFFLE | EN GARDE | MOGUL (20) + RUN | STAT W. LUNGE (10) + TZN | HALO 2-1-3-1-4-1 | INFINITY (20) + RUN | TURKEY |
| 2 | HOT COALS (10) + RUN | TARZAN | BUCKS | REV BULLDOG | SUICIDE 2-1-3-1-4-1 | STAMPEDE | CYCLONE (12) + TZN |
| 3 | V-STEP (10) + RUN | ARACHNID | STAT W. SQUAT (10) + TZN | STATARASQ (16) + RUN | SHWAGGIN 1:1 | VENOM | ALI 22+ |
| 4 | KAMIKAZE 4-3-4-2-4-1-4-1 | SKIPS | SL INCH | W. ROTATING SQUAT | BUCK UPS | SWAGGIN 1:1 | REV BOVINE |
| 5 | PARATROOP (10) + RUN | W. GREMLIN | TALL ORDER 6+ | SPIKES | HAG 1:1 | BOR (15) + TZN | GALLOW 2-1-4-3-4-1 |
| 6 | CURL PRESS 5+ | W. CROOK | COALITION (10) + TZN | BUNYAN | JOHNNY APPLESEED | JACKALOPE | DEATH ROW 2-1-3-1-4-1 |
| 7 | PRIMATES 4-1-3-1-2-1 | X PP | W. LUNGE | BENCHED (30) + TZN | HIGH Xs | ALT SQUONO | SKATES |



SLOPE

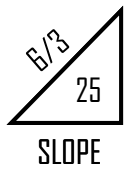
CHECKLIST, ODDS, EVENS

1-42

1-41 ONLY ODDS

2-42 ONLY EVENS

1. TWO-STEP (20) + RUN
2. BONSAI 3-1-4-2-4-1
3. SQUONQ
4. SWAGGIN 1:1
5. W. GREMLIN
6. TRUMPET 9+
7. RAMBO (10) + RUN
8. INFINITY (20) + RUN
9. HIKES
10. LYCAN UP (10) + RUN
11. PARATROOP (10) + RUN
12. GORGON (8) + RUN
13. CRAISE (20) + TZN
14. BUCKS
15. TARASQ
16. XPP
17. TURKEY
18. APE SHOOT!
19. OGRE (10) + TZN
20. TYPHON
21. YETI
22. SPEED SKATES (20) + RUN
23. CALF-IN-ATOR
24. GRIFTER (8) + SA PP
25. CYCLONE (12) + TZN
26. SUPP 10
27. SKULLS (10) + TZN
28. SUICIDE 2-1-3-1-4-1
29. WIDE PISTON (10) + TZN
30. ROOTED GROOT (8) + PUSH
31. CHICKIN 2-1-3-1-4-1
32. JANGLE LEG3
33. B.O.R. (15) + TZN
34. MONTAUK
35. HACK-IT
36. SUE-STEP (20) + RUN
37. JUNKIE JUMP (8) + RUN
38. HAG 1:1
39. CROAKIN
40. CURL WALK 6+
41. SL BOULDER
42. NEAPOLITAN



11,22,33...

CENTAUR2

1. MOGUL (20) + RUN
2. SKIPS
3. PLATE SHAKE 9+
4. TOES (20) + RUN
5. SQ. JUMP (10) + RUN
6. MIEL'S WHEELS
7. CYCLONE (12) + TZN
8. HIKES
9. BOVINE
10. SKULLS (10) + TZN
11. FLAMINGO (6) + TZN
12. DIABLO

123
234
345
456
567
678
789
89,10

MESA

1. JIGGY (20) + RUN
2. O-PINNED 2-1-3-1-4-1
3. TARASQ
4. VIP (10) + RUN
5. WARRIOR
6. BANDIT (20) + RUN
7. MUGGER (12) + RUN
8. COBRA (10) + PUSH
9. K.O.D. (20) + TZN
10. ANACONDA

12
123344
123344555666
1233445556667778888

ZENITH

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

3. ALI 22+
4. SLING SHOT 3-2-4-2-3-1

5. MONKEY
6. RIBBITS (10) + RUN

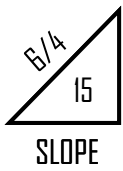
7. STAMPEDE
8. EXPLOSIONS

1X

2X

3X

4X



EXPANDING X 5

16-25
11-30
6-35
1-40

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. CURL PRESS 5+
3. PINNED 2-1-3-1-4-1
4. DELAURA
5. BULLDOG

6. GBD (15) + RUN
7. TAUNTAUN
8. SL BRDG BENCH (15) + TZN
9. VEXED (10) + RUN
10. AMAROK

11. FLAMINGO (6) + TZN
12. MONTAUK
13. APE SHOOT!
14. RIBBITS (10) + RUN
15. ABD. MANTIS (8) + RUN

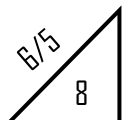
16. SUICIDE 2-1-3-1-4-1
17. SUE-STEP (20) + RUN
18. MOWGLI (12) + RUN
19. SWAGGIN 1:1
20. V-STEP (10) + RUN

21. ROW STROLL 6+
22. HIKES
23. RAMBO (10) + RUN
24. COALITION (10) + TZN
25. XPP

26. REV BOVINE
27. JIGGY (20) + RUN
28. TALL ORDER 6+
29. BANDIT (20) + RUN
30. INCH WORM

31. VENOM
32. DIABLO
33. TARASQ
34. SAWED OFF (15) + TZN
35. RDL (8) + TZN

36. HALO 2-1-3-1-4-1
37. SQUONQ
38. PETRA
39. PRIMATES 4-1-3-1-2-1
40. NEAPOLITAN



SLOPE

1-10, **CENTAUR2**, 11-20
1-10, **MESA**, 11-20
1-10, **MTN**, 11-20
1-10, **CHECKLIST**, 11-20

1. **KAMIKAZE 4-3-4-2-4-1-4-1**
2. **EN GARDE**
3. **HOT COALS (10) + RUN**
4. **MOGUL (20) + RUN**
5. **SWAGGIN 1:1**
6. **KOBOLD**
7. **ROW STROLL 6+**
8. **HIKES**
9. **MONKEY**
10. **W. GREMLIN**

11,22,33

A. CENTAUR2

1. **VENDM**
2. **VIPER**
3. **VEXUM**

1-3, 2-4

B. MESA

1. **STORK (20) + TZN**
2. **MASTODON**
3. **BENCHED (30) + TZN**
4. **PUSH UP (10) + RUN**

1,1,2,1,2,3

C. MTN

1. **ARACHNID**
2. **SUPP (10)**
3. **WALRUS**

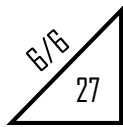
1-3

D. CHECKLIST

1. **PETRA**
2. **GRECO**
3. **SPARROW** Ⓛ

**ALTERNATING
SPEED BUMPS**

11. **TIP-TOES (20) + RUN**
12. **SKY HIGH 4-1**
13. **JIGGY (20) + RUN**
14. **XPP**
15. **F. LUNGE**
16. **YETI**
17. **SUICIDE 2-1-3-1-4-1**
18. **BUCKS**
19. **SLAP JACK**
20. **V-STEP (10) + RUN**



SLOPE

DO EACH TASK THE NUMBER OF TIMES LISTED AND
PERFORM IN A CHECKLIST MANNER
PATTERN REMAINS CONSISTENT THROUGHOUT

MATTERHORN

3 EN GARDE

1 SUE-STEP (20) + RUN

3 KOBOLD

3 VEXED (10) + RUN

1 STAT SWAG (20) + TZN

3 RIBBITS (10) + RUN

3 W. GREMLIN

1 INCH WORM

3 CRAZY LEGS

3 TROG

1 MANTIS (8) + RUN

3 RDL (8) + TZN

3 PUSH UP (10) + RUN

1 K.O.D. (20) + TZN

3 TURKEYS

1-5, 6A

1-5, 6B

1-5, 6C

1-5, 6D

REPTILIAN

1. SQUONQ

2. APE SHOOT!

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

4. FLAMINGO (6) + TZN

5. GRECO

6A. SLING SHOT 3-2-4-2-3-1

6B. CHICKIN 2-1-3-1-4-1

6C. JOUNCE 2-1-3-1-4-1

6D. CHUPACABRA

1

121

12321

1234321

123454321

UPLIFT

1. **SCALAWAG** (FORM FOCUS!)

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

3. SKULLS (10) + TZN

4. JACK ASS

5. HAMSTRUNG



SCHOOL'S OUT

Recycled "Back 2 School" Workout

CHECKLIST TO CENTAUR2 ON EACH SECTION. 1-5, 11, 22, 33, 44, 55.

A.

1. TWO-STEP (20) + RUN
2. STAMPEDE
3. SWAGGIN 1:1
4. HIKES
5. V-STEP (10) + RUN



B.

1. MOGUL (20) + RUN
2. TAUNTAUN
3. SAWED OFF (10) + TZN
4. POTTY SHOT
5. STAT TYPHON (10) + RUN



C.

1. MOWGLI (12) + RUN
2. HOT COALS (10) + RUN
3. B.O.R. (15) + TZN
4. 3 PT. STANCE
5. HOPSCOTCH

D.

1. MASTODON
2. CRAZY LEGS
3. RDL (8) + TZN
4. YIKES!
5. VENOM



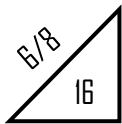
E.

1. MOGUL PUSH
2. MONTAUK
3. STAT HALO (18) + TZN
4. SPIKES
5. VIPER



F.

1. WICCA
2. CRAY-CRAY
3. FLAMINGO (6) + TZN
4. APE SHOOT!
5. TYPHON



SLOPE

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

MTN2

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

3. SPEED SKATES (20) + RUN
4. TWINKLE TOES (30) + TZN

5. SQUONQ
6. TROMBONE 6+

7. RIBBITS (10) + RUN
8. PUSH UP (10) + RUN

9. LYCAN (10) + RUN
10. REV BOVINE

VERTEX

1
122
12333
1234444

1. SHOT PUT
2. NO GIMMIES
3. F. LUNGE
4. RAZOR

U

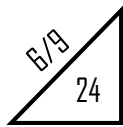
1-12
12-1

1. BONSAI 3-1-4-2-4-1
2. HAG 1:1
3. O-PINNED 2-1-3-1-4-1
4. PRIMATES 4-1-3-1-2-1
5. BUCKS
6. JAGGER (12) + RUN
7. DELAURA
8. TRIFECTA 6+
9. TARASQ
10. BANDIT (20) + RUN
11. W. CROOK
12. DEVIL

11223344
112233
1122
11

REV HYBRID2

1. ROW STROLL 6+
2. VEXED (10) + RUN
3. GALLOW 2-1-4-3-4-1
4. TWEAKER (L)



SLOPE

THROWBACK FROM
9/10/21

YOU CAN SWAP OUT 9 AND 10 AS A PAIR FROM A DIFFERENT CIRCUIT. MUST KEEP THE 9,10 IN ORDER OF THEIR ORIGINAL CIRCUIT.
NO REPEATING THE SAME SET OF 9,10.

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

MTN2

1. BONSAI 3-1-4-2-4-1
2. EN GARDE

3. TOES (20) + RUN
4. BULLY

5. LYCAN (10) + RUN
6. B.O.R. (15) + TZN

7. F. LUNGE
8. POTTY SHOT

9. JACKALOPE

10. MONTAUK

11. SA PP
12. GATOR TO 3

1-12, 12-1

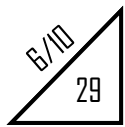
U

1. MIEL'S WHEELS
2. W. CROOK
3. ABD. PUSH UP (10) + RUN
4. JAGGER (12) + RUN
5. SUPP (10)
6. KOBOLD
7. BUCKS
8. 3 PT. STANCE
9. TUCKS (10) + RUN
10. YETI
11. D-PINNED 2-1-3-1-4-1
12. MOGUL PUSH

1-10
1-10

CHECKLIST(2)

1. MASTODON
2. YIKES!
3. MONGOOSE
4. MT. CLIMB (20) + RUN
5. CRAISE (20) + TZN
6. TIP-TOES (20) + RUN
7. HANG MADNESS 6
8. OZARK
9. TYPHON
10. VIPER



SLOPE

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

CROSS-FIRE

1. EN GARDE
2. PLATE PUSH
3. KNEELING CURL (6) + TZN
4. YETI
5. KITCHEN SINK (10) + TZN

-
1. CHICKIN 2-1-3-1-4-1
 2. JIGGY (20) + RUN
 3. W. CROOK
-
1. VIP (10) + RUN
 2. BONSAI 3-1-4-2-4-1
 3. SCORPION TO 3/BACK
-

- A. SUE STEP (20) + RUN
- B. SWAGGIN 1:1
- C. YIKES!

1
12
123
1
12
123..

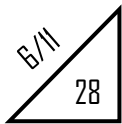
MOLE HILLS

1. HOT COALS (10) + RUN
 2. RDL (8) + TZN
 3. INCH WORM
-
1. TROMBONE 6+
 2. SCALAWAG
 3. SHALO 1:1
-

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

REPTILIAN2

1. TALL ORDER 6+
 2. REV BULLDOG
 3. SUICIDE 2-1-3-1-4-1
 4. MIEL'S WHEELS
-
- 5A. REV B.N.C.
 - 5B. BULLDOZER
 - 5C. PARATROOP (10) + RUN
 - 5D. OZARK
-
1. GIMPY DOG
 2. ALI 22+
 3. HACK-IT
-
1. MT. CLIMB (20) + RUN
 2. VIPER
 3. TAKE OFF!
-



SLOPE

MATTER HORN

3 STAMPEDE

2 MOGULS (20) + RUN

1 HIGH Xs

3 RAMBO (10) + RUN

2 SWAGGIN 1:1

1 CURL PRESS 5+

3 W. GREMLIN

2 HANG (10) + RUN

1 K.O.D. (20) + TZN

3 TOES (20) + RUN

2 3 PT. STANCE

1 TARASQ

3 BULLDOG

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

1 SUCK UPS

3 PLATE PUSH

2 REV PLATE PUSH

1 PEG LEG (8) + RUN

11

22

33...

C2

1. SKIPS

2. SL OGRE (10) + TZN

3. D-BOR (10) + TZN

4. BOVINE

5. INFINITY (20) + RUN

6. SA DIABLO

7. MUGGER (12) + RUN

8. POTTY SHOT

9. 313

10. BENCHED (30) + TZN

1-12

1-9

1-6

1-3

REV MTN3

1. RIBBITS (10) + RUN

2. CHIMP (8) + RUN

3. APE SHOOT!

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

5. PUSH UP (10) + RUN

6. CRAZY LEGS

7. CYCLONE (12) + TZN

8. CROAKIN

9. MONGOOSE

10. SLUSKI

11. TIPPY-TAP

12. PETRA



SLOPE

JACOB'S LADDER

4. SL BOULDER

3. RDL (8) + TZN

2. TYPHON

4.1. YETI

3. DENSER 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

Different way of displaying key.

1234

123

12

1234

123

12

1234

123

12

1234

123

12

1234

123

12

1

Start here

12

123344

123344555666

12334455566677778888

ZENITH

1. CRAISE (20) + TZN

2. MASTODON

3. JESTER

4. RAMPAGE (12) + RUN

5. SLAP JACK

6. ALT. SQUONQ

7. REV BEAR

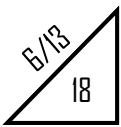
8. VENOM

1X

2X

3X

4X



SLOPE

1 AAA
12 BBB
123 CCC
1234 DDD
12345 EEE

XION3

1. GALLOW 2-1-4-3-4-1
2. MOWGLI (12) + RUN
3. KOBOLD
4. MONTAUK
5. REV BALL N CHAIN

- A. EN GARDE
- B. SWAGGIN 1:1
- C. ROW STROLL 6+
- D. PLATE PUSH
- E. TROG

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

MTN4

1. JIGGY (20) + RUN
2. SPIKES
3. TALL ORDER 6+
4. MONKEY
5. THRASHER
6. SUICIDE 2-1-3-1-4-1
7. V-STEP (10) + RUN
8. CRAISE (20) + TZN

9. KNEEL CURL (6) + TZN
10. XPP
11. BOVINE
12. BANDIT (20) + RUN

13. TOUCAN (20) + TZN
14. REV BULLDOG
15. DIABLO
16. SQ. THRUST (10) + RUN

1-10
1-10
1-10

CHECKLIST(3)

1. DGRE (10) + TZN
2. CYCLONE (12) + TZN
3. MANTIS (8) + RUN
4. VIPER
5. POTTY SHOT
6. BUCKS
7. STAMPEDE
8. ARACHNID
9. SHALD 1:1
10. AMAROK



SLOPE

ZEN-LISTS

- 1-4 1. HOT COALS (10) + RUN
- 1-4 2. EN GARDE
- 5-8 3. BANDIT (20) + RUN
- 5-8 4. YIKES!

- 1-4 5. SQ. JUMP (10) + RUN
- 5-8 6. GALLOW 2-1-4-3-4-1
- 9-12 7. CURL WALK 6+
- 9-12 8. REV GROWLER

- 9-12 9. STAT TRIFECTA (6) + TZN
- 10. PINNED 2-1-3-1-4-1
- 11. MOGUL PUSH
- 12. SLAP JACK

1X

2X

3X

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

SHRINKING

- 1. JACK ASS
- 2. B. LUNGE
- 3. KOBOLD
- 4. INFINITY (20) + RUN
- 5. SWAGGIN 1:1
- 6. YETI
- 7. VEXUM
- 8. BULLSHIT

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

UPLIFT

- 1. SUE-STEP MADNESS 10
- 2. ROW STROLL 6+
- 3. TARASQ
- 4. CUJO Ⓛ

1-4
1-3
1-2
1

REV MTN

- 1. APE SHOOT!
- 2. JABBERWOCKY
- 3. GRECO
- 4. REV GATOR to 3



SLOPE

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

CROSS-FUSION

1. SUICIDE 2-1-3-1-4-1
 2. TWO-STEP (20) + RUN
 3. CURL PRESS 5+
 4. F. LUNGE
 5. TROG
- A. QUICK FT. (20) + RUN
 - B. MONGOOSE
 - C. NEAPOLITAN

| PRO-DESIGNED WORKOUT | |
|--|-----------------------|
| PRO-DESIGNED WORKOUTS ARE CREATED BY PROS OR OWNERS FROM ONE OF OUR INDEPENDENT LOCATIONS! | |
| ARCHITECT: JEN DEMERCURIO | TURF: SHELBY TOWNSHIP |

REP-RUM

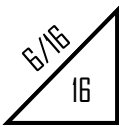
1. B.O.R. (15) + TZN
2. VIP (10) + RUN
3. SKUFFLE
4. YIKES!
5. CYCLONE (12) + TZN

-
- 6A. BOVINE | REV BOVINE
 - 6B. VENOM | DEVIL
 - 6C. THRASHER | TORO
 - 6D. CROOK BULLY | CROOK PIN
 - 6E. HYDRA | REV HYDRA

PERFORM ALL #6 TASKS AS A REDRUM, MEANING PERFORM THE FORWARD TASK TO 4. REV TASK TO 1. REPEAT.

MESA

- 123
- 234
- 345
- 456
- 567
- 678
- 789
- 89,10
1. SHUTTLE RUN 3-2-4-2-3-1
2. SL BRDG SKULLS (10) + TZN
3. CURIOUS GEORGE
4. YETI
5. W. GREMLIN
6. RDL (8) + TZN
7. SLUSKI
8. BUZZARD
9. TURKEYS
10. HALF BLAKED



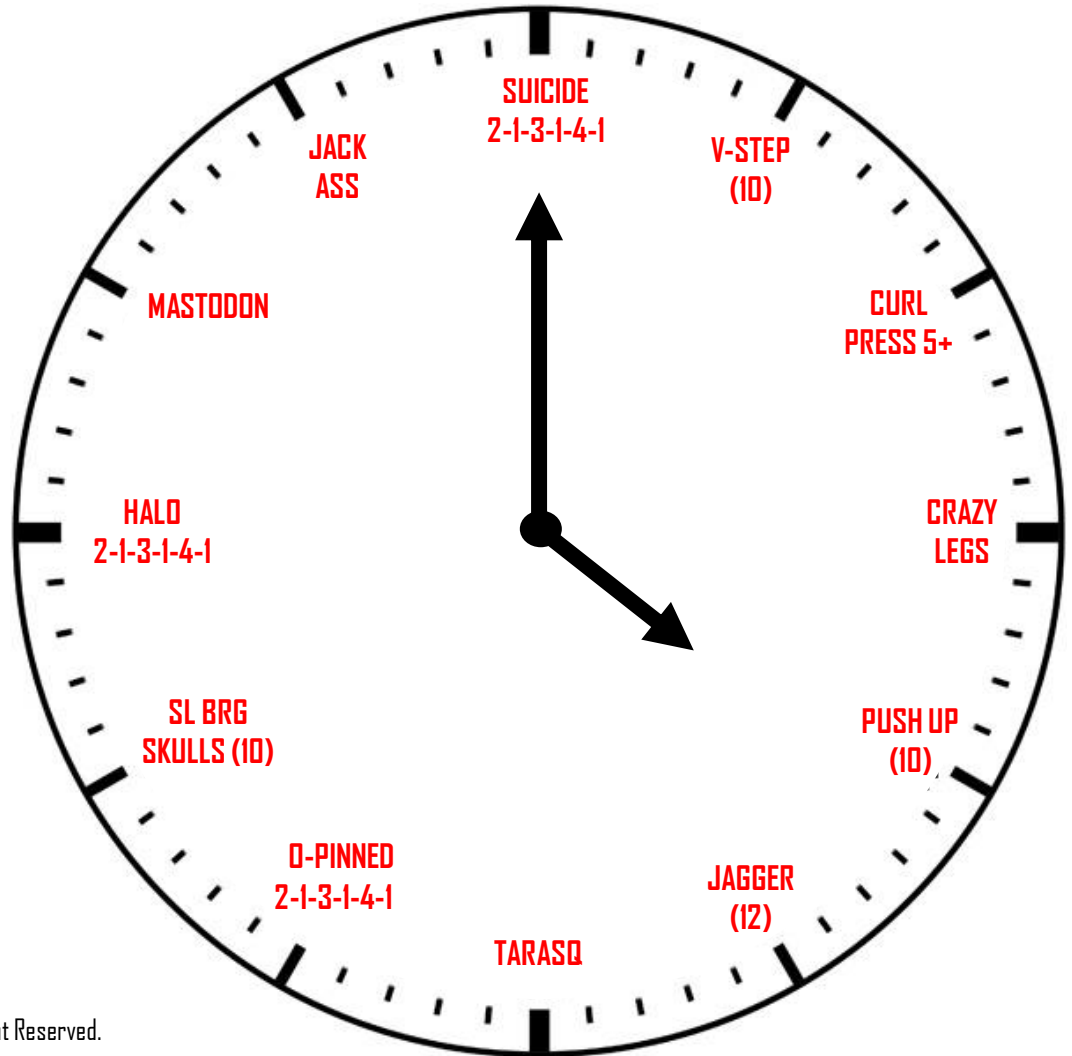
SLOPE

FATHER TIME

STARTING AT 12 O'CLOCK MOVE CLOCKWISE AROUND THE CLOCK STOPPING AT EVERY :15 TO COMPLETE THE TASK LISTED BELOW. ESSENTIALLY THIS IS ONE GIANT CROSS-FIRE.

SUICIDE, SHUFFLE
SUICIDE, HOT COALS
SUICIDE, HANG
SUICIDE, YIKES
V-STEP, SHUFFLE...

:00 = SHUFFLE
:15 = HOT COALS (20)
:30 = HANG (10)
:45 = YIKES





SLOPE

CHECKLIST(5)

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

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN
3. TWO-STEP (20) + RUN
4. SWAGGIN 1:1
5. HIKES
6. RIBBITS (10) + RUN
7. FLAMINGO (6) + TZN
8. MIEL'S WHEELS
9. BULLDOG
10. PINNED 2-1-3-1-4-1
11. POTTY SHOT HOPS
12. ENFORCER
13. K.O.D. (20) + TZN
14. STAMPEDE
15. OZARK
16. SQUIBBLE
17. BANDIT (20) + RUN
18. OFFERING
19. SUE STEP (20) + RUN
20. 313

6/18
36

SLOPE

1 DOWN, 1 ACROSS,
2 DOWN, 2 ACROSS,
3 DOWN, 3 ACROSS
4 ACROSS

MINI DENALI

| | | | | |
|---|---------------------|-----------|---------------|-------------------|
| 1 | SUICIDE 2-1-3-1-4-1 | W. CROOK | HIKES | TROMBONE 6+ |
| 2 | TYSON | F. LUNGE | MONGOOSE | SHALO 1:1 |
| 3 | TWO-STEP (20) + RUN | ENFORCER | ROW STROLL 6+ | INCH WORM |
| 4 | GORGON (8) + RUN | HOPSCOTCH | APE SHOOT! | G.B.D. (15) + RUN |

MTN2

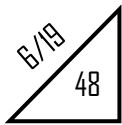
1,2
1-4
1-6
1-8
1-10

1. BANDIT (20) + RUN
2. KOBOLD
3. VIP (10) + RUN
4. RIBBITS (10) + RUN
5. TRIFECTA! 6+
6. BULLDOG
7. RDL (8) + TZN
8. REV SCORPION TO 3/BACK
9. ALI 22+
10. WICCA

CHAMELEON

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

- 1A. TIP-TOES (20) + RUN
- 1B. JACKAL
- 1C. POUNCER (10) + RUN
- 1D. W. LUNGE
2. 3 PT. STANCE
3. VENOM
4. KAMIKAZE 4-3-4-2-4-1-4-1
5. STATARASQ (16) + RUN
- 6A. HAG
- 6B. BRIDGED BENCHED (30) + TZN
- 6C. BUCKS
- 6D. PRIMATES 4-1-3-1-2-1



SLOPE

1-30

11,22,33...30,30

CHECKLIST TO CENTAUR2

1. GALLOW 2-1-4-3-4-1
2. MT. CLUMB (20) + RUN
3. W. GREMLIN
4. HOT COALS (10) + RUN
5. KOBOLD
6. PLATE SHAKE 9+
7. STAT TYSON (20) + RUN
8. STAMPEDE
9. GORGON (8) + RUN
10. 3 PT. STANCE
11. BOVINE
12. F. LUNGE
13. GBD (15) + RUN
14. HALD 2-1-3-1-4-1
15. SAWED OFF (10) + TZN
16. DIABLO
17. RDL (8) + TZN
18. CRAISE (20) + TZN
19. LOWLY (10) + RUN
20. ARACHNID
21. DENSER 2-1-3-1-4-1
22. MIEL'S WHEELS
23. COBRA (10) + PUSH
24. SCALAWAG
25. PABLO
26. BONSAI 3-1-4-2-4-1
27. POTTY SHOT
28. JOUNCE 2-1-3-1-4-1
29. VIP (10) + RUN
30. SWASHBUCKLER



SLOPE

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

EXPANDING

1. PEG LEG (8) + RUN
2. CHIMP (8) + RUN
3. VEXED (10) + RUN
4. SKATES
5. QUICK FT. (20) + RUN
6. SUICIDE 2-1-3-1-4-1
7. PLATE SHAKE 9+
8. POTTY SHOT
9. CHICKIN 2-1-3-1-4-1
10. GORGON to PUSH UP (8) + RUN

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

MATTERHORN

1-10
10-1
1-10

W

- 2 CYCLONE (12) + TZN
- 4 TWO-STEP (20) + RUN
- 1 TARASQ

- 2 PIRATE
- 4 VEXUM
- 1 TYPHON

- 2 MONGOOSE
- 4 STIGMATA (10) + RUN
- 1 JACK ASS

- 2 YETI
- 4 TAUNTAUN
- 1 DENSER 2-1-3-1-4-1

1. OGRE (10) + TZN
2. SHOT PUT
3. BONSAI 3-1-4-2-4-1
4. MUGGER (12) + RUN
5. SQ. THRUST (10) + RUN
6. SA DIABLO
7. CURL PRESS 5+
8. HAG 1:1
9. APE SHOOT!
10. GIMPY DOG



122
 12344
 1234566
 123456788
 123456789,10,10

PUNCH OUT

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

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

5. YIKES!
6. MIEL'S WHEELS

7. JAGGER (12) + RUN
8. BENCHED (30) + TZN

9. SLAP JACK
10. C.H.B.

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

REV XION

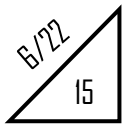
1. BONSAI 3-1-4-2-4-1
 2. MOWGLI (12) + RUN
 3. BULLDOG
 4. TRIFECTA! 6+
 5. SL BUCKS
 6. TOES (20) + RUN
- A. SL INCH
 - B. CRAISE (20) + TZN
 - C. STIGMA (10) + RUN
 - D. XPP
 - E. TARASQ
 - F. SPARROW (L)

PERFORM AS A
 CHECKLIST AND
 DO EACH TASK THE
 NUMBER OF TIMES
 INDICATED.



CHAOS

- 4 EN GARDE
 - 2 SL OGRE (10) + TZN
 - 1 TRUMPET 9+
 - 1 DEATH ROW 2-1-3-1-4-1
 - 2 POTTY SHOT
 - 3 B. LUNGE
 - 1 SAWED OFF (10) + TZN
 - 2 STACK SHOT
- 3 W. CROOK
 - 1 SHALD 1:1
 - 1 CROAKIN
 - 2 TIP-TOES (20) + RUN
 - 3 PRIMATES 4-1-3-1-2-1
 - 1 REVIVAL
 - 1 CALF-IN-ATOR
 - 1 TAUNTAUN



SLOPE

1
12
123
1
12
123
1
12
123
1
12
123
1
12
123

MOLE-HILLS

1. SUICIDE 2-1-3-1-4-1
2. TOES (20) + RUN
3. SWAGGIN 1:1

1. ALI 22+
2. RAMPAGE (12) + RUN
3. LYCAN UP (10) + RUN

1. ROW STROLL 6+
2. BANDIT (20) + RUN
3. NEAPOLITAN

1. PRIMATES 4-1-3-1-2-1
2. RIBBITS (10) + RUN
3. QUICKSAND (L)

1. TURKEYS
2. BUCKS
3. TRUMPET 9+

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

XION2

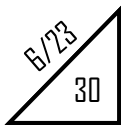
1. QUICK FT. (20) + RUN
2. APE SHOOT!
3. MT. CLIMB (20) + RUN
4. HIKES
5. HANG (10) + RUN
6. WICCA

- A. BUTT KICKS
- B. SKUFFLE
- C. SQUONQ
- D. F. LUNGE
- E. BULLDOG
- F. MILLIPEDE (L)

111,222,333...

CHECKLIST(3)

1. TALL ORDER 6+
2. VEXUM
3. TORO
4. BONSAI 3-1-4-2-4-1
5. JUNKIE JUMP (8) + RUN
6. JIGSAW
7. JOHNNY APPLE
8. HAG 1:1
9. GARGOYLE
10. PLATE PUSH



SLOPE

12
123344
123344555666
1233445556667778888

ZENITH

1. SHUFFLE
2. QUICK FT. (20) + RUN
3. MT. CLIMB (20) + RUN
4. YETI
5. ROW STROLL 6+
6. XPP
7. EN GARDE
8. JAGGER (12) + RUN

1X
2X
3X
4X

PRO-DESIGNED WORKOUT

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

ARCHITECT:

TIM KNIGA

TURF:

HARRISON TOWNSHIP

PERFORM THE FORWARD TASK TO LINE 4 AND THE REVERSE TASK TO LINE 1. REPEAT SO THAT YOU END UP DOING A FULL VERSION OF EACH TASK.

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

MTN3

REDRUM

- | | |
|---------------|-------------|
| 1. BULLDOG | REV BULLDOG |
| 2. SHOT PUT | TORO |
| 3. SQUONK | SCALAWAG |
| 4. BULLDOZER | DIABLO |
| 5. HIGH KNEES | BUTT KICKS |
| 6. F. LUNGE | B. LUNGE |
| 7. POTTY SHOT | HIKES |
| 8. GREMLIN | REV GREMLIN |
| 9. DELAURA | SA DIABLO |
| 10. BEAR | REV BEAR |

1. GRECO
2. INFINITY (20) + RUN
3. FLYING JACKAL
4. SL PUSH UP (10) + RUN
5. AMAROK
6. SKULLS (10) + TZN
7. JUNKIE JUMP (8) + RUN
8. RDL (8) + TZN
9. RAMBO (10) + RUN
10. WIZARD
11. SCORPION TO 3/BACK
12. NEAPOLITAN



SLOPE

1-12, 1-12

CHECKLIST(2)

1. SUICIDE 2-1-3-1-4-1
2. QUICK FT. (20) + RUN
3. AU 22+
4. SWAGGIN 1:1
5. HOT COALS (10) + RUN
6. STAMPEDE
7. LYCAN (10) + RUN
8. CRAZY LEGS
9. RIBBITS (10) + RUN
10. RAMPANT (10) + RUN
11. BEAR
12. BUZZARD

123454321

1234321

12321

121

1

DOWNSHIFT

1. KOBOLD
2. SA P.P.
3. INFINITY (20) + RUN
4. SQUIBBLE
5. VOODOO (L)

6,7

5-8

4-9

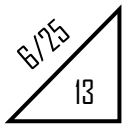
3-10

2-11

1-12

EXPANDING

1. 90° (10) + TZN
2. REV HYDRA
3. RDL (8) + TZN
4. MONKEY
5. CURL WALK 6+
6. PLATE PUSH
7. PINNED 2-1-3-1-4-1
8. SPIKES
9. VEXED (10) + RUN
10. MASTODON
11. POUNCER (10) + RUN
12. SQUONQ



SLOPE

FILLING

1. SUICIDE 2-1-3-1-4-1
2. SWAGGIN 1:1
3. KOBOLD
4. FLAMINGO (6) + TZN
5. MIEL'S WHEELS
6. NEAPOLITAN
7. THRASHER
8. MASTODON
9. TROG
10. TOES (20) + RUN
11. MOGUL (20) + RUN
12. SKATES

1234444
 12333
 122
 1

REVERTEX

1. REV PLATE PUSH
2. SQ THRUST (10) + RUN
3. TURKEYS
4. CRAY-CRAY

1-5, 5-1
 2-4, 402
 3,3

EL CYCLE

1. SABRE (8) + RUN
2. MUGGER (12) + RUN
3. SCALAWAG
4. BULLY
5. SHOT PUT

PUSH, TASK
 PUSH, TASK...

GAUNTLET

1. COALITION (10) + TZN
2. KIT. SINK (10) + TZN
3. REV VIPER
4. HAG 1:1
5. SLUSKI
6. JOHNNY APPLESEED
7. INCH WORM
8. GARGOYLE

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

6/26

49

SLOPE

1,2, 15, 16
1-4, 13-16
1-6, 11-16
1-16

OR USE
LETTERS
AS A KEY

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

FILLING X2

A

1. HOT COALS (10) + RUN

2. HIGH Xs

B

3. TROMBONE 6+

4. VIP (10) + RUN

C

5. SQ. JUMP (10) + RUN

6. APE SHOOT!

D

7. REV HYDRA

8. ANACONDA

E

9. SKULLS (10) + TZN

10. NO GIMMIES

F

11. OGRE (10) + TZN

12. GORGON (8) + RUN

G

13. PINNED 2-1-3-1-4-1

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

H

15. BANDIT (20) + RUN

16 TYSON

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

CROSS-FUSION

1. MASTODON

2. PARATROOP (10) + RUN

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

4. RAMPAGE (12) + RUN

5. HALO 2-1-3-1-4-1

6. SA DIABLO

A. PLATE PUSH

B. SCALAWAG

C. 313

D. REV PLATE PUSH



SLOPE

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

1-10
1-10

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

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

B.W. MOLE HILLS

1. RUN
2. TYSONS
3. MT. CLIMB (20) + RUN

1. KOBOLD
2. GORGON (8) + RUN
3. F. LUNGE

1. RAMBO (10) + RUN
2. LYCAN (10) + RUN
3. FROZEN CROOKS

1. SKIPS
2. PUSH UP (10) + RUN
3. REV BOVINE

GLUED PLATE CHECKLIST (2)

1. CURL WALK 6+
2. PINNED 2-1-3-1-4-1
3. SWAGGIN 1:1
4. HAG 1:1
5. SAWED OFF (10) + TZN
6. W. GREMLIN
7. PLATE SHAKE 9+
8. SKY HIGH 4-1
9. ROW STROLL 6+
10. BULLY

B.W. EXPANDING

1. REVIVAL
2. TYPHON
3. WARRIOR
4. SUICIDE 2-1-3-1-4-1
5. PRIMATES 4-1-3-1-2-1
6. STAMPEDE
7. LUMBERJACK (8) + RUN
8. MOGUL 6 TO FROG

DARK SIDE

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. CRAZY LEGS 2. JACKALOPE 3. BOULDER 4. HIKES | <p>CRAY-CRAY</p> <p>JACKAL</p> <p>JANGLE LEGS</p> <p>BUCKS</p> |
|---|--|



SLOPE

MTNS

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

1. BONSAI 3-1-4-2-4-1
2. SHUFFLE
3. TOES (20) + RUN
4. MT. CLIMB (20) + RUN
5. KOBOLD

6. APE SHOOT!
7. YETI
8. SA P.P.
9. KNEEL CURL (6) + TZN
10. MOWGLI (12) + RUN

11. TYPHON
12. OFFERING
13. REV HYDRA
14. B. LUNGE
15. KAMIKAZE 4-3-4-2-4-1-4-1

16. SQ. THRUST (10) + RUN
17. FLAMINGO (6) + TZN
18. BALL N CHAIN
19. SL DGRE (10) + TZN
20. MONKEY

21. BAYOK (6) + RUN
22. MUGGER (12) + RUN
23. TURKEYS
24. C.H.B.
25. RDL (8) + TZN

26. HOT COALS (10) + RUN
27. TAUNTAUN
28. CRAZY LEGS
29. WCCA
30. TAKE OFF!

BUILD YOUR OWN GAUNTLETS

Start with the warm-up MTN. Then select any task to use as your gauntleted task for each checklist. No repeating a task. Must stay with the same task for the entirety of that checklist. All gauntlet task are in the scoring as XPP.

warm-up MTN

1. SUICIDE 2-1-3-1-4-1
2. MOGUL (20) + RUN
3. SWAGGIN 1:1
4. COALITION (10) + TZN

GAUNTLET OPTIONS

| | |
|----------|--------------------|
| XPP | RIBBITS (10) + RUN |
| MONGOOSE | FROGS |
| AMAROK | CURL PRESS 5+ |
| YETI | SLAP JACK |

A.

1. JAGGER (12) + RUN
2. ROW STROLL 6+
3. VEXED (10) + RUN
4. HANG (10) + RUN
5. TARASQ
6. HIKES
7. MONTAUK
8. W. GREMLIN
9. WARRIOR
10. MOWGLI (12) + RUN
11. MIEL'S WHEELS
12. OFFERING

B.

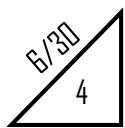
1. BULLDOG
2. SUICIDE 2-1-3-1-4-1
3. HAG 1:1
4. THRASHER
5. TIPPY-TAP
6. POTTY SHOT
7. VENOM
8. TROMBONE 6+
9. BUZZARD
10. PINNED 2-1-3-1-4-1
11. CYCLONE (12) + TZN
12. PUSH UP (10) + RUN

C.

1. VIP (10) + RUN
2. TORO
3. STAMPEDE
4. KIT. SINK (10) + TZN
5. INFINITY (20) + RUN
6. CRAISE (20) + TZN
7. SAWED OFF (10) + TZN
8. ALT. SQUONQ
9. HALO 2-1-3-1-4-1
10. STIGMA (10) + RUN
11. SUE STEP (20) + RUN
12. GBD (15) + RUN

D.

1. SCALAWAG
2. PETRA
3. BANDIT (20) + RUN
4. YAK
5. TYSONS
6. BOR (15) + TZN
7. MANTIS (8) + RUN
8. INCH WORM
9. RAMBO (10) + RUN
10. REVIVAL
11. QUICK FT. (20) + RUN
12. TURKEYS



SLOPE

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

MTN2

1. EN GARDE
2. HOT COALS (10) + RUN
3. TYSONS
4. ROW STROLL 6+
5. LYCAN (10) + RUN
6. MONGOOSE
7. YIKES!
8. K.D.D. (20) + TZN
9. TROG
10. CRAY-CRAY
11. PIRATE
12. REV PLATE PUSH

123
234
345
456
567
678
789
89,10

MESA

1. SHUTTLE 3-2-4-2-3-1
2. STAMPEDE
3. PLATE SHAKE 9+
4. V-STEP (10) + RUN
5. TYSONS
6. MASTODON
7. SPIKES
8. HANG (10) + RUN
9. DEATH ROW 2-3-1-4-1
10. SHOT PUT

1-5
1-5

CHECKLIST(2)

1. CROAKIN
2. PUSH UP (10) + RUN
3. GARGOYLE
4. RDL (8) + TZN
5. RAMPAGE (12) + RUN

1
121
12321
1234321
123454321

UPLIFT

1. PRIMATES 4-1-3-1-2-1
2. KOBOLD
3. MUGGER (12) + RUN
4. JACKAL
5. GIMPY DOG