

**JULY**

**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.

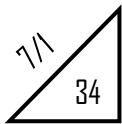
## WAIT YOUR TURN

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

122  
122344  
122344566  
122344566788

## 1,2 PUNCH

1. GALLOW 2-1-4-3-4-1
2. MOWGLI (12) + RUN
3. SWAGGIN 1:1
4. JAGGER (12) + RUN
5. APE SHOOT!
6. YETI
7. PUSH UP (10) + RUN
8. HALO 2-1-3-1-4-1

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

## FADED2

1. GRECO
2. DIABLO
3. SKY HIGH 4-1
4. BULLDOG
5. TOUCAN (20) + TZN
6. MONTAUK
7. GIMPY DOG
8. SUICIDE 2-1-3-1-4-1
9. VEXED (10) + RUN
10. PINNED 2-1-3-1-4-1

1-8, 1-8

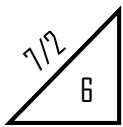
## CHECKLIST(2)

1. TUCKS (10) + RUN
2. GBD (15) + RUN
3. TARASQ
4. W. CROOK
5. RDL (8) + TZN
6. KIT. SINK (10) + TZN
7. BENCHED (30) + TZN
8. SKULLS (10) + TZN

1  
122  
12333

## VERTEX

1. REVIVAL
2. XPP
3. PRIMATES 4-1-3-1-2-1

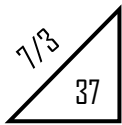


SLOPE

1-25, 1-25, 1-25, 1-25

# CHECKLIST(4)

1. BONSAI 3-1-4-2-4-1
2. QUICK FT. (20) + RUN
3. V-STEP (10) + RUN
4. CURL WALK 6+
5. TIPPY-TAP
6. SAWED OFF (10) + TZN
7. MUGGER (12) + RUN
8. HIKES
9. SQ. JUMP (10) + RUN
10. VIP (10) + RUN
11. BOVINE
12. BANDIT (20) + RUN
13. TALL ORDER 6+
14. POTTY SHOT
15. CRAISE (20) + TZN
16. TROG
17. MIEL'S WHEELS
18. SUPP 10
19. MONGOOSE
20. BAYOK (6) + RUN
21. TURKEYS
22. INCH WORM
23. KOBOLD
24. 90°(10) + TZN
25. C.H.B.



SLOPE

# FIREWORKS

START BY PERFORMING THE WARM UP MTN. THEN, CHOOSE ONE TASK FROM EACH LIST (A-L) PERFORM THAT TASK ONCE. ONCE EXPLOSIONS (L) IS COMPLETED, GO BACK TO THE BEGINNING (A) AND CHOOSE A DIFFERENT TASK FROM EACH LIST, PERFORM IT TWICE. REPEAT THIS FOR A THIRD TIME DOING THE REMAINING TASK THREE TIMES. NOTE, THIS IS SLIGHTLY DIFFERENT THAN A TRADITIONAL BARN BURNER AS IT HAS MORE LISTS BUT FEWER OPTIONS PER LIST. REPEATING TASKS ARE PROHIBITED. THIS WORKOUT IS ALSO SLATED FOR TOMORROW; CHOOSE A DIFFERENT PATH.

1  
12  
123  
1234  
12345

MTN

1. QUICK FT. (20) + RUN
2. EN GARDE
3. STAMPEDE
4. SQ. JUMP (10) + RUN
5. HALO 2-1-3-1-4-1

## A. SPARKLERS

1. LYCAN (10) + RUN
2. PARATROOP (10) + RUN
3. TWINKLE TOES (30) + TZN

## B. FOUNTAINS

1. MIEL'S WHEELS
2. STORK (20) + TZN
3. TUCKS (10) + RUN

## C. FIRE-CRACKERS

1. MASTODON
2. PABLO
3. FLYING MONKEY

## D. SMOKE BOMBS

1. NEAPOLITAN
2. NO GIMMIES
3. BOVINE

## E. BOTTLE ROCKETS

1. SPEED SKATES (20) + RUN
2. SUE-STEP (20) + RUN
3. PLATE SHAKE 9+

## F. SNAKES

1. GARGOYLE
2. ENFORCER
3. MANTIS (8) + RUN

## G. MORTARS

1. M.F.T.
2. JANGLE LEG 3
3. WICCA

## H. CATHERINE WHEELS

1. JAGGER (12) + RUN
2. FROGS
3. MONGOOSE

## I. CAKES

1. GROWLER
2. ANTEATER
3. JUNKIE JUMP (8) + RUN

## J. M-80

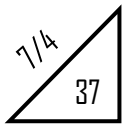
1. SKY HIGH 4-1
2. SQUONK
3. REV GREMLIN

## K. ROMAN CANDLES

1. RUMP ROAST
2. REVIVAL
3. PROWLER (L)

## L. EXPLOSIONS

1. EXPLOSIONS
2. EXPLOSIONS
3. EXPLOSIONS



SLOPE

# FIREWORKS

START BY PERFORMING THE WARM UP MTN. THEN, CHOOSE ONE TASK FROM EACH LIST (A-L) PERFORM THAT TASK ONCE. ONCE EXPLOSIONS (L) IS COMPLETED, GO BACK TO THE BEGINNING (A) AND CHOOSE A DIFFERENT TASK FROM EACH LIST, PERFORM IT TWICE. REPEAT THIS FOR A THIRD TIME DOING THE REMAINING TASK THREE TIMES. NOTE, THIS IS SLIGHTLY DIFFERENT THAN TRADITIONAL BARN BURNERS AS IT HAS MORE LISTS BUT FEWER OPTIONS PER LIST. REPEATING TASKS ARE PROHIBITED.

## A. SPARKLERS

1. LYCAN (10) + RUN
2. PARATROOP (10) + RUN
3. TWINKLE TOES (30) + TZN

## B. FOUNTAINS

1. MIEL'S WHEELS
2. STORK (20) + TZN
3. TUCKS (10) + RUN

## C. FIRE-CRACKERS

1. MASTODON
2. PABLO
3. FLYING MONKEY

## D. SMOKE BOMBS

1. NEAPOLITAN
2. NO GIMMIES
3. BOVINE

## E. BOTTLE ROCKETS

1. SPEED SKATES (20) + RUN
2. SUE-STEP (20) + RUN
3. PLATE SHAKE 9+

## F. SNAKES

1. GARGOYLE
2. ENFORCER
3. MANTIS (8) + RUN

## G. MORTARS

1. M.F.T.
2. JANGLE LEG 3
3. WICCA

## H. CATHERINE WHEELS

1. JAGGER (12) + RUN
2. FROGS
3. MONGOOSE

## I. CAKES

1. GROWLER
2. ANTEATER
3. JUNKIE JUMP (8) + RUN

- 1  
12  
123  
1234  
12345
- MTN**
1. QUICK FT. (20) + RUN
  2. EN GARDE
  3. STAMPEDE
  4. SQ. JUMP (10) + RUN
  5. HALO 2-1-3-1-4-1

## J. M-80

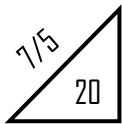
1. SKY HIGH 4-1
2. SQUONK
3. REV GREMLIN

## K. ROMAN CANDLES

1. RUMP ROAST
2. REVIVAL
3. PROWLER (L)

## L. EXPLOSIONS

1. EXPLOSIONS
2. EXPLOSIONS
3. EXPLOSIONS



SLOPE

12  
123344  
123344555666  
12334455566677778888

## ZENITH

1. EN GARDE

2. HOT COALS (10) + RUN

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3. INFINITY (20) + RUN

4. PLATE SHAKE 9+

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5. TYSONS

6. SAPP

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7. ANY CRAWL (can be 4 different)

8. ANY LUNGE (can be 4 different)

1-12  
12-1

U

1. ROW STROLL 6+

2. CHIMP (8) + RUN

3. TORO

1X

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

5. SWASHBUCKLER

2X

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

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

3X

8. HAG 1:1

9. RIBBITS (10) + RUN

4X

10. REV HYDRA

11. CYCLONE (12) + TZN

12. MT. CLIMB (20) + RUN

1-5, 6A

1-5, 6B

1-5, 6C

1-5, 6D

## REPTILIAN

1. SKUFFLE

2. POGOTO (6) + TZN

3. OHNO (12) + RUN

4. MONTAUK

5. 3 PT. STANCE

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6A. BUCKS

6B. REV BALL N CHAIN

6C. SCURL 1:1

6D. VEXUM



123  
234  
345  
456  
567  
678  
789  
89.10

## MESA

1. SUICIDE 2-1-3-1-4-1
2. SUE STEP (20) + RUN
3. STAT SWAG (20) + TZN
4. HANG (10) + RUN
5. TROMBONE 6+
6. LYCAN (10) + RUN
7. NEAPOLITAN
8. GORGON PUSH UP (8) + RUN
9. POTTY SHOT
10. REV BEAR

1  
121  
12321  
1234321

## AND1

1. KOBOLD
2. SUE STEP (20) + RUN
3. ABD FLAMINGO (6) + TZN
4. SLING SHOT 3-2-4-2-3-1

1-5  
1-6  
1-7  
1-8

## MID-PT MTN

1. TAUNTAUN
2. RAMPAGE (12) + RUN
3. SPIKES
4. TARASAQ

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

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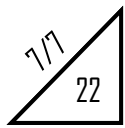
6. MONKEY
7. ALI 22+
8. THRUST TO FROG

111  
222  
333  
444  
555  
666  
777  
888

## CENTAUR3

1. PLATE PUSH
2. BULLY
3. YETI
4. STAMPEDE
5. REV ARACHNID
6. RAMBO (10) + RUN
7. BUZZARD
8. VENOM





SLOPE

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

## EXPANDING

1. RESURRECTION
2. CURL PRESS 5+
3. MONTAUK
4. STAMPEDE
5. GALLOW 2-1-4-3-4-1
6. MT. CLIMB (20) + RUN
7. TWO-STEP (20) + RUN
8. XPP
9. HIKES
10. REV GROWLER

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

## CROSS FIRE

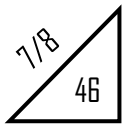
1. MOGUL (20) + RUN
2. RIBBITS (10) + RUN
3. PUSH UP (10) + RUN
4. APE SHOOT!
5. MIEL'S WHEELS
6. GARGOYLE

- A. OFFERING
- B. F. LUNGE
- C. SUPP 10

1-10  
1-10  
1-10

## CHECKLIST(3)

- |                         |                       |
|-------------------------|-----------------------|
| 1. WARRIOR              | 6. DENSER 2-1-3-1-4-1 |
| 2. O-B.O.R. (10) + TZN  | 7. JIGGY (20) + RUN   |
| 3. QUICK FT. (20) + RUN | 8. OGRE (10) + TZN    |
| 4. EN GARDE             | 9. VIPER              |
| 5. STACK SHOT           | 10. TAKE OFF!         |



SLOPE

## CENTAUR2

- 1.1 1. TURKEYS
- 2.2 2. TWO-STEP (20) + RUN
- 3.3 3. PLATE SHAKE 9+
- 4.4... 4. INFINITY (20) + RUN
5. NEAPOLITAN
6. BULLY
7. RIBBITS (10) + RUN
8. LYCAN (10) + RUN
9. ROOSTER (10) + TZN
10. TROG
11. SAWED OFF (10) + TZN
12. REV BOVINE

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

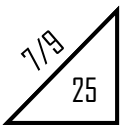
## CAVITY

1. V-STEP (10) + RUN
2. SHWAGGIN 1:1
3. YAK
4. CURL PRESS 5+
5. QUICK FT. (20) + RUN
6. DIABLO
7. XPP
8. MUGGER (12) + RUN
9. CHICKIN 2-1-3-1-4-1
10. BUCKS

1-11  
11-1  
1-11

## И

1. PIRATE
2. SHUTTLE RUN 3-2-4-2-3-1
3. SPIKES
4. MASTODON
5. ALI 22+
6. REV INCH WORM
7. BONSAI 3-1-4-2-4-1
8. BENCHED (30) + TZN
9. ALT. SQUONQ
10. REV VIPER
11. TAKE OFF!



# DRY RUN

PERFORM ALL TASKS IN A CHECKLIST FORMAT, FIRST, BEFORE GOING BACK AND PERFORMING THEM AS A PROGRESSION. (HIGH X'S THRU CRAY-CRAY)

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

## EXPANDING

1. HIGH Xs
2. TOES (20) + RUN
3. STAMPEDE
4. W. GREMLIN
5. QUICK FT. (20) + RUN
6. EN GARDE
7. HIKES
8. FLYING MONKEY
9. OGRE (10) + TZN
10. SLING SHOT 3-2-4-2-3-1

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

## CHAMELEON

- 1A. REV GARGOYLE
- 1B. LEPRECHAUNS
- 1C. D-PINNED 2-1-3-1-4-1
- 1D. SUCK UPS

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2. TWISTED
3. SKULLS (10) + TZN
4. MANTIS (8) + RUN

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- 5A. KITCHEN SINK (10) + TZN
- 5B. DIABLO
- 5C. REVIVAL
- 5D. STORK (20) + TZN

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

## FADED2

1. WICCA
2. JOHNNY APPLESEED

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

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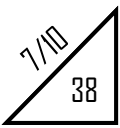
5. VIP (10) + RUN
6. CYCLONE (12) + TZN

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7. POTTY SHOT
8. MOWGLI (12) + RUN

---

9. TURKEYS
10. CRAY-CRAY



SLOPE

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

1,1,2,2,3,3

1,1,2,2

1,1

1-8

8-1

## REV HYBRID2

1. HOT COALS (10) + RUN
2. SWAGGIN 1:1
3. VIP (10) + RUN
4. GORGON (8) + RUN



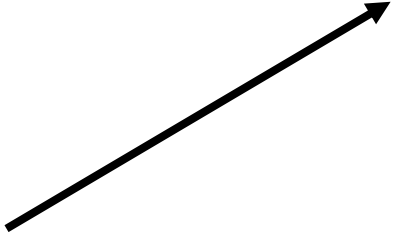
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1. REV BOVINE
2. MIEL'S WHEELS
3. STORK (20) + TZN
4. TAUNTAUN
5. REV CUJO Ⓛ
6. APE SHOOT!
7. MONTAUK
8. AMAROK

1,2

1,2,3,3,4,4

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



## ZENITH

1. JIGSAW

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

3. HIKES

4. INCH WORM

5. SKIPS

6. JACKAL

1X

2X

3X



## CHECKLIST (3)

1-8

1-8

1-8

1. POTTY SHOT
2. DEATH ROW 2-1-3-1-4-1
3. ALI 22+
4. RAMP UP (8) + RUN
5. CRAZY LEGS
6. W. GREMLIN
7. C.H.B.
8. GIMPY DOG



- 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

### XION2

- 1. BONSAI 3-1-4-2-4-1
  - 2. TIP-TOES (20) + RUN
  - 3. HIKES
  - 4. SA PP
  - 5. HANG (10) + RUN
  - 6. COBRA (10) + PUSH
- A. TYSON
  - B. MT. CLIMB (20) + RUN
  - C. MIEL'S WHEELS
  - D. BAYOK (6) + RUN
  - E. SAWED OFF (10) + TZN
  - F. SQUANTOES (20) + RUN

- 1,1,1
- 2,2,2
- 3,3,3...

### CENTAUR 3

- 1. 3 PT. STANCE
- 2. BUZZARD
- 3. V-STEP (10) + RUN
- 4. GARGOYLE
- 5. SKY HIGH 4-1
- 6. RIBBITS (10) + RUN
- 7. REV B.N.C.
- 8. APE SHOOT!

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

### MTN

- 1. MUGGER (12) + RUN
- 2. DENSER 2-1-3-1-4-1
- 3. MONKEY
- 4. SCORPION TO 3/BACK

- PLATE PUSH, 1
- PLATE PUSH, 2
- PLATE PUSH, 3...

### GAUNTLET

- 1. TORO
- 2. GALLOW 2-1-4-3-4-1
- 3. THRASHER
- 4. BULLY
- 5. C.H.B.
- 6. ALI 22+
- 7. STRANGLEHOLD
- 8. W. CROOK
- 9. JANGLE LEG 3
- 10. UNLEASHED



### A. MTN

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE
3. PLATE SHAKE 9+

### B. VERTEX

1. QUICK FT. (20) + RUN
2. POTTY SHOT
3. X PP

### C. EL CYCLE

1. MONKEY
2. SQUONQ
3. SPIDOTO

### D. CHECKLIST (2)

1. ALI 22+
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. REV PLATE PUSH
4. W. GREMLIN

### E. CROSS-FIRE

1. STAMPEDE
2. BOVINE
3. CURL PRESS 5+

### F. MT. NEVEREST

- 1X GRECO
- 2X TROG
- 3X MIEL'S WHEELS

### G. FADED

1. THRASHER
2. SAPP
3. TURKEYS

### H. U-TURN

1. QUICKSAND Ⓞ
2. MASTODON
3. APE SHOOT

- A. HALO 2-1-3-1-4-1
- B. FROGS
- C. YETI

# SHORT CIRCUIT

### I. CENTAUR3

1. SKY HIGH 4-1
2. JACKALOPE
3. O-PINNED 2-1-3-1-4-1

### J. MTN2

1. TRUMPET 9+
2. TRIFECTA! 6+
3. OZARK
4. INCH WORM

### K. CAVITY

1. TALL ORDER 6+
2. SL REVIVAL
3. DEVIL
4. GALLOW 2-1-4-3-4-1

REFER TO THE  
CIRCUIT  
GLOSSARY AT  
THE END OF THIS  
ISSUE OR AS  
YOUR PRO FOR  
PROGRESSIONS



SLOPE

## FLIPPLED

- 1,1,2,3. 1. SUICIDE 2-1-3-1-4-1
- 2,2,3,4 2. QUICK FT. (20) + RUN
- 3,3,4,5 3. MOGULS (20) + RUN
- 4,4,5,6... 4. XPP
- 5. TIPPY-TAP
- 6. RIBBITS (10) + RUN
- 7. OFFERING
- 8. KOBOLD
- 9. SL OGRE'S (10) + TZN
- 10. MOGUL<sup>6</sup> TO FROG

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

## AND 1

- 1. TYSONS
- 2. SWAGGIN 1:1
- 3. F. LUNGE
- 4. VITRIOL (L)

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

## EL CYCLE

- 1. CYCLONE (12) + TZN
- 2. SUPP 10
- 3. SKULLS (10) + TZN
- 4. GRIFTER (8) + SA PP

1-4  
1-8  
1-12

## MTN4

- 1. 90° PISTON (10) + TZN
- 2. SQUAT THRUST (10) + RUN
- 3. BANDIT (20) + RUN
- 4. PINNED 2-1-3-1-4-1

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- 5. VEXUM
- 6. HALO 2-1-3-1-4-1
- 7. SLAP JACK
- 8. GALLOW 2-1-4-3-4-1

---

- 9. CURL PRESS 5+
- 10. BULLDOG
- 11. TYPHON
- 12. SCORPION TO 3/BACK



# TANGENTIAL

## 1. CARDIO

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

**QUICK FT. (20) + RUN**

**SPEED SKATES (20) + RUN**

## 2. CRAWL

**GARGOYLE**

**MONGOOSE**

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

## 3. CARRY

**SKY HIGH 4-1**

**SWAGGIN 1:1**

**CURL PRESS 5+**

## 4. DRAG

**ARACHNID**

**JACKALOPE**

**SA DIABLO**

**A. HIKES**

**B. POTTY SHOT**

**C. APE SHOOT**

**D. BUCKS**

**E. 3 PT. STANCE**

**F. ANACONDA**

**G. SHOT PUT**

PERFORM NUMBERED SECTIONS ON THE LEFT AS A CHECKLIST AND CROSS OVER TO THE LETTERED TASKS IN A SIMILAR FASION TO A CROSS-FIRE.

1.A,1.B,1.C,1.D,1.E,1.F,1.G

2.A,2.B,2.C,2.D,2.E,2.F,2.G

3.A,3.B,3.C,3.D,3.E,3.F,3.G

4.A,4.B,4.C,4.D,4.E,4.F,4.G





SLOPE

1-8  
1-8  
1-8  
1-8

## CHECKLIST (4)

1. HOT COALS (10) + RUN
2. SQUONQ
3. VIP (10) + RUN
4. W. CROOK
5. ROW STROLL 6+
6. LYCAN (10) + RUN
7. YIKES!
8. CRAZY LEGS

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

## REV MTN 3

1. B. LUNGE
2. PISTON (10) + TZN
3. MONTAUK

---

4. RDL (8) + TZN
5. CURL WALK 6+
6. VEXED (10) + RUN

---

7. SL MANTIS (8) + RUN
8. YETI
9. OFFERING

---

10. JIGSAW
11. PABLO
12. TARASQ

1  
1,22  
1,22,333  
1,22,333,4444

## MT. NEVEREST

- 1X POGOTO (6) + TZN
- 2X MASTODON
- 3X SKY HIGH 4-1
- 4X BULLDOZER

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

## =LATERAL

1. TROMBONE
2. REV BULLDOG
3. SLAP JACK
4. TURKEY



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. TOES (20) + RUN
2. TURKEYS
3. STAMPEDE
4. PLATE SHAKE 9+
5. VENOM
6. SQUONK
7. DEATH ROW 2-1-3-1-4-1
8. F. LUNGE
9. CRAISE (20) + TZN
10. BAYOK (6) + RUN

1-12  
12-1

## U-TURN

1. FLAMINGO (6) + TZN
2. HANG (10) + RUN
3. EXPLOSIONS
4. BENCHED (30) + TZN
5. POTTY SHOTS
6. HOT COALS (10) + RUN
7. JESTER
8. CYCLONE (12) + TZN
9. JACKALOPE
10. RIBBITS (10) + RUN
11. HELLION
12. BONSAI 3-1-4-2-4-1

PERFORM AS A  
CHECKLIST DOING  
EACH TASK NUMBER  
OF TIMES NOTED.  
PATTERN IS UNIFORM  
THROUGHOUT.

## MATTERHORN

- 2 TARASQ
- 2 MONGOOSE
- 1 NEAPOLITAN

---

- 2 TYSONS
- 2 MIEL'S WHEELS
- 1 THRASHER

---

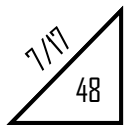
- 2 HAG 1:1
- 2 ANTEATER
- 1 313

---

- 2 SWAGGIN 1:1
- 2 GARGANTUAN
- 1 JOHNNY APPLESEED

---

- 2 VIPER
- 2 HALO 2-1-3-1-4-1
- 1 GARGOYLE



SLOPE

1-3

1-3, 4-6, 4-6

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

11, 22, 33, 44, 55

22, 33, 44, 55

33, 44, 55

44, 55

55

## MT. NEVERLIST

1. SHUFFLE
2. TOES (20) + RUN
3. SWAGGIN 1:1

---

4. RIBBITS (10) + RUN
5. POTTY SHOT
6. STAT. ROW (6) + TZN

---

7. SL OGRE (10) + TZN
8. MONGOOSE
9. MOGUL PUSH

## FADED HYBRID2

1. ANTEATER
2. COALITION (10) + TZN
3. RDL (8) + TZN
4. PLATE SHAKE 9+
5. JESTER

1-15

1-15

## CHECKLIST (2)

1. BONSAI 3-1-4-2-4-1
2. BUZZARD
3. YIKES!
4. JACK-ASS
5. QUICK FT. (20) + RUN
6. KOBOLD
7. JACKAL
8. PINNED 2-1-3-1-4-1
9. GARGOYLE
10. V-STEP (10) + RUN
11. TURKEY
12. TORO
13. GRECO
14. YETI
15. SWASHBUCKLER



1-5, 26-30  
1-10, 20-30  
1-30

# FILLING x 5

1. SUICIDE 2-1-3-1-4-1
2. MOWGLI (12) + RUN
3. SWAGGIN 1:1
4. KOBOLD
5. PLATE SHAKE 9+
6. YETI
7. JAGGER (12) + RUN
8. RAMP UP (8) + RUN
9. SPIKES
10. ALI 22+

11. JACKALOPE
12. BANDIT (20) + RUN
13. TORO
14. CRAISE (20) + TZN
15. RIBBITS (10) + RUN
16. MANTIS (8) + RUN
17. MUGGER (12) + RUN
18. SUPP 10
19. GRIFTER (8) + SA PP
20. MONGOOSE

21. HALO 2-1-3-1-4-1
22. CROOK
23. APE SHOOT!
24. 90°(10) + TZN
25. OGRE (10) + TZN
26. HOT COALS (10) + RUN
27. CURL PRESS 5+
28. TYSONS
29. VEXED (10) + RUN
30. CRAZY LEGS

## CENTAUR2

11,22,33...14,14

1. GALLOW 2-1-4-3-4-1
2. V-STEP (10) + RUN
3. TRUMPET 9+
4. SWASHBUCKLER
5. K.O.D. (20) + TZN

6. SKULLS (10) + TZN
7. OHNO (12) + RUN
8. DEATH ROW 2-1-3-1-4-1
9. MONKEY
10. SHOT PUT

11. GARGOYLE
12. F. LUNGE
13. INCH WORM
14. TAKE OFF!

7/19  
21

# MATH LAB 2024

## SLOPE

### Mandatory

#### Warm Up MTN

- 1- HOT COALS (10) + RUN
- 2- KAMIKAZE<sup>43424141</sup>
- 3- HIKES
- 4- CURL PRESS<sup>5+</sup>
- 5- B. LUNGE

#### EXPANDING MTN

- 1- SUICIDE<sup>213141</sup>
- 2- PUSH UP (10) + RUN \*1 1/2
- 3- STAMPEDE
- 4- KOBOLD
- 5- JUNKIE JUMP (8) + RUN
- 6 - WALRUS

#### XION

- 1- CYCLONE (120) + TZN
- 2- GALLOW<sup>214341</sup>
- 3- VIP (10) + RUN

#### U

- 1- SWAGGIN'<sup>1:1</sup>
- 2- SKY HIGH
- 3- PLATE SHAKE
- 4- PINNED<sup>213141</sup>
- 5- SCURL<sup>1:1</sup> \*1

#### ELCYCLE

- 1- REV BULLDOG
- 2- GREMLIN
- 3- MT. CLIMB (20) + RUN
- 4- BOULDER \*1 1/2

A - TRIFECTA!<sup>6+</sup>

B - SLUSKI \*1 1/2

C - STACKSHOT

#### XPP GAUNTLET

- 1- LYCAN (10) + RUN
- 2- TROG
- 3- POTTY SHOT \*1 1/2
- 4- HALO<sup>213141</sup>
- 5- JAGGER (12) + RUN

#### MESA

- 1 - EN GARDE
- 2 - APE SHOOT!
- 3 - SKATES
- 4 - REV PP \*1 1/2
- 5 - RUN
- 6 - SA DIABLO

#### C2

- 1- GARGOYLE
- 2- W. GREMLIN
- 3- BOR (15) + TZN \*1/2
- 4- REV BNC

#### HYBRID2

- 1- YETI \*4 1/2
- 2- BULLY
- 3- YIKES!

#### CHAOS

- 3 SQUONO
  - 1 DEATH ROW<sup>213141</sup>
  - 2 PLATE PUSH
  - 4 ROW STROLL \*
- 1/2
- 1 PROWLER<sup>1</sup>

Start with the warm-up MTN and then perform any circuit in any order. All circuits are worth 100 points each. 50 points are awarded for finishing half a circuit, denoted in red. All scores should be rounded down to the nearest 50 points. Pros: ask Hackett or your Turf owner if you have questions regarding scoring input.



SLOPE

1-12

## CHECKLIST

1. QUICK FT. (20) + RUN
2. EN GARDE
3. ALT. SQUONQ
4. MOWGLI (12) + RUN
5. ROW STROLL 6+
6. W. GREMLIN
7. SUE STEP (20) + RUN
8. HIKES
9. MONKEY
10. XPP
11. O-PINNED 2-1-3-1-4-1
12. JUNKIE (8) + RUN

# CHECK-IN

PERFORM THE CHECKLIST BEFORE EACH CIRCUIT AND AFTER THE LAST ONE:  
CHECKLIST, EL CYCLE, CHECKLIST, ANDI, CHECKLIST, N, CHECKLIST, MTN, CHECKLIST

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

## EL CYCLE

1. MIEL'S WHEELS
2. TROG
3. JIGGY (20) + RUN
4. BENCHED (30) + TZN

1  
121  
12321

## ANDI

1. BULLY
2. BANDIT (20) + RUN
3. REVIVAL

1-5  
5-1  
1-5

## N

1. GARGOYLE
2. HANG (10) + RUN
3. CURL WALK 6+
4. REV BULLDOG
5. PLATE PUSH

1  
12  
123  
1234

## MTN

1. B.O.R. (15) + TZN
2. RAMPANT (10) + RUN
3. DEVIL
4. PROWLER (L)



SLOPE

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

## REPTILIAN2

1. BONSAI 3-1-4-2-4-1
2. EN GARDE
3. SUE STEP (20) + RUN
4. BANDIT (20) + RUN
5. KOBOLD

---

- 6A. TROMBONE 6+
- 6B. SL GORGON (8) + RUN
- 6C. BEAR
- 6D. BULLFROG

PUSH, TASK  
PUSH, TASK...

## GAUNTLET

1. 3 PT. STANCE
2. CHICKIN 2-1-3-1-4-1
3. RDL (8) + TZN
4. DIABLO
5. TURKEYS
6. SKY HIGH 4-1
7. REV MASTODON
8. JIGGY (20) + RUN
9. YETI
10. STORK (20) + TZN
11. TARASQ
12. C.H.B.

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

## MESA

1. OFFERING
2. HANG (10) + RUN
3. MIEL'S WHEELS
4. INFINITY (20) + RUN
5. HAG
6. REV BEAR
7. SQUONQ
8. SLUSKI
9. DEATH ROW 2-3-1-4-1
10. JOUNCE 2-1-3-1-4-1
11. JACKALOPE
12. COBRA (10) + PUSH



SLOPE

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

## MTN3

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

---

4. SQ. JUMP (10) + RUN
5. VIP (10) + RUN
6. TROMBONE 6+

---

7. BAYOK (6) + RUN
8. SCALAWAG
9. HALO 2-1-3-1-4-1

---

10. VENOM
11. REV PLATE PUSH
12. SUPP 10

IN A CHECKLIST FORMAT PERFORM  
EACH TASK NUMBER OF TIMES NOTED.  
PATTERN REMAINS CONSISTENT THROUGHOUT.

## MATTER HORN

- 1 TRIFECTA! 6+
- 2 SPIKES
- 3 MOGUL (20) + RUN

---

- 1 BOULDER
- 2 DGRE (10) + TZN
- 3 MONTAUK

---

- 1 STACK SHOT
- 2 CHICKIN 2-1-3-1-4-1
- 3 TAKE OFF!

---

- 1 BUZZARD
- 2 AMAROK
- 3 BULLY

---

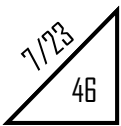
- 1 SLAP JACK
- 2 SPEED SKATES (20) + RUN
- 3 REV GARGOYLE

1-12  
12-1

U

1. ALT. SQUONQ
2. HIKES
3. CRAZY LEGS
4. SKY HIGH 4-1
5. TYPHON
6. CURL PRESS 5+
7. 45°
8. VEXED (10) + RUN
9. SL INCH
10. GALLOW 2-1-4-3-4-1
11. B.O.R. (15) + TZN
12. DENSER 2-1-3-1-4-1





SLOPE

# JACOB'S LADDER

FLEXIBILITY

**5.1. POTTY SHOTS**

**4. RDL (8) + TZN**

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

**2. RAMPAGE (12) + RUN**

**5. TAKE OFF!**

**4. BOULDER**

**3. SA P.P.**

**2. GIMPY DOG**

PUSH

UPPER BODY

**5.1. RAMPANT (10) + RUN**

**4. CURL MADNESS 3 + PIN**

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

**2. 90° (10) + TZN**

**5.1. PLATE PUSH**

**4. MIM 3-2-4-2-3-1**

**3. DIABLO**

**2. B.N.C.**

DRAG

CARDIO

**5.1. STAT. SWAG (20) + TZN**

**4. SUE STEP (20) + RUN**

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

**2. STAMPEDE**

**1. SHUFFLE**

**5.1. JACKALOPE**

**4. CURIOUS GEORGE**

**3. SLUSKI**

**2. HIKES**

**5.1. POTTY SHOTS**

THROW

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



START HERE



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

## MTN3

1. SUICIDE 2-1-3-1-4-1
2. TOES (20) + RUN
3. W. GREMLIN

---

4. V-STEP (10) + RUN
5. HOT COALS (10) + RUN
6. APE SHOOT!

---

7. MANTIS (8) + RUN
8. CRAZY LEGS
9. HALD 2-1-3-1-4-1

---

10. RDL (8) + TZN
11. B.N.C.
12. SL GORGON (8) + RUN

1  
1,22  
1,22,333  
1,22,333,4444

## MT. NEVEREST

- 1X GRECO
- 2X GBD (15) + RUN
- 3X HIKES
- 4X BULLDOZER

1-15  
15-1

## U

1. BONSAI 3-1-4-2-4-1
2. AMAROK
3. BOVINE
4. BUZZARD
5. PINNED 2-1-3-1-4-1
6. BUCK UP
7. SUPP 10
8. SL BRDG SKULL (10) + TZN
9. KOBOLD
10. COBRA (10) + PUSH
11. MT. CLIMB (20) + RUN
12. MONGOOSE
13. HAG
14. XPP
15. SA DIABLO

7/25  
47

SLOPE

1-36  
REV MTN  
1-36

# MID-LIFE CRISIS

1. BUTT KICKS
2. QUICK FT. (20) + RUN
3. MOGUL (20) + RUN
4. ALI 22+
5. TROMBONE 6+
6. V-STEP (10) + RUN
7. MUGGER (12) + RUN
8. YIKES!
9. TYSON
10. NEAPOLITAN
11. KAMIKAZE 4-3-4-2-4-1-4-1
12. GARGOYLE

13. SKUFFLE
14. ROW STROLL 6+
15. SL DGRE (10) + TZN
16. JAGGER (12) + RUN
17. SKY HIGH 4-1
18. SPEED SKATES (20) + RUN
19. SQ. THRUST (10) + RUN
20. BUCKS
21. CYCLONE (12) + TZN
22. VEXUM
23. TUTOR
24. SLAP JACK

25. TRIFECTA 6+
26. B. LUNGE
27. STAMPEDE
28. FROZEN CROOK 8
29. REV B.N.C.
30. ALT. SQUONQ
31. COALITION (10) + TZN
32. DIABLO
33. YETI
34. SWAGGIN 1:1
35. BONSAI 3-1-4-2-4-1
36. SQUANTOES (20) + RUN

1-4  
1-3  
1-2  
1

- REV MTN
1. GRIFTER (8) + SA PP
  2. SL BOULDER
  3. RAMP UP (8) + RUN
  4. C.H.B.



SLOPE

### MTN4

1-4  
1-8  
1-12  
1-16  
1-20

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN
3. SWAGGIN 1:1
4. SHUFFLE

---

5. LYCAN (10) + RUN
6. W. GREMLIN
7. TOES (20) + RUN
8. SPD SKATES (20) + RUN
9. YETI
10. TALL ORDER 6+
11. POTTY SHOT
12. XPP

---

13. BALL N CHAIN
14. HALO 2-1-3-1-4-1
15. VEXED (10) + RUN
16. MANTIS (8) + RUN

---

17. MUGGER (12) + RUN
18. OGRISL OGRE (10) + TZN
19. GRYPHON (8) + PUSH
20. PETRA

1-8

### CHECKLIST

1. 3 PT. STANCE
2. STORK (12) + TZN
3. WARRIOR
4. ALI 22+
5. DEATH ROW 2-1-3-1-4-1
6. GALLOW 2-1-4-3-4-1
7. RAMBO (10) + RUN
8. CROAKIN

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

### REV MTN2

1. NEAPOLITAN
2. GBD (15) + RUN

---

3. JACKALOPE
4. INFINITY (20) + RUN

---

5. ABD. FLAMINGO (6) + TZN
6. FROZEN CROOK :08

---

7. REV MASTODON
8. SHOT PUT

---

9. TYPHON
10. REV INCH

7/27  
37

SLOPE

# Christmas in July

Start with the mtn warm up. Pick one task from each category and perform it once. Go in order by category left to right, a-i. Second time through choose a different task in each category, do it twice. Repeat 3x per task. Repeat 4x per task. Don't forget the w. Gremlin "barn burner". Except for w. Gremlins, **repeating a task later in the workout is prohibited.**

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

## WARM UP MTN

1. QUICK FT. (20) + RUN
2. SHUFFLE
3. TYSON
4. SQ. JUMP (10) + RUN

## A STOCKINGS

1. OFFERING
2. TWINKLE TOES (30) + TZN
3. KNEELING CURL (6) + TZN
4. CRAISE (20) + TZN

## D PRESENTS

1. BOVINE
2. MIEL'S WHEELS
3. BULLDOZER
4. 3 PT. STANCE

## G WHO-HASH

1. HALD 2-1-3-1-4-1
2. JACKAL
3. REV BOVINE
4. O-PINNED 2-1-3-1-4-1

## B WREATHS

1. DIABLO
2. INCH WORM
3. PETRA
4. C.H.B.

## E TINSEL

1. SLAP JACK
2. STAT TRIFECTA (6) + TZN
3. HANG (10) + RUN
4. TALL ORDER 6+

## H ROAST BEAST

1. BANDIT (20) + RUN
2. INFINITY (20) + RUN
3. JAGGER (12) + RUN
4. SPEED SKATE (20) + RUN

## C ORNAMENTS

1. K.O.D. (20) + TZN
2. SKULLS (10) + TZN
3. MANTIS (8) + RUN
4. F. LUNGE

## F WHO-PUDDING

1. MASTODON
2. WARLOCK
3. CHIMP (8) + RUN
4. REV GARGOYLE

## I "BARN BURNING" TASK

1. W. GREMLIN
2. W. GREMLIN
3. W. GREMLIN
4. W. GREMLIN

7/28

37

SLOPE

# Christmas in July



1

1,2

1,2,3

1,2,3,4

## WARM UP MTN

1. QUICK FT. (20) + RUN
2. SHUFFLE
3. TYSON
4. SQ. JUMP (10) + RUN

Start with the mtn warm up. Pick one task from each category and perform it **four times**. Go in order by category left to right, a-i. Second time through choose a different task in each category, do it **three times**. Repeat 2x per task. Repeat 1x per task. Don't forget the w. Gremlin "barn burner". Except for w. Gremlins, **repeating a task later in the workout is prohibited. Note, the reverse order of yesterday's workout!!!**

A

## STOCKINGS

1. OFFERING
2. TWINKLE TOES (30) + TZN
3. KNEELING CURL (6) + TZN
4. CRAISE (20) + TZN

D

## PRESENTS

1. BOVINE
2. MIEL'S WHEELS
3. BULLDOZER
4. 3 PT. STANCE

G

## WHO-HASH

1. HALO 2-1-3-1-4-1
2. JACKAL
3. REV BOVINE
4. D-PINNED 2-1-3-1-4-1

B

## WREATHS

1. DIABLO
2. INCH WORM
3. PETRA
4. C.H.B.

E

## TINSEL

1. SLAP JACK
2. STAT TRIFECTA (6) + TZN
3. HANG (10) + RUN
4. TALL ORDER 6+

H

## ROAST BEAST

1. BANDIT (20) + RUN
2. INFINITY (20) + RUN
3. JAGGER (12) + RUN
4. SPEED SKATE (20) + RUN

C

## ORNAMENTS

1. K.O.D. (20) + TZN
2. SKULLS (10) + TZN
3. MANTIS (8) + RUN
4. F. LUNGE

F

## WHO-PUDDING

1. MASTODON
2. WARLOCK
3. CHIMP (8) + RUN
4. REV GARGOYLE

I

## "BARN BURNING" TASK

1. W. GREMLIN
2. W. GREMLIN
3. W. GREMLIN
4. W. GREMLIN



SLOPE

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

1-15

# ODDS, EVENS, CHECKLIST

1. HIGH Xs
2. PUSH UP (10) + RUN
3. STAMPEDE
4. MUGGER (12) + RUN
5. COALITION (10) + TZN
6. TIP-TOES (20) + RUN
7. KOBOLD
8. VENOM
9. TYSONS
10. BALL N CHAIN
11. TROMBONE 6+
12. APE SHOOT!
13. SQ. JUMP (10) + RUN
14. TARASQ
15. MONKEY

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

## REPTILIAN2

1. MT. CLIMB (20) + RUN
2. SHWAGGIN 1:1
3. DIABLO
4. AMAROK
5. SLING SHOT 3-2-4-2-3-1
- 6A. SKY HIGH 4-1
- 6B. SCALAWAG
- 6C. KAMIKAZE 4-3-4-2-4-1-4-1

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

## 1,2 PUNCH

1. TWO-STEP (20) + RUN
2. STAT ROW (6) + TZN
3. SABRE (10) + RUN
4. VIP (10) + RUN
5. B. LUNGE
6. CYCLONE (12) + TZN
7. SA P.P.
8. PRIMATES 4-1-3-1-2-1

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

## EL CYCLE

1. STACK SHOT
2. MIEL'S WHEELS
3. REV HYDRA
4. HAG 1:1



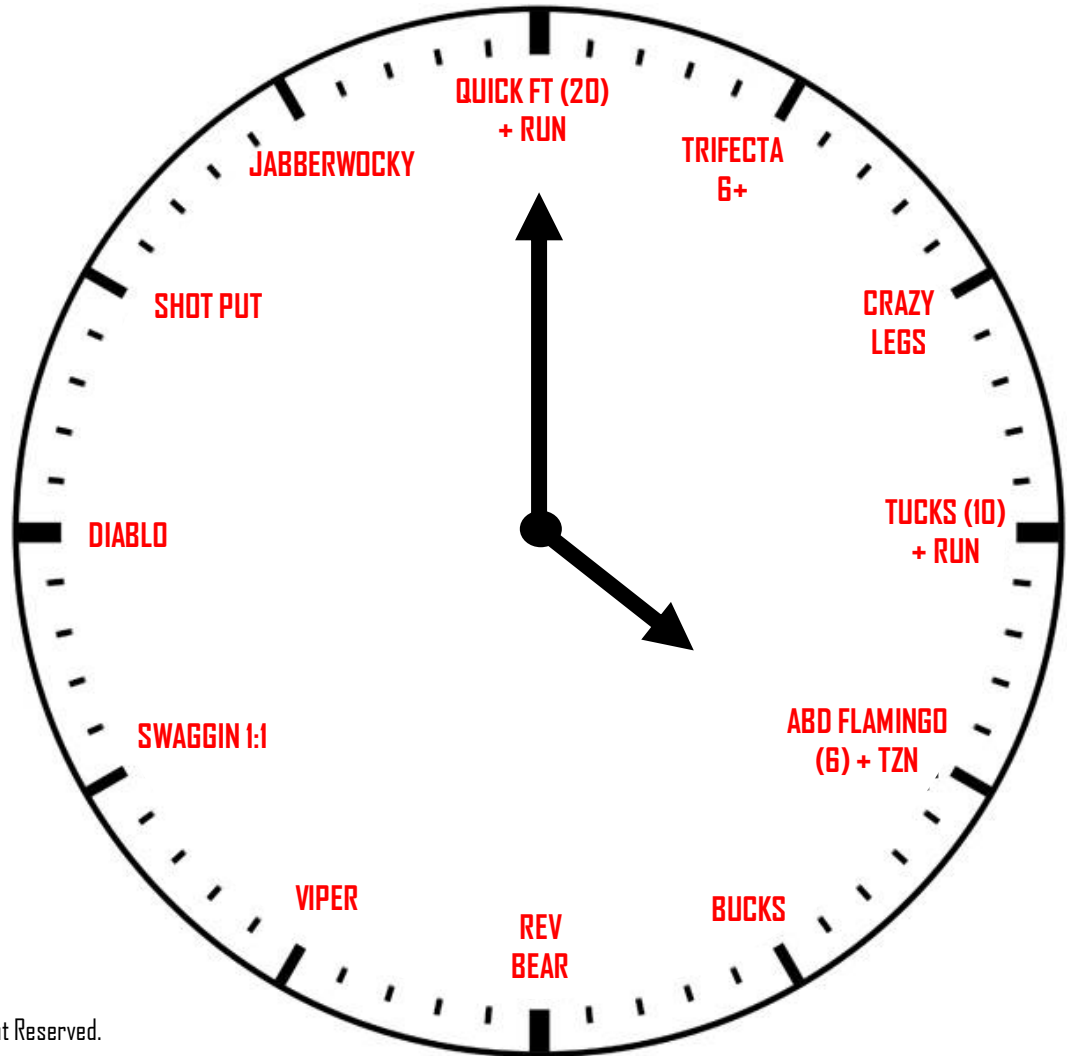
SLOPE

# FATHER TIME

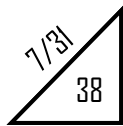
STARTING AT 12 O'CLOCK MOVE  
CLOCKWISE AROUND THE  
CLOCK STOPPING AT EVERY :15  
TO COMPLETE THE TASK LISTED  
BELOW. ESSENTIALLY THIS IS  
ONE GIANT CROSS-FIRE.

QUICK FT, MT. CLIMB  
QUICK FT, STAMPEDE  
QUICK FT, HIKES  
QUICK FT, W. CROOK  
TRIFECTA, MT. CLIMB...

:00 = MT CLIMB (20) + RUN  
:15 = STAMPEDE  
:30 = HIKES  
:45 = W. CROOK







SLOPE

THINK OF THIS AS A PYP XION4. PERFORM THE SECTIONS NUMBERED ON THE LEFT AS CHECKLIST. THEN CHOOSE ANY 4 TASKS FROM THE "BEAM ME UP" LIST.

USE THE KEY ON THE UFO IMAGE FOR CIRCUIT ORDER. BEAM ME UP TASKS CAN BE REPEATED AND YOU CAN DO THE SAME TASK BACK-TO-BACK, 3X AND 4X, IF DESIRED.

FOR SCORING PURPOSES ALL "BEAM" TASKS ARE LISTED AS XPP IN THE SITE.

THROWBACK 7/31/21

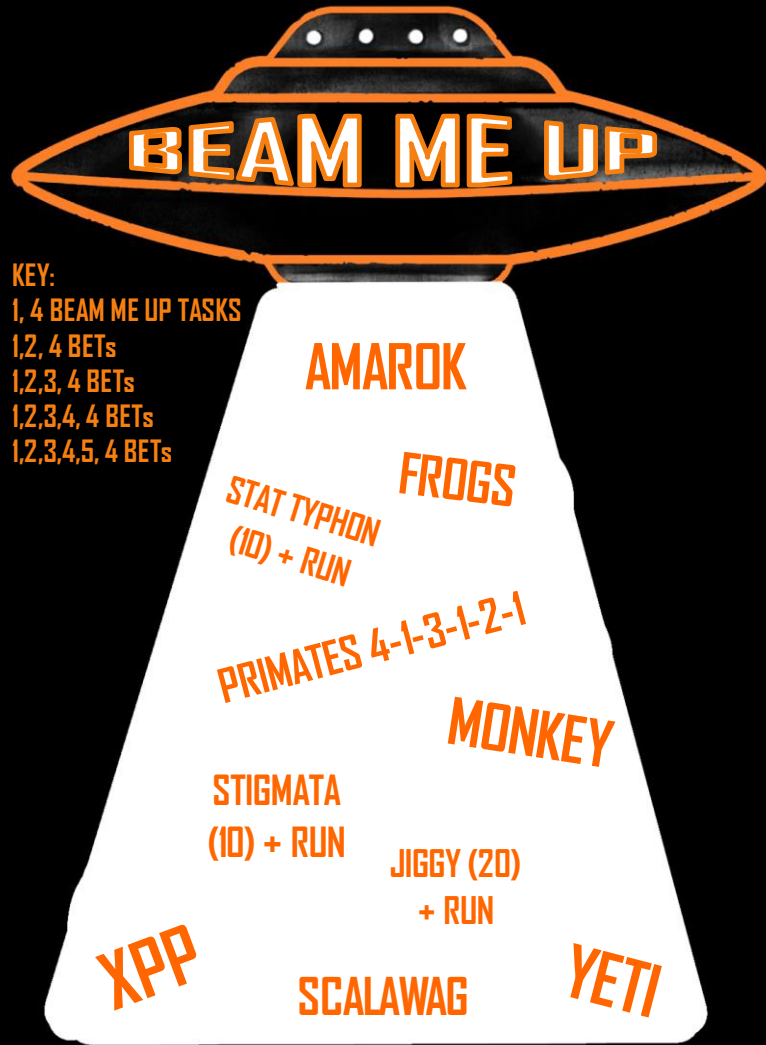
1. KAMIKAZE 4-3-4-2-4-1-4-1  
COALITION (10) + TZN  
STAT SWAG (20) + TZN  
INFINITY (20) + RUN

2. AU 22+  
VEXED (10) + RUN  
HANG (10) + RUN  
CHICKIN 2-1-3-1-4-1

3. PEG LEG (8) + RUN  
YIKES!  
BOVINE  
GBD (15) + RUN

4. SKULLS (10) + TZN  
45°  
TROG  
CURIOUS GEORGE

5. JACKASS  
REVIVAL  
SLUSKI  
GATOR TO 3



KEY:

1, 4 BEAM ME UP TASKS

1,2, 4 BETs

1,2,3, 4 BETs

1,2,3,4, 4 BETs

1,2,3,4,5, 4 BETs