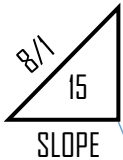


AUGUST

MOTHERBOARD

2024



HOW TO READ THE MOTHERBOARD

Circuit keys show the order in which to perform tasks.

The date of this Motherboard and the SLOPE difficulty rating.

Circuit title.

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

HYBRID2

MESA2

1. BONSAI 3-1-4-2-4-1
2. V-STEP MADNESS
3. TARASQ
4. MONKEY
5. XPP
6. CURL WALK 6+
7. BOVINE
8. GATOR TO 3

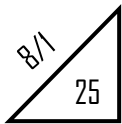
EQUALATERAL

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. HIGH Xs
3. TOES (20) + RUN
4. SL GORGON (8) + RUN
5. YIKES

1. ALT. SQUONQ
2. RAMBO (10) + RUN
3. BANDIT (20) + RUN
4. CYCLONE (12) + TZN
5. PROWLER

Minimum rep count indicator; used for certain traveling tasks.

"Ladder Tasks are indicated by this symbol.



SLOPE

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

MTN2

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

3. VIP (10) + RUN
4. KOBOLD

5. ROW STROLL 6+
6. VEXUM

7. CYCLONE (12) + TZN
8. PRIMATES 4-1-3-1-2-1

9. YIKES!
10. REV BALL N CHAIN

1
122
12333
1234444

VERTEX

1. PLATE PUSH
2. REV PLATE PUSH
3. SKY HIGH 4-1
4. MONTAUK

12131415
232425
3435
45

=ATERAL

1. TAUNTAUN
2. FLAMINGO (6) + TZN
3. JACKALOPE
4. SA P.P.
5. RDL (8) + TZN

1-12, 12-1

U

1. SQUONQ
2. BULLDOG
3. BUCKS
4. TARASQ
5. HALO 2-1-3-1-4-1
6. VEXED (10) + RUN
7. RAMP UP (8) + RUN
8. KAMIKAZE 4-3-4-2-4-1-4-1
9. SPIKES
10. BUZZARD
11. TROMBONE 6+
12. TWISTED



SLOPE

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

-
1. MT. CLIMB (20) + RUN
 2. STAT ROW (6) + TZN
 3. HIKES

-
1. LYCAN (10) + RUN
 2. HANG (10) + RUN
 3. REV BULLDOG

-
1. TWO-STEP (20) + RUN
 2. CYCLONE (12) + TZN
 3. APE SHOOT!

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

1
12
123
1
12
123...

MOLE-HILLS

-
1. JIGGY (20) + RUN
 2. BALL N CHAIN
 3. OGRE (10) + TZN

-
1. SA P.P.
 2. MOWGLI (12) + RUN
 3. JUNKIE (8) + RUN

-
1. BOVINE
 2. SUICIDE 2-1-3-1-4-1
 3. V-STEP (10) + RUN

-
1. PUSH UP (10) + RUN
 2. JACKALOPE
 3. DENSER 2-1-3-1-4-1

-
1. TROG
 2. MONGOOSE
 3. GBD (15) + RUN

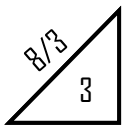
-
1. DIABLO
 2. W. CROOK
 3. CRAISE (20) + TZN

-
1. COALITION (10) + TZN
 2. FLAMINGO (6) + TZN
 3. SCORPION to 3/back

-
1. F. LUNGE
 2. POTTY SHOT
 3. MASTODON

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

-
1. KOBOLD
 2. YETI
 3. PLATE PUSH



SLOPE

122
122344
122344566
122344566788

1,2 PUNCH

1. SUICIDE 2-1-3-1-4-1
2. MOGUL (20) + RUN
3. STAT SWAG (20) + TZN
4. TYSONS
5. GARGOYLE
6. PLATE PUSH
7. REVIVAL
8. SLAP JACK

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

REPTILIAN3

1. TAUNTAUN
2. TOES (20) + RUN
3. F. LUNGE
4. YETI

- 5A. NEAPOLITAN
- 5B. MONGOOSE
- 5C. HIKES

W

- 1-8 1. W. GREMLIN
- 8-1 2. TARASQ
- 1-8 3. INCH WORM
4. BANDIT (20) + RUN
5. STORK (12) + TZN
6. AMAROK
7. KOBOLD
8. SWASHBUCKLER

123
234
345
456
567
678
789
89,10

MESA

1. CYCLONE (12) + TZN
2. SKY HIGH 4-1
3. JUNKIE (8) + RUN
4. GRIFTER (8) + SA PP
5. MUGGER (12) + RUN
6. B.O.R. (15) + TZN
7. APE SHOOT!
8. BUZZARD
9. RAMBO (10) + RUN
10. TAKE OFF!



899 ROQ ok

SLOPE

12
123344
12334455556666
123344555566677778888

ZENITH

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

- 3. TYSONS
- 4. HIKES

- 5. OHNO (12) + RUN
- 6. ROW STROLL 6+

- 7. XPP
- 8. PRIMATES 4-1-3-1-2-1

1X

2X

3X

4X

1
121
12321
1234321
123454321

UPLIFT

- 1. BANDIT (20) + RUN
- 2. HANG (10) + RUN
- 3. SKULLS (10) + TZN
- 4. VEXUM
- 5. SCORPION to 3/back

1234444
12333
122
1

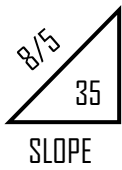
REVERTEX

- 1. PETRA
- 2. JACKLOPE
- 3. WARRIOR
- 4. TROMBONE 6+

1-10

CHECKLIST

- 1. TARASQ
- 2. V-STEP (10) + RUN
- 3. SCALAWAG
- 4. DIABLO
- 5. JAGGER (12) + RUN
- 6. TYPHON
- 7. SHOT PUT
- 8. ALI 22+
- 9. CYCLONE (12) + TZN
- 10. BALL N CHAIN



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

= MOLE HILLS

1. TWO-STEP (20) + RUN
2. EN GARDE
3. V-STEP (10) + RUN

-
1. STAMPEDE
 2. PLATE SHAKE 9+
 3. CHIMP (8) + RUN

-
1. HOT COALS (10) + RUN
 2. FLAMINGO (6) + TZN
 3. REV BEAR

-
1. YIKES
 2. SA PP
 3. RDL (8) + TZN

12345
12345
12345
12345
12345
12345

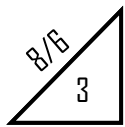
DARK-SIDE

1. MOWGLI (12) + RUN
2. DIABLO
3. TIP-TOES (20) + RUN
4. POTTY SHOT
5. VIP (10) + RUN

WICCA
DEVIL
TWINKLE TOES (30) + TZN
STACK SHOT
VIPER

HALF FADED2

- 1-12
5-12
7-12
9-12
11,12
1. KAMIKAZE 4-3-4-2-4-1-4-1
 2. BUTT KICKS
 3. SWAGGIN 1:1
 4. OZARK
-
5. AMAROK
 6. ROW STROLL 6+
-
7. GBD (15) + RUN
 8. INFINITY (20) + RUN
-
9. KOBOLD
 10. SQUANTOES (20) + RUN
 11. BUCKS
 12. PLATE PUSH

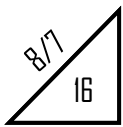


SLOPE

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

CHECKLIST(4)

1. SHUTTLE RUN 3-2-4-2-3-1
2. STAMPEDE
3. SWAGGIN 1:1
4. EN GARDE
5. HIKES
6. MONTAUK
7. ALT. SQUONK
8. APE SHOOT!
9. CRAZY LEGS
10. SKATES
11. B. LUNGE
12. YETI
13. TAUNTAUN
14. REVIVAL
15. SUICIDE 2-1-3-1-4-1
16. INCH WORM
17. POTTY SHOT
18. BUTT KICKS
19. DEVIL
20. SKY HIGH 4-1
21. SHOT PUT
22. KAMIKAZE 4-3-4-2-4-1-4-1
23. PLATE PUSH
24. REV MASTODON
25. TROG



SLOPE

A-C, C-A
A-I, I-G
G-I, I-A

PLAY THE FIELD

- 1 **"GALLOW"** 1

- A GALLOW 2-1-4-3-4-1
- B MOGULS (20) + RUN
- 2 **C SUE STEP (20) + RUN** 2

- D TROMBONE 6+
- E COALITION (10) + TZN
- 3 **F PRIMATES 4-1-3-1-2-1** 3

- G 3 PT. STANCE
- H NEAPOLITAN
- 4 **I JIGGY (20) + RUN** 4

1-4, 5A, 6-9
1-4, 5B, 6-9
1-4, 5C, 6-9
1-4, 5D, 6-9

NOELEMAHC

- 1. QUICK FT. (20) + RUN
- 2. PETRA
- 3. TYSON
- 4. BANDIT (20) + RUN

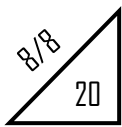
- 5A. ASPHYXIATION
- 5B. REV INCH WORM
- 5C. VITRIOL (L)
- 5D. BULLSHIT

- 6. SWAGGIN 1:1
- 7. HANG (10) + RUN
- 8. APE SHOOT!
- 9. RDL (8) + TZN

III
222
333...

CENTAUR3

- 1. MONKEY
- 2. XPP
- 3. BUCKS
- 4. KOBOLD
- 5. BULLY
- 6. VENOM
- 7. TAUNTAUN
- 8. MIEL'S WHEELS



SLOPE

REV MTNG

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

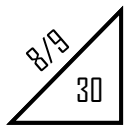
1. BONSAI 3-1-4-2-4-1
2. TYSONS
3. W. GREMLIN
4. ROW STROLL 6+
5. TOES (20) + RUN
6. XPP

7. APE SHOOT!
8. SAWED OFF (10) + TZN
9. VEXED (10) + RUN
10. HANG (10) + RUN
11. JAGGER (12) + RUN
12. PRIMATES 4-1-3-1-2-1

13. CYCLONE (12) + TZN
14. SL PUSH UP (10) + RUN
15. WARRIOR
16. MANTIS (8) + RUN
17. GRECO
18. DENSER 2-1-3-1-4-1

19. TROG
20. BOVINE
21. SKULLS (10) + TZN
22. BULLDOG
23. BUCKS
24. REV PLATE PUSH

25. GALLOW 2-1-4-3-4-1
26. HAG 1:1
27. SHWAGGIN 1:1
28. JUNKIE (8) + RUN
29. SA DIABLO
30. YAK



SLOPE

THROW AWAY

- 1-22 (do 1 throw at each red task)
- 1-22 (do 2 different throws at each red task)
- 1-22 (do 3 different throws at each red task)
- 1-22 (do 4 different throws at each red task)

Similar to Speed Bumps BUT with a little PYP/Gone Fishin' twist. Perform the checklist 1-22, each time you arrive at a **RED THROWAWAY TASK** you will perform any of the throws listed in the **THROWAWAY BANK**. On the first time through, only do ONE throw when arriving at a throwaway task, 2nd time through do 2 throws. 3rd time do 3, 4th time 4. NO REPEATS ARE ALLOWED WITHIN THE SAME TASK NUMBER OR THE ONE AFTER IT. (ie. If you were on your 3rd time through, you couldn't do hikes twice for task #12 nor could you do one Hike at #12 and another Hike at #17. No repeats on the same nor consecutive throwaway. A throwaway task was created for scoring. Tally ALL throwaway tasks for scores.

1. EN GARDE
2. COALITION (10) + TZN
3. BANDIT (20) + RUN
4. TYSONS
5. MOWGLI (12) + RUN
6. RIBBITS (10) + RUN
7. **THROW AWAY**
8. CURL PRESS 5+
9. BOVINE
10. TROG
11. VENOM

THROW AWAY BANK	
HIKES	BUCKS
POTTY SHOT	ANACONDA
APE SHOOT!	SHOT PUT
SPIKES	TORO
3 PT. STANCE	SL BUCKS
SLAP JACK	NO GIMMIES
THRASHER	U. POTTY SHOTS
CURIOUS GEORGE	STACK SHOT

YIKES too!

12. **THROW AWAY**
13. PUSH UP (10) + RUN
14. B. LUNGE
15. MONKEY
16. TYPHON
17. **THROW AWAY**
18. GRECO
19. BONSAI 3-1-4-2-4-1
20. ARACHNID
21. **THROW AWAY**
22. MONGOOSE



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

A. MTN2

1. SUICIDE 2-1-3-1-4-1
2. SWAGGIN 1:1

3. VIP (10) + RUN
4. TOES (20) + RUN

5. TRIFECTA! 6+
6. LYCAN (10) + RUN

7. PARATROOP (10) + RUN
8. SPIKES

9. OZARK
10. ANACONDA

12131415
232425
3435
45

C. =IBRIOUS

1. MOWGLI (12) +RUN
2. JACKALOPE
3. CURL PRESS 5+
4. PRIMATES 4-1-3-1-2-1
5. JUNKIE JUMP (8) + RUN

TWISTED, TASK
TWISTED, TASK...

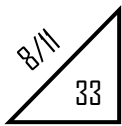
B. TWISTED GAUNTLET

1. BENCHED (30) + TZN
2. VIPER
3. KNEEL CURL (6) + TZN
4. TARASQ
5. K.O.D. (20) + TZN
6. SQUIBBLE
7. TORO
8. PEG LEG (8) + RUN

GIMPY, TASK
GIMPY, TASK...

D. GIMPY GAUNTLET

1. GBD (15) + RUN
2. ABD. MANTIS (8) + RUN
3. RESURRECTION
4. JAGGER (12) + RUN
5. B.N.C.
6. GROWLER
7. BONSAI 3-1-4-2-4-1
8. MONGOOSE



SLOPE

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

XION2

MAD HATTER

ORDER: XION2, BLIND DRAW C3, REV HYBRID, BLIND DRAW C3, FADED, BLIND DRAW C3, U-TURN, BLIND DRAW C3

- 1. SUICIDE 2-1-3-1-4-1
- 2. TURKEYS
- 3. MT. CLIMB (20) + RUN
- 4. SA PP
- 5. 45°
- A. EN GARDE
- B. TYSON
- C. HIKES
- D. REV BEAR
- E. JAGGER (12) + RUN

REV HYBRID2

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

- 1. RAMPANT (10) + RUN
- 2. PINNED 2-1-3-1-4-1
- 3. QUICK FT. (20) + RUN
- 4. STACK SHOT

"HATTER" = CENTAUR 3

A. SA DIABLO	B. REV PLATE PUSH
C. CURL MADNESS 3 + PIN	D. QUICKSAND ⌚

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

FADED

- 1. PETRA
- 2. BONSAI 3-1-4-2-4-1
- 3. ALI 22+
- 4. KNEEL SWAG (15) + TZN
- 5. OGRE (10) + TZN

1-8, 8-1

- 1. HIGH Xs
- 2. STIGMATA (10) + RUN
- 3. JACKALOPE
- 4. SABRE (8) + RUN
- U
- 5. ABD. FLAMINGO (6) + TZN
- 6. GARGOYLE
- 7. XPP
- 8. W. GREMLIN



SLOPE

1 ACROSS

1 ACROSS, 2 ACROSS

1 ACROSS, 2 ACROSS, 3 ACROSS

1 ACROSS, 2 ACROSS, 3 ACROSS, 4 ACROSS

1 ACROSS, 2 ACROSS, 3 ACROSS, 4 ACROSS, 5 ACROSS

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

MONGREL + CHECKLIST BY COLUMN

A.

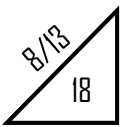
B.

C.

D.

E.

1.	STAMPEDE	HOT COALS (10) + RUN	W. GREMLIN	SKY-HIGH 4-1	LYCAN (10) + RUN
2.	TAUNTAUN	COALITION (10) + TZN	W. CROOK	ROW STROLL 6+	AMAROK
3.	TIPPY-TAP	TWINKLE-TOES (30) + TZN	MIEL'S WHEELS	STAT HALD (18) + TZN	VIPER
4.	SCALAWAG	CRAISE (20) + TZN	BULLY	K.O.D. (20) + TZN	SCORPION TO 3/BACK
5.	TURKEY	KITCHEN SINK (10) + TZN	DEVASTATOR6	TOP SELF (8) + TZN	CHB



SLOPE

1
12
123

WARM UP MTN

1. BONSAI 3-1-4-2-4-1
2. QUICK FT. (20) + RUN
3. EN GARDE

ORDER:

- 1-8, MESA
- 1-8, ANDI
- 1-8, U TURN
- 1-8, XION

REPTILIAN CIRCUITS

1. TAUNTAUN
2. COALITION (10) + TZN
3. PINNED 2-1-3-1-4-1
4. YAK
5. HIKES
6. ALT. SQUONQ
7. CURL WALK 6+
8. PEG LEG (8) + RUN

MESA

- 1-3 1. KOBOLD
- 2-4 2. APE SHOOT!
- 3-5 3. STAT TYPHON (10) + RUN
- 4-6 4. MT. CLIMB (20) + RUN
- 5. BUCKS
- 6. SUPP (10)

ANDI

- 1 1. HANG (10) + RUN
- 1,1,2 2. JAGGER (12) + RUN
- 1,1,1,2,2,3 3. WICCA

U

- 1-8, 8-1 1. ANACONDA
- 5. GBD (15) + RUN
- 2. ALI 22+
- 6. TROG
- 3. SKULLS (10) + TZN
- 7. GATOR TO 3
- 4. VIPER
- 8. SUICIDE 2-1-3-1-4-1

XION

- 1, A 1. MANTIS (8) + RUN
- 2, B 2. V-STEP (10) + RUN
- 123, C 3. STORK (20) + TZN
- 1234, D 4. MONGOOSE
- A. TYSON
- B. DIABLO
- C. O-B.O.R. (10) + TZN
- D. BULLDOZER



SLOPE

FLIPPED

1123
2234
3345
4456
5567
6678
88.9.10

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN
3. SUE-STEP (20) + RUN
4. MIEL'S WHEELS
5. PLATE SHAKE 9+
6. RIBBITS (10) + RUN
7. PLATE PUSH
8. B. LUNGE
9. CYCLONE (12) + TZN
10. REV HYDRA

1-4, 4-1
2.3.3.2

EL CYCLE

1. YIKES!
2. SKY HIGH 4-1
3. VEXED (10) + RUN
4. GRYPHON (8) + PUSH

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

MTN2

1. BANDIT (20) + RUN
2. TURKEYS

3. KOBOLD
4. INCH WORM

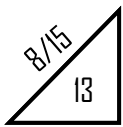
5. KAMIKAZE 4-3-4-2-4-1-4-1
6. JACKAL

7. CROAKIN
8. YETI

1-10
1-10
1-10

CHECKLIST(3)

1. APE SHOOT!
2. MASTODON
3. W. GREMLIN
4. TWISTED
5. SL BUCKS
6. SHWAGGIN 1:1
7. OGRE (10) + TZN
8. ROW STROLL 6+
9. TYSON
10. SWASHBUCKLER



SLOPE

1-8, 8-1, 1-8

W

1. EN GARDE
2. MT. CLIMB (20) + RUN
3. TIP-TOES (20) + RUN
4. STAMPEDE
5. SHUTTLE RUN 3-2-4-2-3-1
6. SQUANTOES (20) + RUN
7. GORGON (8) + RUN
8. POTTY SHOT

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

ZEN-LISTS

- | | |
|-------------------------|----|
| 1. BOULDER | |
| 2. HALO 2-1-3-1-4-1 | 1X |
| 3. CURL WALK 6+ | |
| <hr/> | |
| 4. SQ. JUMP (10) + RUN | |
| 5. QUICK FT. (20) + RUN | 2X |
| 6. REV BULLDOG | |
| <hr/> | |
| 7. RAMPANT (10) + RUN | |
| 8. MONKEY | 3X |
| 9. ALI 22+ | |

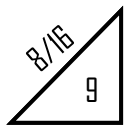
1,10
1,2,9,10
1,2,3,8,9,10
1,2,4,7,8,9,10
1-10

FILLING

1. MOWGLI (12) + RUN
2. TWO-STEP (20) + RUN
3. DENSER 2-1-3-1-4-1
4. SUICIDE 2-1-3-1-4-1
5. REV B.N.C.
6. JESTER
7. HIKES
8. BUNYAN
9. XPP
10. TROG

C3

- | | |
|-----|-------------------|
| III | 1. BULLY |
| 222 | 2. SLAP JACK |
| 333 | 3. REV PLATE PUSH |
| 444 | 4. TAKE OFF! |




SLOPE

MTN4

1. SUE-STEP (20) + RUN
2. GALLOW 2-1-4-3-4-1
3. SKATES
4. INFINITY (20) + RUN

5. TIP-TOES (20) + RUN
6. SQUONQ
7. W. CROOK
8. TROMBONE 6+

9. V-STEP (10) + RUN
10. PRIMATES 4-1-3-1-2-1
11. TWISTED
12. RDL (8) + TZN

13. MONTAUK
14. TYPHON
15. REV INCH
16. TWEAKER 

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

1-12

CHECKLIST

1. SHUFFLE
2. TORO
3. RAMP UP (8) + RUN
4. KAMIKAZE 4-3-4-2-4-1-4-1
5. BUZZARD
6. SWASHBUCKLER
7. CYCLONE (12) + TZN
8. VEXED (10) + RUN
9. B. LUNGE
10. REV BOVINE
11. BANDIT (20) + RUN
12. THRUST TO FROG

1-12
1-10
1-8
1-6
1-4
1.2

REV MTN2

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

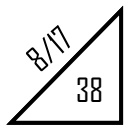
3. COALITION (10) + TZN
4. MONKEY

5. PABLO
6. HIKES

7. QUICK FT. MADNESS 10
8. KNEELING CURL (6) + TZN

9. RIBBITS (10) + RUN
10. YETI

11. JUNKIE JUMP (8) + RUN
12. GATOR TO 3



SLOPE

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

CROSS-FIRE

- 1. BONSAI 3-1-4-2-4-1
 - 2. ALI 22+
 - 3. MONKEY
 - 4. VENOM
 - 5. SL PUSH UP (10) + RUN
- A. SUE STEP (20) + RUN
 - B. SQUONQ
 - C. CURL PRESS 5+

DARK-SIDE

1234
1234
1234
1234
1234

- 1. SCALAWAG
- 2. MOWGLI (12) + RUN
- 3. HIKES
- 4. STAMPEDE

- PIRATE
- MASTODON
- SPIKES
- GRAY-CRAY

1-14
1-14
1-14

CHECKLIST(3)

- 1. W. GREMLIN
- 2. TARASQ
- 3. YETI
- 4. SAWED OFF (10) + TZN
- 5. REV VIPER
- 6. TALL ORDER 6+
- 7. POTTY SHOT
- 8. LYCAN UP (10) + RUN
- 9. TORO
- 10. INCH WORM
- 11. SUPP 10
- 12. TIPPY-TAP
- 13. BALL N CHAIN
- 14. TAKE OFF!



SLOPE

898 ROD OK

1-4
1-4
5-8
5-8
1-4
5-8
5-8
9-12
9-12
9-12
1-4
5-8
5-8
9-12
9-12
9-12
13-16
13-16
13-16
13-16

FOREVER-LISTS

1. VIP (10) + RUN
2. CYCLONE (12) + TZN
3. MONTAUK
4. GALLOW 2-1-4-3-4-1

5. MIEL'S WHEELS
6. ROW STROLL 6+
7. XPP

1-6
1-6
WARM-UP
CHECKLIST(2)

1. EN GARDE
2. STAMPEDE
3. MT. CLIMB (20) + RUN
4. KOBOLD
5. SWAGGIN 1:1
6. MOWGLI (12) + RUN

8. POTTY SHOT
9. TOES (20) + RUN
10. PINNED 2-1-3-1-4-1
11. AMAROK

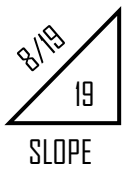
12. DGRF (10) + TZN

13. DELAURA

14. SQ. THRUST (10) + RUN

15. BULLY

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



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

MTN3

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

4. HIKES
5. SQ. JUMP (10) + RUN
6. JAGGER (12) + RUN

7. DENSER 2-1-3-1-4-1
8. MUGGER (12) + RUN
9. CRAISE (20) + TZN

10. SHOT PUT
11. YETI
12. W. LUNGE

11,22,33,44,55...

CENTAUR2

1. SUE STEP (20) + RUN
2. BULLDOG
3. SLAP JACK
4. SHUTTLE 3-2-4-2-3-1
5. SQUANTOES (20) + RUN
6. BAYOK (6) + RUN
7. VEXUM
8. HALO 2-1-3-1-4-1
9. W. CROOK
10. REV MASTODON

1 A
12 B
123 C
1234 D
12345 E

1. SHUFFLE
2. PLATE SHAKE 9+
3. VIPER
4. RDL (8) + TZN
5. PROWLER

XION

- A. SKULLS (10) + TZN
- B. GRYPHON (8) + PUSH
- C. MANTIS (8) + RUN
- D. CALF-IN-ATOR
- E. SKY HIGH 4-1

TWISTED, TASK
TWISTED, TASK...

TWISTED

GAUNTLET

1. B. LUNGE
2. APE SHOOT!
3. K.O.D. (20) + TZN
4. BALL N CHAIN
5. COALITION (10) + TZN
6. PEG LEG (8) + RUN
7. VEXED (10) + RUN
8. DEATH ROW 2-1-3-1-4-1
9. W. CROOK
10. REV HYDRA

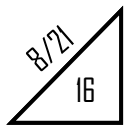


1-6
1-12
1-18
1-24
1-30

MTNG

1. HOT COALS (10) + RUN
2. TYSONS
3. SWAGGIN 1:1
4. MT. CLIMB (20) + RUN
5. KOBOLD
6. PLATE SHAKE 9+
7. GORGON (8) + RUN
8. PLATE PUSH
9. POTTY SHOT
10. V-STEP (10) + RUN
11. MONGOOSE
12. SKUFFLE

13. ARACHNID
14. PUSH UP (10) + RUN
15. ALI 22+
16. TYPHON
17. OZARK
18. BONSAI 3-1-4-2-4-1
19. PETRA
20. FLAMINGO (6) + TZN
21. GBD (15) + RUN
22. JACKAL
23. TWINKLE (30) + TZN
24. 90°(10) + TZN
25. NEAPOLITAN
26. MUGGER (12) + RUN
27. SHALD 1:1
28. TROG
29. REVIVAL
30. CRAZY LEGS



SLOPE

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

EXPANDING

1. HAG 1:1
2. JIGGY (20) + RUN
3. YIKES!
4. RAMPAGE (12) + RUN
5. SUE STEP (20) + RUN
6. SWAGGIN 1:1
7. ALT SQUONQ
8. BEAR
9. RIBBITS (10) + RUN
10. SHOT PUT

1-3, 4A, 3-1
1-3, 4B, 3-1
1-3, 4C, 3-1

U-TILIAN

1. INFINITY (20) + RUN
2. CURL WALK 6+
3. PRIMATES 4-1-3-1-2-1
- 4A. REV PLATE PUSH
- 4B. THRASHER
- 4C. JOHNNY APPLESEED

1

112

111223

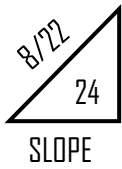
AND1

1. TAUNTAUN
2. CURIOUS GEORGE
3. CUJO

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

MTN2

1. STIGMATA (10) + RUN
2. JUNKIE (8) + RUN
3. AMAROK
4. DENSER 2-1-3-1-4-1
5. OHND (12) + RUN
6. BUZZARD
7. GIMPY DOG
8. STACK SHOT
9. SWASHBUCKLER
10. VIPER



MTN7

1-7
1-14
1-21
1-28
1-35

1. BONSAI 3-1-4-2-4-1
2. TYSONS
3. W. GREMLIN
4. LYCAN (10) + RUN
5. TOES (20) + RUN
6. TRUMPET 9+
7. POTTY SHOT

8. XPP
9. SPIKES
10. HALO 2-1-3-1-4-1
11. RIBBITS (10) + RUN
12. STORK (12) + TZN
13. YETI
14. ROW STROLL 6+

15. VEXED (10) + RUN
16. MANTIS (8) + RUN
17. BOULDER
18. B. LUNGE
19. GBD (15) + RUN
20. BOVINE
21. SKULLS (10) + TZN

22. RAMP UP (8) + RUN
23. APE SHOOT!
24. TORO
25. COBRA (10) + PUSH
26. GALLOW 2-1-4-3-4-1
27. SHWAGGIN 1:1
28. CYCLONE (12) + TZN

29. REV MASTODON
30. THRUST TO FROG
31. BANDIT (20) + RUN
32. C.H.B.
33. O-B.O.R. (10) + TZN
34. NEAPOLITAN
35. GROWLER

ABACADAEAF
BCBDBEBF
CCECF
DEDF
EF

EQUALIBRIOSITY

A

- 1- SHUTTLE³²⁴²³¹
- 2- HIGH KNEES
- 3- MOGULS (20) + RUN

B

- 4- SWAGGIN'^{1:1}
- 5- STAT ROW (6) + TZN
- 6- TRIFECTA!¹⁶⁺

C

- 7- REV BEAR
- 8- SUPP (10)
- 9- SUE STEP (20) + RUN

D

- 10- KITCHEN SINK (10) + TZN
- 11- BOULDER
- 12- OGRE (10) + TZN

E

- 13- VENOM
- 14- STAMPEDE
- 15- RIBBITS (10) + RUN

F

- 16- DIABLO
- 17- QUICK FT MAD¹⁰
- 18- JACKALOPE

8/23

21

SI NPF



SLOPE

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

MTN2

1. SUE STEP (20) + RUN
2. SKATES

3. BANDIT (20) + RUN
4. SWAGGIN 1:1

5. SQ. JUMPS (10) + RUN
6. TALL ORDER 6+

7. XPP
8. BULLDOG

9. VENOM
10. REVIVAL

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

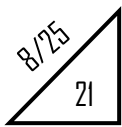
CAVITY

1. APE SHOOT!
2. BOR (15) + TZN
3. SHUTTLE 3-2-4-2-3-1
4. CURL PRESS 5+
5. SL INCH
6. GRIFTER (8) + SA PP
7. AMAROK
8. O-PINNED 2-1-3-1-4-1
9. MOWGLI (12) + RUN
10. PEG LEG (8) + RUN

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

G2 TO CHECKLIST

1. RDL (8) + TZN
2. CRAZY LEGS
3. BENCHED (30) + TZN
4. MONKEY
5. SUPP (10)
6. ROW STROLL 6+
7. CRAISE (20) + TZN
8. OFFERING
9. BUCKS
10. GARGOYLE



SLOPE

1-20, 21A 21A
1-20, 21B 21B
1-20, 21C 21C
1-20, 21D 21D

REPTILIAN2

TRAFFIC-SPIKES

1. TOES (20) + RUN
2. STAMPEDE
3. PLATE SHAKE 9+
4. SQUONQ
5. MT. CLIMB (20) + RUN
6. HIKES
7. W. GREMLIN
8. CURL WALK 6+
9. PLATE PUSH
10. POUNCER (10) + RUN

11. GBD (15) + RUN
12. YETI
13. HALO 2-1-3-1-4-1
14. MUGGER (12) + RUN
15. TWINKLE TOES (30) + TZN
16. MIEL'S WHEELS
17. TIPPY-TAP
18. MONGOOSE
19. STORK (20) + TZN
20. JACKALOPE

21A. HACK-IT

21B. M.F.T.

21C. SCORPION to 3/back

21D. WICCA

MTN3

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

4. TIP-TOES (20) + RUN
5. JIGGY (20) + RUN
6. ALT SQUONQ

7. INFINITY (20) + RUN
8. VIPER
9. ABD. MANTIS (8) + RUN

10. STACK SHOT
11. KIT. SINK (10) + TZN
12. SCALAWAG

13. PROWLER (L)
14. THRASHER
15. SLING SHOT 3-2-4-2-3-1

1-10,

1-10

CHECKLIST(2)

1. MOGUL (20) + RUN
2. SLUSKI
3. BENCHED (30) + TZN
4. APE SHOOT!
5. ROTATING SQUAT
6. REV BOVINE
7. COBRA (10) + PUSH
8. SHUTTLE 3-2-4-2-3-1
9. 90°(10) + TZN
10. DIABLO

112233, 4A

112233, 4B

112233, 4C

CEPTILIAN2

1. BUZZARD
2. REV B.N.C.
3. TURKEYS

- 4A. SL BOULDER
- 4B. MR. ATLAS
- 4C. PRIMATES 4-1-3-1-2-1



SLOPE

1-16

1-12, 13-16

1-8, 9-16

1-4, 5-16

1-16

DARK-SIDE4

1. EN GARDE
2. SUE STEP (20) + RUN
3. SWAGGIN 1:1
4. TYSONS

5. CURL WALK 6+
6. LYCAN UP (10) + RUN
7. HIKES
8. BULLDOG

9. PUSH UP (10) + RUN
10. JACKALOPE
11. SKY HIGH 4-1
12. POTTY SHOTS

13. BUCKS
14. RIBBITS (10) + RUN
15. ROW STROLL 6+
16. BOVINE

SQUONQ

HANG (10) + RUN

SHWAGGIN 1:1

TARASQ

CURL MADNESS 3 + PIN

FLYING MONKEY

YIKES!

BULLDOZER

SCORPION TO 3/BACK

JACKAL

HAG 1:1

POTTY SHOTS

SL BUCKS

CROAKIN

DEATH ROW 2-1-3-1-4-1

GIMPY DOG



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

A.

EXPANDING

1. SL GORGON (8) + RUN
2. VIPER
3. CHICKIN 2-1-3-1-4-1
4. TWO-STEP (20) + RUN
5. EN GARDE
6. MT. CLIMB (20) + RUN
7. LYCAN (10) + RUN
8. HIKES
9. MOGUL PUSH
10. REVIVAL

1
121
12321
1234321
123454321

11
22
33...

C.

CENTAUR2

1. TURKEY
2. JACKALOPE
3. DEATH ROW 2-1-3-1-4-1
4. BUZZARD
5. BONSAI 3-1-4-2-4-1

6. SUPP (10)
7. CYCLONE (12) + TZN
8. TOES (20) + RUN
9. VIP (10) + RUN
10. INCH WORM

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

B.

CROSS-FIRE

1. TROG
2. INFINITY (20) + RUN
3. JUNKIE JUMP (8) + RUN
4. C.H.B.

- A. BENCHED (30) + TZN
- B. CRAZY LEGS
- C. BULLY
- D. HALD 2-1-3-1-4-1

11. SQUIBBLE
12. HOT COALS (10) + RUN
13. YETI
14. TRIFECTA 6+
15. RDL (8) + TZN

16. K.O.D. (20) + TZN
17. TAKE OFF!
18. SUICIDE 2-1-3-1-4-1
19. APE SHOOT!
20. PRIMATES 4-1-3-1-2-1



SLOPE

12

123344

123344555666

12334455566677778888

ZENITH

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

- 3. KOBOLD
- 4. HANG (10) + RUN

- 5. PLATE SHAKE 9+
- 6. XPP

- 7. APE SHOOT!
- 8. PRIMATES 4-1-3-1-2-1

1X

2Z

3X

4X

1-12, 12-1

U

- 1. VIP (10) + RUN
- 2. BUZZARD
- 3. TORO
- 4. VENOM
- 5. FLAMINGO (6) + TZN
- 6. DENSER 2-1-3-1-4-1
- 7. SLIGER
- 8. SLUSKI
- 9. TROG
- 10. BANDIT (20) + RUN
- 11. HALO 2-1-3-1-4-1
- 12. SL MANTIS (8) + RUN

1-5, 6A 6A

1-5, 6B 6B

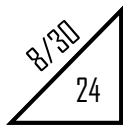
1-5, 6C 6C

1-5, 6D 6D

REPTILIAN2

- 1. 3 PT. STANCE
- 2. JUNKIE (8) + RUN
- 3. STACK SHOT
- 4. SKY HIGH 4-1
- 5. BULLY

- 6A. ATTACK IT
- 6B. SCURL 1:1
- 6C. JIGSAW
- 6D. QUICKSAND (L)



SLOPE

1 A
12 BA
123 CBA
1234 DCBA
12345 EDCBA
123456 FEDCBA

XI-TURN

1. GALLOW 2-1-4-3-4-1
2. MT. CLIMB (20) + RUN
3. TYSONS
4. GORGON (8) + RUN
5. BENCHED (30) + TZN
6. DIABLO

- A. SWAGGIN 1:1
- B. LYCAN (10) + RUN
- C. CURL WALK 6+
- D. HIKES
- E. CYCLONE (12) + TZN
- F. REV BULLDOG

11,22,33...12,12

CENTAUR2

1. KIT. SINK (10) + TZN
2. VEXED (10) + RUN
3. TARASQ
4. O-PINNED 2-1-3-1-4-1
5. BOVINE
6. MIEL'S WHEELS

7. RDL (8) + TZN
8. INFINITY (20) + RUN
9. OZARK
10. BUZZARD
11. OGRE (10) + TZN
12. MASTODON

1-16
5-16
9-16
13-16

FADED4

1. REV B.N.C.
2. TYPHON
3. SHOT PUT
4. INCH WORM

5. BONSAI 3-1-4-2-4-1
6. YETI
7. SA P.P.
8. REV BEAR

9. POTTY SHOT
10. MONKEY
11. STAMPEDE
12. CHICKIN 2-1-3-1-4-1

13. MOWGLI (12) + RUN
14. COALITION (10) + TZN
15. GARGOYLE
16. TAKE OFF!



MINI CHECKLIST(3)s

- 1-4 1. HIGH KNEES
- 1-4 2. GALLOP 2-1-4-3-4-1
- 1-4 3. SUE-STEP (20) + RUN
- 4. VEXED (10) + RUN

- 1-4 1. RIBBITS (10) + RUN
- 1-4 2. ROW STROLL 6+
- 1-4 3. POTTY SHOT
- 4. MONKEY

- 1-4 1. STAT SWAG (20) + TZN
- 1-4 2. SUPP 10
- 1-4 3. RDL (8) + TZN
- 4. SKULLS (10) + TZN

- 1-4 1. AMAROK
- 1-4 2. W. CROOK
- 1-4 3. MASTODON
- 4. PARATROOP (10) + RUN

MTN4

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

- 1. TWISTED
- 2. MT. CLIMB (20) + RUN
- 3. TRUMPET 9+
- 4. RAMBO (10) + RUN

- 5. TURKEYS
- 6. LYCAN (10) + RUN
- 7. MOGUL MADNESS 10
- 8. REV BEAR

- 9. FLAMINGO (6) + TZN
- 10. HALO 2-1-3-1-4-1
- 11. KAMIKAZE 4-3-4-2-4-1-4-1
- 12. COBRA (10) + PUSH

- 13. M.F.T.
- 14. POUNCER (10) + RUN
- 15. BOVINE
- 16. TAKE OFF!

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