SEPTEMBER

MOTHERBOARD

2024

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HOW TO READ THE MOTHERBOARD

9/1
15
SLOPE

The date of this Motherboard and the SLOPE difficulty rating.

Circuit keys show the order in which to perform tasks.

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

Circuit title.

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

HYBRID2

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

"Ladder Tasks are indicated by this symbol.

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

Minimum rep count indicator; used for certain traveling tasks.

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SLOPE

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

MATTERHORN

1
12
123
1234
12345

MTN

1. GALLOW 2-1-4-3-4-1
2. TOES (20) + RUN
3. SWAGGIN 1:1
4. BEAR
5. BOULDER

3 STAT CURL (6) + TZN
1 JACKASS
2 MONKEY
1 TAKE OFF!

3 TROMBONE 6+
1 POGOTO (6) + TZN
2 F. LUNGE
1 CURIOUS GEORGE

3 ROW STROLL 6+
1 POTTY TO BULLDOG
2 GBD (15) + RUN
1 SPIKES

3 JIGGY (20) + RUN
1 BUCKS
2 BENCHED (30) + TZN
1 VENOM

3 LYCAN (10) + RUN
1 MIEL'S WHEELS
2 PINNED 2-1-3-1-4-1
1 SHOT PUT

3 ALI 22+
1 VIPER
2 SAWED OFF (10) + TZN
1 SLUSKI

1-8
1-8
1-8

CHECKLIST(3)

1. SHUFFLE
2. REV BULLDOG
3. PUSH UP (10) + RUN
4. QUICKSAND (L)
5. OGRE (10) + TZN
6. V-STEP (10) + RUN
7. ENFORCER
8. SQ. THRUST (10) + RUN

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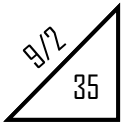
ARCHITECT: TIM KNIGA	TURF: HARRISON TOWNSHIP



SLOPE

1-30
30-1
1-30

1. BONSAI 3-1-4-2-4-1
2. SHUFFLE
3. W. GREMLIN
4. ALT. SQUONQ
5. SWAGGIN 1:1
6. BULLY
7. MONGOOSE
8. PLATE PUSH
9. TURKEYS
10. TROG
11. HIKES
12. REV VIPER
13. ROW STROLL 6+
14. B. LUNGE
15. PETRA
16. 3 PT. STANCE
17. AMAROK
18. DENSER 2-1-3-1-4-1
19. SCALAWAG
20. BOVINE
21. SLAP JACK
22 REV B.N.C.
23. INCH WORM
24. BUCKS
25. YETI
26. CHICKIN 2-1-3-1-4-1
27. C.H.B.
28. TYPHON
29. RESURRECTION
30. SUICIDE 2-1-3-1-4-1

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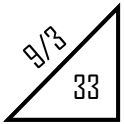

SLOPE

BACK 2 SCHOOL

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

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SLOPE

1-10
1-10

CHECKLIST(2)

1. EN GARDE
2. HIGH KNEES
3. SQUONQ
4. PLATE SHAKE 9+
5. SWAGGIN 1:1
6. MONKEY
7. POTTY SHOT
8. SA PP
9. ALI 22+
10. SPIKES

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

REPTILIAN2

1. MONTAUK
2. GALLOW 2-1-4-3-4-1
3. APE SHOOT!
4. NEAPOLITAN
5. PRIMATES 4-1-3-1-2-1

6A. THRASHER
6B. W. CROOK
6C. SA DIABLO
6D. TAUNTAUN

1-12
3-12
5-12
7-12
9-12
10,12

FADED MTN2

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. JOHNNY APPLESEED
3. REV INCH
4. TROMBONE 6+
5. SKY HIGH 4-1
6. ARACHNID
7. PINNED 2-1-3-1-4-1
8. SUPP 10
9. TALL ORDER 6+
10. GROWLER
11. TARASQ
12. BULLDOZER

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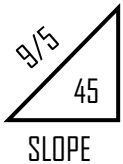

1-12
12-1

U

1. TIP-TOES (20) + RUN
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. MT. CLIMB (20) + RUN
4. ALT. SQUONQ
5. MIEL'S WHEELS
6. SQUANTOES (20) + RUN
7. PINNED 2-1-3-1-4-1
8. INFINITY (20) + RUN
9. GORGON (8) + RUN
10. TYSON
11. CYCLONE (12) + TZN
12. GROWLER

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

REPTILIAN N+N

1. HAG 1:1
2. YIKES!
3. PEG LEG (8) + RUN
4. TAKE OFF!
5. TRUMPET 9+

6A1. CRAY-CRAY
6A2. SHALO 1:1

6B1. PABLO
6B2. BOULDER

6C1. THRASHER
6C2. ARACHNID

1123
2234
3345...

FLIPPLED

1. SCALAWAG
2. LYCAN (10) + RUN
3. COALITION (10) + TZN
4. BONSAI 3-1-4-2-4-1
5. XPP
6. BUZZARD
7. CHICKIN 2-1-3-1-4-1
8. SLAP JACK
9. BULLDOG
10. SKATES

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SLOPE

CROSS-LISTS

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

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

1. GALLOW 2-1-4-3-4-1
   SUE STEP (20) + RUN
   SWAGGIN 1:1
   KOBOLD

2. BANDIT (20) + TZN
   PINNED 2-1-3-1-4-1
   KNEEL CURL (6) + TZN
   JACKALOPE

CROSS-LISTS

3. SPIKES
   CYCLONE (12) + TZN
   MOWGLI (12) + RUN
   BUZZARD

4. YAK
   BOULDER
   BUCKS
   MONGOOSE

A. ALI 22+
   STIGMATA (12) + RUN

B. SQ. JUMP (10) + RUN
   HALO 2-1-3-1-4-1

C. GARGOYLE
   STACK SHOT

D. VEXUM
   INCH WORM

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SLOPE

PERFORM IN A CHECKLIST
DO EACH TASK NUMBER LISTED

CHAOS

2 SUICIDE 2-1-3-1-4-1
1 W. GREMLIN
3 BANDIT (20) + RUN
2 HIKES
1 LYCAN (10) + RUN
4 SWAGGIN 1:1
3 VIP (10) + RUN
2 KITCHEN SINK (10) + TZN
1 BUTT KICKS
1 VENOM
3 ROW STOLL 6+
2 PUSH UP (10) + RUN
4 KOBOLD
1 DELAURA

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

CAVITY

1. X PP
2. OFFERING
3. MANTIS (8) + RUN
4. TROG
5. SL GORGON (8) +RUN
6. APE SHOOT!
7. O-PINNED 2-1-3-1-4-1
8. COBRA (10) + TZN
9. REV HYDRA
10. SPIKES

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

EL CYCLE

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. SUPP (10)
3. AMAROK
4. SKULLS (10) + TZN
5. TYSON
6. SA DIABLO

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18

SLOPE

A. MTN4

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

1. SUICIDE 2-1-3-1-4-1
2. SUE-STEP (20) + RUN
3. HIGH Xs
4. V-STEP (10) + RUN

---

5. BULLY
6. ALT. SQUONQ
7. X PP
8. SPIKES

---

9. MANTIS (8) + RUN
10. STAT. ROW (6) + TZN
11. MIEL'S WHEELS
12. B. LUNGE

---

13. TALL ORDER 6+
14. BULLDOG
15. MOGUL PUSH
16. WICCA

1-20

B. CHECKLIST

1. TYSONS
2. W. GREMLIN
3. 90° (10) + TZN
4. YAK
5. CHICKIN 2-1-3-1-4-1
6. STACK SHOT
7. SLAP JACK
8. YIKES!
9. RDL (8) + TZN
10. GRECO
11. JAGGER (12) + RUN
12. BOVINE
13. JACK BOX
14. SKULLS (10) + TZN
15. KAMIKAZE 4-3-4-2-4-1-4-1
16. FUZZARD
17. JACK ASS
18. APE SHOOT!
19. TARASQ
20. HALO 2-1-3-1-4-1

C. REPTILIAN2

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

1. COALITION (10) + TZN
2. RAZOR
3. SL PUSH UP (10) + RUN
4. RIBBITS (10) + RUN
5. SA PP

6A. REV BEAR
6B. WINDOW WASHER
6C. AMAROK
6D. REV B.N.C.

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21
SLOPE

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

PUSH, TASK
PUSH, TASK...

12
123344
123344555666
12334455566677778888

EXPANDING

1. DEATH ROW 2-1-3-1-4-1
2. BALL N CHAIN
3. MONTAUK
4. PLATE SHAKE 9+
5. SUICIDE 2-1-3-1-4-1
6. COALITION (10) + TZN
7. TYSONS
8. POTTY SHOT
9. MONKEY
10. SLING SHOT 3-2-4-2-3-1

GAUNTLET

1. KOBOLD
2. REV BOVINE
3. SHWAGGIN 1:1
4. 3 PT. STANCE
5. REV VIPER
6. SLAP JACK
7. TORO
8. WARRIOR
9. PETRA
10. MIEL'S WHEELS

ZENITH

1. JACK-ASS
2. BONSAI 3-1-4-2-4-1

1X

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

2X

5. TROG
6. APE SHOOT!

3X

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

4X

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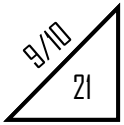

SLOPE

1. SUICIDE 2-1-3-1-4-1
   TOES (20) + RUN
   V-STEP (10) + RUN
   PLATE SHAKE 9+

2. POTTY SHOT
   STAT CURL (6) + TZN
   JIGGY (20) + RUN
   KOBOLD

3. CRAISE (20) + TZN
   GIMPY DOG
   TIPPY-TAP
   YETI

4. ALI 22+
   UNLEASHED
   DENSER 2-1-3-1-4-1
   SWASHBUCKLER

5. RAMPAGE (12) + RUN
   SKULLS (10) + TZN
   SHOT PUT
   BANDIT (20) + RUN

CROSS-LISTS

PERFORM EACH SECTION AS A CHECKLIST IN THE ORDER OF A CROSS-FIRE CIRCUIT:

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

A. STAT SWAG (20) + TZN
   W. GREMLIN

B. 90°(10) + TZN
   TROG

C. VEXUM
   REV VIPER

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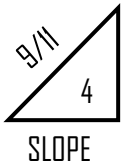

1233
2344
3455
4566
5677
6788
7899
8910,10

RIPPLED

1. QUICK FT. (20) + RUN
2. SWAGGIN 1:1
3. MT. CLIMB (20) + RUN
4. ROW STROLL 6+
5. SQUONQ
6. HIKES
7. RIBBITS (10) + RUN
8. JACKALOPE
9. ENFORCER
10. O-PINNED 2-1-3-1-4-1

11,22,33...
1-10

CENTAUR2 to CHECKLIST

1. K.O.D. (20) + TZN
2. TOES (20) + RUN
3. SKULLS (10) + TZN
4. GARGOYLE
5. STAMPEDE
6. CYCLONE (12) + TZN
7. REV BULLDOG
8. HANG (10) + RUN
9. COBRA (10) + PUSH
10. SKY HIGH 4-1

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

MTN3

1. SPD SKATES (20) + RUN
2. GALLOW 2-1-4-3-4-1
3. CURL PRESS 5+
4. TARASQ
5. CRAISE (20) + TZN
6. BANDIT (20) + RUN
7. JIGGY (20) + RUN
8. SPIKES
9. STORK (12) + TZN
10. TYPHON
11. REVIVAL
12. BULLDOZER

1
12
123

MTN

1. MONGOOSE
2. SA PP
3. NEAPOLITAN

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SLOPE

1-10, 10-1

U

1. BONSAI 3-1-4-2-4-1
2. SHUFFLE
3. SWAGGIN 1:1
4. MOGUL (20) + RUN
5. TROMBONE 6+
6. KOBOLD
7. JAGGER (12) + RUN
8. HIKES
9. GORGON (8) + RUN
10. XPP

1-3, 4A
1-3, 4A 4B 5A
1-3, 4A 4B 4C 5A 5B 6A
1-3, 4A 4B 4C 4D 5A 5B 5C 6A 6B 6C 7A

VOYAGE

1. TOES (20) + RUN
2. W. GREMLIN
3. MOWGLI (12) + RUN

4A. VEXED (10) + RUN
4B. FLAMINGO (6) + TZN
4C. BANDIT (20) + RUN
4D. TROG

5A. BULLDOG
5B. SKULLS (10) + TZN
5C. BUCKS

6A. ABD. MANTIS (8) + RUN
6B. ARACHNID

7A. STROW 1:1

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

EL CYCLE

1. GRECO
2. STAMPEDE
3. RAMBO (10) + RUN
4. DIABLO

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

MTN2

1. YETI
2. TIP-TOES (20) + RUN

---

3. SAWED OFF (10) + TZN
4. PARATROOP (10) + RUN

---

5. MONTAUK
6. POTTY SHOT

---

7. INCH WORM
8. O-PINNED 2-1-3-1-4-1

---

9. SHOT PUT
10. TAKE OFF!

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SLOPE

FRIDAY THE 13TH

Perform each section as a checklist, when you get to the 13th task, draw a card from the deck and perform the correlated task from the Friday the 13th bank. If you finish one time through all 4 lists, return to the start and perform again. Perform two times through each checklist MAX to complete the workout. **Even though each 13th task may be weighted differently, each 13th task is listed as DeVil for scoring purposes.**

1. BONSAI 3-1-4-2-4-1
2. SUE STEP (20) + RUN
3. SWAGGIN 1:1
4. MT. CLIMB (20) + RUN
5. SHUFFLE
6. W. GREMLIN
7. HIKES
8. KOBOLD
9. RIBBITS (10) + RUN
10. K.O.D. (20) + TZN
11. TROG
12. VEXED (10) + RUN
13. *FRIDAY THE 13TH (PICK)*

1. TURKEYS
2. ROW STROLL 6+
3. JIGGY (20) + RUN
4. APE SHOOT!
5. TUCKS (10) + RUN
6. SQUONQ
7. 3 PT. STANCE
8. SHUTTLE 3-2-4-2-3-1
9. MASTODON
10. VIP (10) + RUN
11. GROWLER
12. XPP
13. *FRIDAY THE 13TH (PICK)*

1. PUSH UP (10) + RUN
2. GRECO
3. BOVINE
4. QUICK FT. (20) + RUN
5. TYPHON
6. MOWGLI (12) + RUN
7. CRAISE (20) + TZN
8. RDL (8) + TZN
9. SUPP 10
10. F. LUNGE
11. CYCLONE (12) + TZN
12. INFINITY (20) + RUN
13. *FRIDAY THE 13TH (PICK)*

1. MIEL'S WHEELS
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. O-PINNED 2-1-3-1-4-1
4. STAMPEDE
5. BANDIT (20) + RUN
6. CURL WALK 6+
7. REV B.N.C.
8. POTTY SHOT
9. SKY HIGH 4-1
10. RAMPANT (10) + RUN
11. HANG (10) + RUN
12. TYSONS
13. *FRIDAY THE 13TH (PICK)*

Friday the 13th task bank. (*use a deck of cards to draw tasks blindly*)

A DEVIL
2 REV INCH
3 SCURL 1:1
4 REVIVAL
5 THRUST TO FROG
6 C.H.B.
7 WICCA
8 THRASHER
9 SHOT PUT
10 COBRA (10) + PUSH
J JACK-ASS
Q SL BOULDER
K HACK-IT

9/14

18

SLOPE

Tasks that require you to lift your hands are designed to see if your lower extremities are moving through a full range of motion. If you are not getting your feet set underneath your body properly and with a solid base of stability, lifting your hands up will be difficult if not impossible. Aim to get your body in a position to where you can lift your hands at least 6" off the turf and do so without feeling as if your hands are there just to catch you from falling!

"HANDS UP!"

CHECKLIST (5)

1-20, 1-20, 1-20, 1-20, 1-20

1. TOES (20) + RUN
2. STAMPEDE
3. EN GARDE
4. RAMBO (10) + RUN
5. LYCAN (10) + RUN
6. PLATE SHAKE 9+
7. JAGGER (12) + RUN
8. BULLDOZER
9. MANTIS (8) + RUN
10. MOWGLI (12) + RUN
11. SPIKES
12. MUGGER (12) + RUN
13. SKULLS (10) + TZN
14. VIP (10) + RUN
15. MONTAUK
16. OHNO (12) + RUN
17. CYCLONE (12) + TZN
18. FLYING MONKEY
19. SL OGRE (10) + TZN
20. JIGSAW

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SLOPE

GONE FISHIN'

PERFORM EACH SECTION AS A MTN [1,1,2,1,2,3...]
AT THE END OF EACH SECTION "GO FISHING" FOR A TASK FROM THE NOTED LIST.
YOU CANNOT REPEAT A "GONE FISHING" TASK.

1. QUICK FT. (20) + RUN	1. BOVINE	1. FLAMINGO (6) + TZN
2. STAMPEDE	2. LYCAN (10) + RUN	2. BENCHED (30) + TZN
3. SQUONQ	3. REV MASTODON	3. TRIFECTA! 6+
4. OFF THE DOCK	**4. SHALLOW**	**4. DEEP SEA**
1. BULLY	1. SPIKES	1. POGOTO (6) + TZN
2. ROW STROLL 6+	2. APE SHOOT!	2. SWAGGIN 1:1
3. OFF THE DOCK	**3. SHALLOW**	**3. DEEP SEA**
1. JIGGY (20) + RUN	1. OGRE (10) + TZN	1. X PP
2. MANTIS (8) + RUN	2. B. LUNGE	**2. DEEP SEA**
3. SUPP (10)	3. KITCHEN SINK (10) + TZN	3. ENFORCER
4. OFF THE DOCK	**4. SHALLOW**	**4. DEEP SEA**
1. RIBBITS (10) + RUN	1. DIABLO	1. REV BULLDOG
2. TROG	2. INCH WORM	2. JABBERWOCKY
3. OFF THE DOCK	**3. SHALLOW**	**3. DEEP SEA**

OFF THE DOCK

A. MUGGER (12) + RUN
B. TIP-TOES (20) + RUN
C. MOWGLI (12) + RUN
D. SQUANTOES (20) + RUN
E. POTTY SHOTS

SHALLOW

A. MONKEY
B. FROGS
C. BULLDOZER
D. ANTEATER
E. NO GIMMIES

DEEP SEA

A. DELAURA
B. WARRIOR
C. JACKAL
D. SL PUSH UP (10) + RUN
E. B-TOWN BUMP (6) + RUN
F. SWASHBUCKLER

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9/16

33

SLOPE

И

1-30
30-1
1-30

1. SUICIDE 2-1-3-1-4-1
2. TYSONS
3. RAMBO (10) + RUN
4. OHNO (12) + RUN
5. CURL WALK 6+
6. INFINITY (20) + RUN
7. BEAR
8. 3 PT. STANCE
9. MIEL'S WHEELS
10. PLATE PUSH
11. PEG LEG (8) + RUN
12. TARASQ
13. MONKEY
14. BUZZARD
15. RDL (8) + TZN
16. YAK
17. SKY HIGH 4-1
18. REV BALL N CHAIN
19. MT. CLIMB (20) + RUN
20. OGRE (10) + TZN
21. TRIFECTA! 6+
22. AMAROK
23. GARGOYLE
24. YIKES!
25. MUGGER (12) + RUN
26. HALO 2-1-3-1-4-1
27. EN GARDE
28. OZARK
29. RAMP UP (8) + RUN
30. PRIMATES 4-1-3-1-2-1

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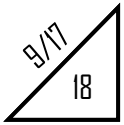

SLOPE

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

1. HOT COALS (10) + RUN
2. SWAGGIN 1:1
3. RAMBO (10) + RUN
4. BULLDOZER
5. PARATROOP (10) + RUN

Perform the forward and reverse version of each task in a centaur2 pattern in order to get a full task of each. Example: bear to 4, rev bear to 1, bear to 4, rev bear to 1.

RED RUM

1. BEAR	REV BEAR
2. POTTY SHOT	HIKES
3. DELAURA	SA DIABLO
4. GREMLIN	REV GREMLIN
5. VIPER	REV VIPER
6. F. LUNGE	B. LUNGE
7. ANACONDA	BUCKS
8. BOVINE	REV BOVINE
9. THRASHER	TORO
10. INCH WORM	REV INCH

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

RIPPLED

1. BONSAI 3-1-4-2-4-1
2. 3 PT. STANCE
3. BULLY
4. TIPPY-TAP
5. X PP
6. FLAMINGO (6) + TZN
7. MIEL'S WHEELS
8. INFINITY (20) + RUN
9. RDL (8) + TZN
10. MONKEY
11. GALLOW 2-1-4-3-4-1
12. HACK-IT

9/18

12

SLOPE

1,2
1-4
1-6 -> REPTILIAN
1-8 -> UPLIFT
1-10 -> MESA
1-12 -> NEVEREST

INTERRUPTED MTN2

1. GALLOW 2-1-4-3-4-1
2. QUICK FT. (20) + RUN
3. ALT. SQUONQ
4. BANDIT (20) + RUN
5. KNEEL CURL (6) + TZN
6. HANG (10) + RUN
7. SPIKES
8. DEATH ROW 2-1-3-1-4-1
9. JACKALOPE
10. VEXUM
11. WICCA
12. MONGOOSE

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

REPTILIAN

1. VIP (10) + RUN
2. APE SHOOT!
3. RAMPAGE (12) + RUN
4. MONTAUK
5. F. LUNGE

6A. TWISTED
6B. YETI
6C. SA DIABLO

1
121
12321
1234321

UPLIFT

1. TWO STEP (20) + RUN
2. POTTY SHOT
3. LYCAN (10) + RUN
4. REV MASTODON

123
234
345
456

MESA

1. KOBOLD
2. HOT COALS (10) + RUN
3. REV BOVINE
4. SWAGGIN 1:1
5. NEAPOLITAN
6. SCORPION TO 3/BACK

1
122
122333

MT. NEVEREST

1X GIMPY DOG
2X BENCHED (30) + TZN
3X AMAROK

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SLOPE

CHUCK-IT

Perform the entire list as a checklist. Once finished return to the start and "chuck" all the 1's (that is, don't perform them). Repeat again by chucking all the 2's. Should only have 3 passes through the checklist, in total.

2 SHUFFLE
2 SUICIDE[213141]
3 SWAGGIN' [1:1]
1 TYSONS
1 SKATES
2 SUE STEP (20) + RUN
3 PLATE PUSH
3 PLATE SHAKE[9+]
1 POTTY SHOT
2 HIKES
1 VENOM
2 SKUFFLE
2 SL BRIDGE SKULLS (10) + TZN
3 BULLY
1 B.N.C.
3 BOVINE
1 HALO[213141]
2 BUCKS
1 W. LUNGE
1 SPIKES
1 INCHWORM
2 GALLOW[214341]

3 TYPHON
3 W. CROOK
3 MONKEY
1 REVIVAL
2 EN GARDE
2 DIABLO
2 AMAROK
2 HALO MARCH (20) + TZN
3 CURL WALK[6+]
3 BULLDOG
1 REV INCH
3 BUZZARD
2 O-PINNED[213141]
1 TROG
3 REV HYDRA
3 BUTT KICKS
2 REV P. PUSH
1 LUMBERJACK (8) + RUN
1 JACKALOPE
1 GRECO
1 GREMLIN
3 TWISTED

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9/20
17
SLOPE

CHAOS

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

2 EN GARDE
1 KAMIKAZE 4-3-4-2-4-1-4-1
3 MT. CLIMB (20) + RUN
2 SWAGGIN 1:1
2 COALITION (10) + TZN
1 SQ. JUMP (10) + RUN
3 BULLY
1 HIKES
4 TYSONS
2 CYCLONE (12) + TZN
2 GROWLER
3 PLATE PUSH
1 PUSH UP (10) + RUN
3 MONKEY

2 B. LUNGE
4 SQUONQ
1 SL BOULDER
3 TRUMPET 9+
2 PINNED 2-1-3-1-4-1
4 PRIMATES 4-1-3-1-2-1
1 GATOR TO 3
1 BONSAI 3-1-4-2-4-8
2 JOHNNY APPLESEED
3 TAUNTAUN
3 REV BEAR
2 GBD (15) + RUN
1 SL INCH
4 STAMPEDE

3 JAGGER (12) + RUN
2 SWASHBUCKLER
2 DENSER 2-1-3-1-4-1
3 SUE STEP (20) + RUN
2 3 PT. STANCE
4 ROW STROLL 6+
2 MANTIS (8) + RUN
3 SCALAWAG
1 DEVIL
1 SCURL 1:1
1 TYPHON
2 NEAPOLITAN
1 MR. ATLAS
1 SLING SHOT 3-2-4-2-3-1

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TURF WARS TAPER 2019

9/21
24
SLOPE

A. MTN3

1-3
1-6
1-9

1. BONSAI 3-1-4-2-4-1
2. SHUTTLE RUN 3-2-4-2-3-1
3. V-STEP (10) + RUN

---

4. SWAGGIN 1:1
5. LYCAN (10) + RUN
6. SQUANTOES (20) + RUN

---

7. KOBOLD
8. B.N.C.
9. DELAURA

B. RIPPLED

1233
2344
3455

1. BENCHED (30) + TZN
2. YIKES!
3. GARGOYLE
4. MIEL'S WHEELS
5. BUCK UP

C. FILLING

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

1. JIGGY (20) + RUN
2. TURKEY
3. OFFERING
4. RAMP UP (8) + RUN
5. HALF BLAKED (L)
6. SUICIDE 2-1-3-1-4-1
7. KNEEL CURL (6) + TZN
8. BUZZARD

D. VERTEX

1
122
12333
123444

1. DEVIL
2. REV GREMLIN
3. QUICK FT. (20) + RUN
4. PRIMATES 4-1-3-1-2-1

E. INVERTILIAN

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

1A. KAMIKAZE 4-3-4-2-4-1-4-1
1B. 313
1C. FLYING JACKAL

---

2. XPP
3. CURL PRESS 5+
4. JUNKIE JUMP (8) + RUN

F. REV HYBRID2

112233
1122
11

1. REV GROWLER
2. TROG
3. ANACONDA

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9/22

4

SLOPE

1-12
12-1

U

1. SUE STEP (20) + RUN
2. GALLOW 2-1-4-3-4-1
3. TYSONS
4. SWAGGIN 1:1
5. ROW STROLL 6+
6. TWINKLE TOES (30) + TZN
7. BANDIT (20) + RUN
8. LYCAN (10) + RUN
9. HIKES
10. CYCLONE (12) + TZN
11. GROWLER
12. PLATE PUSH

1-15
1-12
1-19
1-6
1-3

REV MTN3

1. RIBBITS (10) + RUN
2. APE SHOOT!
3. KOBOLD

---

4. TOES (20) + RUN
5. B.O.R. (15) + TZN
6. VIP (10) + RUN

---

7. MONTAUK
8. TRUMPET 9+
9. TROG

---

10. MONKEY
11. KIT. SINK (10) + TZN
12. TIPPY-TAP

---

13. INCH WORM
14. SKY HIGH 4-1
15. SL BOULDER

11
22
33...

CENTAUR2

1. MOGUL (20) + RUN
2. PINNED 2-1-3-1-4-1
3. F. LUNGE
4. AMAROK
5. SA P.P.
6. RDL (8) + TZN
7. REV BULLDOG
8. CURL PRESS 5+
9. MUGGER (12) + RUN
10. MONGOOSE
11. FROGS
12. BALL N CHAIN
13. INFINITY (20) + RUN
14. SWASHBUCKLER

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9/23
36
SLOPE

A1, B2, C3...V22
A-V
1-22

ALPHABET SOUP

A – QK. FEET (20) + RUN

B – SUICIDE 2-1-3-1-4-1

C – SHUFFLE

D – SQ. JUMPS (10) + RUN

E – TROG

F – 45 LUNGE

G – PUSH-UPS (10) + RUN

H – FLYING MONKEY

I – REV GREMLIN

J – TWO STEP (20) + RUN

K – TIPPY TAP

L – PETRA

M – ALT SQUONQ

N – ALI 22+

O – CHIMP (8) + RUN

P – GATOR TO 3

Q – KOBOLD

R – SQ. THRUST (10) + RUN

S – TOES (20) + RUN

T – JOUNCE 2-1-3-1-4-1

U – STAMPEDE

V – MOGUL 6 TO FROG

1 – SWAGGIN' 1:1

2 – ROW STROLL 6+

3 – BULLY

4 – APE SHOOT

5 – PLATE PUSH

6 – MIEL'S WHEELS

7 – BUCKS

8 – SAWED OFF (10) + TZN

9 – VENOM

10 – NO GIMMIES

11 – JACKALOPE

12 – 3 PT STANCE

13 – CURL WALK 6+

14 – BNC

15 – W STAT SQUAT (10) + TZN

16 – TORO

17 – SKY HIGH 4-1

18 – DIABLO

19 – SLAPJACK

20 – TARZAN

21 – QUICKSAND L

22 – TAKE OFF!

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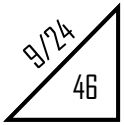

SLOPE

CROSS LISTS

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

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

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

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

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

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

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

A. EN GARDE
   APE SHOOT!

B. QUICKSAND
   MONKEY

C. PABLO
   RESURRECTION

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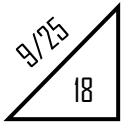

SLOPE

12
123344
123344555666
12334455566677778888

ZENITH

1. SUICIDE 2-1-3-1-4-1
2. SKY HIGH 4-1
3. QUICK FT. (20) + RUN
4. STAT. CURL (6) + TZN
5. PRIMATES 4-1-3-1-2-1
6. ROW STROLL 6+
7. ANY LUNGE (Can alternate)
8. SCALAWAG

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

CROSS-FIRE

1X
1. V-STEP (10) + RUN
2. PUSH UP (10) + RUN
3. XPP
4. SPIKES

A. ALI 22+
B. SKULLS (10) + TZN
C. GARGOYLE

2X

1 AA
12 BB
123 CC
1234 DD
12345 EE

XION2

3X
1. RAMPANT (10) + RUN

4X
2. MIEL'S WHEELS
3. JACKALOPE
4. NEAPOLITAN
5. MASTODON

A. STORK (12) + TZN
B. DIABLO
C. BUCKS
D. REVIVAL
E. TARASQ

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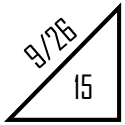

SLOPE

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

EXPANDING

1. TWISTED
2. BULLDOG
3. B.O.R. (15) + TZN
4. SWAGGIN 1:1
5. SUICIDE 2-1-3-1-4-1
6. V-STEP (10) + RUN
7. SQUANTOES (20) + RUN
8. KOBOLD
9. TYPHON
10. AMAROK

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

REPTILIAN2

1. BANDIT (20) + RUN
2. FLAMINGO (6) + TZN
3. HIKES
4. YETI
5. TROG
6. GBD (15) + RUN

7A. VEXUM
7B. PUSH UP (10) + RUN
7C. JACKAL
7D. SLING SHOT 3-2-4-2-3-1

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

MTN2

1. BONSAI 3-1-4-2-4-1
2. SA P.P.

---

3. ROW STROLL 6+
4. BULLY

---

5. REV ARACHNID
6. RDL (8) + TZN

---

7. WARRIOR
8. HYDRA

---

9. WICCA
10. PROWLER (L)

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9/27
43
SLOPE

CHECKLIST, MTN,
CHECKLIST, U
CHECKLIST, MESA

CHECKLIST

1. GALLOW 2-1-4-3-4-1
2. SWAGGIN 1:1
3. SQUONQ
4. CURL PRESS 5+
5. MT. CLIMB (20) + RUN
6. W. GREMLIN
7. HANG (10) + RUN
8. VEXED (10) + RUN
9. MONTAUK
10. SUE STEP (20) + RUN
11. TARASQ
12. BALL N CHAIN
13. INFINITY (20) + RUN
14. HALO 2-1-3-1-4-1
15. SHUTTLE 3-2-4-2-3-1
16. BENCHED (30) + TZN
17. PETRA
18. SKULLS (10) + TZN
19. O-PINNED 2-1-3-1-4-1
20. PEG LEG (8) + RUN

1
12
123
1234

MTN

1. MIEL'S WHEELS
2. JIGGY (20) + RUN
3. HAG 1:1
4. JOHNNY APPLESEED

1-6, 6-1

U

1. CYCLONE (12) + TZN
2. CHICKIN 2-1-3-1-4-1
3. GORGON (8) + RUN
4. BUZZARD
5. MOWGLI (12) + RUN
6. NEAPOLITAN

123
234
345
456

MESA

1. DIABLO
2. CRAISE (20) + TZN
3. BUCKS
4. MONKEY
5. SHOT PUT
6. TAKE OFF!

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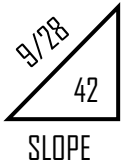

JACOB'S LADDER

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

5. DELAURA
4. DEVIL
3. SPIKES
2. MIEL'S WHEELS

5.1. PUSH UP (10) + RUN

4. JACK BOX
3. HALO 2-1-3-1-4-1
2. JIGGY (20) + RUN

5.1. GBD (15) + RUN

4. AMAROK
3. INCH WORM
2. F. LUNGE

5.1. REV VIPER

4. SHWAGGIN 1:1
3. ABD. MANTIS (8) + RUN
2. GALLOW 2-1-4-3-4-1

5.1. STORK (20) + TZN

4. RIBBITS (10) + RUN
3. KOBOLD
2. AU 22+

5.1. PINNED 2-1-3-1-4-1

4. LYCAN (10) + RUN
3. W. GREMLIN
2. EN GARDE
1. TOES (20) + RUN

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PRO-DESIGNED WORKOUT

PRO-DESIGNED WORKOUT'S ARE CREATED BY PROS OR OWNERS FROM ONE OF OUR INDEPENT LOCATIONS!

ARCHITECT:	LAUREN CARR	TURF:	ST. CLAIR SHORES

9/29
12
SLOPE

INVERSE LABYRINTH

Perform the "easier" tasks in red by their circuit's key. Perform the "harder" tasks in red as a checklist.

AAA
BBB
CCC
DDD

C3

A. HOT COALS (20) + run
B. SHUFFLE
C. MT CUMB (20) + RUN
D. SWAGGIN 1:1
13. MONKEY
14. O-PINNED 2-1-3-1-4-1
15. F. LUNGE
16. MONTAUK
17. GORGON (8) + RUN
18. REV BULLDOG
19. W. CROOK
20. INCH WORM

ABC
BCD

MESA

A. BONSAI 3-1-4-2-4-1
B. KOBOLD
C. SKY HIGH 1-1
D. W GREMLIN
27. HALO 2-1-3-1-4-1
28. JOHNNY APPLESEED
29. YETI
30. SHWAGGIN 1:1
31. MIELS WHEELS
32. HAMSTRUNG
33. JOUNCE 2-1-3-1-4-1
34. DEATHROW 2-1-3-1-4-1

A-D, A-D

CHECKLIST (2)

A. VEXED (10) + RUN
B. SKATES
C. STAMPEDE
D. TIP TOES (20) + RUN
43. DENSER 2-1-3-1-4-1
44. BULLFROG
45. STROW 1:1
46. ARACHNID
47. B. LUNGE
48. BRIDG BENCHED (30) + TZN
49. BOVINE
50. WICCA

A-C
C-A

N

A. EN GARDE
B. TOES (20) + RUN
C. MOWGLI (12) + RUN
60. HACK IT
61. ANACONDA
62. TRIFECTA 6+
63. MOGUL PUSH
64. WARRIOR
65. AMAROK
66. RDL (8) + TZN
67. C.H.B.

A
AB
ABC

MTN

A. BUTT KICKS
B. TAUNTAUN
C. SKIPS
74. 313
75. SHALO 1:1
76. GBD (15) + RUN
77. SLAP JACK
78. CURL WALK 6+
79. CRAZY LEGS
80. HIKES
81. PIRATE

ABC, CBA, BB

EL CYCLE

A. COALITION (10) + TZN
B. SKUFFLE
C. PLATE PUSH
C. BANDIT (20) + TZN

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9/30
24
SLOPE

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

CROSS- FUSION

1 – GALLOW[214341]
2 – SWAGGIN' [1:1]
3 – SQ JUMP (10) + RUN
4 – VIP (10) + RUN
5 – PLATE PUSH

A – QUICK FT (20) + RUN
B – CURL WALK[6+]
C – YETI

KEY:
1-5, 5-1
2-4, 4-2
3,3

ELCYCLE

1 SHALO[1:1]
2 APE SHOOT
3 SKY HIGH 4-1
4 GROWLER
5 B.O.R. (15) + TZN

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

MT NEVERLIST

1 – REV PLATE PUSH
2 – HIKES
3 – BOULDER
4 – W. GREMLIN
5 – RDL (8) + TZN
6 – MONTAUK
7 – PUSH UPS (10) + RUN
8 – PRIMATES[434241]

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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 OUTSDIE 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 WHAICH 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