

OCTOBER

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

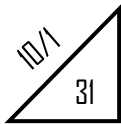
Minimum rep count indicator; used for certain traveling tasks.

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

"Ladder Tasks are indicated by this symbol.



SLOPE

**A**

# SYPHON

PERFORM ALL TASKS IN CHECKLIST FASHION (DISREGARD NUMBERING 1-5 FOR NOW, THESE NUMBERS COME IN TO PLAY AFTER THE CHECKLIST OF 20 TASKS.)

## 2020 YEARBOOK: REVISIT EXCERPTS FROM 2020'S WORKOUTS THAT WERE VOTED "MOST POPULAR"

### CHECKLIST

1. GALLOW 2-1-4-3-4-1
2. STAMPEDE
3. TIP-TOES (20) + RUN
4. STAT SWAG (20) + TZN
5. RAMBO (10) + RUN

1. POTTY SHOT
2. CRAZY LEGS
3. BANDIT (20) + RUN
4. SCALAWAG
5. JUNKIE JUMP (8) + RUN

1. PUSH UP (10) + RUN
2. MONGOOSE
3. CYCLONE (12) + TZN
4. APE SHOOT!
5. GBD (15) + RUN

1. B.N.C.
2. TYPHON
3. RDL (8) + TZN
4. NEAPOLITAN
5. TORO

1  
12  
123  
1234

### MTN OF I'S

1. GALLOW 2-1-4-3-4-1
2. POTTY SHOT
3. PUSH UP (10) + RUN
4. B.N.C.

**B**

1 FETCH = ANY THROW TO LINE 4, USE 'LIKE' CRAWL TO GET TO PLATE AFTER EACH THROW, PLATE PUSH BACK TO LINE 1. PERFORM FETCH 4X, REPTILIAN, 4X AGAIN.

### FETCH 4X

### REPTILIAN

1. BANDIT (20) + RUN
2. RIBBITS (10) + RUN
3. TROG
4. CHICKIN 2-1-3-1-4-1

- 5A. BUZZARD
- 5B. DEVL
- 5C. CROAKIN

### FETCH 4X

**C**

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

### VOYAGE

1. SUE-STEP (20) + RUN
2. MT. CLIMB (20) + RUN
3. SWAGGIN 1:1

4A. STAT TYSON (20) + RUN

4B. GORGON (8) + RUN

4C. GROWLER

5A. VEXED (10) + RUN

5B. NEAPOLITAN

6A. FLYING JACKAL

**D**

PERFORM TASKS IN THE LADDER SEQUENCE THEN FINISH THE WORKOUT BY PERFORMING THE LADDER TASK CUJO.

### "LADDY"

2132434-3423121

1. RAMPANT (10) + RUN
2. SKULLS (10) + TZN
3. KOBOLD
4. REV BULLDOG

CUJO



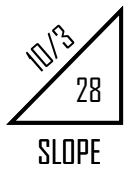


SLOPE

## CENTAUR2 TO CHECKLIST

11, 22, 33, 44...30, 30  
1-30

1. GALLOW 2-1-4-3-4-1
2. VIP (10) + RUN
3. TWO-STEP (20) + RUN
4. SWAGGIN 1:1
5. TURKEYS
6. 3 PT. STANCE
7. XPP
8. QUICK FT (20) + RUN
9. 45 °
10. GBD (15) + RUN
11. JACKAL
12. PLATE SHAKE 9+
13. MIEL'S WHEELS
14. CURL PRESS 5+
15. DIABLO
16. CHIMP (8) + RUN
17. TWISTED
18. TROG
19. BENCHED (30) + TZN
20. RAMPANT (10) + RUN
21. COALITION (10) + TZN
22. STAMPEDE
23. K.O.D. (20) + TZN
24. ALI 22+
25. SQ JUMP (10) + RUN
26. NEAPOLITAN
27. VIPER
28. HALO 2-1-3-1-4-1
29. STAT TYSON (20) + RUN
30. TAKE OFF!



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

## MTN3

1. TWO-STEP (20) + RUN
2. W. GREMLIN
3. MOWGLI (12) + RUN

---

4. SKY HIGH 4-1
5. JIGGY (20) + RUN
6. 3 PT. STANCE

---

7. B. LUNGE
8. SL PUSH UP (10) + RUN
9. REV BULLDOG

---

10. FLAMINGO (6) + TZN
11. JACKBOX
12. DENSER 2-1-3-1-4-1

PUSH, 1  
PUSH 2X, 1,2  
PUSH 3X, 1,2,3  
PUSH 4X, 1,2,3,4  
PUSH 5X 1,2,3,4,5

## PUSHOVER

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. GROWLER
3. REV INCH WORM
4. CYCLONE (12) + TZN
5. SLUSKI

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

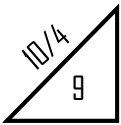
## EL CYCLE

1. KOBOLD
2. B.O.R. (15) + TZN
3. VIP (10) + RUN
4. MILLIPEDE (L)

121314  
2324  
34

## =IBRIDIOUS

1. HANG (10) + RUN
2. PLATE SHAKE 9+
3. ARACHNID
4. PRIMATES 4-1-3-1-2-1



SLOPE

## MTN2

- 1.2 1. HOT COALS (10) + RUN
- 1-4 2. ALT SQUONQ
- 1-6 3. MOGUL (20) + RUN
- 1-8 4. PLATE SHAKE 9+
- 1-10 5. STIGMA (10) + RUN
- 6. TYSONS
- 7. BAYOK (6) + RUN
- 8. NEAPOLITAN
- 9. POTTY TO BULLDOG
- 10. DEVIL

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

## XION2

- 1. VIP (10) + RUN
- 2. YIKES!
- 3. MUGGER (12) + RUN
- 4. PUSH UP (10) + RUN
- 5. BALL N CHAIN
- 6. M.F.T.

- A SUICIDE 2-1-3-1-4-1
- B KNEEL CURL (6) + TZN
- C SKY HIGH 4-1
- D AMAROK
- E RDL (8) + TZN
- F BONSAI 3-1-4-2-4-1

112233  
1122  
11

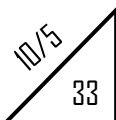
## REV HYBRID2

- 1. TURKEYS
- 2. SLAP JACK
- 3. SPARROW (L)

1-10  
1-10

## CHECKLIST (2)

- 1. CRAISE (20) + TZN
- 2. SQUIBBLE
- 3. W. GREMLIN
- 4. GARGOYLE
- 5. TWISTED
- 6. SHWAGGIN 1:1
- 7. UNLEASHED
- 8. STORK (20) + TZN
- 9. TYPHON
- 10. TAKE OFF!



## SLOPE

PERFORM ANY OF THE BLUE CIRCUITS IN ANY ORDER DESIRED. COMPLETE ALL FOUR CIRCUITS BEFORE MOVING ONTO THE CHAOS, CASCADE AND THEN MT. NEVEREST.

EVERYONE SHOULD BE ABLE TO GET THROUGH ALL 4 BLUE CIRCUITS AS THE TOTAL POINTS FOR ALL 4 IS 125.

# "TO-DO" CIRCUITS

1  
1,2  
1,2,3

## MTN

1. BONSAI 3-1-4-2-4-1
2. QUICK FT. (20) + RUN
3. TROMBONE 6+

1-3  
2-4

## MESA

1. SHUTTLE RUN 3-2-4-2-3-1
2. HOT COALS (10) + RUN
3. RAMPAGE (12) + RUN
4. HIKES

1,2  
1-4

## MTN2

1. MT. CLIMB (20) + RUN
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. INFINITY (20) + RUN
4. XPP

1-3  
1-3

## CHECKLIST (2)

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

PERFORM TASKS IN A CHECKLIST PATTERN AND EACH TASK THE NUMBER OF TIMES NOTED.

## CHAOS

- 2 BEAR
  - 1 FLAMINGO (6) + TZN
- 4 MOGUL PUSH
- 3 PISTON (10) + TZN
- 2 TYPHON
  - 1 SLING SHOT 3-2-4-2-3-1
- 3 TURKEYS
  - 1 JOUNCE 2-1-3-1-4-1
- 4 ROW STROLL 6+
- 2 YETI
  - 1 WIZARD
- 3 JAGGER (12) + RUN
- 2 O-PINNED 2-1-3-1-4-1

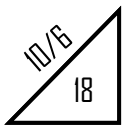
\* MIEL'S, 1  
\* MIEL'S, 2  
\* MIEL'S, 3...

THEN COMPLETE A CHECKLIST STARTING FROM THE TOP TO BOTTOM 10,8,6,4,2,\*1,3,5,7,9

## CASCADE

10. RUMP ROAST
8. HAMSTRUNG
6. GBD (15) + RUN
4. RDL (8) + TZN
2. OGRE (10) + TZN
- \* MIEL'S WHEELS
1. CURL PRESS 5+
3. TALL ORDER 6+
5. KNEELING CURL (6) + TZN
7. SCORPION TO 3/BACK
9. CHICKIN 2-1-3-1-4-1
1. MT. NEVEREST
  - IX POUNCER (10) + RUN
  - 2X HIKES
  - 3X GRAY-GRAY
  - 4X TYSONS

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



SLOPE

## 4 SQUARE

PERFORM EACH SECTION ACCORDING IN FOLLOWING ORDER:

A - CHECKLIST

D - MESA

B - U-TURN

A - CENTAUR2

C - MTN2

B - FADED2

D - PLATE PUSH GAUNTLET

C - H

SEE YOUR PRO/TURF FOR CIRCUIT KEYS.

A

1. GALLOW 2-1-4-3-4-1
2. TOES (20) + RUN
3. W. GREMLIN
4. SPD SKATES (20) + RUN
5. MUGGER (12) + RUN
6. TROMBONE 6+

B

1. SWAGGIN 1:1
2. MONTAUK
3. DELAURA
4. KAMIKAZE 4-3-4-2-4-1-4-1
5. APE SHOOT
6. PUSH UP (10) + RUN

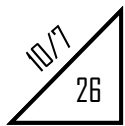
C

1. VEXED (10) + RUN
2. JACKALOPE
3. O-PINNED 2-1-3-1-4-1
4. JAGGER (12) + RUN
5. BULLDOG
6. SA PP

D

1. BEAR
2. HIKES
3. SAWED OFF (10) + TZN
4. GARGOYLE
5. FLAMINGO (6) + TZN
6. DIABLO





SLOPE

1-15  
6-15  
11-15

## FADED5

1. QUICK FT. (20) + RUN
2. EN GARDE
3. MOGUL (20) + RUN
4. KAMIKAZE 4-3-4-2-4-1-4-1
5. TYSONS

---

6. POTTY SHOT
7. TROMBONE 6+
8. VEXED (10) + RUN
9. MIEL'S WHEELS
10. CHIMP (8) + RUN

---

11. XPP
12. PUSH UP (10) + RUN
13. RIBBITS (10) + RUN
14. JACK-ASS
15. SL BRDG SKULLS (10) + TZN

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

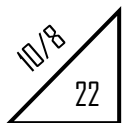
## MT. NEVEREST

- 1X CRAISE (20) + TZN
- 2X VIP (10) + RUN
- 3X SWAGGIN 1:1
- 4X CRAZY LEGS

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

## CAVITY

1. TIPPY-TAP
2. HIKES
3. SCALAWAG
4. ROW STROLL 6+
5. REV BALL N CHAIN
6. TORO
7. SCORPION TO 3/BACK
8. OGRE (10) + TZN
9. TYPHON
10. KNEEL CURL (6) + TZN
11. TWSTED
12. HANG (10) + RUN



# REPTILIAN CIRCUITS

## SLOPE

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

SEE TURF FOR LETTERED PROGRESSIONS

1. **BONSAI 3-1-4-2-4-1**
2. **TURKEYS**
3. **MT. CLUMB (20) + RUN**
4. **SQUANTOES (20) + RUN**
5. **PLATE SHAKE 9+**
6. **ALI 22+**

## MTN

- A.
1. **COALITION (10) + TZN**
  2. **SAWED OFF (10) + TZN**
  3. **TARASQ**
  4. **GORGON (8) + RUN**

## U

- D.
1. **STAT SWAG (20) + TZN**
  2. **TWO-STEP (20) + RUN**
  3. **WALRUS**
  4. **MONGOOSE**
  5. **ABD MANTIS (8) + RUN**

## =IBRIDUS

- B.
1. **JIGGY (20) + RUN**
  2. **WARRIOR**
  3. **CYCLONE (12) + TZN**
  4. **PRIMATES 4-1-3-1-2-1**

## CENTAUR2

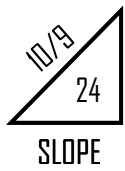
- E.
1. **STORK (20) + TZN**
  2. **FLYING JACKAL**
  3. **GRIFTER (8) + SA PP**

## EL CYCLE

- C.
1. **PEG LEG (8) + RUN**
  2. **STIGMATA (10) + RUN**
  3. **SA PP**

## MESA

- F.
1. **COBRA (10) + PUSH**
  2. **GALLOW 2-1-4-3-4-1**
  3. **BUCK UPS**
  4. **TAKE OFF!**



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

## MTN2

1. SUE-STEP (20) + RUN
2. SHUFFLE

---

3. SWAGGIN 1:1
4. SPD. SKATES (20) + RUN

---

5. RAMBO (10) + RUN
6. APE SHOOT!

---

7. B.O.R. (15) + TZN
8. DENSER 2-1-3-1-4-1

---

9. MIM 3-2-4-2-3-1
10. KAMIKAZE 4-3-4-2-4-1-4-1

- 1
- 1,22
- 1,2,3333
- 1,2,3,4444

## VERTEX

1. JIGSAW
2. COALITION (10) + TZN
3. GARGOYLE
4. W. CROOK

EACH NUMBER IS THE FORWARD AND BACKWARDS VERSION OF THE SAME TASK. PERFORM THE FORWARD VERSION TO LINE 4, PERFORM THE BACKWARDS VERSION TO LINE 1. REPEAT SO THAT YOU END UP DOING A FULL REP OF EACH. [11, 22, 33...]

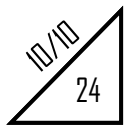
## RED RUM

- |               |                |
|---------------|----------------|
| 1. PLATE PUSH | REV PLATE PUSH |
| 2. BULLDOG    | REV BULLDOG    |
| 3. F. LUNGE   | B. LUNGE       |
| 4. POTTY SHOT | HIKES          |
| 5. SQUONQ     | SCALAWAG       |
| 6. BULLDOZER  | DIABLO         |

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

## CHECKLIST(3)

1. BONSAI 3-1-4-2-4-1
2. MIEL'S WHEELS
3. BANDIT (20) + RUN
4. SQ. THRUST (10) + RUN
5. MATTADOR (L)
6. VEXED (10) + RUN
7. RDL (8) + TZN
8. AMAROK
9. HALO 2-1-3-1-4-1
10. NEAPOLITAN



SLOPE

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

## EL CYCLE

1. SUICIDE 2-1-3-1-4-1
2. STAMPEDE
3. QUICK FT. (20) + RUN
4. MOGUL (20) + RUN



## EXPANDING MTN

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

1. GRYPHON (8) + PUSH
2. RIBBITS (10) + RUN
3. PISTON (10) + RUN
4. CURL WALK 6+
5. HIKES
6. MONTAUK
7. GALLOW 2-1-4-3-4-1
8. TWEAKER (L)

## FUZZLED

1123  
2234  
3345  
4456  
5567  
6678  
7789

1. THRASHER
2. SL BRDG BENCH (15) + TZN
3. LOWLY (10) + RUN
4. SA PP
5. TARASQ
6. JAGGER (12) + RUN
7. BALL N CHAIN
8. CYCLONE (12) + TZN

## REPTILIAN3

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

1. V-STEP (10) + RUN
  2. MONGOOSE
  3. HANG (10) + RUN
- 
- 4A. REV BOVINE
  - 4B. BULLY
  - 4C. VIPER
  - 4D. VENOM
  - 4E. DELAURA



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

# MTN5

Chasm and vertex

Perform as a MTN. Upon reaching each task for the first time, perform the number of reps indicated, after which, only perform the task once in normal succession.

1. BONSAI 3-1-4-2-4-1
2. TOES (20) + RUN
3. SWAGGIN 1:1
4. EN GARDE
5. MOWGLI (12) + RUN
6. HIKES
7. TROG
8. FLAMINGO (6) + TZN
9. MONKEY
10. RIBBITS (10) + RUN

11. CORCON (8) + RUN
12. SA P.P.
13. INFINITY (20) + RUN
14. HALO 2-1-3-1-4-1
15. BALL N CHAIN
16. BENCHED (30) + TZN
17. SA DIABLO
18. DENSER 2-1-3-1-4-1
19. REV HYDRA
20. CURL PRESS 5+

21. BUCKS
22. KOBOLD
23. MONGOOSE
24. TAUNTAUN
25. ROW STROLL 6+
26. GBD (15) + RUN
27. OZARK
28. COBRA (10) + PUSH
29. JAGGER (12) + RUN
30. PRIMATES 4-1-3-1-2-1



SLOPE

122  
122344  
122344566  
12234456788

## 1,2 PUNCH

1. QUICK FT. (20) + RUN
2. TYSONS
3. BULLY
4. BANDIT (20) + RUN
5. APE SHOOT!
6. HANG (10) + RUN
7. WARRIOR
8. GARGOYLE

**NEW!**

Chasm and vertex

Perform as a MTN. Upon reaching each task for the first time, perform the number of reps indicated, after which, only perform the task once in normal succession.

## CONVEX

### 2 STAMPEDE

1 RAMP UP (8) + RUN

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

3 RAMPAGE (12) + RUN

2 NEAPOLITAN

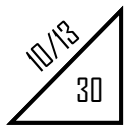
1 WICCA

3 KOBOLD

1-12  
12-1

U

1. DELAURA
2. REV BOVINE
3. K.O.D. (20) + TZN
4. KAMIKAZE 4-3-4-2-4-1-4-1
5. INCH WORM
6. AMAROK
7. 90°(10) + TZN
8. VEXED (10) + RUN
9. TWISTED
10. MANTIS (8) + RUN
11. REVIVAL
12. TWO-STEP (20) + RUN



SLOPE

## MTN3

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

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

2. MOGUL (20) + RUN

3. TURKEYS

---

4. CURL WALK 6+

5. LYCAN (10) + RUN

6. PLATE PUSH

---

7. BENCHED (30) + TZN

8. POTTY SHOT

9. MONTAUK

---

10. SL DGRE (10) + TZN

11. VENOM

12. CROAKIN

1 AA  
12 BB  
123 CC  
1234 DD  
12345 EE

## XION2

1. HOT COALS (10) + RUN

2. SCALAWAG

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

4. BOVINE

5. MOGUL PUSH

A. CYCLONE (12) + TZN

B. PIRATE

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

D. GIMPY DOG

E. MASTODON

## CHECKLIST(3)

1-15  
1-15  
1-15

1. VIP (10) + RUN

2. W. GREMLIN

3. SHOT PUT

4. GROWLER

5. TRIFECTA! 6+

6. XPP

7. CURIOUS GEORGE

8. SPIKES

9. ARACHNID

10. SUICIDE 2-1-3-1-4-1

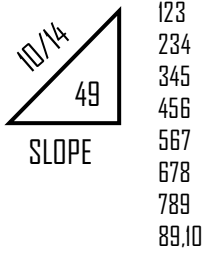
11. HAG 1:1

12. VIPER

13. OFFERING

14. TIP-TOES (20) + RUN

15. YETI



## MESA

1. SUICIDE 2-1-3-1-4-1
2. W. GREMLIN
3. TWO-STEP (20) + RUN
4. SWAGGIN 1:1
5. TURKEYS
6. JAGGER (12) + RUN
7. MONTAUK
8. SPIKES
9. YETI
10. INCH WORM

## 11,22,33... CENTAUR2

1. B. LUNGE
2. SCALAWAG
3. RDL (8) + TZN
4. BENCHED (30) + TZN
5. PUSH UP (10) + RUN
6. CYCLONE (12) + TZN
7. REV BEAR
8. REV PLATE PUSH
9. BONSAI 3-1-4-2-4-1
10. SKY HIGH 4-1

1  
122  
12333  
1234444

## VERTEX

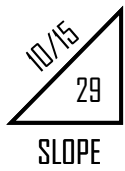
1. GRECO
2. BUCKS
3. POTTY SHOT
4. PRIMATES 4-1-3-1-2-1

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

## EL CYCLE

1. KOBOLD
2. SUPP 10
3. TARASQ
4. REV BALL N CHAIN
5. JUNKIE (8) + RUN





# CROSS-LISTS

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

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

1. **GALLOW 2-1-4-3-4-1**  
**STAMPEDE**  
**PLATE SHAKE 9+**  
**ALT. SQUONQ**

2. **FLAMINGO (6) + TZN**  
**SQUANTOES (20) + RUN**  
**XPP**  
**HALO 2-1-3-1-4-1**

3. **D-PINNED 2-1-3-1-4-1**  
**VIPER**  
**OFFERING**  
**COALITION (20) + TZN**

4. **DIABLO**  
**MONKEY**  
**JIGGY (20) + RUN**  
**REV HYDRA**

A. **MT. CLIMB (20) + RUN**  
**QUICK FT. (20) + RUN**  
**W. CROOK**

B. **TRIFECTA! 6+**  
**SQ. JUMP (10) + RUN**  
**BEAR**

C. **GORGON (8) + RUN**  
**HIKES**  
**KIT. SINK (10) + TZN**

D. **ROW STROLL 6+**  
**MONGOOSE**  
**OZARK**



SLOPE

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

**A. VERTEX**

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. SPEED SKATES (20) + RUN
3. V-STEP (10) + RUN
4. TURKEYS
5. TWISTED

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

**B. AND1**

1. MONKEY
2. HOT COALS (10) + RUN
3. BUCKS
4. INCH WORM

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

**C. MTN2**

1. JUNKIE JUMP (8) + RUN
2. CHICKIN 2-1-3-1-4-1
3. SCALAWAG
4. STROW 1:1
5. TROG
6. MANTIS (8) + RUN
7. W. LUNGE
8. TORO

- 1A, 1B
- 2A, 2B
- 3A, 3B
- 4A, 4B

**D. CROSS-FIRE**

1. MT. CLIMB (20) + RUN
2. RDL (8) + TZN
3. TYPHON
4. M.F.T.

- A. YIKES!
- B. NEAPOLITAN



SLOPE

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

**DOWNSHIFT**

- 1. SHUFFLE
- 2. KAMIKAZE 4-3-4-2-4-1-4-1
- 3. TROMBONE 6+
- 4. PRIMATES 4-1-3-1-2-1
- 5. RIBBITS (10) + RUN

**CAVITY X 3**

- 1-18 (A-F)
- 1-6, 13-18 (A,B,E,F)
- 1-3, 16-18 (A,F)

- 1. MONTAUK
- 2. SQUIBBLE **A**
- 3. POTTY SHOT

---

- 4. BUCKS
- 5. SWASHBUCKLER **B**
- 6. SUICIDE 2-1-3-1-4-1

---

- 7. SA DIABLO
- 8. SHALD 1:1 **C**
- 9. STATARASQ (16) + RUN

---

- 10. CUJO (L)
- 11. SL OGRE (10) + TZN **D**
- 12. JACK ASS

---

- 13. TIP-TOES (20) + RUN
- 14. DEATH ROW 2-1-3-1-4-1 **E**
- 15. JACKALOPE

---

- 16. TYSONS
- 17. PUSH UP (10) + RUN **F**
- 18. HIKES

**U**

- 1-12
- 12-1

- 1. STORK (20) + TZN
- 2. MANTIS (8) + RUN
- 3. PIRATE
- 4. WIZARD
- 5. MONKEY
- 6. JIGGY (20) + RUN
- 7. APE SHOOT!
- 8. TOES (20) + RUN
- 9. 90° (10) + TZN
- 10. SQ. THRUST (10) + RUN
- 11. REV B.N.C.
- 12. X PP



# INTERRUPTED MTN2

1. QUICK FT. (20) + RUN
2. SUE-STEP (20) + RUN

---

3. W. CROOK
4. POTTY SHOT

---

5. JUNKIE JUMP (8) + RUN
6. KNEELING CURL (6) + TZN

---

7. O-PINNED 2-1-3-1-4-1
8. GORGON + PUSH UP (8) + RUN

---

9. SHOT PUT
10. PABLO

---

11. MT. CLIMB (20) + RUN
12. PLATE PUSH

1,2  
1-4  
U-TURN  
1-6  
UPLIFT  
1-8  
SINAI  
1-10  
1-12

1-6  
6-1 U

1. TIP-TOES (20) + RUN
2. OFFERING
3. CRAY-CRAY
4. HANG (10) + RUN
5. APE SHOOT!
6. BULLDOG

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

1. AMAROK
2. ROW STROLL 6+
3. SWASHBUCKLER
4. REVIVAL

## EXPLOSION SINAI

- |                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>2 EXPLOSIONS</b></p> <ol style="list-style-type: none"> <li>1. KOBOLD</li> </ol> <p><b>2 EXPLOSIONS</b></p> <ol style="list-style-type: none"> <li>2. VEXUM</li> </ol> <p><b>2 EXPLOSIONS</b></p> <ol style="list-style-type: none"> <li>3. REV BEAR</li> </ol> | <p><b>2 EXPLOSIONS</b></p> <ol style="list-style-type: none"> <li>4. CYCLONE (12) + TZN</li> </ol> <p><b>2 EXPLOSIONS</b></p> <ol style="list-style-type: none"> <li>5. TALON (6) + PUSH</li> </ol> <p><b>2 EXPLOSIONS</b></p> <ol style="list-style-type: none"> <li>6. YETI</li> </ol> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

PERFORM NUMBER OF EXPLOSIONS NOTED, THEN THE FOLLOWING TASK ONCE



SLOPE

1  
121  
12321  
1234321  
123454321

### UPLIFT

1. QUICK FT. (20) + RUN
2. SWAGGIN 1:1
3. MT. CLUMB (20) + RUN
4. BALL N CHAIN
5. ROTATING SQUAT

PINNED, TASK  
PINNED, TASK...

*NOT A GLUED PLATE*

### PINNED GAUNTLET

1. CYCLONE (12) + TZN
2. SAWED OFF (10) + TZN
3. HALO 2-1-3-1-4-1
4. BENCHED (30) + TZN
5. ROW STROLL 6+
6. B.O.R. (15) + TZN
7. RDL (8) + TZN
8. CURL PRESS 5+

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

### EL CYCLE

1. SUPP 10
2. BONSAI 3-1-4-2-4-1
3. MONTAUK
4. TWO-STEP (20) + RUN
5. ENFORCER
6. DIABLO

1-10  
1-10  
1-10

### CHECKLIST(3)

1. INCH WORM
2. KOBOLD
3. THRASHER
4. CRAZY LEGS
5. MUGGER (12) + RUN
6. JOHNNY APPLESEED
7. JACKALOPE
8. PUSH UP (10) + RUN
9. TOES (20) + RUN
10. MIEL'S WHEELS



SLOPE

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

## CHECKLIST TO C2

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN
3. BULLY
4. TYSON
5. SQUANTOES (20) + RUN
6. POTTY SHOT
7. SQUONQ
8. HANG (10) + RUN
9. XPP
10. REV BOVINE

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

## MTN2

1. SUE-STEP (20) + RUN
2. SHUFFLE

---

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

---

5. YIKES!
6. GORGON (8) + RUN

---

7. VIPER
8. JUNKIE (8) + RUN

---

9. DEVIL
10. TOP SHELF (8) + TZN

1  
112  
11223

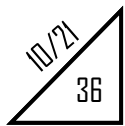
## ANDI

1. PRIMATES 4-1-3-1-2-1
2. SCALAWAG
3. MR. ATLAS to 3/back

123  
234  
345  
456  
567  
678  
789  
89,10

## MESA

1. GRECO
2. GBD (15) + RUN
3. ROW STROLL 6+
4. TARASQ
5. DENSER 2-1-3-1-4-1
6. GRIFTER (8) + SA PP
7. STACK SHOT
8. KIT. SINK (10) + TZN
9. GROWLER
10. TAKE OFF!



SLOPE

1-10  
1-10

**U**

1. SUICIDE 2-1-3-1-4-1
2. MOGUL (20) + RUN
3. EN GARDE
4. SWAGGIN 1:1
5. V-STEP (10) + RUN
6. ROW STROLL 6+
7. HIKES
8. RAMBO (10) + RUN
9. COALITION (10) + TZN
10. XPP

1-4, 5A5A  
1-4, 5B5B  
1-4, 5C5C  
1-4, 5D5D  
1-4, 5E5E

**REPTILIANZ**

1. APE SHOOT!
2. HALO 2-1-3-1-4-1
3. TROG
4. VEXED (10) + RUN
- 5A. ARACHNID
- 5B. OZARK
- 5C. CUJO (L)
- 5D. SCURL 1:1
- 5E. GARGOYLE

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

**CHOAS**

- 2 BONSAI 3-1-4-2-4-1
- 3 3 PT. STANCE
- 1 VENOM
- 1 CRAISE (20) + TZN
- 3 BULLDOG
- 2 CYCLONE (12) + TZN
- 3 AU 22+
- 1 SL INCH
- 2 RDL (8) + TZN
- 4 REV BEAR
- 2 CROAKIN
- 1 JIGGY (20) + RUN
- 3 BULLY
- 4 BANDIT (20) + RUN
- 1 JACK-ASS
- 2 AMAROK
- 2 REVIVAL
- 2 DELAURA



1. GALLOW 2-1-4-3-4-1
2. TYSON
3. TAUNTAUN
4. SWAGGIN 1:1
5. TOES (20) + RUN
6. PLATE SHAKE 9+
7. ALI 22+
8. RIBBITS (10) + RUN
9. STAMPEDE
10. GORGON (8) + RUN

MTN

- A. PLATE PUSH
- B. BEAR
- C. BULLDOZER
- D. BULLDOG

21. TURKEYS
22. HIKES
23. BULLY
24. TALL ORDER 6+

25. RAMP UP (8) + RUN
26. BUCKS
27. MONGOOSE
28. SUICIDE 2-1-3-1-4-1
29. MT. CLIMB (20) + RUN
30. SQUONQ
31. BENCHED (30) + TZN
32. POTTY SHOT

MESA

- A. ARACHNID
- B. SLUSKI
- C. BALL N CHAIN
- D. COBRA (10) + PUSH
- E. INCH WORM

42. KAMIKAZE 4-3-4-2-4-1-4-1
43. SKY HIGH 4-1
44. YETI
45. STORK (20) + TZN
46. GBD (15) + RUN
47. APE SHOOT!

48. MOWGLI (12) + RUN
49. TRUMPET 9+
50. W. GREMLIN
51. B. LUNGE

U

- A-D A. SHOT PUT
- D-A B. STACK SHOT
- C. THRASHER
- D. BUCK UPS

60. KOBOLD
61. W. CROOK
62. LYCAN (10) + RUN
63. TIPPY-TAP
64. BUTT KICKS
65. MIEL'S WHEELS
66. SHUTTLE RUN 3-2-4-2-3-1
67. RAMPANT (10) + RUN
68. VIP (10) + RUN
69. KNEEL CURL (6) + TZN

CENTAUR2

- A. SUPP 10
- B. TARASQ
- C. SQ. THRUST (10) + RUN
- D. GATOR TO 3 (WALK BACK TO 1)

78. SKIPS
79. PLATE PUSH
80. NEAPOLITAN
81. SKUFFLE
82. GROWLER

AA  
BB  
CC  
DD

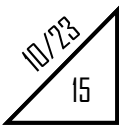
ABC  
BCD  
CDE

A  
AB  
ABC  
ABCD

## LABYRINTH

PERFORM ALL TASKS IN BLACK AS A CHECKLIST. PERFORM SECTIONS IN RED ACCORDING TO THE CIRCUIT'S PATTERN.





SLOPE

MTN2

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

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

---

3. TWO-STEP (20) + RUN
4. STAMPEDE

---

5. MT. CLIMB (20) + RUN
6. HIKES

---

7. PLATE PUSH

---

8. RIBBITS (10) + RUN

---

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

---

10. GORGON (8) + RUN

---

11. FLAMINGO (6) + TZN
12. OGRE (10) + TZN

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

## CROSS-FIRE

1. CYCLONE (12) + TZN
2. BOVINE
3. TYPHON
4. DIABLO
5. AMAROK

A. REV B.N.C.

B. 45°

C. JUNKIE (8) + RUN

1-8  
8-1  
1-8

W

1. SHUTTLE RUN 3-2-4-2-3-1
2. SAPP
3. JAGGER (12) + RUN
4. MANTIS (8) + RUN

5. PETRA
6. TAUNTAUN
7. SPD SKATES (20) + RUN
8. MONGOOSE



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

## EXPANDING

1. BUCKS
2. BUZZARD
3. COALITION (10) + TZN
4. BULLY
5. BONSAI 3-1-4-2-4-1
6. TURKEYS
7. BANDIT (20) + RUN
8. STAT TYPHON (10) + RUN
9. ABD. MANTIS (8) + RUN
10. REV GARGOYLE

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

## DOWN SHIFT

1. BUTT KICKS
2. SCALAWAG
3. MIEL'S WHEELS
4. W. LUNGE
5. KIT. SINK (10) + TZN

III  
222  
333...  
888

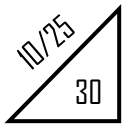
## CENTAUR3

1. CURL WALK 6+
2. HOPSCOTCH
3. SPIKES
4. GROWLER
5. SAPP
6. VIPER
7. MOWGLI (12) + RUN
8. SWASHBUCKLER

1-8  
1-8

## CHECKLIST(2)

1. PABLO
2. FROGS
3. PETRA
4. PEG LEG (8) + RUN
5. SHUTTLE RUN 3-2-4-2-3-1
6. AU 22+
7. HANG (10) + RUN
8. TAKE OFF!



SLOPE

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

## XION2

1. QUICK FT. (20) + RUN
  2. SUE-STEP (20) + RUN
  3. BANDIT (20) + RUN
  4. W. CROOK
  5. B.O.R. (15) + TZN
  6. PROWLER
- A. SHUFFLE
  - B. SWAGGIN 1:1
  - C. RIBBITS (10) + RUN
  - D. HALO 2-1-3-1-4-1
  - E. KAMIKAZE 4-3-4-2-4-1-4-1
  - F. DEVIL

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

## EL CYCLE

1. DEATH ROW 2-1-3-1-4-1
2. RAMPAGE (12) + RUN
3. TYSON
4. JACKAL

VENDM, VENDM, TASK  
VENDM, VENDM, TASK...

## DOUBLE VENDM GAUNTLET

1. ALI 22+
2. MONKEY
3. RDL (8) + TZN
4. SAWED OFF (10) + TZN
5. OGRE (10) + TZN
6. BENCHED (30) + TZN

## MATTER HORN

CHECKLIST - PERFORM EACH  
TASK AS MANY TIMES NOTED

- 3 GALLOP 2-1-4-3-4-1
- 1 POUNCER (10) + RUN
- 1 BUCK UPS
- 2 F. LUNGE

---

- 3 REV MASTODON
- 1 MUGGER (12) + RUN
- 1 JOUNGE 2-1-3-1-4-1
- 2 B.N.C.

- 3 CURL WALK 6+
- 1 TROG
- 1 V-STEP (10) + RUN
- 2 OZARK

---

- 3 APE SHOOT!
- 1 TOES (20) + RUN
- 1 MT. CLIMB (20) + RUN
- 2 PRIMATES 4-1-3-1-2-1



SLOPE

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

## FILLING

1. BONSAI 3-1-4-2-4-1
2. MOGUL (20) + RUN
3. TWO-STEP (20) + RUN
4. TAUNTAUN
5. PIRATE
6. PETRA
7. REV BEAR
8. LYCAN (10) + RUN
9. SWAGGIN 1:1
10. TOES (20) + RUN

## MOLE-HILLS

1  
12  
123  
1  
12  
123...

1. VIP (10) + RUN
2. SUPP 10
3. HALO 2-1-3-1-4-1

---

1. POTTY SHOT
2. SABRE (8) + RUN
3. INCH WORM

---

1. TALL ORDER 6+
2. MONTAUK
3. PARATROOP (10) + RUN

---

1. BANDIT (20) + RUN
2. DEATH ROW 2-1-3-1-4-1
3. THRASHER

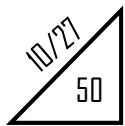
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1. JAGGER (12) + RUN
2. K.O.D. (20) + TZN
3. ARACHNID

1-10  
1-10  
1-10

## CHECKLIST(3)

1. SL BUCKS
2. TROG
3. TWISTED
4. D-PINNED 2-1-3-1-4-1
5. DELAURA
6. OGRE (10) + TZN
7. TYPHON
8. SKULLS (10) + TZN
9. RDL (8) + TZN
10. SA PP



SLOPE

# PUSH

## 4

# PINK

# CUL-DE-SAC

START WITH THE WARM-UP MTN. THEN, DO 1-15,  
PERFORM THE XION2 AND THEN FINISH WITH 15-1

1  
12  
123  
1234  
12345

## MTN

1. BONSAI 314241
2. STAMPEDE
3. QK. FT. (20)+RUN
4. MT. CLIMB (20)+RUN
5. PUSH UPS (10)+RUN

1. ENFORCER
2. SWASHBUCKLER
3. RAZOR
4. MOGUL PUSH
5. PLATE PUSH
6. CALF-IN-ATOR
7. TAKE OFF!
8. DELAURA
9. CRAY-CRAY
10. GIMPY DOG
11. CRAZY LEGS
12. BULLDOZER
13. NEAPOLITAN
14. VEXUM
15. JACK-BOX

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

## "X"ION2

- |               |                   |
|---------------|-------------------|
| 1. HIGH X's   | A. REV PLATE PUSH |
| 2. XPP        | B. REV B.N.C.     |
| 3. TWISTED    | C. DZARK          |
| 4. GARGANTUAN | D. VENOM          |
| 5. TWIZZY     | E. REV INCH       |
| 6. SA PP      | F. SKY-HIGH 4-1   |

If your turf is not participating in this event and would like to do a different workout, do the PYP Halloween workout today AND on the 31<sup>st</sup>. Enter scores under Push for Pink by cross-referencing the scores list from the Halloween workout.



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

## MTN2

1. SUICIDE 2-1-3-1-4-1
2. MT. CLIMB (20) + RUN
3. PLATE SHAKE 9+
4. ALI 22+
5. HIKES
6. XPP
7. SL GORGON (8) + RUN
8. MIEL'S WHEELS
9. D-B.O.R. (10) + TZN
10. DIABLO

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

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

### 1. TYSONS

REV PLATE PUSH  
ROW STROLL 6+  
VIPER

### 2. NEAPOLITAN

STAMPEDE  
PROWLER (L)  
CURL PRESS 5+

### 3. CYCLONE (12) + TZN

BULLDOG  
REV INCH  
GALLOW 2-1-4-3-4-1

## CROSS-LISTS

A. SPD SKATES (20) + RUN  
SHOT PUT

B. CRAISE (20) + TZN  
APE SHOOT!

C. JIGGY (20) + RUN  
TAKE OFF!

10/29

24

SLOPE

QUICK FT. INFINITY, TASK  
QUICK FT. INFINITY, TASK...

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

1. SQUONQ
2. TROMBONE 6+
3. RIBBITS (10) + RUN
4. MANTIS (8) + RUN
5. FLAMINGO (6) + TZN
6. K.O.D. (20) + TZN
7. BUCKS
8. SCORPION TO 3/BACK

# MULTI-TASK GAUNTLETS

YIKES, NEAPOLITAN, MONTAUK, TASK  
YIKES, NEAPOLITAN, MONTAUK, TASK...

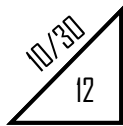
**YIKES!**  
**NEAPOLITAN**  
**MONTAUK**

1. CURL PRESS 5+
2. BOULDER
3. BALL N CHAIN
4. OZARK
5. GALLOWS 2-1-4-3-4-1
6. W. CROOK
7. SL INCH
8. THRUST TO FROG

SKUFFLE, MONGOOSE, TASK  
SKUFFLE, MONGOOSE, TASK...

**SKUFFLE**  
**MONGOOSE**

1. KNEEL. SWAG (15) + TZN
2. SL OGRE (10) + TZN
3. VIP (10) + RUN
4. JACK ASS
5. SUICIDE 2-1-3-1-4-1
6. REV BEAR
7. FLYING JACKAL
8. LOWLY (10) + RUN
9. SQ. THRUST (10) + RUN
10. JACK BOX



SLOPE

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

# DEVIL'S NIGHT DARK SIDE

- 1
- 12
- 123
- 1234

## WARM UP MTN

- 1. BONSAI 3-1-4-2-4-1
- 2. TWO-STEP (20) + RUN
- 3. W. GREMLIN
- 4. ROW STROLL 6+

1. RUN	EXPLOSIONS
2. STAMPEDE	GRAY-CRAY
3. SWAGGIN 1:1	SHWAGGIN 1:1
4. MOGUL (20) + RUN	MASTODON
5. OHNO (12) + RUN	YOGI BEAR (Spd skate bear)
6. CURL WALK 6+	CURL PRESS 5+
7. RIBBITS (10) + RUN	CROAKIN
8. SKY HIGH 4-1	HALO 2-1-3-1-4-1
9. QUICK FT. (20) + RUN	ALI 22+
10. ROOSTER (10) + TZN	CHICKIN 2-1-3-1-4-1
11. REV BULLDOG	DIABLO
12. REV VIPER	DEVIL



10/31

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# TRICK-OR-TREAT

## SLOPE

PERFORM WARM UP CHECKLIST (2).

MOVE BY COLUMNS STARTING FROM TOP TO BOTTOM, PICK ONE TASK FROM EACH TREAT CATEGORY.

PERFORM AS FOLLOWS:

1<sup>ST</sup> REVOLUTION - 1X EACH  
2<sup>ND</sup> REVOLUTION - 2X EACH  
3<sup>RD</sup> REVOLUTION - 3X EACH  
4<sup>TH</sup> REVOLUTION - 4X EACH

NO TASKS CAN BE REPEATED LATER IN THE ROUTINE.

NO "BARN BURNING" TASK IN THIS PARTICULAR CIRCUIT.

## WARM UP CHECKLIST (2)

### A SNICKERS

1. TROMBONE 6+
2. ROW STROLL 6+
3. K-STEP (20) + RUN
4. STAT. CURL (6) + TZN

### B SWEET TARTS

1. TYPHON
2. JUNKIE JUMP (8) + RUN
3. KOD (20) + TZN
4. NO GIMMIES

### C MILKY WAY

1. BOVINE
2. STORK (20) + TZN
3. GARGOYLE
4. MIEL'S WHEELS

## 1.SHUFFLE 2. QUICK FT. (20) + RUN

### D STARBURST

1. INCH WORM
2. BUNYAN
3. POTTY TO BULLDOG
4. MASTODON

### E REESE'S

1. OFFERING
2. ALI
3. TRIFECTA
4. JIGGY (20) + RUN

### F TWIX

1. TWIX
2. HOPSCOTCH
3. SQUIBBLE
4. SQUANTOES (20) + RUN

## 3. HIGH Xs 4. BULLY

### G CRUNCH

1. SWAGGIN 1:1
2. BONSAI 3-1-4-2-4-1
3. STAMPEDE
4. GREMLIN

### H TOOTSIE ROLL

1. REV PLATE PUSH
2. ATTACK-IT
3. JOUNCE 2-1-3-1-4-1
4. SA GRECO

### I SKITTLES

1. MOGUL MADNESS 10
2. DENSER 2-1-3-1-4-1
3. OGRE (10) + TZN
4. SL MANTIS (8) + RUN

# 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