

NOVEMBER

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

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

=IBRIOUS

1. SHUFFLE
2. V-STEP (10) + RUN
3. PLATE SHAKE 9+
4. KOBOLD
5. MOGUL PUSH
6. K.O.D. (20) + TZN

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

ZENITH

1. FROZEN CROOK 8
2. SA DIABLO

3. ALI 22+
4. PUSH UP (10) + RUN

5. W. GREMLIN
6. GARGOYLE

7. ROW STROLL 6+
8. TROG

1X

2X

3X

4X

1-8
3-8
5-8
7-8

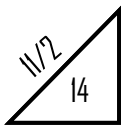
FADED2

1. ARACHNID
2. REV INCH

3. GRIFTER (10) + SA PP
4. BUCKS

5. KNEELING CURL (6) + TZN
6. SQ. JUMP (10) + RUN

7. HIKES
8. QUICK FT. (20) + RUN



SLOPE

CROSS-FIRE CIRCUITS

ORDER

1A, 1B, 1C

2A, 2B, 2C

3A, 3B, 3C

1. **CHECKLIST** 1-3

1. **SUICIDE 2-1-3-1-4-1**
2. **SUE STEP (20) + RUN**
3. **SWAGGIN 1:1**

2. **EL CYCLE** 1-3
3-1
2.2

1. **TYSON**
2. **QUICK FT. (20) + RUN**
3. **VIPER**

3. **U** 1-3
3-1

1. **MONTAUK**
2. **CALF-IN-ATOR**
3. **RIBBITS (10) + RUN**

A. **MESA** 1-3
2-4

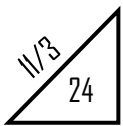
1. **STAMPEDE**
2. **BULLY**
3. **HIKES**
4. **BEAR**

B. **GAUNTLET** PUSH, TASK
PUSH, TASK
PUSH, TASK

1. **ALI 22+**
2. **MANTIS (8) + RUN**
3. **REV BEAR**

C. **MTN** 1
1.2
1.2.3

1. **AMAROK**
2. **PEG LEG (8) + RUN**
3. **GRECO**



SLOPE

1-10, 10-1

1-10, 10-1

1

1,2,1

1,2,3,2,1

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

GLUED PLATE

1-10

3-10

5-10

7-10

9,10

FADED2

ALL REPS FIRST THEN + RUN

U2

UPLIFT

1. QUICK FT. (40)

2. MOGUL (40)

3. HOT COALS (20)

4. LYCAN (20)

5. JUNKIE (16)

6. PUSH UP (20)

7. TOES (40)

8. G.B.D. (30) 15/SIDE

9. HANG (20)

10. VIP (20)

1. STAT. CURL (6) + TZN

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

3. SHWAGGIN 1:1

4. ROW STROLL 6+

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

2. YETI

3. HIKES

4. BOULDER

5. POGOTO (6) + TZN

6. SLUSKI

7. MONTAUK

8. SKUFFLE

9. NEAPOLITAN

10. REV VIPER



EXTRA REP FOR A GIMMIE?

THERE'S A CATCH TO THIS WORKOUT! PERFORM EACH CARRY WITH AN EXTRA REP PER LINE. AS A WAY TO SLIGHTLY FIX THE SCORE DIFFERENTIAL YOU'LL BE AWARDED A "GIMMIE" ON THE THROWING TASKS HIGHLIGHTED IN YELLOW. THIS MEANS YOU CAN AUTOMATICALLY ADVANCE TO THE NEXT TASK ONCE THE PLATE HITS LINE 1. AS AN EXAMPLE, ONCE YOU TORO THE PLATE BACK TO LINE ONE, YOU MAY START YOUR TYSON FROM MIDFIELD AND DO NOT HAVE TO TOUCH LINE 1! POTTY SHOT TO SL BUCKS AND ANACONDA TO SHOT PUT WILL, HOWEVER, REQUIRE YOU TO GO BACK TO YOUR PLATE.

MTN2

1-2
1-4
1-6
1-8
1.10

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

3. TWO-STEP (20) + RUN

4. SQUONQ

5. ROW STROLL 9+

6. HIKES

7. TROMBONE 9+

8. STAMPEDE

9. CHICKIN 2-1-3-1-4-1 48+

10. TORO

XION2

1. TYSONS

2. MONKEY

3. HALO 2-1-3-1-4-1 48+

4. POTTY SHOT

5. X PP

6. CURL PRESS 8+

A. MONTAUK

B. GARGOYLE

C. VENOM

D. SL BUCKS

E. SLUSKI

F. ANACONDA

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

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

CROSS-FIRE

1. SHOT PUT

2. SQ. THRUST (10) + RUN

3. PLATE SHAKE 12+

4. MIEL'S WHEELS

A. MT. CLIMB (20) + RUN

B. TARASQ

C. CURL WALK 9+

FINISH WORKOUT WITH 5X TWISTED



MARCH MAYHEM - FINALS

SLOPE

PICK YOUR
POISON
CENTAURZ.

SEE CIRCUIT
GLOSSARY
FOR DETAILS.

1. GALLOW 2-1-4-3-4-1	SUICIDE 2-1-3-1-4-1	ROQ	24. MOGUL PUSH	CRAZY LEGS	ROQ
2. SHUFFLE	EN GARDE	X	25. EXPLOSIONS	PLATE SHAKE 9+	537
3. SKATES	SKIPS	X	26. DEATH ROW 2-1-3-1-4-1	GARGANTUAN	548
4. MT. CLIMB (20) + RUN	SUE-STEP (20) + TZN	X	27. ALT. SQUONQ	CROOK	582
5. HIKES	ROW STROLL 6+	X	28. TRIFECTA 6+	TALL ORDER 6+	590
6. PLATE PUSH	MONGOOSE	X	29. NEAPOLITAN	MONTAUK	608
7. BULLY	HOPSCOTCH	X	30. MOGUL 6 TO FROG	PROWLER	632
8. YETI	SPIKES	X	31. GIMPY DOG	CRAY-CRAY	687
9. MASTODON	POTTY TO BULLDOG	X	32. BUCKS	CURIOUS GEORGE	721
10. KAMIKAZE 4-3-4-2-4-1-4-1	SWAGGIN 1:1	X	33. MOGUL (20) + RUN	MT. CLIMB (20) + RUN	760
11. GROWLER	AMAROK	172	34. SKY HIGH 4-1	MIEL'S WHEELS	770
12. CROAKIN	B. LUNGE	198	35. CURL WALK 6+	STAT. ROW (6) + TZN	775
13. CHICKIN 2-1-3-1-4-1	B.N.C.	234	36. M.I.M. 3-2-4-2-3-1	ZOOKEEPER	789
14. HALF-BLAKED	REVIVAL	286	37. TYPHON	HYDRA	841
15. GREMLIN	SKUFFLE	288	38. ALI 22+	W. CROOK	848
16. KOBOLD	TROG	300	39. BOULDER	DIABLO	883
17. INCH WORM	SLUSKI	340	40. VIPER	JACKAL	928
18. OZARK	SCORPION TO 3/BACK	390	41. TROMBONE 6+	TARASQ	959
19. BONSAI 3-1-4-2-4-1	SHUTTLE RUN 3-2-4-2-3-1	395	42. TAKE OFF!	YAK	973
20. HOT COALS (10) + RUN	APE SHOOT!	406	43. JABBERWOCKY	JACK ASS	987
21. HACK-IT	TWEAKER	460			1054
22. STAT. HALD (18) + TZN	REV GARGOYLE	498			
23. TIPPY-TAP	TARZAN	506			



CHUCK-IT

PERFORM EACH TASK
IN A CHECKLIST
PATTERN.

RETURN TO THE
START AND PERFORM
IN A CHECKLIST
PATTERN BUT
REMOVING ALL THE 1s.

RETURN TO THE
START AND PERFORM
A CHECKLIST
REMOVING ALL THE
2s.

CONTINUE IN THE
SAME MANNER UNTIL
YOU'RE LEFT WITH A
CHECKLIST OF ONLY
THE 5s.

3 TOES (20) + RUN

1 SHUFFLE

1 TYSONS

4 V-STEP (10) + RUN

2 SWAGGIN 1:1

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

1 W. GREMLIN

3 X PP

4 MONTAUK

1 HALD 2-1-3-1-4-1

2 JIGGY (20) + RUN

4 TROG

3 BENCHED (30) + TZN

1 MIEL'S WHEELS

5 BUCKS

1 ROW STROLL 6+

2 SPIKES

1 BULLY

3 BULLDOG

4 B. LUNGE

1 APE SHOOT

1 DELAURA

1 INCH WORM + PUSH UP

2 SUICIDE 2-1-3-1-4-1

1 LYCAN UP (10) + RUN

2 CYCLONE (12) + TZN

4 STAMPEDE

5 PRIMATES 4-1-3-1-2-1

1 OZARK

3 HANG (10) + RUN

1 JACKALOPE

2 TRUMPET 9+

1 SQ. JUMP (10) + RUN

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

1 MINOTAUR Ⓛ

4 SUE-STEP (20) + RUN

4 TYPHON

2 SHOT PUT

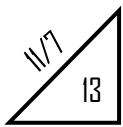
1 SCURL 1:1

3 MT. CLIMB (20) + RUN

4 W. CROOK

1 BUZZARD

5 VENOM



SLOPE

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

REPTILIAN

1. EN GARDE
2. SKATES
3. V-STEP (10) + RUN
4. PLATE SHAKE 9+
5. ALI 22+
6. KOBOLD

-
- 7A. GORGON (8) + RUN
 - 7B. DEATH ROW 2-1-3-1-4-1
 - 7C. ANACONDA
 - 7D. TORO

MTN3

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

1. TROG
2. YETI
3. MT. CLIMB (20) + RUN
4. RDL (8) + TZN
5. W. GREMLIN
6. TWO-STEP (20) + RUN
7. SHOT PUT
8. APE SHOOT!
9. BONSAI 3-1-4-2-4-1
10. VEXUM
11. TYSONS
12. GRIFTER (8) + SAPP

EL CYCLE

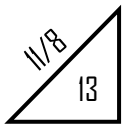
1-4, 4-1
2,3
3,2

1. CHICKIN 2-1-3-1-4-1
2. GIMPY DOG
3. MONGOOSE
4. KITCHEN SINK (10) + TZN

CENTAUR2

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

1. TIP-TOES (20) + RUN
2. PUSH UP (10) + RUN
3. POTTY SHOT
4. RAMBO (10) + RUN
5. STAMPEDE
6. SUPP (10)
7. BENCHED (30) + TZN
8. SKUFFLE
9. JACKALOPE
10. BUTT KICKS
11. SLIGER
12. SUICIDE 2-1-3-1-4-1
13. SA PP
14. GARGOYLE
15. QUICKSAND (1)



SLOPE

A BODY WEIGHT WORKOUT REQUEST FROM TURF BROWNSTOWN YIELDED THIS MOUNT SINAI, AN OLD CIRCUIT FROM THE SYPHUS VAULT!

THESE CIRCUITS WERE SHELVED YEARS AGO BECAUSE THE SPRINTS DILUTED THE SLOPE SO MUCH THAT THE SCORES REFLECTED MUCH LOWER THAN WERE TRULY REPRESENTATIVE OF THE PARTICIPANT'S PERFORMANCE. TO POTENTIALLY OFFSET THIS, WE'VE COUNTED EVERY TWO SPRINTS AS A SUICIDE AND 3 SPRINTS AS A KAMIKAZE IN THE STAT'S SITE. AREAS WITH ONLY 1 SPRINT ARE WITHOUT POINT VALUE TO AVOID "PHANTOMS" TASKS.

WHEN ENTERING IN SCORES, IF ON A SPRINT SECTION YOU MAY ROUND UP, **SCORING THE FULL SUICIDE/KAM,** IF FINISHING ON AN ACTUAL TASK, ENTER THE SCORES IN AS USUAL.

EVEN WITH THESE SCORE TWEAKS, YOU'LL HAVE TO MOVE SWIFTLY!

SINAI

PERFORM NUMBER OF SPRINTS NOTED, THEN THE FOLLOWING TASK ONCE

1-25
1-25
1-25
1-25

2 SPRINT

1. SHUFFLE

4 SPRINT

2. BANDIT (20) + RUN

3 SPRINT

3. TOES (20) + RUN

1 SPRINT

4. GORGON (8) + RUN

4 SPRINT

5. PUSH UP (10) + RUN

3 SPRINT

6. B. LUNGE

4 SPRINT

7. RIBBITS (10) + RUN

2 SPRINT

8. GATOR to 3

1 SPRINT

9. BULLDOG

1 SPRINT

10. PEG LEG (8) + RUN

1 SPRINT

11. ROTATING SQUAT

1 SPRINT

12. SCORPION to 3/BACK

2 SPRINT

13. REVIVAL

1 SPRINT

14. BUZZARD

3 SPRINT

15. POUNCER (10) + RUN

2 SPRINT

16. JABBERYWOCKY

4 SPRINT

17. C.H.B.

3 SPRINT

18. JIGGY (20) + RUN

2 SPRINT

19. RAMP UP (8) + RUN

1 SPRINT

20. MUGGER (12) + RUN

3 SPRINT

21. REV HYDRA

2 SPRINT

22. G.B.D. (15) + RUN

1 SPRINT

23. BUNYAN

4 SPRINT

24. MOGUL (6) TO FROG

2 SPRINT

25. REV MASTODON



CROSS- FIRE

KEY:

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

- 1 - KAMIKAZE⁴³⁴²⁴¹⁴¹
- 2 - CURL WALK⁶⁺
- 3 - SWAGGIN'^{1:1}
- 4 - W. CROOK

- A - MOGUL (20) + RUN
- B - SUE STEP (20) + RUN
- C - HIKES

PP GAUNTLET

- 1-REV BEAR
- 2- DIABLO
- 3- ROW STROLL⁶⁺
- 4- JOHNNY APPLESEED^{1:1}
- 5- SQ. JUMPS (10) + RUN
- 6- SPIKES
- 7- BOR (15) + TZN
- 8- YAK
- 9- POTTY SHOT
- 10- HAG^{1:1}
- 11- INCHWORM
- 12- SKY HIGH⁴⁻¹

FADED2

KEY:

- 1-12
- 3-12
- 5-12
- 7-12
- 9-12
- 11-12

- 1- REV PLATE PUSH
- 2- W. GREMLIN
- 3- PINNED²¹³¹⁴¹
- 4- MIEL'S WHEELS
- 5- BENCHED (30) + TZN
- 6- MONKEY
- 7- 313
- 8- RAMPAGE (12+ RUN)
- 9- PLATE SHAKE⁹⁺
- 10- OGRE (10) + TZN
- 11- TROG
- 12- NEAPOLITAN



UPLIFT

1. SHUFFLE

2. MT. CLIMB (20) + RUN

3. TROMBONE 6+

4. KITCHEN SINK (10) + TZN

5. MATTADOR Ⓛ

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

REPTILIAN²

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

2. RAMBO (10) + RUN

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

4. APE SHOOT!

5. SKIPS

6A. K.O.D. (20) + TZN

6B. C.H.B.

6C. THRASHER

6D. BUNYAN

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

SHRINKING MTN

1. SKUFFLE

2. CURL WALK 6+

3. YAK

4. NEAPOLITAN

5. TIPPY-TAP

6. BANDIT (20) + RUN

7. HIGH Xs

8. SL BUCKS

9. MONTAUK

10. ALI 22+

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

XION

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

2. SAWED OFF (10) + TZN

3. LYCAN UP (10) + RUN

4. PUSH UP (10) + RUN

5. VIP (10) + RUN

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

A. JACK-ASS

B. WALRUS

C. ANACONDA

D. DOZIE

E. QUICKSAND Ⓛ



SLOPE

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

MTN2

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

3. PLATE SHAKE 9+
4. SWAGGIN 1:1

5. VIP (10) + RUN
6. GORGON (8) + RUN

7. MIEL'S WHEELS
8. OGRE (10) + TZN

9. PINNED 2-1-3-1-4-1
10. INCH WORM

PERFORM THE "REVERSE" VERSION OF THE TASK IN LIGHT RED TO LINE 4.
 PERFORM THE "FORWARD" TASK IN DARK RED BACK TO LINE 1.
 REPEAT SO THAT EACH NUMBER IS DONE TWICE, TO MAKE 1 COMPLETE
 TASK OF BOTH THE REVERSE AND ROEWARD VERSIONS.

MUR-DER

- | | |
|-----------------|--------------|
| 1. REV MASTODON | MASTODON |
| 2. REV GREMLIN | GREMLIN |
| 3. DIABLO | BULLDOZER |
| 4. SCALAWAG | SQUONQ |
| 5. HIKES | POTTY SHOT |
| 6. REV B.N.C. | B.N.C. |
| 7. B. LUNGE | F. LUNGE |
| 8. REVIVAL | RESURRECTION |
| 9. BUCK | ANACONDA |
| 10. REV GROWLER | GROWLER |

III
 222
 333...

CENTAUR3

1. TYSONS
2. SAPP
3. EN GARDE
4. HALO 2-1-3-1-4-1
5. TROG
6. CURL WALK 6+
7. BONSAI 3-1-4-2-4-1
8. BOVINE
9. ALI 22+
10. MONKEY
11. O-B.O.R. (10) + TZN
12. HANG (10) + RUN
13. TAKE OFF!



SLOPE

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

WITH SO MANY PROGRESSIONS, PLEASE REFER TO THE CIRCUIT GLOSSARY AT THE END OF THIS ISSUE, OR JUST COME TO THE TURF!



SLOPE

GAUNTLETS(2)

PERFORM EACH TASK NOTED IN THE HEADING PRIOR TO EACH NUMBERED TASK. IE. EN GARDE, TASK, EN GARDE TASK. A SECTION IS COMPLETED AFTER THE LAST NUMBERED TASK IS COMPLETED, AN ADDITIONAL HEADING TASK IS NOT NEEDED AT THE END.
PERFORM SECTIONS A-E, A-E

A. EN GARDE

1. TIPPY-TAP
2. BONSAI 3-1-4-2-4-1
3. V-STEP (10) + RUN
4. HIKES
5. PINNED 2-1-3-1-4-1
6. RAMBO (10) + RUN
7. CROAKIN
8. REVIVAL
9. MOGUL MADNESS 10
10. SA DIABLO

B. PUSH UP (10) + RUN

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. POTTY SHOT
3. SWAGGIN 1:1
4. SL OGRE'S (10) + TZN
5. KOBOLD

C. PLATE PUSH

1. SHUTTLE RUN 3-2-4-2-3-1
2. SUPER TROOPER (10) + RUN
3. TORO
4. VIXEN
5. DEATH ROW 2-3-1-4-1

D. INCH WORM

1. GALLOW 2-1-4-3-4-1
2. HOT COALS (10) + RUN
3. STAMPEDE

E. GROWLER

1. CURL PRESS 5+
2. B.O.R. (15) + TZN
3. SKULLS (10) + TZN
4. KNEELING CURL (6) + TZN
5. STAT. ROW (6) + TZN



SLOPE

EQUALATERAL

1. HIGH Xs
2. SUE-STEP (20) + RUN
3. RAMBO (10) + RUN
4. GORGON (8) + RUN
5. TYSON

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

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

ALLOY XION

1. GIMPY DOG
2. STAMPEDE
3. LYCAN (10) + RUN
4. BOULDER

- A. F. LUNGE
- B. KITCHEN SINK (10) + TZN
- C. SL OGRE (10) + TZN
- D. RDL (8) + TZN

1-15, 1-15, 1-15

CHECKLIST (3)

- | | | |
|------------------------|-------------------------|------------------------|
| 1. SUICIDE 2-1-3-1-4-1 | 6. COALITION (10) + TZN | 11. MIM 3-2-4-2-3-1 |
| 2. TORO | 7. CRAISE (20) + TZN | 12. CROOK |
| 3. CROAKIN | 8. BUCKS | 13. WINDOW WASH |
| 4. VEXED (10) + RUN | 9. B. LUNGE | 14. CYCLONE (12) + TZN |
| 5. DENSER 2-1-3-1-4-1 | 10. CHICKIN 2-1-3-1-4-1 | 15. BULLDOZER |



SYPHYLOGENY

- | | |
|-----------|-------------------------|
| 1 | FINISHING MTN |
| 1,2 | 1. PARATROOP (10) + RUN |
| 1,2,3 | 2. CYCLONE (12) + TZN |
| 1,2,3,4 | 3. X PP |
| 1,2,3,4,5 | 4. REV BULLDOG |
| | 5. TAKE OFF! |

AMAROK

- SHUFFLE
- TYSONS
- ALT SQUONQ

- TROG
- TARASQ
- YETI
- AMAROK

SNUFF BOX

- SUE STEP (20) + RUN
- SQ. JUMP (10) + RUN
- JUNKIE JUMP (8) + RUN

- CROAKIN
- BULLDOZER
- JACK BOX
- SNUFF BOX

SHALO

- SKY HIGH 4-1
- W. CROOK
- HALO 2-1-3-1-4-1

- DPA (8) + TZN
- TALL ORDER
- HAG
- SHALO 1-1

SLAP JACK

- LYCAN (10) + RUN
- APE SHOOT!
- MONKEY

- CURIOUS GEORGE
- JACKALOPE
- JACKAL
- SLAP JACK

SYPHYLOGENY CIRCUITS ARE DESIGNED TO SHOW YOU THE STEP-BY-STEP EVOLUTION OF A TASK STARTING AT THE GRANULAR BASE MOVEMENTS PROGRESSING TO THE LARGER MORE COMPLEX.

FROM LEFT TO RIGHT PERFORM ALL THE 1s FROM EACH SECTION. THEN, 1 AND 2 IN ORDER FROM EACH SECTION, FINALLY 1, 2, AND 3 IN ORDER FROM EACH SECTION. THIS IS ALSO KNOWN AS "PEAKS" PROGRESSION.

NEXT YOU'LL TURN THE SECTIONS INTO REPTILIANS BY PERFORMING 1-4A IN EACH SECTION, STILL LEFT TO RIGHT. CONTINUE TO DO 1-3, 4B; 1-3, 4C; 1-3, 4D.



SLOPE

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

UPLIFT

1. TOES (20) + RUN
2. SWAGGIN 1:1
3. HANG (10) + RUN
4. BUCKS
5. REV MASTODON

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

CENTAUR3

1. PISTON (10) + TZN
2. ENFORCER
3. KITCHEN SINK (10) + TZN
4. ALT. SQUONQ
5. HIKES
6. GRIFTER (8) + SA PP
7. K.O.D. (20) + TZN
8. BUZZARD

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

FADED

1. CUJO ⌚
2. RDL (8) + TZN
3. RAZOR
4. CURL WALK 6+
5. REV VIPER

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

MTN

1. PABLO
2. TIP-TOES (20) + RUN
3. TROG
4. DEATH ROW 2-1-3-1-4-1
5. THE EXORCISE



SLOPE

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

UPLIFT

1. SHUFFLE
2. BONSAI 3-1-4-2-4-1
3. RIBBITS (10) + RUN
4. STORK (20) + TZN
5. PABLO

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

MTN2

1. JANGLE LEG3
2. KOBOLD
3. SHWAGGIN 1:1
4. TAKE OFF!
5. BULLY
6. HALO 2-1-3-1-4-1
7. HIKES
8. WARLOCK
9. W. CROOK
10. THRUST TO FROG

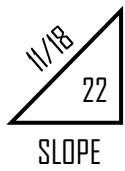
MINI JACOB'S LADDER

4. TWEAKER
3. ROOSTER (10) + TZN
2. BANDIT (20) + RUN

-
- 4.1. BEAR
-
3. SKUFFLE
 2. TROG
-
- 4.1. SL BRDG BENCH (15) + TZN
 3. DEATH ROW 2-1-3-1-4-1
 2. SPEED SKATE (20) + RUN
-
- 4.1. B.N.C.
 3. B. LUNGE
 2. V-STEP (10) + RUN
 1. SUICIDE 2-1-3-1-4-1

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

START HERE



11, 22, 33, 44, 55, 6A
11, 22, 33, 44, 55, 6A
11, 22, 33, 44, 55, 6A

CEPTILIAN 2

1. SHUFFLE
2. SUE STEP (20) + RUN
3. SPEED SKATES (20) + RUN
4. CURL WALK 6+
5. YIKES!

6A. MOGUL PUSH

6B. BENCHED (30) + TZN

6C. RESURRECTION

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

MTN 3

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

4. CHIMP (8) + RUN

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

6. BULLDOZER

7. TROG

8. BULLY

9. JIGGY MADNESS 10

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

11. GRECO

12. SHALO 1:1

PERFORM EACH TASK AS MANY
TIMES LISTED IN A CHECKLIST
MANNER.

MATTER HORN

2 BUTT KICKS

1 SHOT PUT

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

2 45°

1 HAMSTRUNG

2 SKY HIGH 4-1

2 REV BEAR CRAWL

1 SKUFFLE

2 OGRE (10) + TZN

2 PEG LEG (8) + RUN

1 GATOR TO 3

2 BUCKS

2 XPP

1 MIEL'S WHEELS

2 MONGOOSE



SLOPE

1-8
8-1
1-8

W

1. BONSAI 3-1-4-2-4-1
2. TWO-STEP (20) + RUN
3. SWAGGIN 1:1
4. HIKES
5. CRAISE (20) + TZN
6. RAMPAGE (12) + RUN
7. SQ. JUMP (10) + RUN
8. YETI

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

REV HYBRID2

1. TARASQ
2. SPIKES
3. COBRA (10) + PUSH

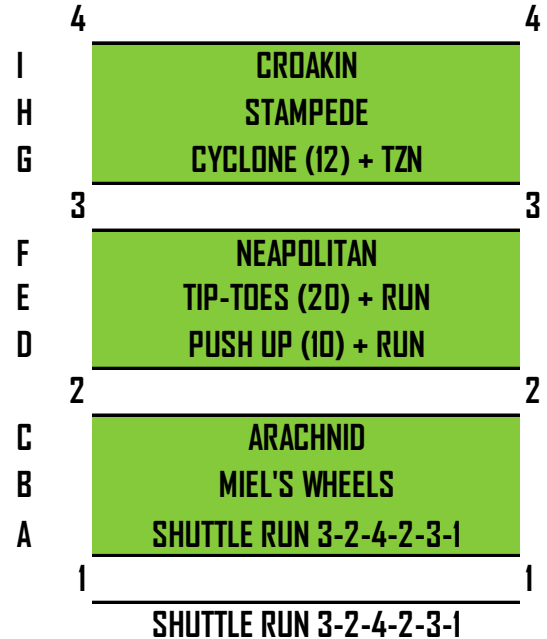
PERFORM IN A CHECKLIST.
DO EACH TASK NUMBER OF TIMES LISTED

CHAOS

- 2 MASTODON
- 1 SL BRDG SKULLS (10) + TZN
- 4 ALT SQUONQ
- 1 SHALO 1:1
- 2 INFINITY (20) + RUN
- 3 SA PP
- 3 MONGOOSE
- 3 PLATE SHAKE 9+
- 2 B. LUNGE
- 1 SL GORGON (8) + RUN
- 3 BULLY
- 4 TYSONS
- 1 STRANGLEHOLD
- 3 SKY HIGH 4-1

STARTING AT THE BOTTOM OF THE BOARD, IMAGINE YOU ARE FACING THE SYPHUS TRAINING FIELD. PERFORM LIST OF TASKS IN THE PATTERN OF THE RUN THAT IS LISTED. THE PATTERN IS ULTIMATELY MULTIPLE U-TURNS BLENDED TOGETHER. ALWAYS DOUBLE UP ON THE TURNS.

PLAYING THE FIELD





SLOPE

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

SPLIT-PEAK

1. GALLOW 2-1-4-3-4-1
2. V-STEP (10) + RUN
3. F. LUNGE
4. XPP
5. BULLDOG

6. QUICK FT. (20) + RUN
7. PLATE SHAKE 9+
8. RDL (8) + TZN
9. SKULLS (10) + TZN
10. VIPER

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

SPLIT-FADE

1. SCORPION TO 3/BACK
2. TYSON
3. TWISTED
4. CURL WALK 6+
5. TARASQ

6. M.F.T.
7. SQ. JUMP (10) + RUN
8. HALO 2-1-3-1-4-1
9. MONTAUK
10. SUICIDE 2-1-3-1-4-1

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

SPLIT-REV

1. STAMPEDE
2. MONGOOSE
3. VENOM
4. O-BOR (10) + TZN
5. QUICKSAND Ⓛ

6. TAKE OFF!
7. CHICKIN 2-1-3-1-4-1
8. YIKES!
9. SL MANTIS (8) + RUN
10. FLAMINGO (6) + TZN



SLOPE

PERFORM EACH SECTION AS A SMALL MTN. EITHER 1,12,123 OR
1,12,123,1234 DEPENDING ON THE NUMBER OF TASKS IN THE SECTION.

MOLE HILLS

1. SHUFFLE
2. BONSAI 3-1-4-2-4-1
3. TROMBONE 6+

-
1. ALT. SQUOND
 2. PLATE PUSH
 3. TRIFECTA 6+

-
1. GALLOW 2-1-4-3-4-1
 2. BUNYAN
 3. GARGOYLE
 4. SLING SHOT 3-2-4-2-4-1

-
1. STAMPEDE
 2. MIEL'S WHEELS
 3. CURL WALK 6+

1. HIKES
2. ALI 22+
3. PUSH UPS (10) + RUN

-
1. SKIPS
 2. HOT COALS (10) +RUN
 3. SKUFFLE

-
1. ANACONDA
 2. GIMPY DOG
 1. W. GREMLIN
 2. SLAP JACK
 3. HALO 2-1-3-1-4-1

-
1. POTTY TO BULLDOG
 2. DIABLO
 3. TYSONS

1. MONTAUK
2. SPIKES
3. B.N.C.

-
1. APE SHOOT!
 2. MOGUL PUSH
 3. SLUSKI

-
1. REV HYDRA
 2. CUJO (L)
 1. TROG
 2. KAMIKAZE 4-3-4-2-4-1-4-1
 3. REV PLATE PUSH

-
1. SHWAGGIN 1:1
 2. BOVINE
 3. CRAY-CRAY

1. AMAROK
2. NEAPOLITAN
3. SCORPION TO 3/BACK

-
1. ROW STROLL 6+
 2. TYPHON
 3. REV MASTODON



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

ZENITH

1. SHUFFLE
2. MT. CLIMB (20) + RUN

3. TURKEYS
4. HIKES

5. SQUONK
6. ROW STROLL 6+

7. MIEL'S WHEELS
8. CRAY-CRAY

1X

2X

3X

4X

1-10
 10-1

U

1. PINNED 2-1-3-1-4-1
2. TROG
3. B. LUNGE
4. MONGOOSE
5. TORO
6. JAGGER (12) + RUN
7. HANG MADNESS 6
8. W. GREMLIN
9. DIABLO
10. BENCHED (30) + TZN

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

EL CYCLE

1. BANDIT (20) + RUN
2. TRIFECTA! 6+
3. B.O.R. (15) + TZN
4. WICCA

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

HYBRID2

1. STAMPEDE
2. CYCLONE (12) + TZN
3. DELAURA

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

EQUALATERAL

1. TROMBONE 6+
2. VENOM
3. BOVINE
4. SPIKES



SLOPE

1-15,
15-1

U-TURN

1. SHUFFLE
2. HOT COALS (10) +RUN
3. SKATES
4. PLATE SHAKE 9+
5. KOBOLD
6. HIKES
7. GORGON (8) +RUN
8. POTTY SHOT
9. RIBBITS (10) +RUN
10. NEAPOLITAN
11. GALLOW 2-1-4-3-4-1
12. RAMPANT (10) +RUN
13. TROG
14. ROW STROLL 6+
15. REV PLATE PUSH

PERFORM A MONGOOSE
BEFORE EACH TASK.

MONGOOSE GAUNTLET

1. HALO 2-1-3-1-4-1
2. JACKALOPE
3. CHICKIN 2-1-3-1-
4. SWAGGIN 1:1
5. INCH WORM
6. STORK (20) +TZN
7. VIP (10) +RUN
8. COAL MINE 22+
9. FLYING MONKEY
10. 3. PT. STANCE
11. REV BULLDOG
12. SAWED OFF (10) +TZN

1,2,3

2,3,4

3,4,5...

MESA

1. OFFERING
2. BANDIT (20) +RUN
3. SA DIABLO
4. W. CROOK
5. SUICIDE 2-1-3-1-4-1
6. RDL (8)+TZN
7. PUSH UP (10) +RUN
8. LYCAN (10) +RUN
9. BUCKS
10. HANG (10) +RUN
11. TROMBONE 6+
12. VOODOO (L)



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

EL CYCLE

1. GALLOW 2-1-4-3-4-1
2. QUICK FT. (20) + RUN
3. MT. CLIMB (20) + RUN
4. SWAGGIN 1:1
5. HIKES

REV MTN2

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

1. JAGGER (12) + RUN
2. KOBOLD
3. SUPP 10
4. CYCLONE (12) + TZN
5. RDL (8) + TZN
6. POTTY SHOTS
7. VIP (10) + RUN
8. C.H.B.

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

EQUALIBRIOUS

1. BANDIT (20) + RUN
2. HAG
3. VEXUM
4. COALITION (10) + TZN
5. BEAR

CENTAUR2

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

1. BUCKS
2. D-PINNED 2-1-3-1-4-1
3. HANG (10) + RUN
4. REV BNC
5. MOWGLI (12) + RUN
6. FLYING JACKAL
7. F. LUNGE
8. OZARK
9. SAWED OFF (10) + TZN
10. VIPER
11. TOES (20) + RUN
12. NEAPOLITAN



SLOPE

IN CHECKLIST FORM.
PERFORM EACH TASK THE
NUMBER OF TIMES LISTED

CHAOS

2 RUN

1 EN GARDE

1 MT. CLIMB (20) + RUN

3 STAMPEDE

1 PLATE SHAKE 9+

2 TURKEYS

2 MIEL'S WHEELS

4 SKY HIGH 4-1

1 POTTY TO BULLDOG

3 SKIPS

3 AMAROK

1 TRIFECTA! 6+

2 F. LUNGE

5 MONTAUK

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

2 APE SHOOT!

3 TROG

1 BULLSHIT

1 W. GREMLIN

1 ARACHNID

2 KOBOLD

1 DENSER 2-1-3-1-4-1

4 TWISTED

1 GALLOWS 2-1-4-3-4-1

2 JAGGER (12) + RUN

2 GRECO

4 CROOK

1 BUCKS

3 HOP SCOTCH

3 MOGULS (20) + RUN

1 JACK-ASS

1 REV PLATE PUSH

2 SHWAGGIN 1:1

1 WICCA

1 TOES (20) + RUN

5 SLAP JACK

2 ROW STROLL 6+

2 TYPHON

2 JABBERWOCKY

1 3 PT. STANCE

3 TYSONS

1 YETI

1 PROWLER (L)

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

2 INCH WORM

1 YIKES!

2 BUZZARD

3 SKATES

1 HAMSTRUNG

1 REV MASTODON



SLOPE

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

EXPANDING

1. INCH WORM
2. AMAROK
3. MONTAUK
4. PLATE SHAKE 9+
5. EN GARDE
6. MT. CLIMB (20) + RUN
7. STAMPEDE
8. OFFERING
9. RAZOR
10. SA BOULDER

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

MOLE HILLS

1. BANDIT (20) + RUN
2. SQUONQ
3. CHICKIN 2-1-3-1-4-1

-
1. SUE-STEP (20) + RUN
 2. APE SHOOT!
 3. ZOOKEEPER

-
1. MOGUL (20) + RUN
 2. SAWED OFF (10) + TZN
 3. BUNYAN

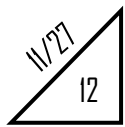
-
1. RDL (8) + TZN
 2. TROG
 3. VIPER

-
1. CHIMP (8) + RUN
 2. BUCKS
 3. HAG

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

CHAMELEON

- 1A. QUICKSAND Ⓛ
 - 1B. DEATH ROW 2-1-3-1-4-1
 - 1C. W. LUNGE
 - 1D. SLIGER
 - 1E. DIABLO
-
2. HANG (10) + RUN
 3. VENOM
 4. CYCLONE (12) + TZN
-
- 5A. REV INCH
 - 5B. ENFORCER
 - 5C. K.O.D. (20) + TZN
 - 5D. WINDOW WASH
 - 5E. NEAPOLITAN



SLOPE

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

SHRINKING

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE
3. BANDIT (20) + RUN
4. INFINITY (20) + RUN
5. TWO-STEP (20) + RUN
6. SQ. THRUST (10) + RUN
7. W. CROOK
8. TROMBONE 6+
9. RIBBITS (10) + RUN
10. BULLDOG

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

CEPTILIAN²

1. SWAGGIN 1:1
 2. ROW STROLL 6+
 3. MOGUL PUSH
-
- 4A. BRDG BENCHED (30) + TZN
 - 4B. COBRA (10) + PUSH
 - 4C. WARRIOR
 - 4D. RESURRECTION

- 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

VERTEX

1. O-B.O.R. (10) + TZN
2. JACK BOX
3. APE SHOOT!
4. BONSAI 3-1-4-2-4-1
5. SQUONQ

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

MTN

1. NEAPOLITAN
2. TYSON
3. STACKSHOT
4. BUCKS



WARM UP

1. SPRINT
2. V-STEP (10) + RUN
3. MT. CLIMB (10) + RUN
4. SWAGGIN 1:1

A. CRANBERRY SAUCE

1. TRIFECTA! 6+
2. CURL PRESS 5+
3. RIBBITS (10) + RUN
4. PARATROOP (10) + RUN

B. MASHED POTATOES

1. LYCAN (10) + RUN
2. ALI 22+
3. SQ. JUMP (10) + RUN
4. MUGGER (10) + RUN

C. CORN

1. OGRE (10) + TZN
2. RAMP UP (6) + RUN
3. SL MANTIS (8) + RUN
4. O-BOR (10) + TZN

D. YAMS

1. X PP
2. BEAR
3. NO GIMMIES
4. SA PP

E. STUFFING

1. BULLFROG
2. SHOT PUT
3. W. LUNGE
4. BOULDER

F. GRAVY

1. TIPPY-TAP
2. CROOK
3. W. GREMLIN
4. TYSONS

THE FEAST 4.0

G. GREEN BEAN CASSEROLE

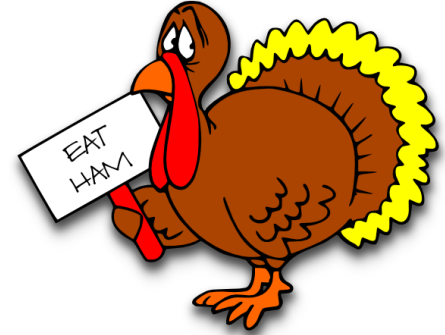
1. RDL (8) + TZN
2. JACKAL
3. 90° (10) + TZN
4. GRAY-CRAY

H. PUMPKIN PIE

1. SNUFF BOX
2. GROOTSLANG
3. CUJO ⌚
4. VOODOO ⌚

I. TURKEY

1. TURKEY
2. TURKEY
3. TURKEY
4. TURKEY



START WITH THE EQUALIBRIOUS WARM UP.

PICK ONE TASK FROM EACH CATEGORY AND PERFORM IT ONCE. GO IN ORDER BY CATEGORY (A-I).

SECOND TIME THROUGH CHOOSE A DIFFERENT TASK IN EACH CATEGORY, DO IT TWICE.

REPEAT 3X PER TASK. REPEAT 4X PER TASK.

EXCEPT FOR TURKEYS, REPEATING A TASK LATER IN THE WORKOUT IS PROHIBITED.



SLOPE

WARM UP MTN

1- BUTT KICKS

2- EN GARDE

3- MOGULS (20) + RUN

4- KOBOLD

LEFT-OVERS '24

AFTER THE WARM-UP MTN, CHOOSE ONE LIST AND PERFORM AS A CHECK-LIST (1-9). THEN CHOOSE A DIFFERENT LIST TO PERFORM AS A CHECK-LIST (2) (1-9, 1-9). CHOOSE A 3RD LIST AND PERFORM AS A CHECK-LIST (3), THEN DO THE REMAINING LIST AS A CHECK-LIST (4).

1- PLATE SHAKE

2- F. LUNGE

3- XPP

4- HIKES

5- HACK-IT

6- BULLDOG

7- PUSH-UPS (10) + RUN

8- TOUCAN (20) + TZN

9- TURKEY

1- ROW STROLL

2- O-PINNED

3- SAPP

4- APE SHOOT!

5- ANACONDA

6- GROWLER

7- GORGON (8) + RUN

8- SAWED OFF (10) + TZN

9 - TURKEY

1- CURL WALK

2- GBD (15) + TZN

3- CRAZY LEGS

4- BULLY

5- REV INCH

6- VIPER

7- SL OGRE (10) + TZN

8- B.O.R. (15) + TZN

9- TURKEY

1- TALL ORDER

2- KITCHEN SINK (10) + TZN

3- PLATE PUSH

4- TARASQ

5- REVIVAL

6- MONGOOSE

7- SUPP (10)

8- CRAISE (20) + TZN

9- TURKEY



SLOPE

FLIPPED

1,1,2,3
2,2,3,4
3,3,4,5
4,4,5,6
5,5,6,7...

1. EN GARDE
2. MT. CLIMB (20) + RUN
3. PLATE SHAKE 9+
4. ALT. SQUONQ
5. JAGGER (12) + RUN
6. TALL ORDER 6+
7. OGRE (10) + TZN
8. JACKALOPE
9. KNEELING CURL (6) + TZN
10. PROWLER (L)

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

REV HYBRID2

1. SPD. SKATES (20) + RUN
2. CHICKIN 2-1-3-1-4-1
3. SQ. JUMP (10) + RUN
4. SUPP 10
5. REV INCH

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

CROSS-FIRE

1. ABD. MANTIS (8) + RUN
2. SAWED OFF (10) + TZN
3. DEATH ROW 2-1-3-1-4-1
4. SKULLS (10) + TZN

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

EL CYCLE

1. PUSH UP (10) + RUN
2. HIKES
3. SKUFFLE
4. MONTAUK

- A. TROG
- B. GIMPY DOG

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