

**JULY**

**MOTHERBOARD**

**2024**

# THE SYPHER

TAP IN. TAME IT. LET IT OUT.

## FORM FIRST

PERFORM EACH TASK TO THE BEST OF YOUR ABILITY. DON'T CHEAT YOURSELF IN PURSUIT OF A HIGHER SCORE.

## COMPETITION SECOND

COMPETITION IS THE HEART OF SYPHUS BUT SECONDARY TO FORM. YOU ARE YOUR GREATEST COMPETITION.

## FOLLOW THE BOARD, NOT THE HERD

YOU'LL NEVER LEAD THE PACK IF YOU'RE WAITING TO FOLLOW SOMEONE ELSE. READY TO GO? ASK YOUR PRO.  
COMMITTING TASKS AND PROGRESSIONS TO MEMORY ENGAGE THE MIND AS WELL AS THE BODY.

## THE PRO IS NOT A REFEREE

ALL PROS ARE EXPERIENCED VETERANS OF SYPHUS TRAINING & HAVE BEEN RECOGNIZED FOR THEIR OF KNOWLEDGE AND RECALL OF THE FORMS, TASKS AND CIRCUITS OF SYPHUS. ANY INSTRUCTION FROM YOUR PRO IS FOR YOUR SAFETY AND IMPROVEMENT.

## THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

- NEVER PERFORM A STATIONARY TASK OUTSIDE OF THE ENDZONE
- ALWAYS FACE THE FIELD
- NEVER STOP SHORT OF YOUR MARK
- TASK PERFORMED OUT OF ORDER ARE NOT GIVEN CREDIT
- REDEEM ANY TASKS PERFORMED OUT OF ORDER
- LET THE PRO KNOW WHEN REDEEMING OR NEEDING A MODIFICATION
- IF YOU'RE UNSURE WHICH REP YOU'RE ON; DO ANOTHER

## NO SCORE? LET US KNOW BEFORE

YOU'RE NOT REQUIRED TO KEEP A SCORE, BUT IF YOU DO, PLEASE REMEMBER THE FOLLOWING:

- IF YOU DO NOT WANT A SCORE, LET US KNOW BEFORE YOU HIT THE TURF.
- IF WE MAKE AN ERROR OR FORGET TO IN ENTER YOUR SCORE PLEASE LET THE PRO KNOW UPON YOUR NEXT VISIT.
- PERSONAL MESSAGES AND TEXTS WILL NOT BE ANSWERED FOR SCORING PURPOSES.

## PLATE ETIQUETTE

- DO NOT SWITCH PLATES MID-WORKOUT FOR ONE THAT "SLIDES" EASIER. SWEAT ON THE PLATE IS A GOOD THING.
- DO NOT INTENTIONALLY DROP PLATES FROM ANY POINT HIGHER THAN YOUR HIP AS IT DAMAGES THE TURF.
- PLEASE WIPE DOWN YOUR PLATE AND RETURN IT TO THE RACK AT THE END OF THE WORKOUT.

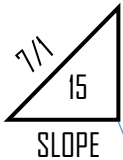
## WAIT YOUR TURN

RESPECT THE WORKOUT OF OTHERS. STAY OFF THE FIELD OF PLAY WHEN A WORKOUT IS IN PROGRESS  
EVERYONE HAS A FAVORITE PLATE AND LANE BUT PLEASE WAIT TO CLAIM IT.

## LET IT OUT

IF THE WORKOUT MAKES YOU WANT TO SCREAM AND CUSS, GO AHEAD AND LET IT OUT!  
BE WARNED, SOME OF THE MUSIC PLAYED IS JUST AS ILLICIT.

## EMBRACE THE HANGOVER



# 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

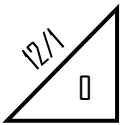
EQUALATERAL

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

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

### A. REPTILIANZ

1. GALLOW 2-1-4-3-4-1
2. TWO-STEP (20) + RUN
3. HIKES
4. ROW STROLL 6+
- 5A. LYCAN (10) + RUN
- 5B. FROGS
- 5C. REV BULLDOG

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

### B. CROSS-FIRE

1. RAMPAGE (12) + RUN
2. MIEL'S WHEELS
3. SAWED OFF (10) + TZN

- A. POTTY TO BULLDOG
- B. BUCK UP

# RAPTURE

ORDER  
A,\*  
B,\*  
C,\*  
D,\*



MTN

1. VENOM
2. VIPER
3. DEVIL

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

### C. EQUALIBRIOUS

1. JIGGY (20) + RUN
2. TROG
3. SKIPS
4. MONKEY

### D. EL CYCLE

1. TRUMPET 9+
2. MASTODON
3. OGRE (10) + TZN
4. WARLOCK

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



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

## EXPANDING

1. W. LUNGE
2. BOVINE
3. RAMPANT (10) + RUN
4. TYSONS
5. EN GARDE
6. MT. CLIMB (20) + RUN
7. LYCAN UP (10) + RUN
8. CHICKIN 2-1-3-1-4-1
9. SL GORGON (8) + RUN
10. SUCK UPS

VIPER, TASK  
VIPER, TASK  
VIPER, TASK...

## VIPER GAUNTLET

1. SUE STEP (20) + RUN
2. YETI
3. PABLO
4. TRIFECTA! 6+
5. SWAGGIN 1:1
6. KITCHEN SINK (10) + TZN
7. PEG LEG (8) + RUN
8. HIKES

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

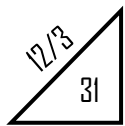
## EQUALATERAL

1. PISTON (10) + TZN
2. TWISTED
3. HALO 2-1-3-1-4-1
4. ALI 22+
5. MUGGER (12) + RUN

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

## MT. NEVEREST

- 1X STAMPEDE
- 2X GALLOW 2-1-4-3-4-1
- 3X JACKALOPE
- 4X VENOM



SLOPE

1  
1,22  
1,2,333  
1,2,3,4444  
1,2,3,4,55555

## VERTEX

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN
3. PLATE PUSH
4. TROMBONE 6+
5. MIEL'S WHEELS

1-12

12-1

## U-TURN

1. CYCLONE (12) + TZN
2. EN GARDE
3. DEATH ROW 2-1-3-1-4-1
4. JACKBOX
5. INFINITY (20) + RUN
6. TOES (20) + RUN
7. ALI 22+
8. STACK SHOT
9. BONSAI 3-1-4-2-4-1
10. MANTIS (8) + RUN
11. TALL ORDER 6+
12. PROWLER Ⓛ

1,2,3,3

2,3,4,4

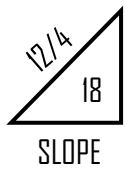
3,4,5,5

4,5,6,6

5,6,7,7...

## RIPPLED

1. ARACHNID
2. BENCHED (30) + TZN
3. TIGER ROLL
4. FLAMINGO (6) + TZN
5. GBD (15) + RUN
6. COALITION (10) + TZN
7. TARASQ
8. VEXUM
9. SQUONQ
10. TAKE OFF!



1-10  
10-1  
1-10

N

1. BONSAI 3-1-4-2-4-1
2. TYSONS
3. W. GREMLIN
4. TOES (20) + RUN
5. SWAGGIN 1:1
6. POTTY SHOT
7. TROG
8. CURL PRESS 5+
9. XPP
10. SL PUSH UP (10) + RUN

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

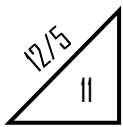
CAVITY

1. VIP (10) + RUN
2. RIBBITS (10) + RUN
3. B.O.R. (15) + TZN
4. SLAP JACK
5. JOHNNY APPLESEED
6. REV INCH WORM
7. KAMIKAZE 4-3-4-2-4-1-4-1
8. CHICKIN 2-1-3-1-4-1
9. SKULLS (10) + RUN
10. YIKES!

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

CENTAUR 2

1. BULLFROG
2. MIELS WHEELS
3. JIGGY (20) + RUN
4. BUCKS
5. TROMBONE 6+
6. QUICK FT. (20) + RUN
7. VENOM
8. CYCLONE (12) + TZN
9. BOVINE
10. BUZZARD
11. HOT COALS (10) + RUN
12. HANG (10) + RUN
13. CRAY-CRAY
14. ALT. SQUONQ
15. PRIMATES 4-1-3-1-2-1



SLOPE

## MTN2

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

1. STAMPEDE
2. SHUFFLE
3. TWO-STEP (20) + RUN
4. BANDIT (20) + RUN
5. HIKES
6. PLATE SHAKE 9+
7. F. LUNGE
8. RAMBO (10) + RUN
9. SLING SHOT 3-2-4-2-3-1
10. PINNED 2-1-3-1-4-1

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

## CEPTILIAN2

1. DELAURA
  2. KOBOLD
  3. JAGGER (12) + RUN
  - 4A. REVIVAL
  - 4B. ANACONDA
  - 4C. WICCA
- 1-4  
4-1  
2,3  
3,2
- ## EL CYCLE

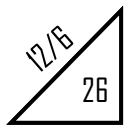
1. RDL (8) + TZN
2. ROW STROLL 6+
3. LYCAN (10) + RUN
4. SUPP 10

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

## FADED2

1. MOGULS (20) + RUN
  2. JOUNCE 2-1-3-1-4-1
  3. GALLOW 2-1-4-3-4-1
  4. MONGOOSE
  5. SQUAT THRUST (10) + RUN
  6. APE SHOOT!
  7. DIABLO
  8. TURKEYS
- ## FIND MUCK
- 4321 NEAPOLITAN
  - 321 SHUTTLE RUN 3-2-4-2-3-1
  - 21 PUSH UP (10) + RUN
  - 1 SPARROW ⌚





SLOPE

# TWO-THIRDS

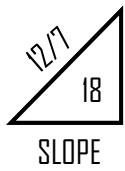
FIRST PERFORM THE WARM UP MTN, THEN PERFORM THE BLUE AS A SIMPLE CHECKLIST 1-36. THEN, PERFORM 2/3<sup>RD</sup> OF THE CHECKLIST BY DOING 1-24. THEN REDUCE AGAIN BY GOING 1-16 TO FINISH THE WORKOUT.

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

## W/UP MTN

1. EN GARDE
2. MOGUL (20) + RUN
3. BULLY
4. TIPPY-TAP

- |                           |                        |                         |
|---------------------------|------------------------|-------------------------|
| 1. YIKES!                 | 13. YAK                | 25. VIP (10) + RUN      |
| 2. ALI 22+                | 14. STROW 1:1          | 26. HALO 2-1-3-1-4-1    |
| 3. FLAMINGO (6) + TZN     | 15. VEXED (10) + RUN   | 27. GARGOYLE            |
| 4. RAMPAGE (12) + RUN     | 16. GRECO              | 28. GALLOW 2-1-4-3-4-1  |
| 5. REV POUNCER (10) + RUN | 17. SL DGRE (10) + TZN | 29. 3 PT. STANCE        |
| 6. TOES (20) + RUN        | 18. SKUFFLE            | 30. B. LUNGE            |
| 7. K.O.D. (20) + TZN      | 19. SPIKES             | 31. RAMBO (10) + RUN    |
| 8. TWISTED                | 20. JAGGER (12) + RUN  | 32. GROWLER             |
| 9. QUICK FT. (20) + RUN   | 21. POTTY SHOT         | 33. WICCA               |
| 10. SLAP JACK             | 22. MOWGLI (12) + RUN  | 34. TROG                |
| 11. W. GREMLIN            | 23. G.B.D. (15) + RUN  | 35. SUICIDE 2-1-3-1-4-1 |
| 12. PARATROOP (10) + RUN  | 24. REV PLATE PUSH     | 36. M.F.T.              |



**A. MTN**

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

**B. VERTEX**

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

**C. EL CYCLE**

1. MONKEY
2. SQUONQ
3. SPIDOTO

**D. CHECKLIST (2)**

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

**E. CROSS-FIRE**

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

**F. MT. NEVEREST**

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

**G. FADED**

1. THRASHER
2. SAPP
3. TURKEYS

**H. U-TURN**

1. QUICKSAND Ⓢ
2. MASTODON
3. APE SHOOT

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

**SHORT CIRCUIT**

**I. CENTAUR3**

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

**J. MTN2**

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

**K. CAVITY**

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

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



SLOPE

# SYPHYLOGENY

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.

## SLINGSHOT

1. SHUTTLE RUN 3-2-4-2-3-1
2. QUICK FT. MADNESS 10
3. PLATE PUSH

- 4a. REV BEAR
- 4b. REV BNC
- 4c. REV PLATE PUSH
- 4d. SLINGSHOT 3-2-4-2-3-1

## ZOMBIE

1. SWAGGIN 1:1
2. BULLY
3. PLATE SHAKE 9+

- 4a. OFFERING
- 4b. TROMBONE 6+
- 4c. STORK (20) + TZN
- 4d. ZOMBIE

## SL BOULDER

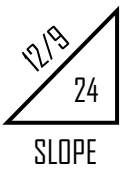
1. TOES (20) + RUN
2. SL BAYOK (6) + RUN
3. GIMPY DOG

- 4a. BOVINE
- 4b. BOULDER
- 4c. GARGANTUAN
- 4d. SL BOULDER

## SHALO

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

- 4a. OPA (8) + TZN
- 4b. TALL ORDER 6+
- 4c. HAG
- 4d. SHALO 1:1



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. HIGH KNEES
2. SUE-STEP (20) + RUN
3. POTTY SHOT
4. COALITION (10) + TZN
5. REV CUJO (L)

1-7  
1-7  
1-7

## CHECKLIST (3)

1. TYSONS
2. REV PLATE PUSH
3. KAMIKAZE 4-3-4-2-4-1-4-1
4. BUCKS
5. REV VIPER
6. RAMBO (10) + RUN
7. ROOSTER (10) + TZN

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

## CEPTILIAN2

1. VENOM
2. CURL WALK 6+
3. BUZZARD

---

- 4A. CRAISE (20) + TZN
- 4B. SKUFFLE
- 4C. WICCA

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

## FADED2

1. GALLOW 2-1-4-3-4-1
2. QUICKSAND (L)

---

3. SPIKES

---

4. VIP (10) + RUN

---

5. TOES (20) + RUN

---

6. PRIMATES 4-1-3-1-2-1

---

7. STACK SHOT
8. CRAZY LEGS



SLOPE

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

## CHAMELEON 2

- 1A. TWO-STEP (20) + RUN
- 1B. MT. CLIMB (20) + RUN
- 1C. 0-PINNED 2-1-3-1-4-1
- 1D. CHIMP (8) + RUN

---

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

3. PLATE SHAKE 9+

4. MIEL'S WHEELS

---

5A. COALITION (10) + TZN

5B. RDL (8) + TZN

5C. VIPER

5D. CRAISE (20) + TZN

1123  
2234  
3345...

## FLIPPED

- 1. SLAP JACK
- 2. TRIFECTA 6+
- 3. BUZZARD
- 4. XPP
- 5. SHUTTLE RUN 3-2-4-2-3-1
- 6. BANDIT (20) + RUN
- 7. SHWAGGIN 1:1
- 8. TWISTED
- 9. 3 PT. STANCE
- 10. REV MASTODON

1-12  
4-12  
7-12  
10-12

## FADED 3

- 1. MIM 3-2-4-2-3-1
  - 2. BONSAI 3-1-4-2-4-1
  - 3. HACK-IT
- 
- 4. PLATE PUSH
  - 5. POTTY SHOT
  - 6. KITCHEN SINK (10) + TZN
- 
- 7. GROWLER
  - 8. VEXED (10) + RUN
  - 9. CHICKIN 2-1-3-1-4-1
- 
- 10. TAUNTAUN
  - 11. CURIOUS GEORGE
  - 12. GIMPY DOG



SLOPE

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. TOES (20) + RUN

2. STAMPEDE

3. STAT SWAG (20) + TZN

4. HIKES

5. MONTAUK

6. MUGGER (12) + RUN

7. YETI

8. DELAURA

1X

2X

3X

4X

1-5

1-10

1-15

### MTN5

1. BRIDGED SKULLS (10) + TZN

2. TURKEYS

3. REV ARACHNID

4. KOBOLD

5. VENOM

6. JESTER

7. V-STEP (10) + RUN

8. W. CROOK

9. APE SHOOT!

10. DIABLO

11. TIPPY-TAP

12. HALO 2-1-3-1-4-1

13. SL INCH

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

15. VIPER

### FIND MUCK

321 BUZZARD

21 MOGUL MADNESS 10

1 WALRUS



SLOPE

PERFORM AS A CHECKLIST BY DOING EACH TASK THE NUMBER OF TIMES NOTED. PATTERN REMAINS CONSISTENT THROUGHOUT.

### MATTER HORN

- 1 KAMIKAZE 4-3-4-2-4-1-4-1
- 2 QUICK FT. (20) + RUN
- 3 TURKEYS
- 2 PLATE SHAKE 9+
- 1 GORGON (8) + RUN

---

- 1 CYCLONE (12) + TZN
- 2 SQ. JUMP (10) + RUN
- 3 EN GARDE
- 2 SAWED OFF (10) + TZN
- 1 SUPP (10)

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- 1 COBRA (10) + PUSH
- 2 B.D.R. (15) + TZN
- 3 KOBOLD
- 2 GBD (15) + RUN
- 1 MASTODON

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

### REVERTEX

- 1. PETRA
  - 2. TOES (20) + RUN
  - 3. APE SHOOT!
  - 4. CALF-IN-ATOR
- 1  
1,2  
1,2,3  
1,2,3,4
- ### MTN
- 1. BUTT KICKS
  - 2. BENCHED (30) + TZN
  - 3. TYSONS
  - 4. SPARROW Ⓛ

11  
22  
33...  
1-10

### C2 to CHECKLIST

- 1. SL MANTIS (8) + RUN
- 2. CURL PRESS 5+
- 3. OFFERING
- 4. 3 PT. STANCE
- 5. JOHNNY APPLESEED
- 6. BONSAI 3-1-4-2-4-1
- 7. SHOT PUT
- 8. PARATROOP (10) + RUN
- 9. TIPPY-TAP
- 10. ANACONDA



SLOPE

# =IBRIOUS DAY (12.13) MOLE-HILLS

1,2,1,3  
2,3

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

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

1. TYSONS
  2. KOBOLD
  3. CURL WALK 6+
  4. GORGON (8) + RUN
- 

1,2,1,3  
2,3

1. HIKES
  2. REV BEAR
  3. JACKALOPE
- 

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

1. PINNED 2-1-3-1-4-1
2. F. LUNGE
3. BANDIT (20) + RUN
4. TROG

1,2,1,3  
2,3

1. ROW STROLL 6+
  2. B.N.C.
  3. GBD (15) + RUN
- 

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

1. V-STEP (10) + RUN
  2. MASTODON
  3. TWINKLE TOES (30) + 1
  4. CRAZY LEGS
- 

1,2,1,3  
2,3

1. BONSAI 3-1-4-2-4-1
  2. BUCKS
  3. SWASHBUCKLER
- 

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

1. PUSH UP (10) + RUN
2. W. GREMLIN
3. ALI 22+
4. VENOM

1,2,1,3  
2,3

1. KAMIKAZE 4-3-4-2-4-1-4-1
  2. INCH WORM
  3. GRIFTER (8) + SA PP
- 

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

1. MONTAUK
  2. CURIOUS GEORGE
  3. MIEL'S WHEELS
  4. TYPHON
-





SLOPE

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, 7A

## VOYAGE

1. SHUFFLE
2. SKATES
3. BANDIT (20) + RUN

---

- 4A. ALI 22+
- 4B. TROMBONE 6+
- 4C. SA P.P.
- 4D. POTTY SHOT HOPS

---

- 5A. BULLDOG
- 5B. RIBBITS (10) + RUN
- 5C. THRASHER

---

- 6A. SL OGRE (10) + TZN
- 6B. SUICIDE 2-1-3-1-4-1

---

- 7A. JACK-BOX

1-10

7-9

6-8

5-7

4-6

3-5

2-4

1-3

## RECOIL

1. TURKEYS
2. ROW STROLL 6+
3. RAMBO (10) + RUN
4. MONTAUK
5. W. GREMLIN
6. O-PINNED 2-1-3-1-4-1
7. WARLOCK
8. TRIFECTA! 6+
9. LYCAN (10) + RUN
10. W. LUNGE

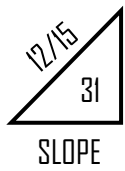
1-6, 6-1

2-5, 5-2

3,4,4,3

## EL CYCLE

1. BOULDER
2. SUE-STEP (20) + RUN
3. MONKEY
4. TARASQ
5. DEATH ROW 2-1-3-1-4-1
6. QUICKSAND Ⓛ



1-30  
7-30  
13-30  
19-30  
25-30

# FADED6

1. SHUTTLE RUN 3-2-4-2-3-1
2. SKIPS
3. HOT COALS (10) + RUN
4. INFINITY (20) + RUN
5. BULLY
6. LYCAN UP (10) + RUN

---

7. TYSONS
8. SAWED OFF (10) + TZN
9. HANG (10) + RUN
10. 90° (10) + TZN
11. SPIKES
12. GROWLER

---

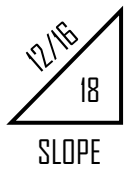
13. MUGGER (12) + RUN
14. GRYPHON (8) + PUSH
15. BONSAI 3-1-4-2-4-1
16. JACKALOPE
17. KOBOLD
18. REVIVAL

---

19. DENSER 2-1-3-1-4-1
20. GRECO
21. OFFERING
22. YETI
23. TWINKLE TOES (30) + TZN
24. SCALAWAG

---

25. TARASQ
26. PRIMATES 4-1-3-1-2-1
27. SKY HIGH 4-1
28. REV PLATE PUSH
29. STAMPEDE
30. TAKE OFF!



1-7, 8A, 8A, 8A  
1-7, 8B, 8B, 8B  
1-7, 8C, 8C, 8C

## REPTILIAN<sup>3</sup>

1. BONSAI 3-1-4-2-4-1
  2. MT. CLIMB (20) + RUN
  3. JAGGER (12) + RUN
  4. SWAGGIN 1:1
  5. W. GREMLIN
  6. SQ. THRUST (10) + RUN
  7. NO GIMMIES
- 
- 8A. PLATE PUSH
  - 8B. BULLY
  - 8C. SQ. JUMP (10) + RUN

1-10  
1-10  
1-10

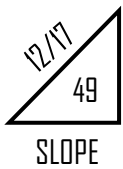
## CHECKLIST (3)

1. MIEL'S WHEELS
2. WIDE PISTON (10) + TZN
3. GBD (15) + RUN
4. SQUANTOES (20) + RUN
5. MONTAUK
6. SL BUCKS
7. ROW STROLL 6+
8. ARACHNID
9. KOBOLD
10. VENOM

1-10  
2-9  
3-8  
4-7  
5.6

## SHRINKING

1. SHALO 1:1
2. YETI
3. TROG
4. MANTIS (8) + RUN
5. MOGULS (20) + RUN
6. VIP (10) + RUN
7. STAMPEDE
8. RAZOR
9. K.O.D. (20)
10. REV CUJO Ⓞ



## 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

1. QUICK FT. (20) + RUN

TYSON

SWAGGIN 1:1

INFINITY (20) + RUN

2. CURL WALK 6+

B.O.R. (15) + TZN

SKULLS (10)+TZN

SL BRIDGED BENCHED (15) + TZN

3. FROZEN GREMLIN 8

SPIKES

MIEL'S WHEELS

APE SHOOT!

4. VIP (10) + RUN

INCH WORM

KOBOLD

ENFORCER

A. RAMPANT (10) + RUN

RAMBO (10) + RUN

RAMPAGE (12) + RUN

B. BULLDOG

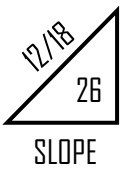
DELAURA

JACK BOX

C. GIMPY DOG

BOVINE

SL BOULDER



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

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

## CROSS-FUSION

## AND1

1. HIGH KNEES
2. TIP-TOES (20) + RUN
3. KNEELING SWAG (15) + TZN
4. RAMPANT (10) + RUN

- A. INFINITY (20) + RUN
- B. SWASHBUCKLER
- C. REV VIPER

1. ALT. SQUONQ
2. SUE-STEP (20) + RUN
3. FROZEN GREMLIN 8
4. PROWLER Ⓛ

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

=ATERAL

1. STAT ROW (6) + TZN
2. YETI
3. SAWED OFF (10) + TZN
4. VEXUM

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

## HYBRID2 MTN2

1. COALITION (10) + TZN
2. PARATROOP (10) + RUN

---

3. SPIDOTO

---

4. ABD. FLAMINGO (6) + TZN

---

5. REV MASTODON

---

6. GARGANTUAN



2024 THROWBACK

# MARCH MAYHEM - ROUND 1

PYP CENTAUR2  
CHOOSE EITHER THE  
BLUE OR THE RED  
TASK FOR EACH  
NUMBER. FINISH THAT  
TASK BEFORE MOVING  
ONTO THE NEXT  
NUMBER AND  
SELECTING WHICH  
TASK TO DO NEXT.

			ROQ				ROQ
1.	EN GARDE	RUN		23.	MIEL'S WHEELS	SAWED OFF (10) + TZN	
2.	HOT COALS (10) + RUN	HIGH KNEES	X	24.	DELAURA	REV BEAR	
3.	SHUFFLE	STAMPEDE	X	25.	YAK	CROAKIN	
4.	SKATES	SWAGGIN 1:1	X	26.	TYSONS	SKUFFLE	
5.	HIKES	TROMBONE 6+	X	27.	REV VIPER	HAG 1:1	
6.	JIGGY (20) + RUN	W. CROOK	X	28.	TWO-STEP (20) + RUN	SCALAWAG	
7.	KOBOLD	SPEED SKATES (20) + RUN	X	29.	3 PT. STANCE	MONGOOSE	
8.	MOGUL PUSH	GIMPY DOG	X	30.	SCORPION TO 3/BACK	OZARK	
9.	HALO 2-1-3-1-4-1	REV BOVINE	X	31.	TWISTED	CRAZY LEGS	
10.	TURKEY	TAUNTAUN	X	32.	ALI 22+	ALI 22+	
11.	COALITION (10) + TZN	TARASQ	X	33.	B.N.C.	PABLO	
12.	BUCK UPS	CURIOUS GEORGE	X	34.	MASTODON	JIGSAW	
13.	PINNED 2-1-3-1-4-1	STAT SWAG (20) + TZN	X	35.	VIP (10) + RUN	W. CROOK	
14.	SLUSKI	POTTY TO BULLDOG	X	36.	AMAROK	JAGGER (12) + RUN	
15.	W. GREMLIN	W. GREMLIN	X	37.	YETI	SPIKES	
16.	SLAP JACK	REV BULLDOG	X	38.	ANACONDA	MIM 3-2-4-2-3-1	
17.	YIKES!	RAMPANT (10) + RUN	X	39.	SQUONQ	SUICIDE 2-1-3-1-4-1	
18.	KAMIKAZE 4-3-4-2-4-1-4-1	INFINITY (20) + RUN	321	40.	REV HYDRA	OGRE (10) + TZN	
19.	GRIFTER (8) + SA PP	SL BUCKS	363	41.	BULLDOZER	ENFORCER	
20.	GARGOYLE	NO GIMMIES	388	42.	POTTY SHOT	TRUMPET 9+	
21.	JACKALOPE	MONGOOSE	415	43.	SA PP	PRIMATES 4-1-3-1-2-1	
22.	BONSAI 3-1-4-2-4-1	SHUTTLE RUN 3-2-4-2-3-1	420	44.	APE SHOOT!	RAMPAGE (12) + RUN	
				45.	XPP	PLATE PUSH	

ROQ
445
478
506
514
548
559
584
634
665
683
720
758
772
793
814
862
867
898
922
937
961
972
993

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Scores displayed reflect completion of the task's second rep.

Some task pairings may fall in a different tier under the mod-index, this is ok.

New this year, tasks outlined in a dotted line are intentionally the same to allow for partners to have "active" rest. If needed, completing the same task should allow partners to re-group and strategize mid-task.

12/20  
32

899 high  
score o.k.

SLOPE

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

## CHAMELEON

- 1A. SUICIDE 2-1-3-1-4-1
- 1B. BANDIT (20) + RUN
- 1C. B. LUNGE
- 1D. 0-PINNED 2-1-3-1-4-1

---

- 2. TIP-TOES (20) + RUN
- 3. W. GREMLIN
- 4. INFINITY (20) + RUN

---

- 5A. TURKEYS
- 5B. GARGOYLE
- 5C. FLYING JACKAL
- 5D. TARASQ

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

## SHRINKING

- 1. SCORPION TO 3/BACK
- 2. YIKES!
- 3. KOBOLD
- 4. MOGUL (20) + RUN
- 5. YETI
- 6. GRIFTER (8) + SA PP
- 7. TRIFECTA! 6+
- 8. KAMIKAZE 4-3-4-2-4-1-4-1
- 9. HAG 1:1
- 10. JOHNNY APPLESEED

## DOUBLE PUSH GAUNTLET

2 P. PUSH  
TASK  
2 P. PUSH  
TASK...

2X PLATE PUSH

- 1. 90° (10) + TZN

2X PLATE PUSH

- 2. GBD (15) + RUN

2X PLATE PUSH

- 3. SHOT PUT

2X PLATE PUSH

- 4. VIPER

2X PLATE PUSH

- 5. STORK (20) + TZN

2X PLATE PUSH

- 6. RDL (8) + TZN

2X PLATE PUSH

- 7. REV HYDRA

2X PLATE PUSH

- 8. RESURRECTION

2X PLATE PUSH

- 9. SLAP JACK

2X PLATE PUSH

- 10. OZARK



SLOPE

1-10  
11,22,33...

### CHECKLIST TO C2

1. TWO-STEP (20) + RUN
2. GALLOW 2-1-4-3-4-1
3. SQUONQ
4. BANDIT (20) + RUN
5. TRUMPET 9+
6. MOGUL (20) + RUN
7. HIKES
8. CHICKIN 2-1-3-1-4-1
9. MONKEY
10. BAYOK (6) +RUN |

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

MTN

1. DELAURA
2. KOBOLD
3. MUGGER (12) +RUN
4. ARACHNID
5. ALI 22+

1233  
2344  
3455...

RIPPLED

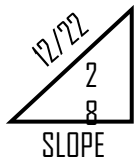
1. DIABLO
2. SWAGGIN 1:1
3. OGRE (10) + TZN
4. CURL WALK 6+
5. MONTAUK
6. KITCHEN SINK (10) + TZN
7. DEATH ROW 2-1-3-1-4-1
8. ANACONDA

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

REV HYBRID2

1. TAUNTAUN
2. XPP
3. MANTIS (8) + RUN
4. QUICKSAND Ⓛ





PERFORM AS A CHECKLIST AND DO EACH  
TASK NUMBER OF REPS INDICATED

## CHAOS

**2 EN GARDE**

**2 TWO-STEP (20) + RUN**

**1 STAT SWAG (20) + TZN**

**4 V-STEP (10) + RUN**

**2 HIKES**

**3 SQUIBBLE**

**1 CURL WALK 6+**

**1 SAWED OFF (10) + TZN**

**3 SKATES**

**2 RDL (8) + TZN**

**1 NEAPOLITAN**

**5 PLATE SHAKE 9+**

**1 ARACHNID**

1,2,3

1,2,3,44,55,66

1,2,3,44,55,66,777,888,999

1,2,3,44,55,66,777,888,999, 10 10 10, 11 11 11, 12 12 12

## ZENITH X 3

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

**2. SA DIABLO** **1X**

**3. PETRA**

---

**4. W. STAT SQ. (10) + TZN**

**5. JAGGER (12) + RUN** **2X**

**6. BENCHED (30) + TZN**

---

**7. CROOK**

**8. SL MANTIS (8) + RUN** **3X**

**9. MT. CLIMB (20) + RUN**

---

**10. REV BULLDOG**

**11. QUICK FT. (20) + RUN** **4X**

**12. PLATE PUSH**

12/23

44

SLOPE

# MONGREL

CREATED BY JEN D.

A

B

C

D

E

F

RUN

MT. CLIMB (20) + RUN

GOGGON (8) + RUN

F. LUNGE

HIKES

ROW STROLL 6+

TYSON

CRAZY LEGS

GROWLER

W. GREMLIN

CURIOUS GEORGE

TALL ORDER 6+

ALT SQUONO

SA PP

REV BOVINE

OGRE (10) + TZN

HACK-IT

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

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

GRECO

JABBERWOCKY

W. STAT SQUAT (10) + TZN

WALRUS

SCURL 1:1

1 ACROSS

1 ACROSS, 2 ACROSS

1 ACROSS, 2 ACROSS, 3 ACROSS

1 ACROSS, 2 ACROSS, 3 ACROSS, 4 ACROSS

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

12/24 & 25  
27

SLOPE

**START HERE!**

W/U MTN

- 1. BONSAI 3-1-4-2-4-1
- 2. TOES (20) + RUN
- 3. SWAGGIN 1:1
- 4. LYCAN (10) + RUN
- 5. CYCLONE (12) + TZN

# CHIMNEY CHALLENGE

You and a few other Santas have a wager going...which Santa can fill the most chimneys?

**Objective:**

- Fill as many chimneys as possible
- Fly though a "blizzard" to get to the next house.
- 8 gifts = full chimney, repeats allowed.
- Repeat and Record your houses hit.

HACKETT WILL CREATE A SCORING CHEATSHEET BEFORE THE DAY'S WORKOUT

**HANG (10)**

**STIGMATA (10)**

**YETI**

**SLAP JACK**

**POTTY SHOT**

**MANTIS (8)**

**A M A R O K**

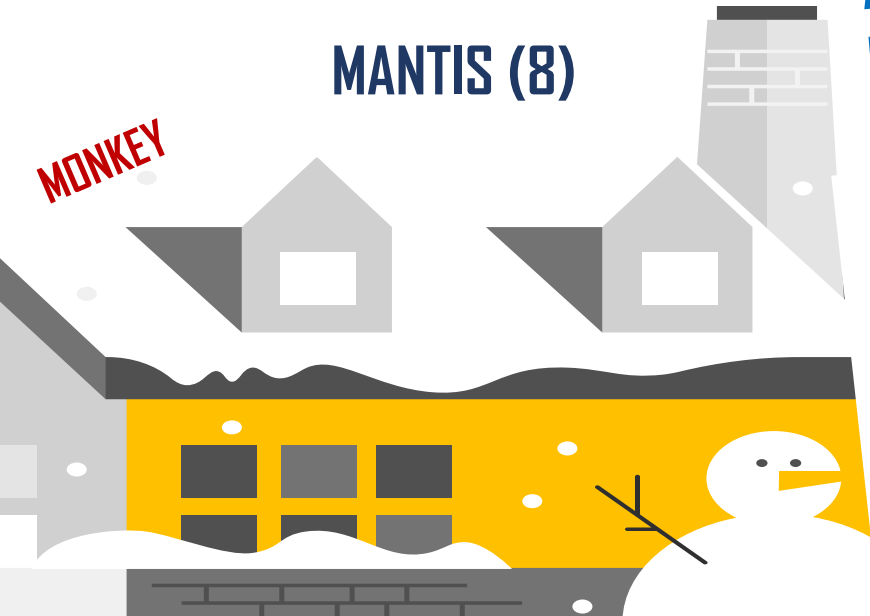
**CURL PRESS 5+**

**FROGS**

**MONKEY**

**STAT TYPHON (10)**

**MONGOOSE**





SLOPE

- A
- A,BB
- A,BB,C
- A,BB,C,DD
- A,BB,C,DD,E

## CHASM

- A (IX) HOT COALS (10) + RUN
- B (2X) INFINITY (20) + RUN
- C (IX) W. GREMLIN
- D (2X) PRIMATES 4-1-3-1-2-1
- E (IX) PIRATE

- 11
- 22
- 33
- 44
- 55
- 66
- 77
- 88
- 99
- 10,10
- 11,11
- 12,12
- 12-1

## SENT 2 U

1. SQUANTOES (20) + RUN
2. SL OGRE'S (10) + TZN
3. TARASQ
4. SHUTTLE RUN 3-2-4-2-3-1
5. BANDIT (20) + RUN
6. REV BOVINE
7. GRIFTER (8) + SA PP
8. RIBBITS (10) + RUN
9. SHWAGGIN 1:1
10. SL PUSH UP (10) + RUN
11. ENFORCER
12. CURL WALK 6+

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

## REPTILIAN2

1. YETI
  2. GALLOW 2-1-4-3-4-1
  3. MUGGER (12) + RUN
  4. B.O.R. (15) + TZN
  5. ANTEATER
- 
- 6A. DEVIL
  - 6B. PETRA
  - 6C. WICCA
  - 6D. RAZOR



SLOPE

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

## MESA

1. RUN
2. TYSONS
3. MOGUL (20) + RUN
4. TRUMPET 9+
5. HIKES
6. INFINITY (20) + RUN
7. F. LUNGE
8. MONGOOSE
9. O-PINNED 2-1-3-1-4-1
10. QUICKSAND (L)

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

2 VIP (10) + RUN

1 BULLDOG

1 VEXUM

2 PARATROOP (10) + RUN

2 JACKALOPE

1 TOES (20) + RUN

1 SHALO 1:1

2 APE SHOOT!

- 1A, 2-5, 6A
- 1B, 2-5, 6B
- 1C, 2-5, 6C
- 1D, 2-5, 6D

## MATTER HORN

2 COALITION (10) + TZN

1 RAMP UP (8) + RUN

1 SL BUCKS

2 TARASQ

2 SWAGGIN 1:1

1 GIMPY DOG

1 INCH WORM

2 AMAROK

## CHAMELEON

1A. OFFERING

1B. CURL PRESS 5+

1C. FLAMINGO (6) + TZN

1D. CURL MADNESS 3+PIN

2. SCALAWAG

3. MASTODON

4. MIEL'S WHEELS

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

6A. JAGGER (12) + RUN

6B. JABBERWOCKY

6C. JAWBREAKER

6D. JIGSAW

2 CRAISE (20) + TZN

1 REV ARACHNID

1 STORK (20) + TZN

2 GARGOYLE

2 STAMPEDE

1 TWISTED

1 SPEED SKATES (20) + RUN

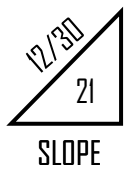
2 ALT SQUONQ

# DENALI

1	BUTT KICKS	PLATE PUSH	SKATES	SPEED SKATES (20) + RUN	TUCKS (10) + RUN
2	TWO-STEP (20) + RUN	HOPSCOTCH	CALF-IN-ATOR	TWINKLE-TOES (30) + TZN	DECALF
3	V-STEP (10) + RUN	VENOM	VIP (10) + RUN	DEVIL	VIPER
4	SWAGGIN 1:1	STAT CURL (6) + TZN	STAT HALO (18) + TZN	STAT ROW (6) + TZN	SAWED OFF (10) + TZN
5	HIKES	POTTY SHOTS	APE SHOOT!	TORO	ANACONDA
6	STAMPEDE	MONTAUK	CRAZY LEGS	CRAY-CRAY	TAUNTAUN
7	GORGON (8) + RUN	PETRA	BAYOK (6) + RUN	BOULDER	REVIVAL
8	SQ. JUMP (10) + RUN	FROGS	JUNKIE JUMP (8) + RUN	W. GREMLIN	JOUNCE 2-1-3-1-4-1
9	MIEL'S WHEELS	SHUFFLE	CROOK	JACKAL	ALI 22+

AS A CHECKLIST

- 1 DOWN, 1 ACROSS
- 2 DOWN, 2 ACROSS
- 3 DOWN, 3 ACROSS
- 4 DOWN, 4 ACROSS
- 5 DOWN, 5 ACROSS
- 6 DOWN, 6 ACROSS
- 7 DOWN, 7 ACROSS
- 8 DOWN, 8 ACROSS
- 9 ACROSS (ONLY)



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. QUICK FT. (20) + RUN
2. TWINKLE TOES (30) + TZN
3. SWAGGIN 1:1
4. SAWED OFF (10) + TZN
5. BALL N CHAIN

PERFORM EACH TASK TWICE  
FORWARD TASK TO 4, REV TASK TO 1  
FORWARD TASK TO 4, REV TASK TO 1

## RED RUM

1. BOVINE
2. F. LUNGE
3. POTTY SHOT
4. PLATE PUSH
5. GREMLIN
6. THRASHER
7. BULLDOZER

- REV BOVINE
- B. LUNGE
- HIKES
- REV PLATE PUSH
- REV GREMLIN
- TORO
- DIABLO

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

## MTN3

1. TWO-STEP (20) + RUN
2. TROMBONE 6+
3. MUGGER (12) + RUN

---

4. TROG
5. PISTON (10) + TZN
6. 3 PT. STANCE

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7. CYCLONE (12) + TZN
8. OGRE (10) + TZN
9. LUMBERJACK (8) + RUN

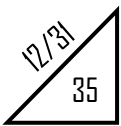
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10. CRAISE (20) + TZN
11. CUJO (L)
12. SKY HIGH 4-1

1-8  
1-8

## CHECKLIST(2)

1. COALITION (10) + TZN
2. SLALOM
3. VIPER
4. CHUPACABRA
5. DEATH ROW 2-3-1-4-1
6. SWASHBUCKLER
7. TYSONS
8. PRIMATES 4-1-3-1-2-1



## JACOB'S LADDER

5. WICCA

4. CHIMP (8) + RUN

3. MANTIS (8) + RUN

2. SWAGGIN 1:1

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5.1. WINDOW WASHERS

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4. SHOT PUT

3. TYSONS

2. SUPP (10)

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5.1. ARACHNID

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4. BUCKS

3. 90° (10) + TZN

2. BULLDOG

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5.1. STAT CURL (6) + TZN

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4. NEAPOLITAN

3. OGRE (10) + TZN

2. HIKES

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5.1. BANDIT (20) + RUN

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4. BULLY

3. RIBBITS (10) + RUN

2. TURKEY

1. QUICK FT. (20) + RUN

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