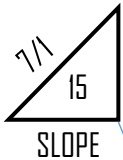


JANUARY

MOTHERBOARD

2025



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.

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.

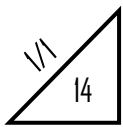
WAIT YOUR TURN

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



SLOPE

1-12

12-1

U

1. BONSAI 3-1-4-2-4-1
2. EN GARDE
3. HOT COALS (10) + RUN
4. BANDIT (20) + RUN
5. KOBOLD
6. ROW STROLL 6+
7. VIP (10) + RUN
8. HANG (10) + RUN
9. MONKEY
10. POTTY SHOT
11. MONTAUK
12. CYCLONE (12) + TZN

1

1,22

1,22,333

1,22,333,4444

1,22,333,4444,55555

MT. NEVEREST

- 1X GRIFTER (8) + SA PP
- 2X SKULLS (10) + TZN
- 3X HIKES
- 4X TYSON
- 5X *ANY* PUSH

XPP AND REGULAR PLATE PUSH ARE ALLOWED.
SCORED AS TWISTED.

1,2

1,2,33,44

1,2,33,44,555,666

1,2,33,44,555,666,777,8888

ZENITH

1. SL BOULDER
2. APE SHOOT!

3. YETI
4. RIBBITS (10) + RUN

5. SWAGGIN 1:1
6. SKY HIGH 4-1

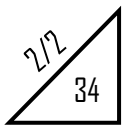
7. SHOT PUT
8. NEAPOLITAN

1X

2X

3X

4X



SLOPE

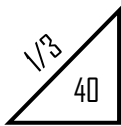
1
1,2
1,2,3
1
1,2
1,2,3...

MOLE HILLS

1. GALLOW 2-1-4-3-4-1
2. QUICK FT. (20) + RUN
3. W. GREMLIN
 1. PLATE SHAKE 9+
 2. V-STEP (10) + RUN
 3. LYCAN (10) + RUN
 1. MT. CLIMB (20) + RUN
 2. BOVINE
 3. PINNED 2-1-3-1-4-1
 1. TOES (20) + RUN
 2. SQUONQ
 3. BUCKS

1. TIPPY-TAP
2. BENCHED (30) + TZN
3. VEXUM
4. DIABLO
 1. OFFERING
 2. F. LUNGE
 3. MILLIPEDE
 1. SCALAWAG
 2. AMAROK
 3. RDL (8) + TZN
 4. JACKALOPE

1. SUPP 10
2. SKULLS (10) + TZN
3. BULLFROG
 1. 3 PT STANCE
 2. SHUTTLE RUN 3-2-4-2-3-1
 3. GRECO
 4. K.O.D. (20) + TZN
 1. LOWLY (10) + RUN
 2. ALI 22+
 3. ROOTED GROOT (8) + PUSH
 1. O-B.O.R. (10) + TZN
 2. APE SHOOT!
 3. JACK-ASS
 4. TROG



SLOPE

PICK YOUR POISON
CENTAUR2.

SEE CIRCUIT
GLOSSARY FOR
DETAILS.

WORKOUT FROM 2018
MARCH MAYHEM
ROUND ONE.

PICK YOUR POISON CENTAUR2

1. BONSAI 3-1-4-2-4-1
2. STAMPEDE
3. TOES (20) + RUN
4. SHUFFLE
5. SWAGGIN 1:1
6. ALT. SQUOND
7. BULLDOZER
8. W. GREMLIN
9. AMAROK
10. MIEL'S WHEELS
11. TRIFECTA 6+
12. X PP
13. HALO 2-1-3-1-4-1
14. TROG
15. VENOM
16. HIKES
17. PINNED 2-1-3-1-4-1
18. MONTAUK
19. REV B.N.C.
20. APE SHOOT!
21. ROW STROLL 6+
22. BUCKS
23. 3 PT. STANCE

- SUICIDE 2-1-3-1-4-1
- SKIPS
- MT. CLIMB (20) + RUN
- SKUFFLE
- SKY HIGH 4-1
- CROOK
- ENFORCER
- TYSONS
- FROGS
- GARGOYLE
- W. CROOK
- PRIMATES 2-1-3-1-4-1
- REV BOVINE
- SUE-STEP (20) + RUN
- VEXUM
- TROMBONE 6+
- OGRE (10) + TZN
- BULLDOG
- SUPP (10)
- INFINITY (20) + RUN
- POTTY SHOT
- REV GARGOYLE
- GROWLER

24. JACKAL
25. RIBBITS (10) + RUN
26. INCH WORM
27. SKATES
28. OFFERING
29. TARASQ
30. VIPER
31. KOBOLD
32. SLALOM
33. SHOT PUT
34. ALI 22+
35. TWISTED
36. DEATH ROW 2-1-3-1-4-1
37. TYPHON
38. YETI
39. MONGOOSE
40. JACK ASS
41. TALL ORDER 6+
42. W. CROOK
43. REVIVAL
44. BUZZARD
45. DIABLO

- REV BULLDOG
- LYCAN (10) + RUN
- PETRA
- HIGH Xs
- KNEELING CURL (6) + TZN
- SQUIBBLE
- GARGANTUAN
- BULLY
- SHWAGGIN 1:1
- COBRA (10) + PUSH
- JIGGY (20) + RUN
- SLIGER
- CRAY-CRAY
- BEAR
- TAKE OFF!
- SPIKES
- JACK BOX
- SQ. JUMP (10) + RUN
- STAT. TRIFECTA (6) + TZN
- PROWLER
- NEAPOLITAN
- TORO

DISREGARD BOVINE/BOVINE FINAL TASKS IN SCORING



SLOPE

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

EXPANDING

1. CUJO (L)
2. B.O.R. (15) + TZN
3. SQUIBBLE
4. V-STEP (10) + RUN
5. TWO-STEP (20) + RUN
6. SUICIDE 2-1-3-1-4-1
7. JIGGY (20) + RUN
8. 3 PT. STANCE
9. BEAR
10. SL OGRE (10) + TZN

12131415
54535251
2324
4342
3

=ATERAL

1. SCALAWAG
2. MONKEY
3. SKULLS (10) + TZN
4. STAT W. LUNGE (8) + TZN
5. VENOM

112233,4A
112233,4B
112233,4C
112233,4D

CEPTILIAN2

1. REV GARGOYLE
2. PLATE PUSH
3. CURL WALK 6+
- 4A. DEVIL
- 4B. GARGANTUAN
- 4C. SPIKES
- 4D. SHOT PUT



DO EACH TASK THE NUMBER OF TIMES LISTED
AND PERFORM IN A CHECKLIST MANNER

CHAOS

- 2 SUICIDE 2-1-3-1-4-1
- 3 TWO-STEP (20) + RUN
- 3 PLATE SHAKE 9+
- 1 BEAR
- 4 PLATE PUSH
- 1 JIGGY (20) + RUN
- 2 LYCAN UP (10) + RUN
- 4 SKY-HIGH 4-1
- 3 SHUFFLE
- 1 KITCHEN SINK (10) + TZN
- 4 REV VIPER
- 3 HIKES
- 2 RAZOR
- 2 BUZZARD

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

REV MTN2

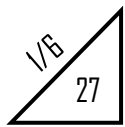
- 1. V-STEP (10) + RUN
- 2. 3 PT. STANCE
- 3. DELAURA
- 4. COALITION (10) + TZN
- 5. CURL PRESS 5+
- 6. BULLDOG
- 7. GIMPY DOG
- 8. TYSONS
- 9. PINNED 2-1-3-1-4-1
- 10. SUPP 10

1123
2234
3345
4456
5567
6678

FLIPPED

- 1. GRYPHON (8) + PUSH
- 2. TYPHON
- 3. K.O.D. (20) + TZN
- 4. JAGGER (12) + RUN
- 5. O-BOR (10) + TZN
- 6. TIPPY-TAP
- 7. SUCK UPS
- 8. QUICKSAND (L)

In the scoring as
OPA(8)+TZN.
Do KOD(20)+TZN



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. TWO-STEP (20) + RUN
2. EN GARDE
3. CURL WALK 6+
4. JAGGER (12) + RUN
5. PINNED 2-1-3-1-4-1
6. ANACONDA
7. 45°
8. SPIKES
9. SQUANTOES (20) + RUN
10. SWAGGIN 1:1



- 1, AA
- 12, BB
- 123, CC
- 1234, DD
- 12345, EE

1. KOBOLD
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. 90°(10) + TZN
4. GBD (15) + RUN
5. MOGUL₆ TO FROG

XION2

- A. HAG 1:1
- B. JUNKIE JUMP (8) + RUN
- C. OFFERING
- D. SA PP
- E. MANTIS (8) + RUN

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



1. GRECO
2. ENFORCER
3. SL OGRE (10) + TZN
4. APE SHOOT!
5. W. STAT SQUAT (10) + TZN
6. VEXUM
7. RAMP UP (8) + RUN
8. TYSON
9. SKY HIGH 4-1
10. GARGANTUAN



I
121
12321
1234321
123454321

UPLIFT

1. EN GARDE
2. SUE-STEP (20) + RUN
3. STAT SWAG (20) + TZN
4. SHOT PUT
5. SWASHBUCKLER

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

CROSS-FIRE

1. INFINITY (20) + RUN
 2. PRIMATES 4-1-3-1-2-1
 3. ABD. MANTIS (8) + RUN
 4. JAGGER (12) + RUN
- A. ROW STROLL 6+
B. CYCLONE (12) + RUN
C. B.N.C.

II
22
33...

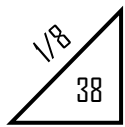
CENTAUR2

1. W. CROOK
2. MT. CLIMB (20) + RUN
3. D-PINNED 2-1-3-1-4-1
4. SHALO 1:1
5. YIKES!
6. YETI
7. TARASQ
8. FLAMINGO (6) + TZN
9. SQUIBBLE
10. DIABLO

REV MTN

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

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. BENCHED (30) + TZN
3. STAMPEDE
4. MONTAUK
5. SPARROW (L)



SLOPE

1-30, 1-30, 1-30

CHECKLIST(3)

1. BONSAI 3-1-4-2-4-1
2. HOT COALS (10) + RUN
3. STAMPEDE
4. W. GREMLIN
5. MIEL'S WHEELS
6. PLATE SHAKE 9+
7. SQUONQ
8. VIP (10) + RUN
9. XPP
10. SKY HIGH 4-1
11. MONGOOSE
12. SPIKES
13. WARRIOR
14. MOWGLI (12) + RUN
15. MASTODON
16. DEVIL
17. TWO-STEP (20) + RUN
18. TAUNTAUN
19. QUICKSAND Ⓛ
20. SWAGGIN 1:1
21. JAGGER (12) + RUN
22. SLINGSHOT 3-2-4-2-3-1
23. REV B.N.C.
24. CURIOUS GEORGE
25. SHUTTLE RUN 3-2-4-2-3-1
26. JESTER
27. SLUSKI
28. PRIMATES 4-1-3-1-2-1
29. SAPP
30. OZARK



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. SUICIDE 2-1-3-1-4-1
2. SUE-STEP (20) + RUN
3. ALI 22+
4. W. GREMLIN
5. CUJO Ⓛ

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. REV PLATE PUSH **1X**
2. FROGS **1X**
3. 45° **2X**
4. K.O.D. (20) + TZN **2X**
5. RAMBO (10) + RUN **3X**
6. SKY HIGH 4-1 **3X**
7. SA PP **4X**
8. HIKES **4X**

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

REPTILIAN ²

1. PUSH UPS (10) + RUN
 2. SCALWAG
 3. RESURRECTION
 4. COALITION (10) + TZN
 5. GALLOW 2-1-4-3-4-1
-
- 6A. INCH WORM
 - 6B. REV INCH WORM
 - 6C. 313
 - 6D. REV 313



SLOPE

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

SPLIT-CYCLE

1. SUICIDE 2-1-3-1-4-3
2. TYSON
3. HOT COALS (10) + RUN
4. SWAGGIN 1:1
5. RAMPAGE (12) + RUN

6. POTTY TO BULLDOG
7. SL GORGON (8) + RUN
8. NEAPOLITAN
9. CHICKIN 2-1-3-1-4-1
10. SA DIABLO

AAA B
AAA B, C DD
AAA B, C DD, EEEE F
AAA B, C DD, EEEE F, GG HH

CHASM2

- A 3 MIEL'S WHEELS
- B 1 BONSAI 3-1-4-2-4-1

- C 1 RAMP UP (8) + RUN
- D 2 B.O.R. (15) + TZN

- E 4 CRAZY LEGS
- F 1 BOULDER

- G 2 QUICK FT. (20) + RUN
- H 2 OGRE (10) + TZN

1-8
1-8

CHECKLIST(2)

1. SLUSKI
2. BUZZARD
3. REV VIPER
4. TIP-TOES (20) + RUN
5. SPEED SKATES (20) + RUN
6. TROMBONE 6+
7. FROGS
8. BULLDOZER



SLOPE

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

FILLING

1. **HOT COALS (10) + RUN**
2. **LYCAN (10) + RUN**
3. **SQ. JUMP (10) + RUN**
4. **RAMBO (10) + RUN**
5. **SKULLS (10) + TZN**
6. **OGRE (10) + TZN**
7. **SUPP (10)**
8. **SAWED OFF (10) + TZN**
9. **QUICK FT. MADNES 10**
10. **V-STEP (10) + RUN**

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

CREST

1. **PARATROOP (10) + RUN**
2. **ROOSTER (10) + TZN**

3. **VEXED (10) + RUN**
4. **RIBBITS (10) + RUN**

5. **RAMPANT (10) + RUN**
6. **O-B.O.R. (10) + TZN**

7. **KITCHEN SINK (10) + TZN**
8. **PUSH UP (10) + RUN**

9. **POUNCER (10) + RUN**
10. **90° (10) + TZN**

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

FADED2

1. **SQ. THRUST (10) + RUN**
2. **COBRA (10) + PUSH**

3. **SL BRID SKULLS (10) + TZN**
4. **LOWLY (10) + RUN**

5. **COALITION (10) + TZN**
6. **PISTON (10) + TZN**

7. **HANG (10) + RUN**
8. **VIP (10) + RUN**

9. **SL OGRE (10) + TZN**
10. **MOGUL MADNESS 10**



SLOPE

1-12
12-1

U

1. EN GARDE
2. TOES (20) + RUN
3. W. GREMLIN
4. VIP (10) + RUN
5. HIKES
6. INFINITY (20) + RUN
7. STAT TYPHON (10) + RUN
8. ROW STROLL 6+
9. VIPER
10. TWISTED
11. STORK (20) + TZN
12. SQ. THRUST (10) + RUN

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

FADED2

1. BULLSHIT
2. DEVASTATOR6

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

4. TWO-STEP (20) + RUN

5. GBD (15) + RUN

6. ARACHNID

7. CHIMP (8) + RUN

8. SKIPS

9. APE SHOOT!

10. REV GROWLER

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

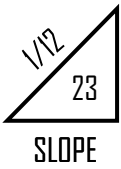
EL CYCLE

1. JUNKIE JUMP (8) + RUN
2. BOVINE
3. XPP
4. BRIDGED BENCHED (30) + TZN

1
122
122333
1223334444

MT. NEVEREST

- 1X DIABLO
- 2X MANTIS (8) + RUN
- 3X STAMPEDE
- 4X PRIMATES 4-1-3-1-2-1



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

XION2

1. QUICK FT. (20) + RUN
2. MOWGLI (12) + RUN
3. TWINKLE TOES (30) + TZN
4. POTTY SHOT
5. AMAROK
6. BULLDOZER

- A. TURKEY
- B. W. GREMLIN
- C. KNEELING SWAG (15) + TZN
- D. HOPSCOTCH
- E. NO GIMMIES
- F. PUSH UP (10) + RUN

PUSH, TASK
PUSH, TASK...

GAUNTLET

1. FLAMINGO (6) + TZN
2. SCURL 1:1
3. SLIGER
4. BENCHED (30) + TZN
5. SCALAWAG
6. 3 PT. STANCE
7. ROW STROLL 6+
8. YAK
9. MANTIS (8) + RUN
10. JIGGY (20) + RUN
11. FLYING JACKAL
12. PETRA

1-10
1-10
1-10

CHECKLIST(3)

1. GALLOW 2-1-4-3-4-1
2. SLAP JACK
3. HANG (10) + RUN
4. MILLIPEDE (L)
5. OGRE (10) + TZN
6. VIP (10) + RUN
7. K.O.D. (20) + TZN
8. APE SHOOT!
9. STACK SHOT
10. PRIMATES 4-1-3-1-2-1



SLOPE

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

MTN2

1. SHUTTLE RUN 3-2-4-2-3-1
2. COALITION (10) + TZN
3. SPEED SKATES (20) + RUN
4. QUICK FT. (20) + RUN
5. APE SHOOT!
6. SQ. JUMP (10) + RUN
7. BAYOK (6) + RUN
8. JACKALOPE
9. SLING SHOT 3-2-4-2-3-1
10. MILLIPEDE (L)

11,22,33, 4A
11,22,33, 4B
11,22,33, 4C
11,22,33, 4D

CEPTILIAN2

1. DENSER 2-1-3-1-4-1
2. POTTY SHOT
3. PRIMATES 4-1-3-1-2-1
- 4A. BUZZARD
- 4B. VITRIOL (L)
- 4C. SLUSKI
- 4D. AMAROK

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

REV MTN3

1. RAMBO (10) + RUN
2. ROW STROLL 6+
3. JIGGY (20) + RUN
4. W. CROOK
5. TROG
6. SPIKES
7. REV GARGOYLE
8. TWO-STEP (20) + RUN
9. W. LUNGE
10. SHOT PUT
11. KAMIKAZE 4-3-4-2-4-1-4-1
12. M.F.T.



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

MTN3

1. HOT COALS (10) + RUN
2. MT. CLIMB (20) + RUN
3. MIEL'S WHEELS

4. CURL WALK 6+
5. ALI 22+
6. GALLOW 2-1-4-3-4-1

7. JIGGY (20) + RUN
8. BEAR
9. OFFERING

10. QUICKSAND (L)
11. EN GARDE
12. YAK

1AA
1288
123CC
1234DD
12345EE

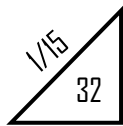
XION2

1. VEXED (10) + RUN
 2. BOVINE
 3. XPP
 4. TALL ORDER 6+
 5. BUCKS
- A. RAZOR
 - B. STORK (20) + TZN
 - C. YETI
 - D. TARASQ
 - E. VIPER

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

MESA

1. STAMPEDE
2. BULLFROG
3. SHWAGGIN 1:1
4. HIKES
5. MONKEY
6. CHICKIN 2-1-3-1-4-1
7. SUE-STEP (20) + RUN
8. JACKAL
9. 45°
10. TWINKLE TOES (30) + TZN
11. KAMIKAZE 4-3-4-2-4-1-4-1
12. MATTADOR (L)



CAVITY BY 3

1-15
1-6, 10-15
1-3, 13-15

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

4. MT. CLIMB (20) + RUN
5. HOT COALS (10) + RUN
6. B. LUNGE

7. KOBOLD
8. CRAZY LEGS
9. SL GORGON (8) + RUN

10. SQUANTOES (20) + RUN
11. MONGOOSE
12. SQUIBBLE

13. OGRE (10) + TZN
14. MANTIS (8) + RUN
15. B.N.C.

11
22
33...

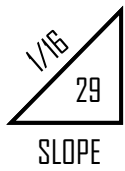
CENTAUR2

1. HANG (10) + RUN
2. JABBERWOCKY
3. HIKES
4. SKULLS (10) + TZN
5. VEXUM
6. TROG
7. HALO 2-1-3-1-4-1
8. CURL PRESS 5+
9. SUICIDE 2-1-3-1-4-1
10. VIP (10) + RUN

1-11
11-1
1-11

И

1. ALI 22+
2. BULLDOG
3. SQ. JUMP (10) + RUN
4. REV BEAR
5. CYCLONE (12) + TZN
6. STAMPEDE
7. PINNED 2-1-3-1-4-1
8. MOGUL (20) + RUN
9. BOULDER
10. ENFORCER
11. SHOT PUT



1123
2234
3345
4456
5567
6678

FLIPPED

1. SUE-STEP (20) + RUN
2. SHUFFLE
3. SWAGGIN 1:1
4. JAGGER (12) + RUN
5. APE SHOOT!
6. PLATE SHAKE 9+
7. RDL (8) + TZN
8. OZARK

1-10
10-1
1-10

И

1. YETI
2. BANDIT (20) + RUN
3. SUPP 10
4. TARASQ
5. HAG 1:1
6. SWASHBUCKLER
7. CURL WALK 6+
8. COBRA (10) + PUSH
9. KAMIKAZE 4-3-4-2-4-1-4-1
10. ARACHNID

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

CHAMELEON2

1A. D-PINNED 2-1-3-1-4-1

1B. ALI 22+

1C. TORO

1D. STAMPEDE

2. RAMBO (10) + RUN

3. HIKES

4. CRAZY LEGS

5. PUSH UP (10) + RUN

6A. GBD (15) + RUN

6B. OFFERING

6C. MONGOOSE

6D. TAKE OFF!



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

CHECKLIST TO C2

1. BONSAI 3-1-4-2-4-1
2. TIP-TOES (20) + RUN
3. INFINITY (20) + RUN
4. KOBOLD
5. TROMBONE 6+
6. LYCAN (10) + RUN
7. ENFORCER
8. VEXED (10) + RUN
9. POTTY SHOT HOPS
10. HALO 2-1-3-1-4-1

1
122
12333
1234444

VERTEX

1. PETRA
2. TAUNTAUN
3. RIBBITS (10) + RUN
4. JACKALOPE

PERFORM THE FORWARD AND REVERSE VERSION OF EACH TASK IN A CENTAUR2 PATTERN IN ORDER TO GET A FULL TASK OF EACH. EXAMPLE: BEAR TO 4, REV BEAR TO 1, BEAR TO 4, REV BEAR TO 1.

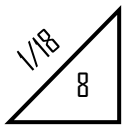
REDRUM

- | | |
|---------------|----------------|
| 1. PLATE PUSH | REV PLATE PUSH |
| 2. GREMLIN | REV GREMLIN |
| 3. VENOM | DEVIL |
| 4. SQUONQ | SCALAWAG |
| 5. B.N.C. | REV B.N.C. |
| 6. F. LUNGE | B. LUNGE |
| 7. DELAURA | SA DIABLO |
| 8. INCH WORM | REV INCH |

PERFORM AS A CHECKLIST DOING EACH TASK THE NUMBER OF TIMES LISTED.

CHAOS

- 3 SUE-STEP (20) + RUN
- 1 CYCLONE (12) + TZN
- 2 MIEL'S WHEELS
- 2 SHOT PUT
- 1 JIGSAW
- 2 DEATH ROW 2-1-3-1-4-1
- 3 V-STEP (10) + RUN
- 3 JUNKIE JUMP (8) + RUN
- 1 SCORPION TO 3/BACK



SLOPE

1
12
123
1
12
123
1234...

MOLE-HILLS

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

2. SWAGGIN 1:1

3. SQUONQ

1. TIP-TOES (20) + RUN

2. V-STEP (10) + RUN

3. HIKES

4. ENFORCER

1. SQ. JUMP (10) + RUN

2. EN GARDE

3. SKULLS (10) + TZN

1. GBD (15) + RUN

2. 45°

3. BENCHED (30) + TZN

4. BOVINE

1. MIEL'S WHEELS

2. CURL WALK 6+

3. TURKEY

1. MT. CLIMB (20) + RUN

2. SL BUCKS

3. JIGGY (20) + RUN

4. COBRA (10) + PUSH

1. SKUFFLE

2. SLING SHOT 3-2-4-2-3-1

3. GALLOP 2-1-4-3-4-1

1. TROG

2. INFINITY (20) + RUN

3. HAG 1:1

4. STACK SHOT

1. TWO-STEP (20) + RUN

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

3. YETI

1. SCALAWAG

2. MUGGER (12) + RUN

3. VIPER

4. DIABLO

1. XPP

2. REV HYDRA

3. POGOTO (6) + TZN

1. SHUTTLE RUN 3-2-4-2-3-1

2. STAMPEDE

3. SQ. THRUST (10) + RUN

4. RAZOR



SLOPE

ORDER:

U, MTN

REPTILIAN,

MTN

C2, MTN

VERTEX, MTN

U-TURN

- 1-8, 8-1
1. SUICIDE 2-1-3-1-4-1
 2. SHUFFLE
 3. MT. CLUMB (20) + RUN
 4. SWAGGIN 1:1
 5. HIKES
 6. V-STEP (10) + RUN
 7. SQ. JUMP (10) + RUN
 8. HALO 2-1-3-1-4-1

RAPTURE

1
12
123

*MTN

1. TROMBONE 6+
2. 90°(10) + TZN
GORGON PUSH
3. UP (8) + RUN

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

REPTILIAN

1. STIGMATA (10) + RUN
 2. TURKEYS
 3. SABRE (8) + RUN
 4. GARGOYLE
-
- 5A. INCH WORM
 - 5B. DEVIL
 - 5C. W. LUNGE

11,22...88

CENTAUR2

1. GBD (15) + RUN
2. MOWGLI (12) + RUN
3. VENOM
4. JIGGY (20) + RUN
5. VEXED (10) + RUN
6. QUICKSAND (L)
7. DENSER 2-1-3-1-4-1
8. TROG

1
122
12333
1234444

VERTEX

1. BONSAI 3-1-4-2-4-1
2. CALF-IN-ATOR
3. PLATE PUSH
4. MONGOOSE

1/20

SLOPE 35

MARCH MAYHEM - FINALS

2025 FINALS THAT NEVER HAPPENED.

		ROQ			ROQ
1. GALLOW 2-1-4-3-4-1	SUICIDE 2-1-3-1-4-1		24. YAK	BULLDOZER	450
2. QUICK FT (20) + RUN	SUE-STEP (20) + RUN	X	25. BONSAI 3-1-4-2-4-1	BONSAI 3-1-4-2-4-1	456
3. EN GARDE	TURKEY	X	26. REV BULLDOG	MASTODON	486
4. VEXED (10) + RUN	HOT COALS (10) + RUN	X	27. ARACHNID	BUCK UP	526
5. SHUFFLE	SKATES	X	28. TOES (20) + RUN	TWO-STEP (20) + RUN	534
6. STAT CURL (6) + TZN	HIKES	X	29. M.F.T.	SL INCH	587
7. XPP	YETI	X	30. STAMPEDE	BUTT KICKS	589
8. INFINITY (20) + RUN	TROG	X	31. GROWLER	MONKEY	613
9. BOVINE	SA PP	X	32. REV PLATE PUSH	REV PLATE PUSH	660
10. B.N.C.	BUCKS	X	33. TYPHON	JACKALOPE	687
11. SKY-HIGH 4-1	MIEL'S WHEELS	X	34. MUGGER (12) + RUN	MOWGLI (12) + RUN	702
12. SLING SHOT 3-2-4-2-3-1	STACK SHOT	X	35. COALITION (10) + TZN	APE SHOOT!	717
13. SHUTTLE RUN 3-2-4-2-3-1	SHUTTLE RUN 3-2-4-2-3-1	X	36. PROWLER	QUICKSAND	770
14. TARASQ	POTTY SHOT	209	37. TAUNTAUN	SKIPS	772
15. MOGUL PUSH	GIMPY DOG	238	38. VEXUM	REV BEAR	803
16. JAGGER (12) + RUN	SLAP JACK	259	39. WICCA	OZARK	857
17. SPEED SKATES (20) + RUN	APE SHOOT!	271	40. GARGOYLE	MIEL'S WHEELS	881
18. STAT ROW (6) + TZN	AMAROK	286	41. LYCAN (10) + RUN	JIGGY (20) + RUN	899
19. KOBOLD	BANDIT (20) + RUN	298	42. PIRATE	SHOT PUT	943
20. GRECO	DIABLO	339	43. SPIKES	TUCKS (10) + RUN	964
21. SWAGGIN 1:1	SWAGGIN 1:1	349	44. PRIMATES 4-1-3-1-2-1	NEAPOLITAN	986
22. TWISTED	VENOM	378	45. TAKE OFF!	TAKE OFF!	1010
23. ANACONDA	PABLO	423			

SCORES DISPLAYED REFLECT COMPLETION OF THE TASK'S SECOND REP

SOME TASK PAIRINGS MAY DIFFER IN TIER/RANKING LISTED IN THE MOD-INDEX; THIS IS O.K. FOR THESE WORKOUTS

TASKS OUTLINED IN A DOTTED LINE ARE INTENTIONALLY THE SAME FOR BOTH PARTICIPANTS



1. **GALLOW 2-1-4-3-4-1**
SHUFFLE
TWO-STEP (2D) + RUN
COALITION (1D) + TZN

2. **HIGH XS**
MANTIS (8) + RUN
ENFORCER
MONKEY

3. **SAWED OFF (1D) + TZN**
OGRE (1D) + TZN
SUICIDE 2-1-3-1-4-1
WARRIOR

4. **SKUFFLE**
SWASHBUCKLER
CHICKIN 2-1-3-1-4-1
SA DIABLO

- A. **TYSON**
TRUMPET 9+
MIEL'S WHEELS
HIKES

- B. **INFINITY (2D) + RUN**
REV VIPER
CYCLONE (12) + TZN
GRYPHON (8) + PUSH

- C. **ROW STROLL 6+**
SL BUCKS
SHOT PUT
NEAPOLITAN

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



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

CHAOS

- 1 BONSAI 3-1-4-2-4-1
- 4 EN GARDE
- 2 MT. CLIMB (20) + RUN
- 1 ROW STROLL 6+
- 3 ALT SQUONK
- 1 LYCAN UP (10) + RUN
- 2 HIKES
- 2 XPP
- 1 CURL WALK 6+
- 3 APE SHOOT!
- 1 YETI
- 2 PUSH UP (10) + RUN
- 2 BOULDER

- 1-3, 4A
- 1-3, 4A, 4B, 5A
- 1-3, 4A, 4B, 4C, 5A, 5B, 6A
- 1-7A (ALL TASKS AS A CHECKLIST)

VOYAGE

- 1. SUICIDE 2-1-3-1-4-1
- 2. VIP (10) + RUN
- 3. W. GREMLIN

- 4A. QUICK FT. (20) + RUN
- 4B. F. LUNGE
- 4C. CYCLONE (12) + TZN
- 4D. MILLIPEDE (L)

- 5A. TROG
- 5B. TWINKLE TOES (30) + TZN
- 5C. CHICKIN 2-1-3-1-4-1

- 6A. TORO
- 6B. FLYING MONKEY

- 7A. GATOR TO 3

- 1,22
- 1,22,3,44
- 1,22,3,44,5,66
- 1,22,3,44,5,66,7,88

1,2 PUNCH

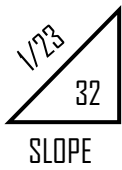
- 1. SHUFFLE
- 2. SWAGGIN 1:1

- 3. RIBBITS (10) + RUN
- 4. MONGOOSE

- 5. JOHNNY APPLESEED
- 6. SUPP (10)

- 7. REVIVAL

- 8. MOGUL PUSH



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

MTN2

1. GALLOW 2-1-4-3-4-1
2. TOES (20) + RUN

3. W. GREMLIN
4. V-STEP (10) + RUN

5. HANG (10) + RUN
6. STAT ROW (6) + TZN

7. XPP
8. 3 PT. STANCE

9. SLING SHOT 3-2-4-2-3-1
10. REV MASTODON

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

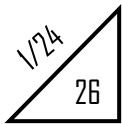
MESA

1. CURIOUS GEORGE
2. BUCKS
3. HAG 1:1
4. TYPHON
5. TWISTED
6. CYCLONE (12) + TZN
7. LOWLY (10) + RUN
8. SABRE (8) + RUN
9. BULLDOG
10. SCALAWAG
11. PETRA
12. QUICKSAND (L)

1-10
1-10
1-10

CHECKLIST (3)

1. TAUNTAUN
2. ALI 22+
3. VEXED (10) + RUN
4. POTTY SHOT
5. W. CROOK
6. CALF-IN-ATOR
7. YETI
8. B. LUNGE
9. PUSH UP (10) + RUN
10. REV PLATE PUSH



SLOPE

1-12

CHECKLIST

1. BONSAI 3-1-4-2-4-1
2. MOGUL (20) + RUN
3. SHUFFLE
4. BULLY
5. SWAGGIN 1:1
6. HIKES
7. LYCAN (10) + RUN
8. SQ. JUMP (10) + RUN
9. ENFORCER
10. TROG
11. PUSH UP (10) + RUN
12. NEAPOLITAN

12
 123344
 12334455556666
 1233445555666677778888

ZENITH

1. GRECO
2. BUCKS

3. SQ. THRUST (10) + RUN
4. POTTY SHOT

5. QUICK FT. (20) + RUN
6. PLATE PUSH

7. MIEL'S WHEELS
8. PRIMATES 4-1-3-1-2-1

1X

2X

3X

4X

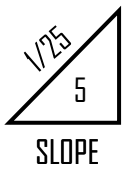
1-4. 5A5A
 1-4. 5B5B
 1-4. 5C5C
 1-4. 5D5D

REPTILIAN2

1. INFINITY (20) + RUN
2. CYCLONE (12) + TZN
3. STIGMATA (10) + RUN
4. SKATES

- 5A. SUE-STEP (20) + RUN
- 5B. ARACHNID
- 5C. JACKAL
- 5D. OZARK

RETURN TO CHECKLIST TO FINISH



1
121
12321
1234321
123454321

UPLIFT

1. SUE-STEP (20) + RUN
2. MT. CLIMB (20) + RUN
3. SWAGGIN 1:1
4. SKULLS (10) + TZN
5. REV YAK

1-5
5-1

U

1. SAWED OFF (10) + TZN
2. GARGOYLE
3. STAT ROW (6) + TZN
4. INFINITY (20) + RUN
5. CALF-IN-ATOR

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

EXPANDING

1. REV HYDRA
2. PARATROOP (10) + RUN
3. XPP
4. KAMIKAZE 4-3-4-2-4-1-4-1
5. POTTY SHOT
6. MONTAUK
7. KOBOLD
8. KNEELING CURL (6) + TZN
9. JAGGER (12) + RUN
10. TWISTED

1233
2344
3455
4566
5677
6788
7899
8910,10

RIPPLED

1. SL BOULDER
2. BUCKS
3. HOT COALS (10) + RUN
4. BANDIT (20) + RUN
5. TORO
6. SHUFFLE
7. PINNED 2-1-3-1-4-1
8. RIBBITS (10) + RUN
9. YETI
10. TAKE OFF!



SHRINKING BY 2

SLOPE

1-24
3-22
5-20
7-18
9-16
11-14

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

2. STAMPEDE

3. MT. CLIMB (20) + RUN

4. SQUONQ

5. SQUANTOES (20) + RUN

6. SHWAGGIN 1:1

7. MOWGLI (12) + RUN

8. RIBBITS (10) + RUN

9. LYCAN (10) + RUN

10. ROOSTER (10) + TZN

11. PEG LEG (8) + RUN

12. TYSONS

13. HIKES

14. VEXUM

15. STAT ROW (6) + TZN

16. RAMPANT (10) + RUN

17. TAUNTAUN

18. O-PINNED 2-1-3-1-4-1

19. PABLO

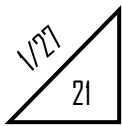
20. CRAY-CRAY

21. AMAROK

22. GATOR TO 3

23. SL BUCKS

24. TWEAKER Ⓛ



SLOPE

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

CHAOS

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

1 MT. CLIMB (20) + RUN

3 V-STEP (20) + RUN

2 HIKES

1 STAT SWAG (20) + TZN

3 TIP-TOES (20) + RUN

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

1 BUCKS

4 KOBOLD

3 BANDITS (20) + RUN

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

1 W. LUNGE

1 OZARK

1233

2344

3455

4566

5677

6788

7899

8910,10

RIPPLED

1. B.N.C.

2. TOES (20) + RUN

3. BUZZARD

4. JIGGY (20) + RUN

5. POTTY SHOTS

6. TRIFECTA! 6+

7. TYPHON

8. CRAY-CRAY

9. W. CROOK

10. GRIFTER (8) + SA PP

1,2

1-4

1-6

1-8

1-10

MTN2

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

2. HANG (10) + RUN

3. SAWED OFF (10) + TZN

4. SUPP 10

5. MOGUL (20) + RUN

6. TAUNTAUN

7. YETI

8. VEXUM

9. BULLDOG

10. TORO



WORKOUT DESIGNED BY TURF HARRISSON OWNER, TIM KNIGA

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

EL CYCLE

MTN2

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

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE

3. SWAGGIN 1:1
4. PLATE PUSH

5. SKY HIGH 4-1
6. MOGUL (20) + RUN

7. REV BEAR
8. ROW STROLL 6+

9. SCURL 1:1
10. REV MASTODON

1. GARGOYLE

2. SKULLS (10) + TZN

3. BULLY

4. SAWED OFF (10) + TZN

5. KIT. SINK (10) + TZN

123454321
12321
121
1

DOWNSHIFT

1. HIKES

2. PLATE SHAKE

3. POTTY SHOTS

4. SL BD. BENCH (20) + TZN

5. TWEAKER Ⓛ

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

FADED MTN

1. MIEL'S WHEELS

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

3. YETI

4. K.O.D. (20) + TZN

5. SHOT PUT



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

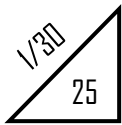
EL CYCLE

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

EXPANDING

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

1. REV PLATE PUSH
2. GROWLER
3. SA PP
4. W. GREMLIN
5. BONSAI 3-1-4-2-4-1
6. MOGUL (20) + RIM
7. VIP (10) + RUN
8. RIBBITS (10) + RUN
9. SKULLS (10) + TZN
10. SUPP 10

III,222,333...

CENTAUR3

1. PUSH UP (10) + RUN
2. TROG
3. DIABLO
4. STAMPEDE
5. GARGOYLE
6. CURL PRESS5+
7. TOES (20) + RUN
8. SLAP JACK
9. CHICKIN 2-1-3-1-4-1
10. NEAPOLITAN

1234444
12333
122
1

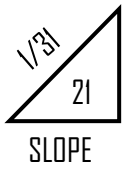
REVERTEX

1. POTTY SHOT
2. SL BUCKS
3. CYCLONE (12) + TZN
4. TURKEYS

1
112
111223

AND1

1. VENOM
2. STACK SHOT
3. REV HYDRA



TBD