

# THE ROOK BOOK

## ● GAME 1:

Black (Spades):	Lunges
Yellow (Diamonds):	Crunches
Green (Clubs):	Incline Push-Up
Red (Hearts):	Mountain Climber
Rook (Joker):	Burpees

## ● GAME 3:

Black (Spades):	Ohno's
Yellow (Diamonds):	V-Sits
Green (Clubs):	Decline Push-Ups
Red (Hearts):	Cheetos
Rook (Joker):	Burpees

## ● GAME 2:

Black (Spades):	Squat Jumps
Yellow (Diamonds):	Sit-Ups
Green (Clubs):	Push-Ups
Red (Hearts):	Jumping Jacks
Rook (Joker):	Burpees

## ● GAME 4:

Black (Spades):	Tuck Jumps
Yellow (Diamonds):	Side-to-Side
Green (Clubs):	Tickle Push-Ups
Red (Hearts):	Mountain Jacks
Rook (Joker):	Burpees