

THE ROOK BOOK

● GAME 1:

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| Black: | Lunges |
| Yellow: | Crunches |
| Green: | Right Leg Hop |
| Red: | Mountain Climber |
| Rook: | Burpees |

● GAME 3:

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| Black: | Ohno's |
| Yellow: | Vertical Scissors |
| Green: | Left Leg Hop |
| Red: | Cheetos |
| Rook: | Burpees |

● GAME 2:

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|---------|---------------|
| Black: | Squat Jumps |
| Yellow: | Sit-Ups |
| Green: | Mogul Ski |
| Red: | Jumping Jacks |
| Rook: | Burpees |

● GAME 4:

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|---------|---------------------|
| Black: | Tuck Jumps |
| Yellow: | Horizontal Scissors |
| Green: | XC Ski |
| Red: | Mountain Jacks |
| Rook: | Burpees |