WHENEVER GORDON CALLS SOMEONE A DONKEY...
  ...DO 15 SQUATS
WHENEVER FOOD IS RAW DURING DINNER SERVICE...
  ...DO A 30 SECOND SUPER MAN
WHENEVER GORDON SAYS ‘OPEN HELL’S KITCHEN’...
  ...DO 30 CRUNCHES
WHENEVER SOMEONE IS KICKED OUT OF HELL’S KITCHEN...
  ...DO 25 JUMPING JACKS
WHENEVER SOMEONE SAYS THEY ARE BEING ‘THROWN UNDER THE BUS’...
  ...DO A PLANK FOR 1 MINUTE
WHENEVER SOMEONE SAYS THEY ‘AREN’T HERE TO MAKE FRIENDS’...
  ...DO 5 JUMP SQUATS
WHENEVER GORDON SAYS ‘DIG IN’...
  ...DO 30 HIGH KNEES
WHENEVER GORDON SAYS ‘WELL DONE’ DURING DINNER SERVICE...
  ...DO 10 LUNGES