



TACO CHEF WORKOUT

Choose Your Ingredients and Build Your Taco By Completing the Exercise for Each Choice

Step 1:

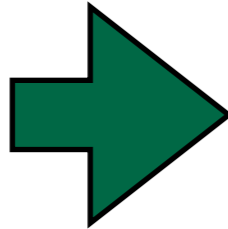
Choose Your Style



Soft Shell Taco
10 Cross Jacks




Hard Shell Taco
10 Jumping Jacks




Step 2:

Choose Your Protein



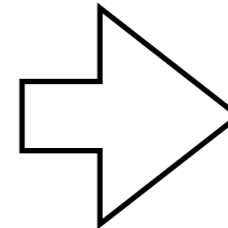
Steak
10 Squats



Chicken
10 Push-ups




Vegetarian
10 Sit-ups




Step 3:


Choose Your Toppings




Lettuce
10 Lunges




Tomato
30s. Plank



Onions
10 Leg Lifts



Cheese
30s. Side Plank




Beans
10 Side Lunges




Jalapeños
10 Toe Raises

Step 4:

Choose Your Extras



Sour Cream
10 Burpies



Guacamole
1 min Plank



Hot Sauce
10 High Knees



Avocado
10 Jump Squats