



# CINCO DE MAYO WORKOUT

WILL WORK FOR TACOS

**5 Burpees**



**5 Jump Squats**



**5 Pushups**



**5 Chair Dips**



**5 Crunches**



**COMPLETE 5 ROUNDS**

**MWR Trainer Tip: Time yourself and beat your time each round. Enjoy your tacos!** 🌮 🌮 🌮