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