

**Name/Title:** Cinco De Mayo Fitness

**Purpose of Event:** To recognize Cinco De Mayo through fitness.

**Suggested Grade Level:** 4-12

### Description of Idea

Will do 5 reps of 5 different exercises for 5 sets. Full description is on YouTube.

Video below of the exercises.

[Video](#)

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Submitted by **Idrissa Gandega** in new york, NY. Thanks for contributing to PE Central! **Posted on PEC: 6/3/2021.**

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