**Name/Title:** **Mothers Day Emom Challenge**

**Purpose of Event:** A fun and challenging workout to celebrate Mothers Day.

**Suggested Grade Level:** all

## Description of Idea

Check out video (12 minutes long) describing the workout.

Video

---

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

Visit S&S Discount for all your physical education equipment and supplies!