

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.**

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