

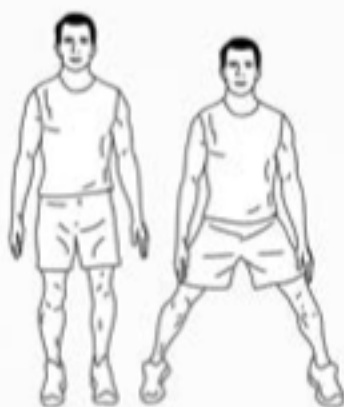
# 1000 POINTS

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

throughout the day workout **each rep = 1 point**



squats



half jacks



jump knee tucks



plank jump-ins



push-ups



crunches