1000 POINTS

DAREBEE WORKOUT

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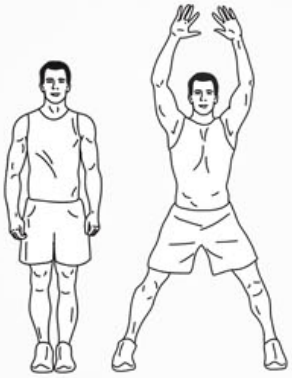
throughout the day

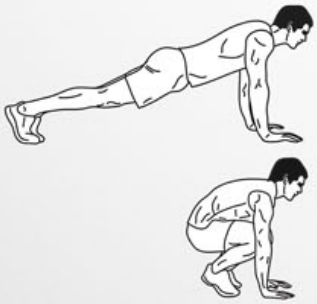
1 rep = 1 point

squats

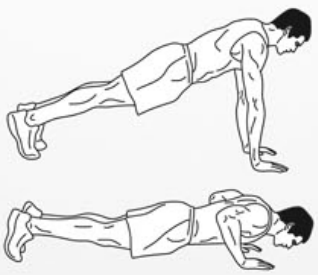


jumping jacks

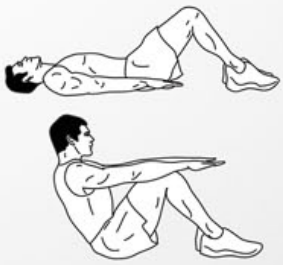
hop heel clicks



plank jump-ins



push-ups



sit-ups