

# OF THE MASTER UNIVERSE

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**6** jump squats



**6** push-up shoulder taps



**10** side plank rotations



**6** jumping lunges



**6** raised leg push-ups



**10** side plank crunches