



**The PAF Free Fat Burning Workout #2**  
[prettyawesomefitness.com/freeworkout2](http://prettyawesomefitness.com/freeworkout2)

*Workout Log Sheet*

**Time of workout:**

**Place of workout:**

**Mood before workout:**

**Duration of workout: 15 mins**

**Instructions: Complete each exercise with minimal rest and repeat the whole round for a total of 15 mins. Record how many rounds you completed!**

	Set 1	Set 2	Set 3	Set 4	Set 5
30 sec Sumo Squat					
30 sec Push-ups					
30 sec Leg Raise					
30 sec Lateral					
Mountain Climbers					
30 sec Burpees					
30 sec Side Plank and					
Raise					
30 sec 180 Jump					
Squat					

**Number of rounds completed:**