BUILTLEAN®

The Best Workout.

To Burn Fat.

Full-body strength workout to get leaner & stronger

BuiltLean.com

© 2016 Builtlean Llc | All Rights Reserved.



Thank You.

Thank you for checking out my best workout to burn fat based on our BuiltLean "Strength Circuits" method. Keep in mind nutrition is the most important determinant of losing body fat, but this workout method will help you maximize your results.

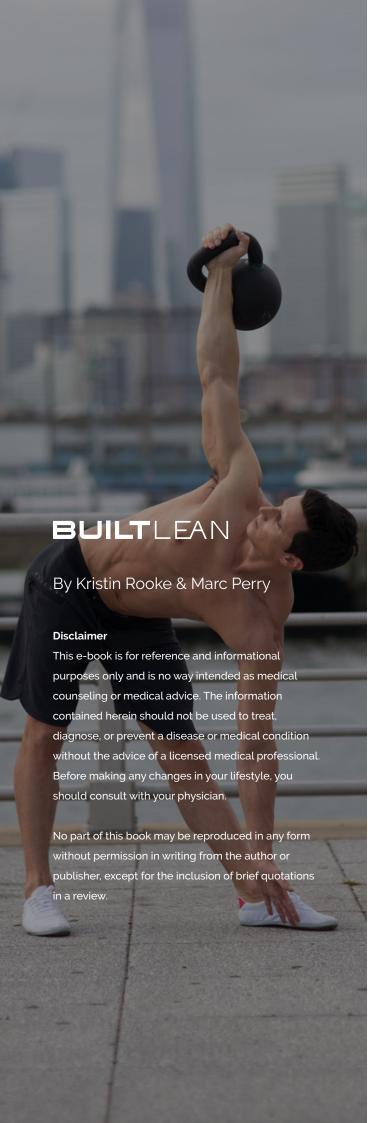
I hope you enjoy it!

Mun kuz

MARC PERRY CSCS, CPT

Founder & CEO

BUILTLEAN



In This E-Book.

3 Fat-Burning Workout Principles

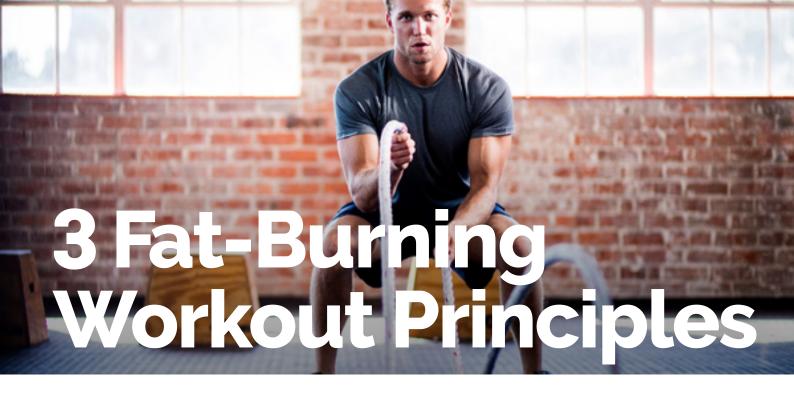
Workout Instructions

Workout Structure

Workout Details

Increase The Challenge

Decrease The Challenge



1

Any Exercise
Burns Fat

Any workout that gets your body moving will help you burn fat. Weight lifting, yoga, dancing, walking, and biking all help with fat loss, but some are more efficient than others.

2

Higher Intensity Burns More Fat

Higher intensity workouts burn more fat than lower intensity workouts in a given amount of time.

More intense exercise burns more calories both during AND after the workout is over, known as the "afterburn effect".

3

Full-Body Workouts Burn More Fat

Workouts with exercises that challenge your entire body burn more fat than those that only target specific muscle groups. In particular, exercises that challenge your legs burn the most calories and fat because your legs have the most musculature of any part of your body.

Full-Body 'Strength Circuit' Workout

Instructions

- 1. Start with a warm-up
- Complete the following
 sexercises in sequence,
 seconds on, 30-seconds off for 3 rounds. Rest
 minute between each round.
- After the 3rd round, rest
 1-minute, then complete a finisher for 20 seconds on,
 10 seconds off for 3 rounds.
- If you don't have a timer, complete each exercise in the circuit for 10 reps, then the finisher for 20 reps each.
- 5. Cool-down with stretching

Structure

There are many ways to structure your workouts, but the BuiltLean "Strength Circuits" method is proven to help maximize your results:



Workout **Details**



Double DB Front Squat

Stand tall holding the dumbbells in front of your shoulders, then squat down as low as you can with a straight spine and tight core. **Seconds**



Push Ups

Start in a plank position with arms straight. Keeping your body is a straight line, lower your chest towards the floor. Then push all the way back up.

Seconds



Forward Lunges

Step forward then drop your hips down so that your back knee is close to the ground. Step back up, then repeat with the other side.

Seconds



Renegade Row

In a plank position with your hands on your dumbbells, pull one dumbbell up towards your armpit while keeping your hips square and core tight.

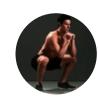
Seconds



Bicycles

Extend your right leg straight out above the ground as your rotate your right elbow to your left knee. Then alternate sides, twist the other way.

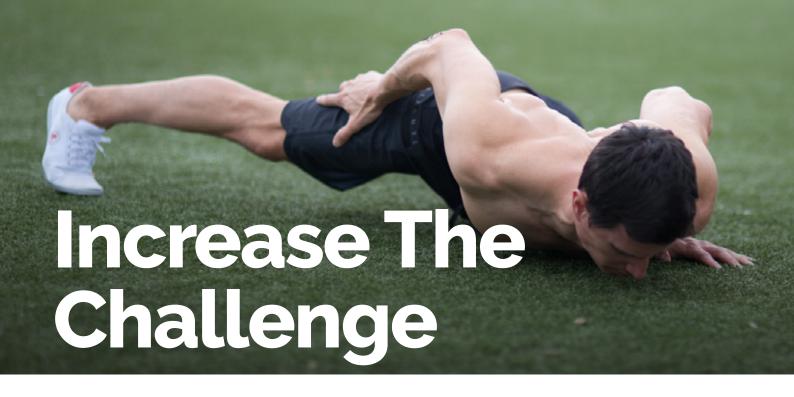
Seconds



Squat Jumps

Squat down and then drive through your feet to explode straight up into the air. Land softly back in the squat position, and immediately jump up again.

Seconds





Wear a Weighted Vest

If you want to push yourself to the max, you can wear a weighted vest, which makes the workout much harder. Every exercise will be more difficult.



Use Heavier Dumbbells

Using enough weight is critical to maximizing your results, so be sure to use heavier dumbbells if the workout is too easy the first time.



Choose Harder Exercises

Are push ups too easy for you? Then do push ups with your feet on a bench, or do one-arm push ups instead. Choose harder exercises to make the workout more challenging.





Use Your Bodyweight

You don't have to use weight for an exercise if you don't want to or don't have the equipment. Squats without weight can still be very effective.



Use Easier Exercises

Instead of Push Ups, you can hold a plank. Instead of Renegade Rows, consider doing Single-Arm Dumbbell Rows, and instead of doing an intense plyometric exercise like Jump Squats, consider Jumping Jacks or Stationary Bike.



Take Your Time

If you get tired, rest. Take your time to workout and be safe. While less rest will mean more intense workout and greater fat burn, in the long run, it's much less important