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!

MARC PERRY  CSCS, CPT
Founder & CEO

BUILT LEAN
In This E-Book.

3 Fat-Burning Workout Principles

Workout Instructions

Workout Structure

Workout Details

Increase The Challenge

Decrease The Challenge

By Kristin Rooke & Marc Perry

Disclaimer
This e-book is for reference and informational purposes only and is no way intended as medical counseling or medical advice. The information contained herein should not be used to treat, diagnose, or prevent a disease or medical condition without the advice of a licensed medical professional. Before making any changes in your lifestyle, you should consult with your physician.

No part of this book may be reproduced in any form without permission in writing from the author or publisher, except for the inclusion of brief quotations in a review.
3 Fat-Burning Workout Principles

Any Exercise Burns Fat

Higher Intensity Burns More Fat

Full-Body Workouts Burn More 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.

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”.

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
2. Complete the following 5 exercises in sequence, 30-seconds on, 30-seconds off for 3 rounds. Rest 1-minute between each round.
3. After the 3rd round, rest 1-minute, then complete a finisher for 20 seconds on, 10 seconds off for 3 rounds.
4. 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:

<table>
<thead>
<tr>
<th>Warm Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strength Circuit</td>
</tr>
<tr>
<td>Rest (1 min)</td>
</tr>
<tr>
<td>Strength Circuit</td>
</tr>
<tr>
<td>Rest (1 min)</td>
</tr>
<tr>
<td>Strength Circuit</td>
</tr>
<tr>
<td>Rest (1 min)</td>
</tr>
<tr>
<td>Finisher</td>
</tr>
<tr>
<td>Cool Down &amp; Stretch</td>
</tr>
</tbody>
</table>
## Workout Details

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Double DB Front Squat</td>
<td>30 seconds</td>
</tr>
<tr>
<td>Push Ups</td>
<td>30 seconds</td>
</tr>
<tr>
<td>Forward Lunges</td>
<td>30 seconds</td>
</tr>
<tr>
<td>Renegade Row</td>
<td>30 seconds</td>
</tr>
<tr>
<td>Bicycles</td>
<td>30 seconds</td>
</tr>
<tr>
<td>Squat Jumps</td>
<td>20:10 seconds</td>
</tr>
</tbody>
</table>

### 3 rounds

- **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.

- **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.

- **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.

- **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.

- **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.

### Finisher

- **3 Sets**
  - **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.
Increase The Challenge

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.
Decrease The Challenge

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