

	<b>BUILTLEAN® Strength Circuits</b>	<b>Bodybuilding</b>	<b>Cardio Only</b>
Strength Benefits	✓	✓	✗
Cardio Benefits	✓	✗	✓
Maximum Fat Burn	✓	✗	✗
Build a Balanced Body	✓	✗	✗
Coached by Marc Perry	✓	✗	✗
Workout Length	30-minutes	60 to 90 minutes	45 to 60 minutes
# of Workouts / Week	3	4-6	5-6

# Builtlean Exercise Guide

**Tobias Bleicker**



## **Builtlean Exercise Guide:**

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