

UNDERSTANDING YOUR BODY TYPE

Understanding that individuals with different body types respond differently to training can save you a lot of time and frustration. What works for one may not work the same for another. Planning your training, diet and nutrition can be more accurately achieved by recognizing your personal body type or combination type.

By highlighting all characteristics that apply, you'll be on your way to unlocking the key to your personal goals.

BODY TYPE CHARACTERISTICS – called SOMATOTYPES

ECTOMORPH	MESOMORPH	ENDOMORPH
Thin	Hard, muscular body	Soft body
Flat chest	Large chest	Underdeveloped muscle
Very little fat storage	Solid muscle structure	Heavy fat storage
Delicate build	Rectangular shaped	Round shaped
Has trouble gaining weight	Gains and looses weight easily	Has trouble loosing weight
Muscle growth takes longer	Grows muscle quickly	Generally gain muscle easily
Long arms and legs	Long torso	Wide hips
Long and narrow feet and hands	Great strength	Short neck
Narrow in chest and shoulders		

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Not everything that is good for you feels good for you.
Every Day Is The Day
Go Train Hard!