

What Is Your Body Type ?

To get the most from our exercise programs, we need to know to which of the three basic body types we belong: endomorph, mesomorph, or ectomorph. Each of these has specific characteristics that respond best to different types of workouts:

Type	Ectomorph	Endomorph	Mesomorph
Physical characteristics	Tall and thin. Thin chest small hips, petite Naturally skinny small waist (Prince,)	Wide hips Strong bones, soft, round, curvy appearance Have a pear shaped body (Jennifer Lopez, Beyonce)	Athletic appearance, medium to large frames, wide shoulders and chest Small waist (Madonna, Schwarzeneger)
Metabolic characteristics	Fast metabolism. Slow muscle gains Find it hard to gain weight Very fast metabolism Strength is low Very fast metabolism Don't store Carbohydrates Overactive and Restless Don't sleep much	Slower metabolism. Likely to carry a little excess body fat Always stores excess calories as fat difficult keeping fat off Might have a slow thyroid Decent Strength before training. Body is sensitive to carbs. Body does better with low carb. and high protein diets	Naturally lean Naturally Athletic Naturally strong High levels of energy Always energized Don't store Carbs as fat Gains strength and muscle quickly Looses Body fat fast Can gain and lose weight easily

<p>Training Tips</p>	<p>Weight loss comes easy. Naturally fit. Will benefit from heavy weight training- Develop a strong core Do lots of isolation exercises Focus on 5-6 rep. range Lots of rest days in between Minimize cardio – 20 min. Never miss meals- eat lots of food Get more sleep</p>	<p>Focus on complex exercises that use a variety of muscles- (combination exercises) burpee with a push up into or squat with a shoulder press , Need lots of cardio Need to train frequently Focus on 8-12 rep. range Gains fat easy and loses slowly</p>	<p>Responds well to both resistance and aerobic training Utilize heavy weight lifting using maximal force</p>
<p>Training negatives</p>	<p>Slow to gain muscle. Too much cardio. can cause weight loss</p>	<p>Finds it difficult to lose weight. Needs to work on fitness.</p>	<p>Can become over trained quickly. Variety is the key.</p>

In choosing your exercise routine, always consider your preferences since you are more likely to stick with an activity that you enjoy. Of course any physical limitations have to be considered; for example, running might not be a good choice if you have lower back pain or arthritis.

Once you've made the commitment to begin a program, contact a fitness professional for assistance in determining training guidelines such as frequency, intensity, type and duration (time). This is known as the FITT principle .

If you would like a [personal program developed](#) we would be happy to help you.

Happy Training !