SOMATOTYPING



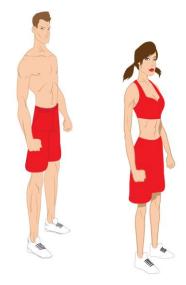
GUIDE

ECTOMORPH

An ectomorph is a typical skinny guy. Ecto's have a light build with small joints and lean muscle. Usually ectomorph's have long thin limbs with stringy muscles. Shoulders tend to be thin with little width.

Typical traits of an ectomorph:

- Small "delicate" frame and bone structure
- Classic "hardgainer"
- Flat chest
- Small shoulders
- Thin
- Lean muscle mass
- Finds it hard to gain weight
- Fast metabolism



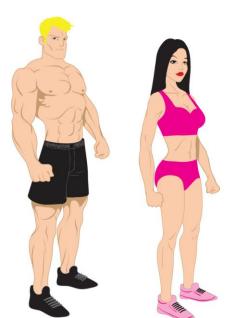
Ectomorphs find it very hard to gain weight. They have a fast metabolism which burns up calories very quickly. Ecto's need a huge amount of calories in order to gain weight. Workouts should be short and intense focusing on big muscle groups. Supplements are definitely recommended. Ectomorphs should eat before bed to prevent muscle catabolism during the night. Generally, ectomorphs can lose fat very easily which makes cutting back to lean muscle easy for them.

MESOMORPH

A mesomorph has a large bone structure, large muscles and a naturally athletic physique. Mesomorphs are the best body type for bodybuilding. They find it quite easy to gain and lose weight. They are naturally strong which is the perfect platform for building muscle.

Typical traits on a Mesomorph:

- Athletic
- Hard body with well defined muscles
- Rectangular shaped body
- Strong
- Gains muscle easily
- Gains fat more easily than ectomorphs



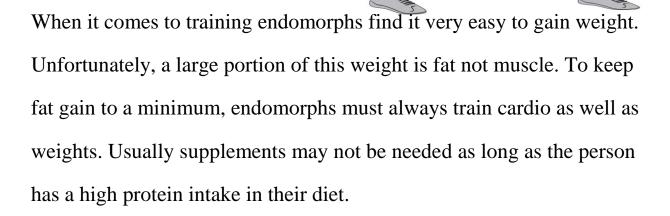
The mesomorph body type responds the best to weight training. Gains are usually seen very quickly, especially for beginners. The downside to mesomorphs is they gain fat more easily than ectomorphs. This means they must watch their calorie intake. Usually a combination of weight training and cardio works best for mesomorphs.

ENDOMORPH

The endomorph body type is solid and generally soft. Endomorphs gain fat very easily. Endo's are usually of a shorter build with thick arms and legs. Muscles are strong, especially the upper legs. Endomorphs find they are naturally strong in leg exercises like the squat.

Typical traits of an Endomorph:

- Soft and round body
- Gains muscle and fat very easily
- Is generally short and "stocky"
- Round physique
- Finds it hard to lose fat
- Slow metabolism

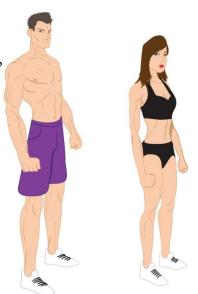


ECTO-MESOMORPH

An ecto-mesomorph is predominantly Ectomorph with some Mesomorph traits. Generally, they are built Tall and lean with more muscle mass than a true Ecto but still less than a True Mesomorph or Meso-Ecto.

Typical traits of an Ecto-mesomorph:

- Small "delicate" frame and bone structure
- Can build more muscle than a true "hardgainer"
- Flat but defined chest
- Medium shoulders
- Thin
- Lean muscle mass
- Finds it hard to gain weight
- Can have well built legs
- Relatively fast metabolism



Ecto-mesomorphs find it somewhat difficult to gain weight. They have a fast metabolism which burns up calories quickly. Ecto-meso's need a huge amount of calories in order to gain weight but do NOT need a drastic deficit to lose weight. Workouts should be short and intense focusing on big muscle groups. Supplements are definitely recommended when looking to gain musle. Ecto-mesomorphs should eat before bed to prevent muscle catabolism during the night.

MESO-ECTOMORPH

A meso-ectomorph has a medium-large bone structure, medium-large muscles and a naturally athletic physique. Meso-Ectomorphs are predominantly Mesomorphs with Ectomorph traits. They tend to have a bit of a tougher time gaining muscle than their Mesomorph counterpart but it is still a favourable somatotype for developing one's body. They find it quite easy to gain and lose weight.

Typical traits on a Meso-Ectomorph:

- Athletic
- Hard body with defined muscles
- Rectangular shaped body
- Medium size frame
- Average to Good Strength
- Gains muscle somewhat easy
- Gains fat more easily than ectomorphs or ectomeso's

The meso-ectomorph body type responds well to weight training. Gains are usually seen pretty quickly, especially for beginners. The downside to meso-ectomorphs is they gain fat more easily than ectomorphs or ecto-meso's. This means they must watch their calorie intake. Usually a combination of weight training and cardio works best for meso-ectomorphs.

MESO-ENDOMORPH

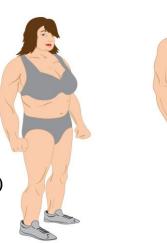
A meso-endomorph has a large bone structure, large muscles but has a physique sensitive to gain fat. They are mostly Mesomorphs with slight Endomorphic tendencies. Meso-endomorphs are the best body type for power-lifting, Offensive Line (American Football), or Shotput. They find it quite easy to gain both muscle and fat, however losing the

Typical traits on a Meso-Endomorph:

- Athletic Broad Shoulders
- Big Muscles that are somewhat defined

extra fat is a lot tougher than its Mesomorph counterpart.

- Rectangular shaped body
- Abdominal Fat
- Strong
- Gains muscle easily
- Gains fat more easily than mesomorphs
- Carbohydrate Sensitive (must keep low)





The meso-endomorph body type responds the best to weight training AND cardio. Gains are usually seen very quickly but are usually covered in a layer of fat. Keeping carbohydrate intake low especially later in the day is a must. Because of the predominant Mesomorph trait they can lose fat quicker than their Endo or Endo-Meso counterpart

ENDO-MESOMORPH

The endo-mesomorph body type is solid and generally soft. Endo-mesomorphs are predominantly Endomorphs with Mesomorph tendencies and gain fat very easily. Endo-Meso's are usually of a shorter build with thick arms and legs but with slightly less abdomen fat than its Endomorph counterpart. Muscles are strong, especially the upper legs. Endo-mesomorphs find they are naturally strong in leg exercises like the squat and deadlifts.

Typical traits of an Endo-Mesomorph:

- Soft and round body
- Relatively broad shoulders
- Gains muscle and fat very easily
- Tend to have relatively defined chest
- Is generally short and "stocky"
- Round physique
- Finds it hard to lose fat
- Medium to Slow metabolism

When it comes to training Endo-Mesomorphs find it very easy to gain weight. Unfortunately, a fair portion of this weight is fat not muscle. To keep fat gain to a minimum, endo-mesomorphs must always train cardio as well as weights.