

The right training, diet and supplements for your body type

Answer the following questions:

1) My bone structure is:

___ (a) Very Large ___ (b) Large to Medium ___ (c) Small to Frail

2) My body tends towards:

___ (a) Carrying too much fat ___ (b) Being lean and muscular ___ (c) Being too skinny

3) My body looks:

Men answer here:

___ (a) Round and soft ___ (b) Square and rugged ___ (c) Long and tenuous

Women answer here: ___ (a) Pear-shaped ___ (b) Hourglass-shaped ___ (c) Mostly straight up and down

4) As a child I was:

___ (a) Chubby ___ (b) Normal ___ (c) Too thin

5) My activity level is:

___ (a) Sedentary ___ (b) Fairly Active ___ (c) Over active, can't sit still

6) My approach to life is:

___ (a) Laid back ___ (b) Dynamic ___ (c) Worrisome

7) My metabolism is: ___ (a) Slow ___ (b) Just right ___ (c) Too fast

8) People tell me:

___ (a) I should lose some weight ___ (b) Stay the same, that I look fine ___ (c) I should gain some weight

9) If you encircle your wrist with your other hands middle finger and thumb:

___ (a) Middle finger and thumb do not touch ___ (b) Middle finger and thumb just touch ___ (c) Middle finger and thumb overlap

10) Concerning my weight, I:

___ (a) Gain weight easily, but find it hard to lose ___ (b) Gain or lose weight fairly easily. Usually stay about the same weight ___ (c) Have trouble gaining weight

11) I am hungry:

___ (a) Almost all the time ___ (b) Just at meal times ___ (c) Rarely

12) People would describe me as an:

___ (a) Emotional person ___ (b) Physical person ___ (c) Intellectual person

RESULTS

Give yourself a 1 for each A answer, a 2 for each B answer and a 3 for each C answer. Add them up and divide by 12.

Look below at the number you now have. If you come up with a fraction, for example 1.5, then you are somewhere in between those two body types. And recommendations would be a middle approach.

1

You tend towards being an Endomorph, your biggest concern should be the losing of fat and adopting a lifestyle that keeps it off.

Strength training should be done to get a better muscle to fat ratio and therefore improve metabolism.

Use moderate weights at

a fast training pace (very little rest between sets and exercises).

You should lower your calorie intake (but not try to starve yourself) and should eat frequent but small meals. Sugars, sweets and junk food should be eliminated from your diet. Engage daily in some activity like brisk walking, biking, etc., and try to increase the amount of time you spend each week.

Suggested supplements: Low carb/sugar protein powder and fat burners like Herbal Genesis, possibly a test boosting supp like Pro-Male.

2

You tend towards being a Mesomorph and have a naturally fit body but to maintain it or improve it you should exercise and diet correctly for your type.

Strength training can be done more often and for longer sessions than would be good for an Ectomorph, but you must still be

careful not to overdo it. You should train with moderate to heavy weights and at a moderate pace, not resting too long between

sets. You will find you gain muscle quite easy (some women and even men might not want to get too bulky, but this won't happen suddenly. When you are happy with your muscle size simply train to maintain it).

Stick to a good healthy diet to keep you lean and muscular, and watch for any slow creeping fat gains.

Engage in and enjoy aerobic activities, sports, etc. but do not overdo.

Suggested supplements Creatine and test boosters like Pro-Male.

3

You tend towards being an Ectomorph, you should concentrate on gaining weight in the form of good lean muscle tissue (some women that are too thin may also want to put on a little fat to look more feminine).

Weight training should be done but not too often or for too long each session. Weight should be fairly heavy and workout pace slower (longer rest periods between sets).

Diet should be high in calories (good quality food not junk) and you should eat more than you're used to and often.

Aerobic and other activities (sports, dancing, etc.) should be kept to a minimum, at least until you are happy with your weight and looks. Suggested supplements: Protein powder, creatine, test boosters like Pro-Male. Stay away from fat-burners.

History

In the 1940s, Dr. William H. Sheldon introduced the theory of Somatypes. His theory described three basic human body types:

the endomorph, characterized by a preponderance of bodyfat; the mesomorph, marked by a well-developed musculature; and the ectomorph, distinguished by a lack of either much fat or muscle tissue. He did also state that most people were a mixture of these types.

Sheldon's description of three body types has become an integral part of most literature on weight loss, fitness and bodybuilding.

The three body types are further described below.

Ectomorph

fragile

thin

flat chest

delicate build

young appearance

tall

lightly muscled

stoop-shouldered

large brain

Has trouble gaining weight.

Muscle growth takes longer.

Mesomorph

athletic

hard, muscular body

overly mature appearance

rectangular shaped (hourglass shaped for women)

thick skin

upright posture

gains or loses weight easily

grows muscle quickly.

Endomorph

soft body

flabby

underdeveloped muscles

round shaped

over-developed digestive system

trouble losing weight

generally gains muscle easily.

Conclusions

When you know which type you are (or which mixture) and diet, exercise and supplement correctly for that type, you will make much better progress.

Your goal should be to look as close as possible to (or stay looking like) a mesomorph. With the correct exercise and diet this can be attainable, and while you may be a bit upset that you have to work hard to look good while the true mesomorph looks that way naturally, at least you will still be fit and look good. And even the mesomorph will find as he/she gets older that some exercise, diet and supplements are needed if they want to continue to look good and be fit.