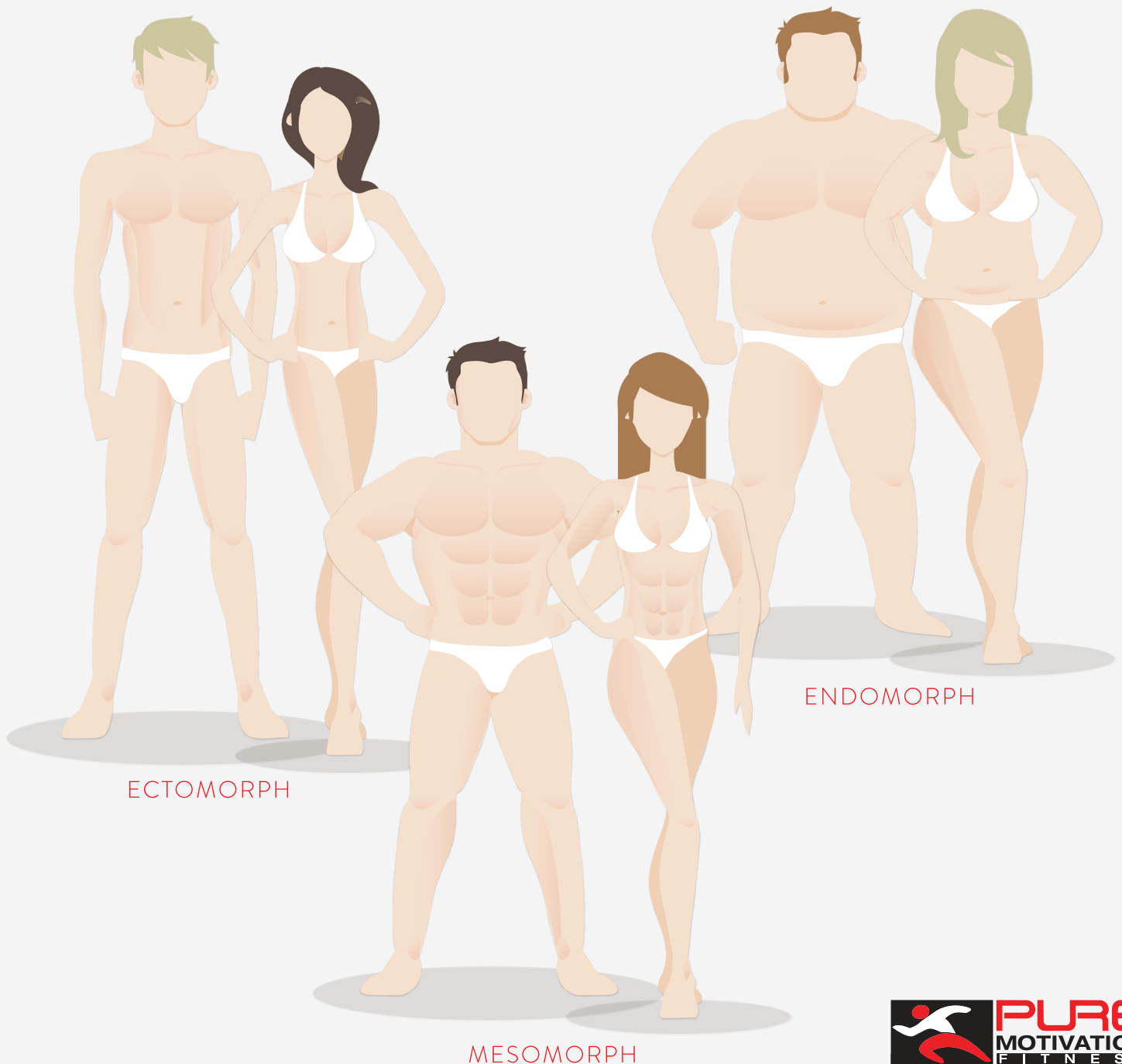


# EAT RIGHT, TRAIN RIGHT FOR YOUR BODY TYPE



By: Dimitri Giankoulas  
Certified Exercise & Sports Nutrition Coach

**ATTITUDE**  
**IS EVERYTHING**



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I'm convinced, after 22 years in the fitness industry, that if fitness nu-bees, veteran "gym rats" or more importantly trainers would learn how to eat and exercise according to their body types, the world would have more active people maintaining healthy, active lifestyles!

Fitness, weight loss and weight gain is simple when you understand how to work and control variables. Indeed, "if you fail to prepare and master your control variables in an experiment, you must prepare to fail at whatever you are trying to accomplish", said Mr Williams My high school Wrestling Coach". If you learn to control and work with your natural talent, genetics (body type) , nutrition & exercise, and master your mindset, success is inevitable.

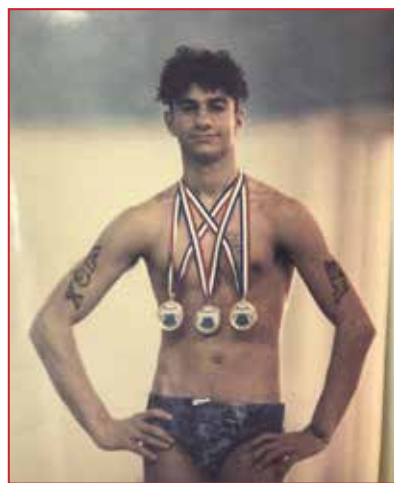


**DIMITRI GIANKOULAS**

DTS Lev 1 Certified (DTS), CrossFit Lev 1 Trainer (CF.)  
Exercise & Sports Nutrition Certified (PN Lev1)  
Performance Nutrition Specialist (I.S.S.A)  
Certified Personal Trainer (C.F.P), PNF Stretching Specialist (B.T.F)

**TYPICALLY, FITNESS GOALS FALL INTO ONE OF FOUR CATEGORIES:**

- A Weight loss**, body fat % reduction, decrease in girth measurements,
- B Weight gain**, increase in Lean Body Mass, increase in girth measurements, increase in power /strength.
- C Performance Training**, where athletes or clients train and compete requiring increased power, speed, endurance, accuracy, balance, coordination and flexibility.
- D Rehabilitation** from injury/chronic pain - In this scenario, before acting on any of the above, one must rehabilitate and correct the muscular, bone or joint dysfunction or nutritional deficiency.



I entered bodybuilding and competed for nine years because I fell in love with how beautiful, artistic and symmetrical bodybuilders look. Combining aesthetic detail with choreographed routines was truly breathtaking and hearkened to the days of the Ancient Greek Gods. However, before I stepped on stage, I endured years of eating regimens and exercise programs that failed as I did not know how my unique body type responded to food and exercise. No matter how hard I tried, how much I read or the hours of questioning my coaches endured, I could not explain my inability to gain weight.

One day, my first mentor, Mr. Wilson (my high school Wrestling & Football Coach), heard me complaining and said "Giankoulas I don't wanna see you whining again about why you're not bigger or stronger ...there's a section in this book I'm reading and it talks about body types and how they differ." He lent it to me for a day and it's been a game changer for me and my philosophy in fitness. That book sits in my home office today and it referenced this picture that blew my mind. It was the Arnold Schwarzenegger Encyclopedia of Bodybuilding by Bill Dobbins from 1985. At 16, I had my first "Aha" moment. The book explained Somatotyping and how bodybuilding is so closely linked to body typing.

We all come in different shapes, sizes with differing genetics. We all have 'that friend' who can eat pizza all day and not gain weight. It is not luck. It is body type and as I am often quoted as saying, "Once you become aware of the body type you have, the better you can approach your health and fitness goals versus guessing and relying on trial and error."



**Dr. William Herbert Sheldon Jr.**

Introduced in the 1940's, Dr. William Herbert Sheldon Jr., an American psychologist and numismatist created the field of somatotype and constitutional psychology that correlated body types with behaviour, intelligence and social hierarchy. His work is generally dismissed by modern researchers. He claimed that a body type could be linked with personality. For example, he believed that an overweight person with a large bone structure tended to possess an outgoing and relaxed personality while more muscular body types were more active and aggressive. A slim person was characterized as withdrawn. He split up these body/personality types into three categories; The Ectomorph, Mesomorph and Endomorph.

Some aspects of the Somatotype theory can be changed or altered: such as muscle and adipose (fat) mass with changes to external exercise stimulus expenditure (calories you burn) and caloric consumption manipulation (calories you consume), but the bone structure and frame height is a fixed characteristic. Sheldon failed to produce a personality test that supported his theory or notions statistically, however, he categorized human beings into three fundamentally different physical body types called "Somatotypes." They are the Ectomorph, Mesomorph, and Endomorph.

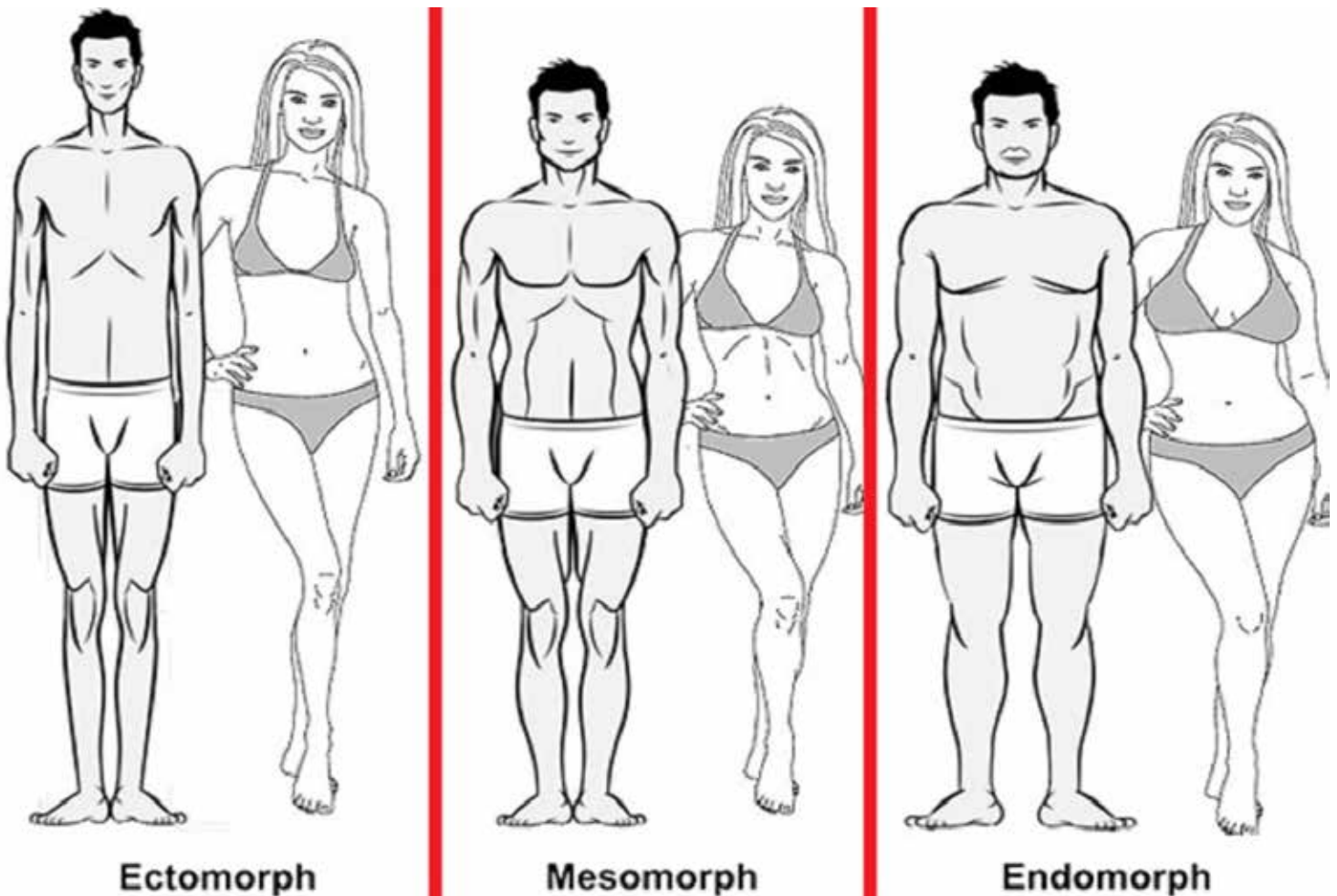
Psychological profiles based on physical features is unreliable and scientifically implausible. However, when it comes to bodybuilding or sport performance his observations are extremely accurate. Using his theories as a basis, our members have found success by working with their unique genetics and natural capacity.

Of course, this should be the basis of everything you do in your fitness program but most of us recognize that genetics plays a major part in our health and wellness. Consider the world's most talented athletes. Their bodies predict the sports in which they excel. Endurance runners are not overly muscular and NFL linebackers are not lean. When was the last time you saw a strong man competition where the top athlete was able to perform cardiovascular activities beyond 15 minutes? These athletes' body types predict their aptitude and success in their chosen sports.

# Body Types

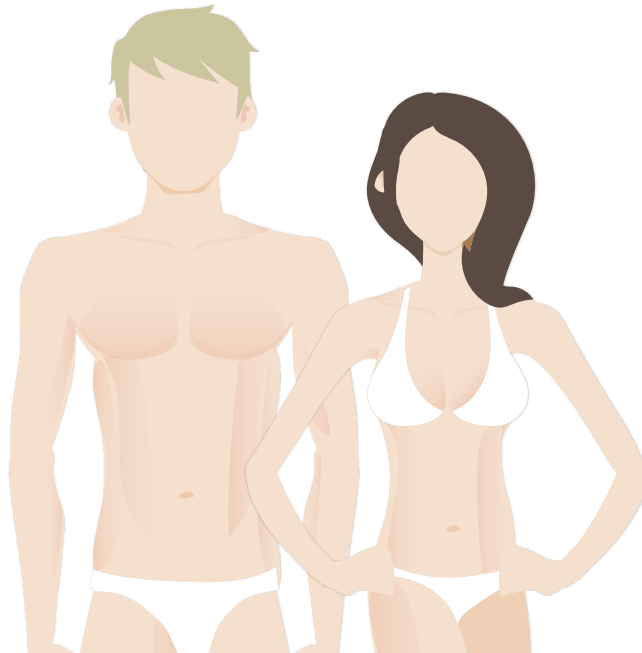
We all belong to one of three categories while recognizing there is a wide variety of shapes and sizes within these categories.

Knowing your body composition is liberating as it allows you to focus on what you wish to accomplish. No matter what the scale says, if you're in a healthy body-composition range, you're doing well! Your ideal body composition depends on your goals. If you're a competitive athlete, your aim is likely the lower end of the body-fat percentage scale but remember that zero fat is not healthy and lower is not always better.



Start by identifying your body type.

# EAT RIGHT, TRAIN RIGHT FOR YOUR BODY TYPE



## THE ECTOMORPH HARD GAINER

Dimitri Giankoulas  
Certified Exercise &  
Sports Nutrition Coach



### MACRONUTRIENT BREAKDOWN:

50% Carbs

25-30% Protein

25-20% Natural Fats



# ECTOMORPH

## BODY TYPE = HARD GAINER

An **ectomorph** has a light bone structure, long limbs, is not thick from the side profile with a flat narrow chest . These individuals often have a hard time building and gaining strength.

Long limbed and not particularly muscular ectomorphs can be 'skinny fat' meaning a low weight and/or small size with high body fat percentage. Ectomorphs resist weight gain because of a fast metabolism. They can overeat without gaining weight. This body type has little to less observable body fat, is lightly muscled and has a smaller more linear frame and joints.

When training, focus on power and resistance to

build strength. To maximize body composition (lean-mass gain, body-fat loss) as an ectomorph, eat good-quality fats with moderate protein intake of 25 to 30 grams per meal (four meals per day if you have a pre-training mini-meal) along with good-quality carbohydrates. On non-training/exercising days, do not skip the mid morning snack: Breakfast is hearty enough but you will still need more fuel to carry you through. After you have your afternoon snack, you may want to ensure you have 1-2 smaller dinners to ensure your not too low in calories. Remember if your goal is to gain muscle you need to eat!

"The challenge for most Ectomorphs is that with age, they can easily lose lean (muscle) mass & bone density if they don't perform regular resistance training exercise or consume a diet rich in protein, fats & higher carbohydrates. It is twice as hard to gain and keep muscle that it is to burn body fat"

### CHARACTERISTICS OF AN ECTOMORPH

- Narrow shoulders and smaller or narrow waist to hip ratio
- **Very fast metabolism**
- Thin narrow joints/bones
- Delicate linear body build
- **Typically taller**
- Has trouble gaining weight
- Takes longer to grow muscle
- Has more slow twitch muscle fibers
- **Generally slim**
- **With age they can lose lean mass faster than Meso & Endo body types**



*Michael Phelps*  
Olympic Swimming Gold Medalist

# The ECTOMORPH

- Ectomorphs tend to have overly efficient metabolisms coupled with a natural born endurance, speed and agility. They do not store carbohydrates as fat as easily as others and have difficulty gaining weight. Due to their high heat and energy expenditure, Ectos often burn more calories than they consume and can very rapidly drop weight and body fat percentage.
- Ectomorphs are encouraged to conserve

energy by slowing down and learning strategies to relax, reduce worry and get more sleep. Cardio is often counterproductive if your trying to add weight or size and should be kept to a minimum as daily hyperactivity is often commonplace. The Ectomorph must avoid over-training and should get in and out of the gym quickly, refuel with proper nutrition and allow ample time for recovery between workouts. Skipping meals is NOT an option and will result in rapid muscle loss.

## THE ECTO TRAINING STRATEGY

Whilst being an ectomorph may seem desirable to those who are constantly faced with the challenge of weight loss, the inability to gain weight can be just as frustrating. Ectomorphs, particularly females, often crave more womanly curves. When eating and working out 'Ectos' should maximize the calories consumed and conserve calories burnt to build muscle. As Ectomorphs burn calories almost too efficiently, it is challenging for them to gain lean muscle and often even to maintain a healthy body mass index.

As with any fitness program, diet, training and rest are all important. For an Ectomorph, diet is especially important.

Small frequent meals, rich in healthy fats are the most efficient way to maximize caloric intake for this body type. Ectomorphs are often good at activities such as long distance running, due to their light weight frames, but to gain a few curves and muscles, it is better to keep cardio activity to a minimum and focus on resistance training. This can add muscle to a thin frame, giving more shape and strengthen bones while reducing the risk of osteoporosis.

Training first thing in the morning is not recommended for 'Ectos' as they need more food (fuel) in their bodies as they require more energy for their workouts. Mid-day or evenings are best for Ectomorphs who should focus on overall weight training with loaded body weight or heavier free weights. Training should not exceed 3-4 days of solid, moderate to heavy lifting as 'Ectos' can easily overtrain. Compound exercises that allow up to six, eight and even ten 'reps' to build strength is recommended. A glucose based drink with branched chain amino acids prevents energy and calorie loss during workouts. Workouts should be short and intense focusing on the bigger muscle groups with plenty of rest (1.5-2 min) between sets to allow for proper recovery from heavy lifts.

Compound or plate loaded exercises with little to no cable exercises are recommended along with limited to low cardiovascular exercises.



*Ivana Sanovic*  
World Track & Field Champion

**STARTER WORKOUT:**

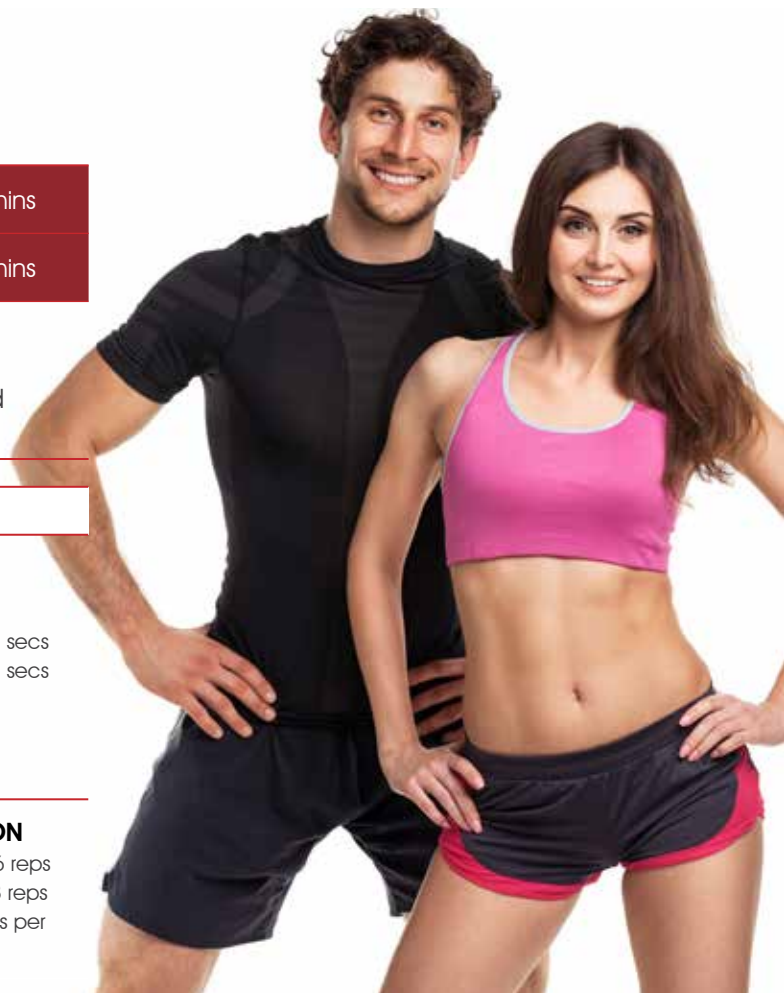
# ECTOMORPH TOTAL BODY POWER ADAPTATION

WARM UP:	Either 3 (Rower, Treadmill, Skipping)	5 mins
DYNAMIC MOVEMENT PREP:	Perform 1 set 8-10 reps of each below	4 mins

- Hip Opener x8
- Glute Series Circles x8
- Scorpions x8
- Elbow To Sky x8
- A, T, W, Y x2 each (4 sec holds)
- Arm Circles, Banded Rows or Band Distraction Exercises x8

**PREPPING WORK: 5 mins**

<p><b>1. TISSUE WORK</b> (Lacrosse Ball or Foam Roller)</p> <ul style="list-style-type: none"> <li>Pecs 1 x 30 secs per side</li> <li>Lats 1 x 30 secs per side</li> <li>Levator 1 x 30 secs per side</li> <li>Quadricep 1 x 30 secs per side</li> <li>Hamstrings/Adductor Magnus 1 x 30 secs per side</li> </ul>	<p><b>3. INTEGRATED MOVEMENT</b></p> <ul style="list-style-type: none"> <li>T-Stab Push-ups 1 x 20 secs</li> <li>MB Low to High Woodchop 1 x 20 secs</li> <li>MB High to Low Woodchop 1 x 20 secs</li> <li>Lateral Skips 1 x 20 secs</li> <li>High Knees 1 x 20</li> <li>Lateral High Knees 1 x 20 secs</li> </ul>
<p><b>2. CORE ACTIVATION</b></p> <ul style="list-style-type: none"> <li>Short foot 2 x 10 secs per side</li> <li>Plank on Elbows 2 x 30 secs</li> <li>SB Roll-Outs 2 x 15 secs</li> </ul>	<p><b>4. NERVOUS SYSTEM ACTIVATION</b></p> <ul style="list-style-type: none"> <li>Wall ball Slams to Push-ups 1 x 5-6 reps</li> <li>MB Rotational WALL Throws 1 x 5-8 reps</li> <li>SL Step-Ups with A Jump 1 x 5 reps per side</li> </ul>



## ECTOMORPH POWER / STRENGTH ADAPTATION

3-4x per week with 1-3 rest days

ORDER	BODY PART	EXERCISE	SETS	REPS	TEMPO	REST
A1	Lower Body PUSH	BB Squat or DB Lunge	4	12,10,8,8	Slow	1.5 - 2min
B1	Upper Body PUSH	Incline BB BPress or Flat BB BPress	4	12,10,8,8	Slow	1.5 - 2min
C1	Upper Body PULL	Deadlift or DB 1 Arm Row	4	12,10,8,8	Slow	1.5 - 2min
D1	Elbow Ext/Flex/Carry	Neutral Grip DB Press, Seated DB Press or Military Press	4	12,10,8,8	Slow	1.5 - 2min
Finisher	Core	Finisher Core Plank (Front & Side or Battle Rope)	3	60 sec or till failure	Slow	45sec - 1min
Stretch	Total Body	Foam Roll, Lacrosse Ball or Band	1-2	5min	Slow	As needed

BW= Bodyweight, BB= Barbell, DB= Dumbbell, KB= Kettle Bell

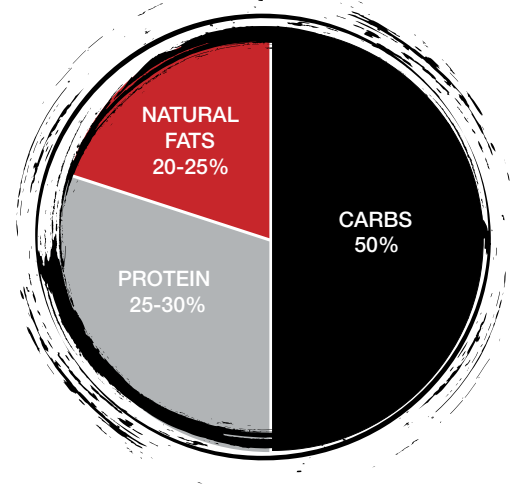
**Watch the 5 Best Exercises for an Ectomorph Here:**

<https://youtu.be/yn6B-2Imu1o>

# ECTO NUTRITION

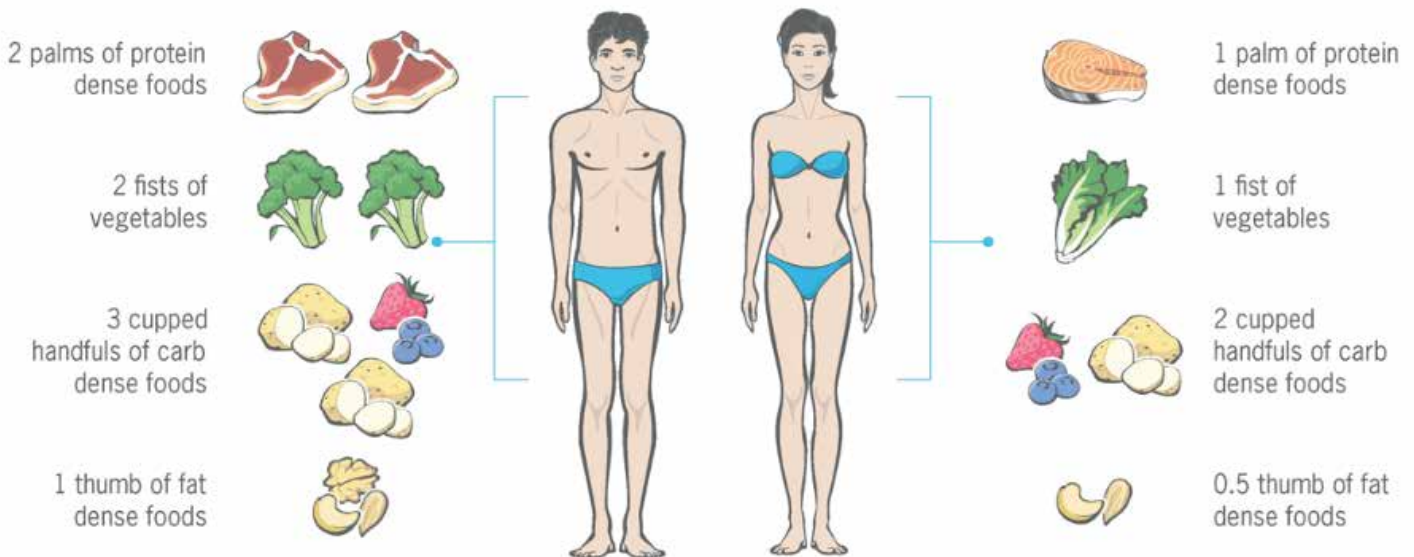
Since ectomorphs have fast metabolisms they must eat constantly, focus on healthy fats and meals high in carbohydrates and protein. Foods high in healthy fats will give you the greatest results with the least effort. Chicken, turkey, fish, eggs, and organic or grass-fed beef are great choices. Approximately 50-55% of your food intake should come from carbohydrates (both whole grain, unrefined starches and high fibrous rich vegetables). Avoid 'junk food'. Focus on nutrient dense foods to support muscle growth and overall health. Eat 'carbs' with each meal, especially with dinner and in the evenings. Add whole grain carbs to your meals if you wish to gain size.

If you're an overweight Ectomorph, remove your second dinner carbs and 'max out' your first dinner carbs at 1/2 cup. For strength and size, half your plate must be carbs.

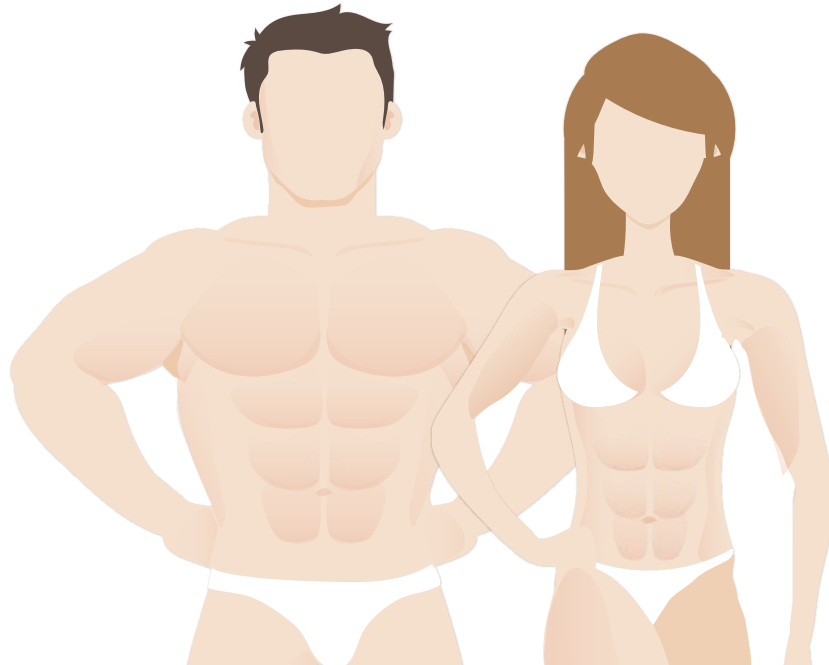


## THE ECTOMORPH MEAL

USE YOUR HAND TO MEASURE



# EAT RIGHT, TRAIN RIGHT FOR YOUR BODY TYPE



## THE MESOMORPH MUSCULAR BUILD

Dimitri Giankoulas  
Certified Exercise &  
Sports Nutrition Coach



### MACRONUTRIENT BREAKDOWN:

30% Carbs

40% Protein

30% Natural Fats

# MESOMORPH

## BODY TYPE = MUSCULAR BUILD

A mesomorph has medium bone structure, good symmetry, and the ability to make muscle gains. Naturally athletic, 'mesos' can easily become top body builders or strength athletes. They find it easy to build muscle mass, are generally proportionally built and can lose and gain weight easily. Moreover, they build muscle quickly and usually boast an upright posture.

This body type tends to have a long torso and short limbs. Women with a mesomorph body type are strong and athletic. Mesomorphs excel in explosive sports requiring power and speed as they have a higher percentage of fast-twitch muscle fibers. The genetic makeup of Mesomorphs suits power and strength.

For training, focus on moderate endurance training, high-intensity interval training (HIIT), and plyometrics. 'Mesos' can add in Pilates or yoga to lengthen with strength.

To maximize body composition (lean-mass gain, body-fat loss) as a mesomorph, eat good-quality fats with moderate carbohydrate consumption and consider timing protein and branched-chain amino acid (BCAA) intake. On non-training/exercising days, mesomorphs should skip pre-training snacks and have green tea or coffee in the afternoon. They should eat their usual pre-dinner and evening snacks.

**"The challenge for most Mesomorphs is that they can easily bulk up gaining too much muscle if diet and the proper exercise routine is not controlled. Using hybrid training works best with Strength and Metabolic Cardio Circuits."**

## CHARACTERISTICS OF AN ECTOMORPH

- Wider shoulders, narrower waist to hip ratio
- **Medium Metabolism, decreases with age**
- **Thin joints, shorter stocky bones/arms**
- **Easy to gain + lose weight**
- **Typically more muscular body**
- Rectangular shaped (hour-glass for women)
- **Bulks up easily with weight training**
- Grows muscle, strength the fastest
- More Fast twitch muscle fibers = power & speed
- Generally have controlled body fat and with age & inactivity metabolism slows down



# The MESOMORPH

- Mesomorphs are the most “muscular or athletically built” of the three body types. They are characterized by broad, square shoulders and small waists; medium joint circumference and are naturally strong, muscular in shape with high energy levels and athletic abilities - even before training.
- Mesomorphs are known to fluctuate in weight and have a remarkable ability to gain and lose muscle or fat with minimal effort.
- Athletically, for power and strength, the Mesomorphic genetic types are superior. They respond quickly to training due to their medium metabolism and greater fast twitch muscle fibers, however must be mindful to maintain discipline and consistency with their diet as Mesomorphs can easily gain fat and muscle.
- Cardiovascular exercises must be accompanied with most training regimens to offset for the medium speed in metabolism.

## THE MESO TRAINING STRATEGY

Although they have a tendency to gain muscle rather than fat, people with this type of body can become overweight if they do not exercise or eat correctly. They also face the problem of bulking up very easily when they do work out, which is often considered unattractive by women.

Using resistance training such as lifting weights does tone the body, but it can lead to large muscles in this body type, so to tone without gaining too much muscle, muscular conditioning and strengthening activities such as yoga and cardio are ideal.

Due to their larger percentage of muscle mass, mesomorphs often have a slightly higher metabolism and can therefore get away with eating a little more than endomorphs. However, although mesomorphs may not see the effects of a poor diet or overeating as obviously as endomorphs, they are still at risk of diseases associated with unhealthy eating and will still gain weight if they are eating more calories than they are burning.

Your body type will respond to training. For mesomorphs, training in the morning, mid-day or evening does not matter, although for fat loss, working out earlier in the day is generally better. Doing full body compound exercises with your own bodyweight and free weights is best 3-4x week followed by 1-2 days of cardio. You may do your cardio on separate days, after free weight sessions or in between each set as active rest. Try doing a few exercises and then a burst of 30-45 seconds of active recovery cardio vascular movements such as skipping, running or jumping jacks. It's not recommended to be in 'lower rep ranges' as mesomorphs will gain strength and size quickly due to their muscle hypertrophy and medium metabolisms. Females generally will not want to lift heavy. It is recommended that female 'mesos' stay in rep ranges of 10-15 or higher with moderate weight. Rest cycles depend on muscle building or fat loss targets. For fat loss, rest 30-45 seconds and for muscle gain, 60-90 seconds. Training should have both weight and cardiovascular components. Most Mesomorphs do well with active rest intervals in between sets to spike metabolism whereas the ectomorph would not want to do active rest at all if their goal is to gain weight.



*Serena Williams*  
Professional US Tennis Champion

## STARTER WORKOUT:

# MESOMORPH TOTAL BODY CONDITIONING



WARM UP:	Either 3 (Rower, Treadmill, Skipping)	5 mins
DYNAMIC MOVEMENT PREP:	Perform 1 set 8-10 reps of each below	4 mins
<ul style="list-style-type: none"> <li>• Hip Opener x8</li> <li>• Glute Series Circles x8</li> <li>• Scorpions x8</li> </ul>	<ul style="list-style-type: none"> <li>• Elbow To Sky x8</li> <li>• A, T, W, Y x2 each (4 sec holds)</li> <li>• Arm Circles, Banded Rows or Band Distraction Exercises x8</li> </ul>	

### PREPPING WORK: 5 mins

#### 1. TISSUE WORK

(Lacrosse Ball or Foam Roller)

- Pecs 1 x 30 secs per side
- Lats 1 x 30 secs per side
- Levator 1 x 30 secs per side
- Quadricep 1 x 30 secs per side
- Hamstrings/Adductor Magnus 1 x 30 secs per side

#### 3. INTEGRATED MOVEMENT

- T-Stab Push-ups 1 x 20 secs
- MB Low to High Woodchop 1 x 20 secs
- MB High to Low Woodchop 1 x 20 secs
- Lateral Skips 1 x 20 secs
- High Knees 1 x 20
- Lateral High Knees 1 x 20 secs

#### 2. CORE ACTIVATION

- Short foot 2 x 10 secs per side
- Plank on Elbows 2 x 30 secs
- SB Roll-Outs 2 x 15 secs

#### 4. NERVOUS SYSTEM ACTIVATION

- Wall ball Slams to Push-ups 1 x 5-6 reps
- MB Rotational WALL Throws 1 x 5-8 reps
- SL Step-Ups with A Jump 1 x 5 reps per side

## MESOMORPH TOTAL BODY CONDITIONING ADAPTATION

4-5x per week with 1-2 rest days

ORDER	BODY PART	EXERCISE	SETS	REPS	TEMPO	REST
Circuit A1	Quad Dominant	BW Squat or Goblet Squat	2-3	12-15	Slow	0
Circuit A2	Upper Body PULL	Pull Up/TRX Row or 1 Arm DB row	2-3	12-15	Slow	0
Circuit A3	Core Activation	Plank Series (front or side)	2-3	30-60sec		60 Sec
Circuit B1	Hip Dominant	KB Deadlift or Bench Hip Raises	2-3	12-15	Slow	0
Circuit B2	Upper Body PUSH	BW Pushups or Elevated pushups	2-3	12-15	Slow	0
Circuit B3	Cardiovascular	Jumping Jacks or Ball Slams	2-3	45sec	Fast	60 Sec
Circuit C1	Lower Body	Rev. BW Lunge or Box Step Up	1-2	8	Slow	0
Circuit C2	Elbow Ext/Flex/Carry	Heavy DB or KB Carry	1-2	12-15	Medium	0
Circuit C3	Elbow Ext/Flex/Carry	Unilateral DB Overhead Tricep Ext	1-2	12-15	Medium	60 Sec
Circuit C4	Elbow Ext/Flex/Carry	Unilateral DB Bicep Curl	1-2	12-15	Medium	60 Sec
Finisher	Energy System Training	Treadmill Sprints or Sled Pushes	1	4min	Fast	As needed
Stretch	Total Body	Foam Roll, Lacrosse Ball or Band	1	5min	Slow	As needed

BW= Bodyweight, BB= Barbell, DB= Dumbbell, KB= Kettle Bell

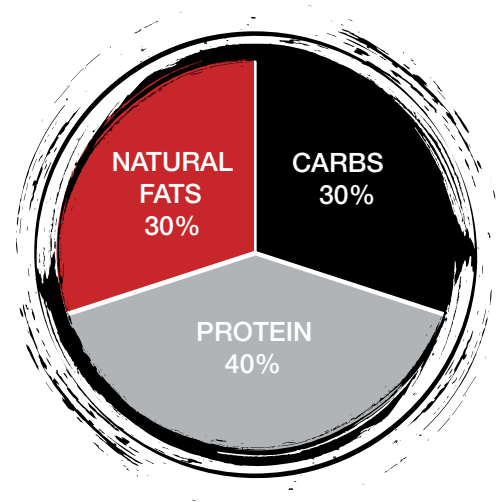
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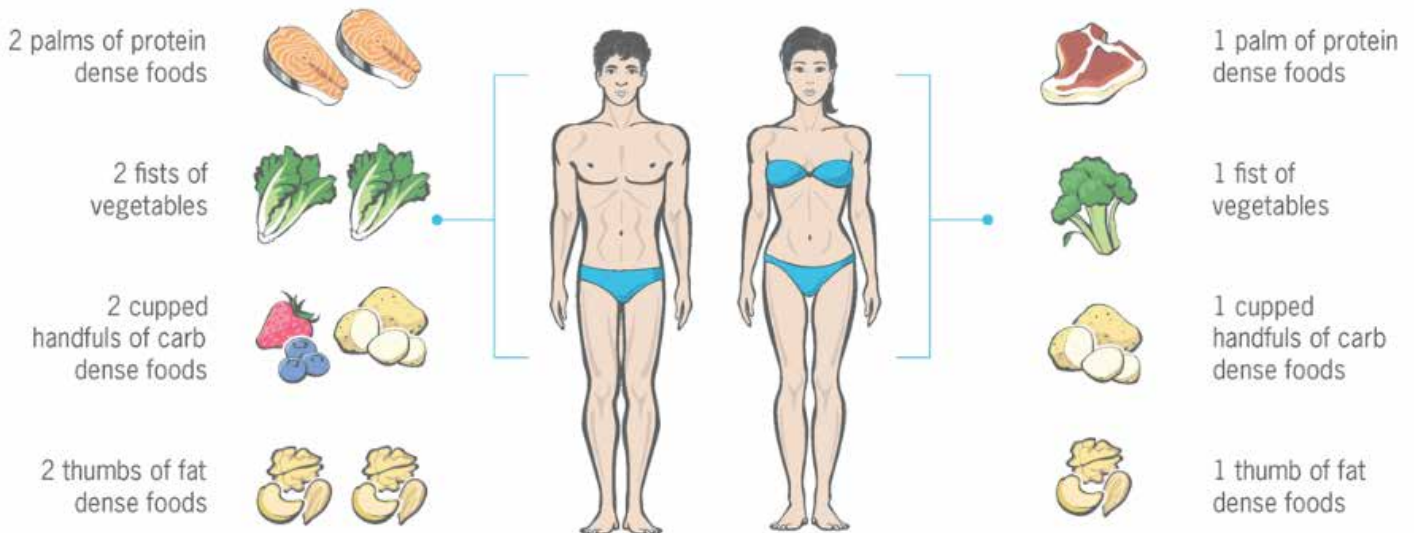
# MESO NUTRITION

Mesos have the best of both worlds. Some mesomorphs hate that they can gain weight easily making it all the more important to learn to harness and control blood sugars with each meal. Eating five to six smaller meals is key for this body type with no more than a handful of carbs at each meal. If mesomorphs eat poor foods or late at night, fat is stored whereas eating clean foods will balance complex carbs between breakfast, lunch and dinner. Eating a bit at night will lead to a desirable physique faster than other body types. Carbs are the 'mesos' friend and enemy. Overeating or cheating leads to weight fluctuation that will frustrate the mesomorph. Avoid high, empty calorie foods. Enjoy carbs one to three nights per week at dinner around 6-7pm at night. Mesomorphs should never have carbs if dinner is after 8pm. Unless your goal is to gain muscle, avoid high sugar fruit juices or sports drinks during your workouts. Post workout protein shakes are recommended and having 1/2 to 3/4c of fruit (carbohydrates) after your workout is the best time as your body can digest and breakdown carbs best post workout.

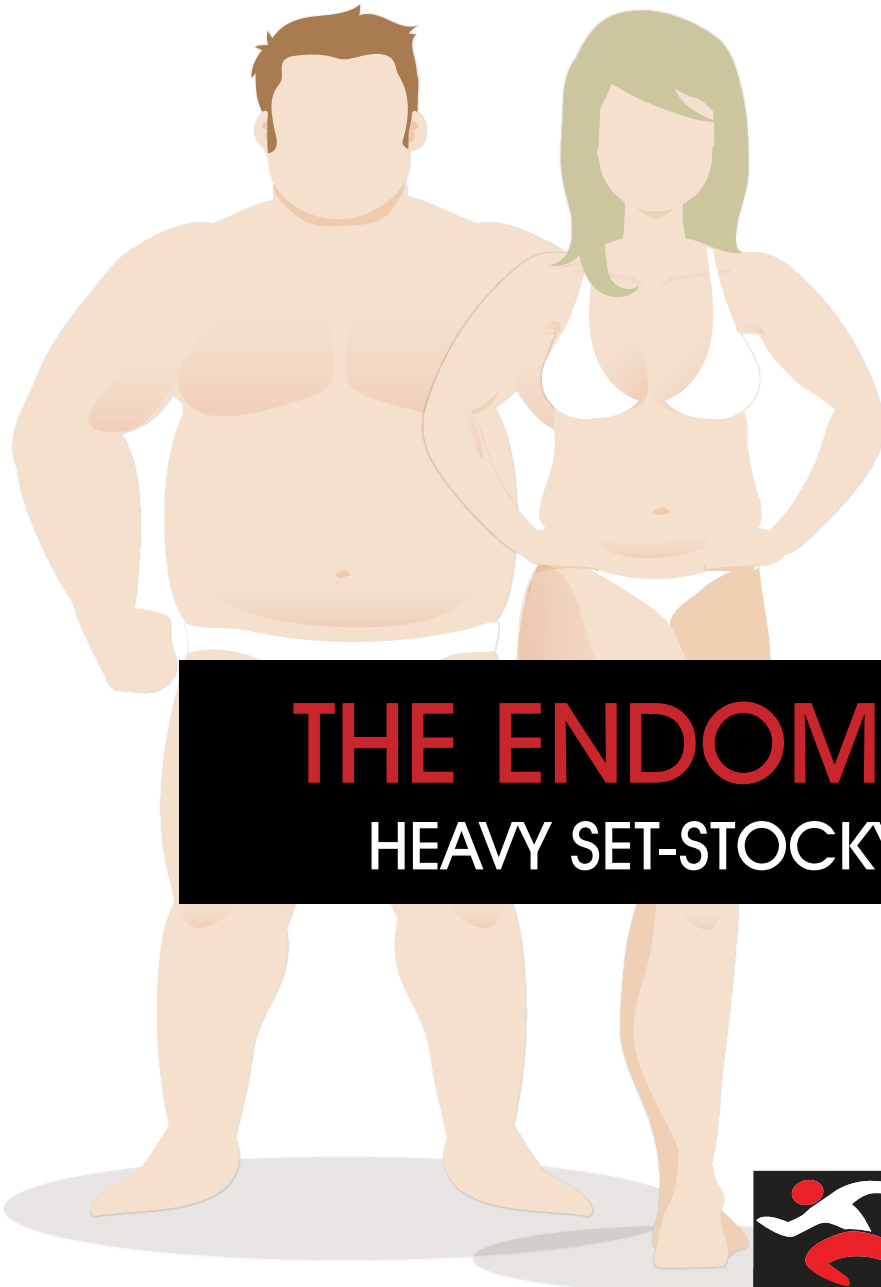


## THE MESOMORPH MEAL

USE YOUR HAND TO MEASURE



# EAT RIGHT, TRAIN RIGHT FOR YOUR BODY TYPE



## THE ENDOMORPH HEAVY SET-STOCKY BUILD

Dimitri Giankoulas  
Certified Exercise &  
Sports Nutrition Coach



### MACRONUTRIENT BREAKDOWN:

25% Carbs

35% Protein

40% Natural Fats (35-40%)

# ENDOMORPH

## BODY TYPE = HEAVYSET STOCKY BUILD

An endomorph has a thick bone structure and a tendency to hold more fat, appear overweight and often lacks definition. Strength and size come easily for endomorphs who are generally softer and rounder and tend to store fat easily. Endomorphs tend to have curvy, fuller figures and struggle to keep their body-fat percentage in check. Endomorphs have unforgiving metabolisms. Endomorphs have to make a conscious, concerted effort to do things for their bodies. Exercise, such as walking or running, must become a part of the endomorph's weekly (or daily) routine.

The right foods will fire up the endomorphs metabolism. Training-wise, high-intensity activities such as HIIT and CrossFit are great, as

are weight training and moderate endurance training. Endomorphs should eat the highest amount of good-quality fats than the other 2 body types plus protein and limit carbohydrate intake to maximize body composition (lean-mass gain, body-fat loss) and to control insulin and blood sugar. On non-training/exercising days, endomorphs should have breakfast within 45 minutes of waking up and skip the pre- and post-training carbohydrate (fruit or starchy snacks) and replace with more vegetables. They must temper afternoon snacks to appetite. Endomorphs have a tendency to store fat either in the belly region or in the bottom and thighs.

“The challenge for most Endomorphs is that they need to ensure they are active more than the other body types (min 4-5x week) regardless of how well their nutritional intake or program is. Exercise & movement are the catalysts to a faster metabolism.”



*Brian Shaw*  
World Strong Man Athlete

### CHARACTERISTICS OF AN ENDOMORPH

- **Wide Shoulders, Wide Waist & Hip Ratio**
- **Slower Metabolism**
- Gains muscle & fat easily & with age
- **Softer body, short wider joints/bones**
- Underdeveloped muscles
- Round Shapped
- Over developed digestive system
- **Trouble Losing Weight**
- Has more fast twitch muscle fiber = power, torque

# The ENDOMORPH

- Endomorphs most commonly, though not always, have larger frames with medium to large articulations (joints), smooth round contours with waist and hips dominating over chest coupled with significantly high muscle mass.
- Endomorphic individuals often tend to be more sluggish and lack energy due to a hypo-reactive (very slow) metabolic rate (BMR). They store excess calories as fat much faster than the other two body types due to the slower metabolism.
- Excess fat leads to hormone imbalance, low thyroid activity, insulin sensitivity, inflammation and reduced bone density; therefore, the endomorph responds very well to higher protein diets that comply with meal timing for sleep, life and workout schedules.
- Exercise is an absolute must. To maintain an optimal body composition and efficient metabolism, the endomorph must train hard both with cardio and weights as well as strive to enjoy more functional daily activity.

## THE ENDO TRAINING STRATEGY

Even though people with this body type may have a harder time maintaining a healthy weight, with a good diet and regular consistent exercise there is no reason why they cannot have a slim appearance. As extra weight is a key problem area for individuals with this body type, the first thing to consider when working out is a program which burns calories, in conjunction with a low calorie diet.

Cardio type workouts are generally considered to be the most effective for this, however if an individual is overweight, it may be necessary to choose a cardio activity that is low impact such as swimming, walking/jogging, rowing or cycling, at least at first, to avoid unnecessary strain on the joints.

Training immediately in the morning or mid day is best for your body type as you get your body's natural furnace going early on to burn calories throughout the day. If you cannot train until the evening, make sure you do so at higher intensities. For most workouts, weight training should be kept at the high range utilizing body weight movements along with lighter free weight compound movements. Cardio is an endomorphs best asset as you will need to be active five to six days per week. High intensity cardio (otherwise known as metabolic conditioning) will need to be a component of virtually every session. Many Endomorphs have been successful by splitting their workout sessions to morning cardio on empty stomach alongside a mid-day or evening workout. Inactive endomorphs can start with 20 minutes per day pushing up to 45 to 60 minutes after a few weeks. The longer and more intense your bodyweight training and cardio workouts are, the greater the fat lose. Vary workouts training in the 15-20-or 25 rep range, resting very little with a 30-60 second maximum. You may also train with time based repetitions instead of counting reps such as doing 3 exercises back to back for 30 to 45 seconds, even 1 min long to burn maximum calories and shock the body. Endomorphs will plateau quickly so they should add sprints, kettlebell swings, jump rope, cycling, classes and martial arts to their training programs regularly. Endomorphs benefit from full- total body workouts four times a week. If your muscles become sore from your weight-training do cardio on alternate days. Try this if pressed for time, making sure there is high intensity interval training to increase the intensity with less time - 4-5 times a week bodyweight (light weights) training focusing on Total Body or Major Push/Pull workouts with 1-2x times a week solely reserved for cardio.



*Andrea Thompson*  
World Strong Woman Athlete

**STARTER WORKOUT:**

# ENDOMORPH TOTAL BODYWEIGHT METABOLIC ADAPTATION



WARM UP:	Either 3 (Rower, Treadmill, Skipping)	5 mins
DYNAMIC MOVEMENT PREP:	Perform 1 set 8-10 reps of each below	4 mins

- Hip Opener x8
- Glute Series Circles x8
- Scorpions x8
- Elbow To Sky x8
- A, T, W, Y x2 each (4 sec holds)
- Arm Circles, Banded Rows or Band Distraction Exercises x8

**PREPPING WORK: 5 mins**

<p><b>1. TISSUE WORK</b> (Lacrosse Ball or Foam Roller)</p> <ul style="list-style-type: none"> <li>• Pecs 1 x 30 secs per side</li> <li>• Lats 1 x 30 secs per side</li> <li>• Levator 1 x 30 secs per side</li> <li>• Quadricep 1 x 30 secs per side</li> <li>• Hamstrings/Adductor Magnus 1 x 30 secs per side</li> </ul>	<p><b>3. INTEGRATED MOVEMENT</b></p> <ul style="list-style-type: none"> <li>• T-Stab Push-ups 1 x 20 secs</li> <li>• MB Low to High Woodchop 1 x 20 secs</li> <li>• MB High to Low Woodchop 1 x 20 secs</li> <li>• Lateral Skips 1 x 20 secs</li> <li>• High Knees 1 x 20</li> <li>• Lateral High Knees 1 x 20 secs</li> </ul>
<p><b>2. CORE ACTIVATION</b></p> <ul style="list-style-type: none"> <li>• Short foot 2 x 10 secs per side</li> <li>• Plank on Elbows 2 x 30 secs</li> <li>• SB Roll-Outs 2 x 15 secs</li> </ul>	<p><b>4. NERVOUS SYSTEM ACTIVATION</b></p> <ul style="list-style-type: none"> <li>• Wall ball Slams to Push-ups 1 x 5-6 reps</li> <li>• MB Rotational WALL Throws 1 x 5-8 reps</li> <li>• SL Step-Ups with A Jump 1 x 5 reps per side</li> </ul>

## ENDOMORPH METABOLIC ADAPTATION

3-4x per week + 1-2 pure cardio days with 1-2 rest days

ORDER	BODY PART	EXERCISE	SETS	REPS	TEMPO	REST
Circuit A1	Quad Dominant	BW or DB Lunge or Box Step ups	2-3	30-45sec	Med	15sec. as needed
Circuit A2	Upper Body PULL	TRX /Inverted Row or Seated row	2-3	30-45sec	Med	15sec. as needed
Circuit A3	Energy System Training	Med Ball Slams or Jumping Jacks	2-3	30-45sec	Fast	15sec. as needed
Circuit A4	Core Activation	Plank Series (front or side)	2-3	30-60sec	Slow	1-1.5min, repeat
Circuit B1	Hip Dominant	K-Bell Deadlift or Lying Pelvic Lift	2-3	30-45sec	Med	15sec. as needed
Circuit B2	Upper Body PUSH	BW Pushups or Elevated pushups	2-3	30-45sec	Med	15sec. as needed
Circuit B3	Elbow Extension/Flexion	Unilateral DB bicep Curl +Tricep Ext	2-3	30-45sec	Med	15sec. as needed
Circuit B4	Energy System Training	Battle Rope	2-3	30-60sec	Fast	1-1.5min, repeat
Finisher	Energy System Training	Treadmill , Rower or Sled Pushes	1	4min	Fast	As needed
Stretch	Total Body	Foam Roll, Lacrosse Ball or Band	1	5min	Slow	As needed

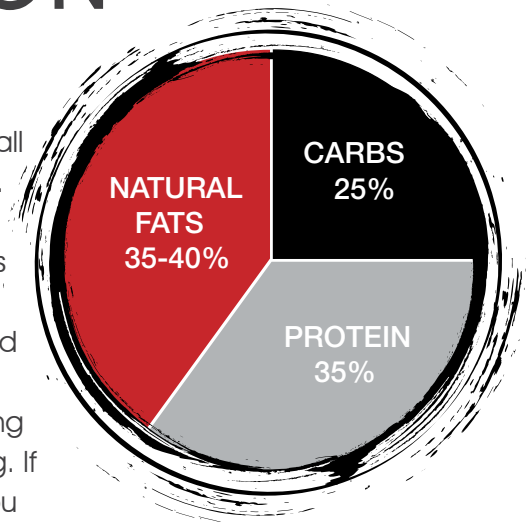
BW= Bodyweight, BB= Barbell, DB= Dumbbell, KB= Kettle Bell

**Watch the 5 Best Exercises for an Endomorph Here:**

<https://youtu.be/tHFN8dtSxo>

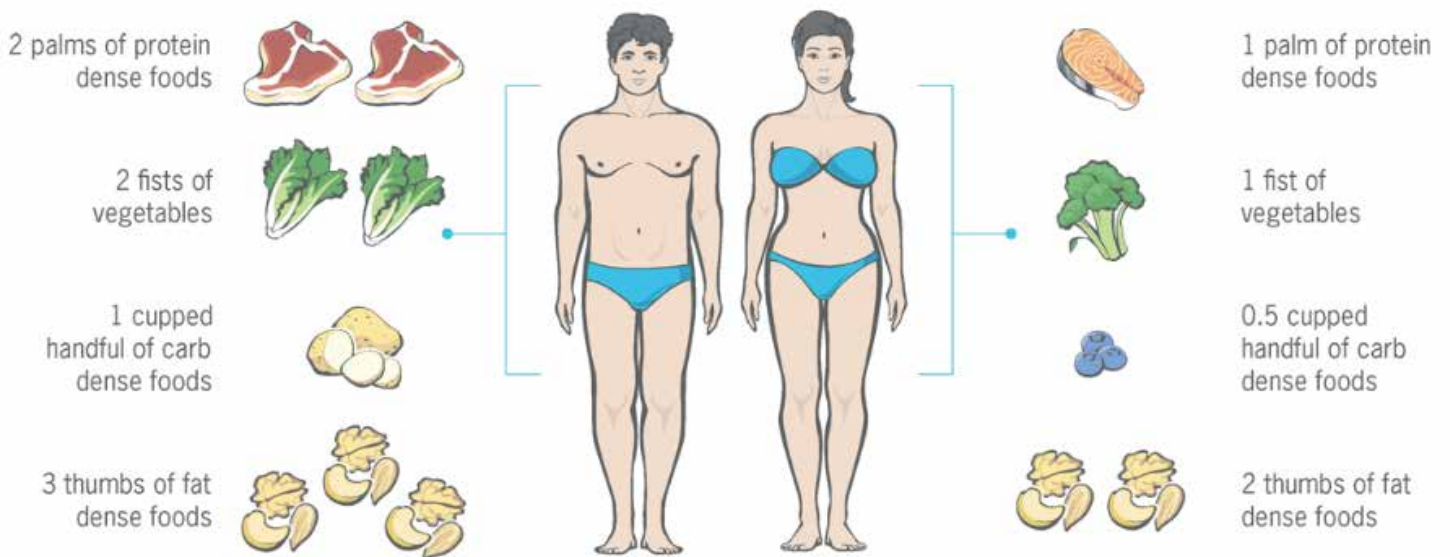
# ENDO NUTRITION

Endomorphs need to be conscious of calorie intake. Five to six small meals a day starting 20-30 minutes immediately after waking up is best. Missing breakfast leads to storing excess sugar (from high spikes) into fat all day. Small meals boosts the metabolism and burns additional calories during digestion. Endomorphs should limit the amount of red meat and focus your protein sources such as skinless chicken, turkey, and fish. The amount of carbs varies from person to person, but generally, high-carb diets are to be avoided. Endomorphs should focus on eating more protein, fibrous carbs (like fruits and veggies), healthy fats, and whole grains in moderation such as mid day or post exercise until your ideal weight loss is reached. While I encourage having cheat meals or cheat days in this book, endomorph bodies are less forgiving. If you want to enjoy a cheat meal, plan ahead of time and make sure that you have no more than two cheat meals per week and that they fit caloric intake goals. Carbs should be cycled; for dinner around 6-7pm eat carbs only once a week at 1/2-3/4c max and never eat carbs at Dinner after 8pm. Stick to eating "flesh (protein) veggies and fats" any time of the day. Best times for starchy simple or whole grain Carbs should be consumed mainly at lunch or post workout. Never ever drink fruit juices or high sugar sports drinks before or after a workout. Stick to healthier protein shakes. Enjoy low GI index foods, with very low added sugar at any meal.



## THE ENDOMORPH MEAL

USE YOUR HAND TO MEASURE



# BODY TYPE WORKOUT DIFFERENCES

## HOW DOES AN **ECTOMORPH'S** WORKOUT DIFFER FROM A **MESOMORPH'S** AND **ENDOMORPH'S** WORKOUT?

**Ectomorphs:** The ectomorph needs to lift heavy or at min more than their own bodyweight and keep cardio to minimum. Forced repetitions (adding weight and training with lower repetitions while having assistance from someone else spotting you to get 1-2 last reps at failure) . They also cannot train more than 3-4x per week and should never train back to back using the same muscle groups. Rest intervals are far longer than the other 2 body types and often ectomorphs have to increase the weight they lift with every working set. The total opposite of the mesomorph and endomorph.

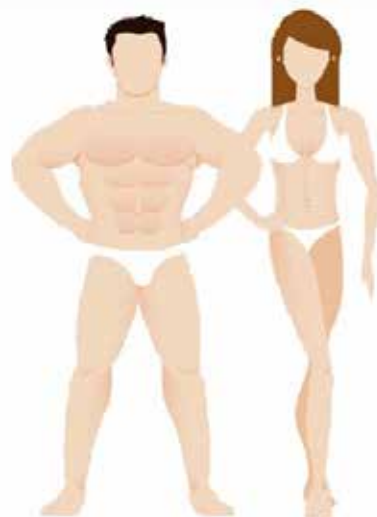
**Mesomorphs:** The mesomorph is right in the middle of the spectrum, and can generally put on quality mass or reduce body fat relatively easily. Once the desired body composition and appearance is achieved, the mesomorph can usually just maintain, making sure to continue exercising regularly and living a healthy lifestyle. Mesomorphs should strength train with moderately heavy weight with rest times between 90-120 seconds, and can do the same amount of cardio as an ectomorph.

**Endomorphs:** The endomorph must focus on burning as many calories as possible to decrease body fat during strength training. Rest times should be kept as short as possible in between sets. Moderate weight should be used or for best results and to ensure bulking does not occur train with your own bodyweight.

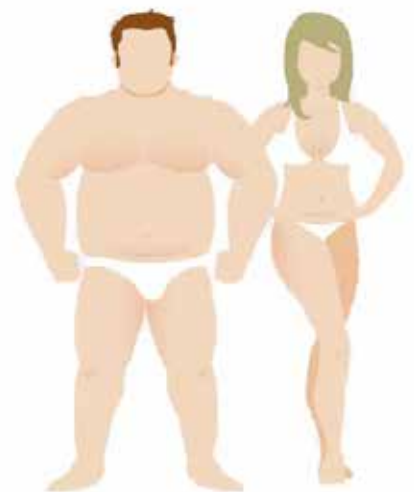
The endomorph's main concern is to cut body fat to reveal the muscle that is underneath. Many endomorphs must perform strength and cardiovascular exercises for 55-65min minimum or at least 5 days a week to lose enough body fat to appear defined.



**ECTOMORPH**



**MESOMORPH**



**ENDOMORPH**

# BODY TYPE AND MACRONUTRIENT ESTIMATES

SOMATOTYPE	ECTOMORPH (Naturally thin with skinny limbs)	MESOMORPH (Naturally muscular & athletic build)	ENDOMORPH (Naturally broad & thick)
PHYSICAL ACTIVITY PREFERENCE FOR ATHLETES	Endurance Dominant	Bodybuilding &/or relative strength training	Absolute Strength
CHARACTERISTICS	<ul style="list-style-type: none"> <li>• Thyroid Dominant</li> <li>• Fast Metabolism</li> <li>• High Sympathetic nervous system</li> <li>• Higher Carbohydrate Tolerance</li> </ul>	<ul style="list-style-type: none"> <li>• Testosterone &amp; growth hormone dominant</li> <li>• Moderate to high sympathetic nervous system activity</li> <li>• Moderate Carbohydrate tolerance</li> </ul>	<ul style="list-style-type: none"> <li>• Insulin Dominant</li> <li>• Slow Metabolism</li> <li>• Low Sympathetic nervous system activity</li> <li>• Low Carbohydrate tolerance</li> </ul>
TYPICAL GOALS	<ul style="list-style-type: none"> <li>• Gain Muscle &amp; Strength especially in limbs</li> <li>• Maintain bodyweight &amp; strength training during high-volume/endurance exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to build muscle mass while maintaining low bodyfat %</li> <li>• Support Athletic performance</li> </ul>	<ul style="list-style-type: none"> <li>• Lose weight &amp; bodyfat % in central trunk area (visceral/abdominal &amp; low back region)</li> </ul>
SUGGESTED AVG. STARTING PROTEIN %	25%	40%	35%
SUGGESTED AVG. STARTING CARB %	55%	30%	25%
SUGGESTED AVG. STARTING FAT %	20%	30%	40%

## CARBOHYDRATE TIMING TABLE

CARBOHYDRATE TOLERANCE	Excellent	Moderate	Poor
TYPICAL GOALS	Gain muscle + improve endurance performance	Gain Muscle + Lose fat & improve performance	Lose weight, bodyfat %
TYPICAL ACTIVITY OF AN ATHLETE	Endurance Sport or Activity	Intermittent Sport Athlete	Strength & Power athlete
CARBOHYDRATE TIMING RULES	<ul style="list-style-type: none"> <li>• Should include sugary carb drinks (food) before, during + after each exercise session</li> <li>• Some starchy, whole grain carbs can be eaten at every meal</li> <li>• Veggies &amp; Fruits (3:1 serving ratio) should be eaten at each meal</li> </ul>	<ul style="list-style-type: none"> <li>• Can include sugary carb drinks (food) ONLY after exercise</li> <li>• Starchy, whole grain, unprocessed carbs can be eaten at breakfast &amp; Lunch or after exercise.</li> <li>• Veggies and fruits(4:1 ratio) at each meal</li> </ul>	<ul style="list-style-type: none"> <li>• All starchy /sugary carbs should be included only during/after exercise</li> <li>• Veggies and fruits (5:1 ratio) should be at each meal</li> </ul>



# BODY (GENETIC) TYPE PERSONAL TRAINING PHILOSOPHY

Pure Motivation Fitness Studios distinguishes itself from other fitness intuitions for the main reason *that we base our training and nutrition regimen/programs on each individual unique Body Type!*

In this way, we consider the variables affecting individual goals for fitness, fat loss, performance and lean muscle growth. When we are educated in our own body type, our performance, stamina and aesthetic appearance can be altered, accelerated, and improved! All people either belong to one specific body type or a combination of two.

We each have genetically different physical and metabolic characteristics that determine how fast and efficiently we can build muscle and lose body fat. Most often, we demonstrate a combination of two types; however, with proper training and improved body composition, individuals gravitate toward one predominant type. Through discipline of thought and action, almost anything is possible, but individuals with different body types will find it necessary to approach their training with different methods, even though they may share the same long-term goals



## SOMATOTYPE SUMMARY

Not fully and clearly understanding anatomy, body structure, and metabolic energy pathways/systems cost you and your clients. If you unable to explain the basis of our Body Type Personal Training Philosophy you find it challenging to get results with your clients. By neglecting to incorporate our body type training techniques and principles, you will appear unsure and non-confident leading your clients to withhold their trust from you. I wouldn't blame them!

***WHERE YOU ARE AND WHICH BODY TYPE YOU ARE IS PERFECT; DON'T TRAIN HARD...TRAIN SMART!***

The worst thing we can do, is to compare ourselves to others. Everyone has a different body type and size. We can't become better than anyone else but we can be better than who we were the day before.

As always, it comes down to what you eat, when you eat it and how often you exercise. However, be aware that genetics do play a big role.

Instead of focusing on comparing yourself to others, or getting mad at your trainer or coach for not providing you re striving for, start eating and exercising for your body type and the rest will happen...

Break your cycle and achieve more... there is help out there if you want it and there are things that you will need to sacrifice to get the goals you want. Life is about 'give and take' so remember, "Attitude is Everything" in all aspects of life. If you want something badly enough, you can achieve it.

# SOMATOTYPE SUMMARY

## Ectomorph

“The Hard Gainer”

- Thin narrow joints
- Long limb bones = Linear Body Frame
- FAST Metabolism
- Easy to lose weight
- More slow twitch muscle fibres = Endurance Based

## Mesomorph

“The Muscular Build”

- Thin Joints
- Shorter limb bones = Muscular Body Frame
- MEDIUM Metabolism
- “Juggler” Easy to gain & Easy to lose
- More fast twitch muscle fibres = Power, Strength Based

## Endomorph:

“The Heavy set Build”

- Wide Joints
- Short/thick limb bones = Stocky Body Frame
- SLOW Metabolism
- Easy to Gain Muscle + Fat
- More Fast Twitch Muscle fibres = Torque Based

BODY TYPE	ECTOMORPH	MESOMORPH	ENDOMORPH
FRAME	Typically Thin/Taller in length + thin joints (Neck, wrists, ankles)	Naturally appear more Athletic/muscular build + thin joints (Neck, wrists, ankles)	Naturally Heavier Set/ Broad + thicker joints (Neck, wrists, ankles)
NERVOUS SYSTEM	High Sympathetic Nervous system (fight /flight/ adrenaline reaction)	Moderate to High Sympathetic Nervous system (fight /flight/ adrenaline reaction time)	Low Sympathetic Nervous system (fight /flight/ adrenaline reaction time)
METABOLISM	Thyroid Dominant = Faster Metabolic Rate	Testosterone & GH Dominant = Medium Metabolic Rate	Insulin Dominant = Slower Metabolic Rate
CARB TOLERANCE	Very High, thus can consume more calories	Medium, thus can gain & lose weight (muscle & fat) easily	Low, thus can gain weight (muscle & fat) easily
STRENGTHS	More Endurance dominate individual	Explosive power / Speed & Stamina	Absolute Power / Strength
PROS	Can consume higher calories & not gain much weight	Can gain muscle quickly and explosive power easily	Much more power than both other body types
CONS	Loses Lean muscle mass, bone density easily with age	With age metabolic rate declines and gains fat easier	Low endurance/stamina and gains body fat with age and more susceptible to cardiovascular diseases if diet and exercise are not regular in their lifestyle.

# E-BOOK REFERENCES

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