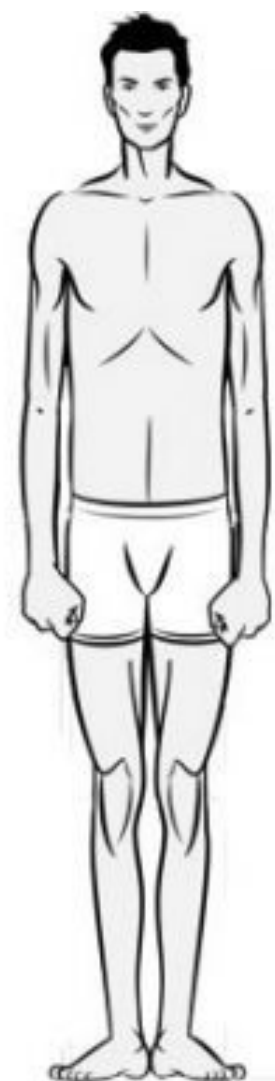


somatotipo



ECTOMORFO

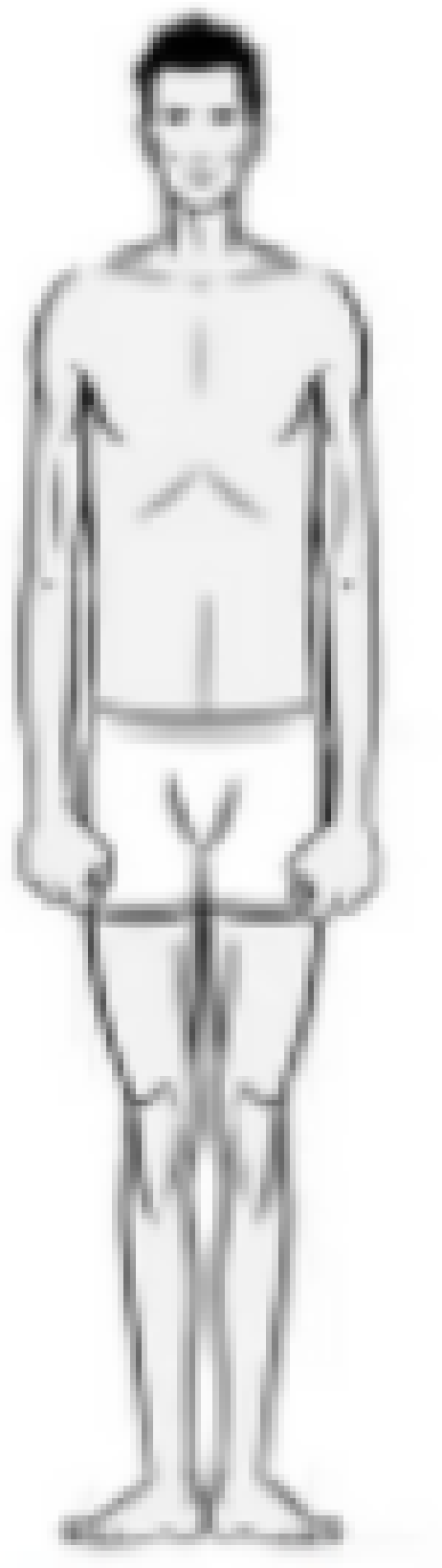


MESOMORFO



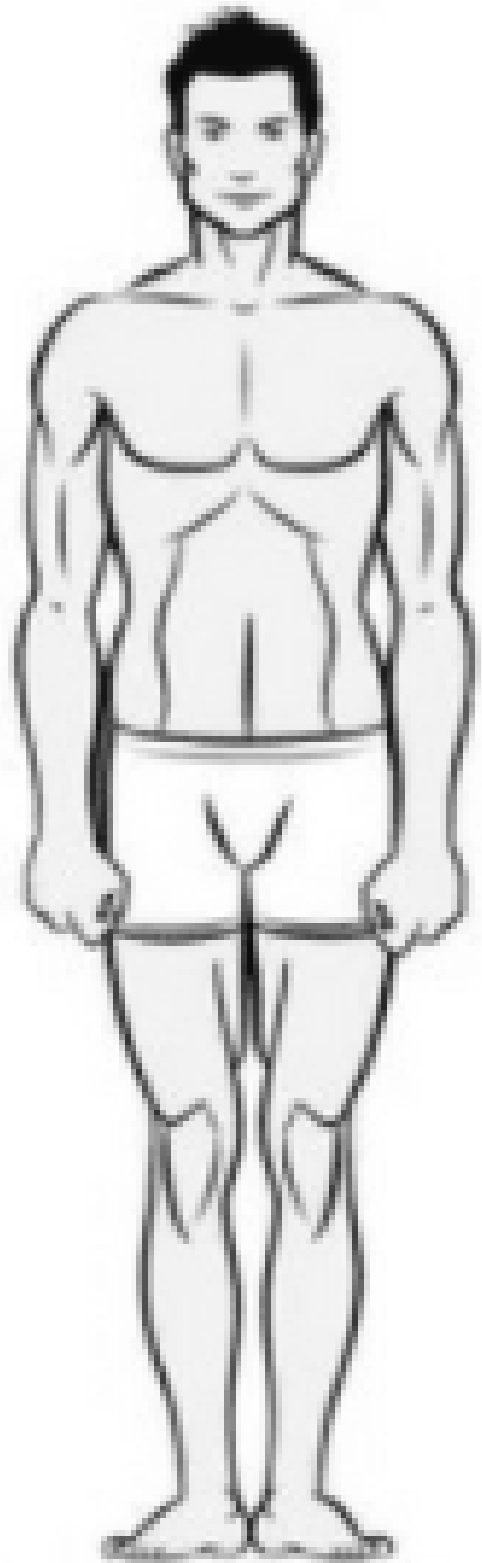
ENDOMORFO

ECTOMORFO



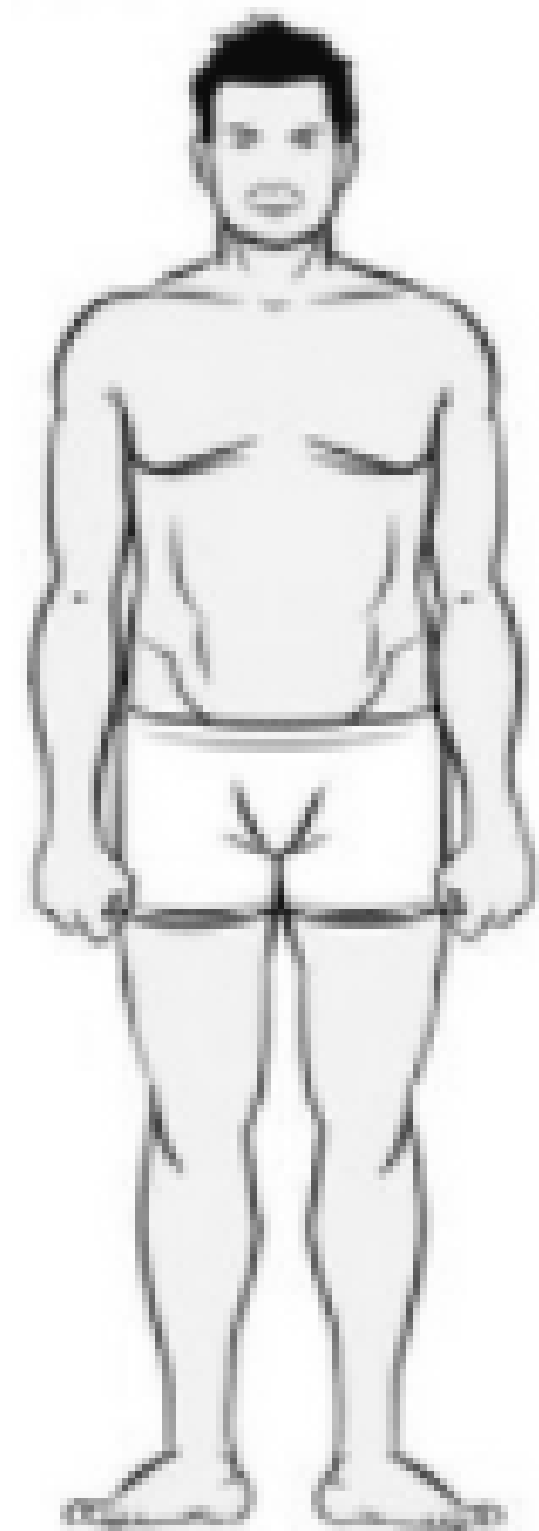
- **Corpo magro**
- **Pouca gordura corporal**
- **Ombros estreitados**
- **Metabolismo mais acelerado**

MESOMORFO



- **Corpo atlético**
- **Ombros Largos**
- **Ganha massa muscular fácil**
- **Metabolismo rápido**

ENDOMORFO



- **Físico grande**
- **Ombros largos**
- **Dificuldade em perder gordura**
- **Metabolismo lento**