**You are:**

\_\_\_% Ectomorph

\_\_\_% Mesomorph

\_\_\_%Endomorph

DIET SUGGESTIONS

Reminder: Almost nobody falls into an exact category of the three body types. Humans are mix of characteristics and also years of working out and good nutrition can change these appearances of one’s body to look like a different body type.

**Ectomorph**

People with this body type do best with more carbohydrates in their diet, along with a reasonable protein and lower fat intake. A nutrient distribution for this body type might be about 55% carbs, 25% protein, and 20% fat. Just think “higher carbs and lower fat.”

GENERAL GUIDELINES at each meal

Men

• 6 ounces of protein dense foods

• 2 cups of vegetables

• 3-6 ounces of carb dense foods

• 1 tablespoon of fat dense foods

Women

• 3 ounces of protein dense foods at each meal

• 1 cup of vegetables at each meal

• 2-4 ounces of carb dense food at each meal

• ½ tablespoon of fat dense foods at each meal.

**Mesomorph**

Mesomorphs do best on an assorted diet: balanced carbohydrates, proteins, and fats. A split of 40% carbohydrate, 30% protein, and 30% fat will work well.

GENERAL GUIDELINES at each meal

Men

• 6 ounces of protein dense food

• 2 cups of vegetables

• 2-4 ounces of carb dense food

• 2 tablespoons of fat dense food

Women

• 3 ounces of protein dense food

• 1 cup of vegetables at each meal

• 1-2 ounces of carb dense food

• 1 tablespoons of fat dense food

**Endomorph**

A nutrient distribution for this body type might be around 25% carbs, 35% protein, and 40% fat. A good diet to start out would to have higher fats and protein and lower carbs.

GENERAL GUIDELINES

Men

• 6 ounces of protein dense food

• 2 cups of vegetable

• 1-2 ounces of carb dense food

• 3 tablespoon of fat dense food

Women

• 3 ounces of protein dense food

• 1 cup of vegetable

• ½-1 ounces of carb dense food

• 2 tablespoon of fat dense food

Workout

Ectomorph

* Avoid cardio
* Types of exercises to do - squats, clean and press, pullups
* Start with a small amount of reps and add more reps each day
* Example
  + 30 seconds each
    - Squats
    - Pushups
    - Lunges
    - Pull Ups
  + 1 minute rest
  + 30 seconds each
    - Dumbbell Incline Press
    - Dumbbell Rows
    - Chest Press
    - Total-Body Extensions
  + 1 minute rest
  + 30 seconds each
    - Planks
    - Lunge Jumps
    - Walk-Outs
    - Bench Press

Mesomorph

* Work on strength training and high intensity interval training
* Example interval training
  + 15 reps
    - Burpees
    - Mountain Climbers
    - Jumping Jacks
    - Jump Rope (3 minutes)
  + 1 minute rest
  + 1 minute each
    - Walking Lunges
    - Push Ups
    - Lunge Jumps
    - Walk-Outs
    - Jump Rope (3 minutes)
  + 1 minute rest
  + 1 minute each
    - Squats
    - Pull Ups
    - Box Jumps
    - Jack Knives
    - Jump Rope (3 minutes)

Endomorph

* Should work on a mix of cardio and weight training
* Start with 1 minute of hard work followed by 30 seconds of light activity or rest. Continue this pattern for about 30 minutes
* Example exercises
  + 30 seconds each
    - Squat
    - Pull-ups
    - Tricep Press Downs
    - Dumbbell Flye
    - Back Extension
  + 1 minute rest
  + 30 seconds each
    - Bench Press
    - Deadlift
    - Standing Calf Raise
    - Reverse Lunge
    - Crunches
  + 1 minute rest
  + 15 minutes of cardio