

BODY TYPES (Description, Training, Diet)

How Can One Overcome Genetic Disadvantages?

Not everyone is born with a bodybuilder's genetics. Many people have to combat very tough genetic disadvantages.

Like any sport some people are just naturally more gifted than others. It's not that that they have been training hard it's just that they have the genetics to do that sport very well. People who aren't naturally gifted in something usually have to practice harder because they don't have the genetics like some people do to make it come naturally.

The same thing is for bodybuilding, there are some people who could eat pizza and burgers everyday and still gain some freaky mass and be ripped. There are also some people who just remain skinny no matter what they eat or how much they train or some just gain fat like you wouldn't believe and end up with hardly any muscle definition.

As you might have heard there are three classes of body types which are the Mesomorph, Ectomorph and the Endomorph. In short the Ectomorph doesn't put on muscle very easily and fat either and is therefore skinny, the Endomorph puts on fat easily but also muscle as well.

The one that everyone wishes they were is the Mesomorph, which is like the best of both worlds who puts on muscle easier and gains just a little bit of fat.

However no one is exactly one body type, there are mixes, for example you can be a little bit of a Mesomorph and an Ectomorph. So you have to find out what kind of body type you are in order to maximize your diet and training. Unless you are a pure Mesomorph with Godlike genetics, you will have disadvantages stacked against you, and you will have to tweak your diet, training and maybe even your supplementation to overcome these challenges.

Remember just because you're an Ectomorph doesn't mean you will never be muscular and just because you're an Endomorph doesn't mean you won't be a fat slob your whole life.

If you use that as an excuse well then of course you will remain skinny or fat, because if you think about it, if you train hard and diet well its not possible that you won't gain anything unless your one of those people who quit after a month or two because they aren't seeing amazing results.

One of the most important things in overcoming your genetic disadvantages is sticking with something over a long period of time which doesn't mean on and off for a few months.

What is the difference between an ectomorph, mesomorph and endomorph's diet, way of training, and supplementation?

Ectomorph

General:

An Ectomorph is a kind of body type that will generally have a tough time gaining weight whether it be muscle or fat. Most of them are thin and have little muscle giving them a frail appearance. Ectomorph's are also not very athletic and don't have as much stamina as a Mesomorph, but with training that will change.

When we think of Ectomorph we usually think to the extreme and we have all seen that really small guy who just eats junk all day and all night but doesn't gain a pound and looks like skin and bones. However, that's not the case with every Ectomorph, there are certain degrees, for example if someone eats junk over a long period of time they will gain fat but just not as much.

One key fact with the Ectomorph is that muscular growth is slower and fat gain is very minimal. This means your gains will be cleaner since the body of an Ectomorph metabolizes everything very fast so fat gain is minimal. So if your afraid you won't gain muscle if your training you will, because what do you think your body uses all the nutrients in your body for?

Do you think it just leaves your muscle damaged? No, your body builds your muscles back stronger and bigger because it is under stress and needs to adapt to it, so therefore you will gain muscle if you stick to training and dieting. It's not like your muscles are staying the same, it just needs longer to build. Just like how someone who is not gifted at basketball needs to train harder to beat someone who is gifted at basketball

Training:

Training for an Ectomorph should be done hard and heavy but in a controlled rate. Your training should be watched very closely because like I said above Ectomorph's usually aren't athletic and if your just starting and you go hard and heavy you will probably just overtrain.

We all see it in the gyms we go to, those super small guys thinking about gaining mass and go hard and heavy on their first day but just quit a week or two later because they burnout and it's too stressful for them.

Trust me this happens all the time and you don't want it to happen to you. If you're a small guy wanting to train you have to do an introductory program to introduce you to weights or I can guarantee if you just start lifting heavy you will burnout mentally, physically, and overtrain.

After you have been introduced into weights for at least a month and a half to two months and have gotten your stamina up you can start going heavy and gradually get more intense. I'm sure half of the people who read this won't listen and just go and burn themselves out but remember this is the most important part of starting to lift.

Once you have done your introduction to weights and are ready to start heavy here's what your training should look like:

- **Workouts:** Workouts should first of all be one hour or less or you will run a high risk of overtraining if you go over one hour.
- **Sets:** You shouldn't do too many sets per body part in hopes of gaining muscle faster, one of the first problems is that you might overtrain.

In terms of sets per body part there is something called the point of diminishing returns. Basically this means that after the first few sets you will get good benefits out of them.

But if you keep doing more you will get less benefit for each set you do. So basically for something like arms, chest, back, legs, and shoulders you won't want to go over 12 sets, and even 12 sets is pushing it. A better set range is about 9 sets which is basically the point where sets after that become diminishing in return.

- **Exercises:** Now that you have the number of sets your doing you have to choose your exercises. Choosing exercises that work all the parts of a body part is essential. For example if you only work two heads of the tricep or chest it won't develop as well and you will have to spend more time trying to bring that lagging part up to par. And since muscular gains come slower, it will just back everything up.

Basically you want three sets per exercise so if you have nine sets you will have three exercises. Having different exercises is important because one exercise might work different parts of a specific muscle for optimal growth. Also if you do one exercise for nine sets your muscles will just adapt to that exercise and gains won't come as fast.

- **Reps:** Repetition range should be at from 6-12 reps to promote muscular growth (Hypertrophy). Going over twelve reps will just mean your doing endurance training and you won't gain that much muscle at all (There are some exceptions but few) and going under six reps means you will be training for maximal strength meaning very little muscular gain.

The point isn't to be a power lifter or an endurance runner so stick at 6-12 repetitions.

- **Rest:** Rest between sets should be from 30 seconds to 1 minute which is actually the rest time in between sets for hypertrophy. To prove this quickly a power lifter rests from 2-3 minutes just to prevent muscular gain. Plus resting too long will just push your workout over one hour.
- **Compound Exercises:** Use compound exercises - These are the muscle builders that will promote hypertrophy more than isolation exercises. So basically the bulk of your exercises should be compound exercises. This doesn't mean you shouldn't have isolation exercises, because for some parts there are no good compound exercises like biceps.
- **Techniques:** You might want to try some advanced techniques for stressing the muscle even more, but again you have to be very careful to use them in moderation so that you don't overtrain. Some techniques you should try are rest pause training, drop sets, super sets, burns, forced reps and cheating. bulking diet should be used to put on as much muscle as possible. And since Ectomorph's metabolize things very fast they can eat above their calorie maintenance level by a lot.
- The traditional 500 over the level shouldn't be used. As a matter of fact going even 1000 calories

over the maintenance level wouldn't hurt. This is where you have to gauge how much of an Ectomorph you are. If you are pure Ectomorph then you should eat 1000 calories over your maintenance level. But if you are moderately an Ectomorph around 750 wouldn't hurt.

- All these calories will be used to repair and make your muscles grow rather than gain fat since an Ectomorph's body metabolizes everything very fast. Now that we now how much to eat there are other things you should know like:
- **Meal Frequency:** Meals should be eaten every 1 hour and thirty minutes to two hours. Keeping a constant flow of nutrients in the body is essential for gaining mass because if your body has nothing to build muscle with then you won't go anywhere. You should be eating at least six meals a day to ensure your getting enough nutrients for your body to grow.
- **Protein, Carb, & Fat Ratios:** You should be eating just a little more protein than usual but it's not essential that you do. A good protein, carb and fat ratio is 40% protein, 40% carbs, and 20% fats in terms of percentage of calories. Remember you can alter this if you want to suit your own needs.

A deficiency of any of these will result in your body not being in an anabolic state and therefore your muscle building ability will be impaired.

- **Eat Slow Absorbing Things:** Eating slow absorbing carbs and proteins is important to gaining muscle. First of all fat gain isn't the issue so I'm not even going to touch base on it, but aside from that eating fast absorbing carbs and protein all the time will leave your body depleted of nutrients since an Ectomorph metabolizes things fast.

Slow absorbing things will stay inside the small intestine longer for long lasting absorption. If you just eat whey and simple sugars then your body will use it so fast and have nothing to build muscle with.

Supplementation:

First of all I want to stress supplementation does help but too many people think it's more important than diet. Basically if you have time to eat your six natural nutritious meals you should only be taking at the max 2-3 supplements.

A lot of people will probably be like "You're crazy" but it's true, you want to stay as natural as possible. All these man made things aren't as nutritious as natural products. You never want to rely on supplements because chances are if its man made its not good for you.

I once heard "If man made it, don't eat it", which is very true. You shouldn't focus your time on supplements to take because compared to diet, its nothing.

Endomorph

General:

An Endomorph is basically someone who has trouble losing fat but gains fat and muscle easily. They are characterized by flabby and rounded muscles and have a mushy look to them. Basically Endomorph's biggest challenge is dropping the weight. Once that has been accomplished with a careful diet the fat can be kept off and the muscle will come at a steady pace.

Don't think of an Endomorph as a lard machine that just puts on fat 24/7 for no reason, the only thing is that if you give your body a reason to gain fat then it will.

If you eat fatty meals and too much over your calorie maintenance level, then you will gain fat. The good news for an endomorph is that they have wide powerful frames under all that fat and can gain muscle easily, the only thing that has to be watched is the fat.

Training:

Need To Drop The Fat: Training for an Endomorph should be focused on dropping the pounds so cardio should be done. However if you have an Endomorph body type and have already dropped the pounds then cardio isn't needed. But right now I'm assuming that all Endomorph's right now are trying to drop the pounds which is true for most Endomorph's since obesity rates in North America are sky rocketing.

Training is optional when the main goal is trying to drop a lot of weight. The biggest thing is cardio and most of your training regimen will consist of cardio exercise. The thing with weight lifting is that there are too many rests and it can't be done frequently enough to help you drop weight where as in cardio it can be done almost every day.

I recommend you do some weight training so your body will get the benefits from it but mostly you should concentrate on cardio. And plus while cutting fat your muscle gains will be very little because it's impossible to gain muscle and lose weight at the same time (Although there are some very rare exceptions).

Basically you want to build up your cardio starting at about 3 times a week for 20-30 minute sessions. Ideally you want to bump it from 4-6 times a week for 30 minutes to 1 hour with the goal in mind to drop as much weight as possible. Remember gradual buildup is the key, you don't want to jump into cardio too fast or you will burn out.

If you decide to do weight lifting along with cardio then keep in mind you won't be gaining any muscle. So it would be best if you did it about 3-4x a week and maybe even did circuit training to burn more calories.

You can also lift weights while cutting away the fats to ease yourself into weights you will be ready to lift heavy when you cut away all that fat. Remember cardio is key for cutting, not weight lifting.

Need To Gain Muscle: If you're an Endomorph who has already dropped the fat and your

looking to gain some muscle you might want to try bulking with the 500 calories over your maintenance level rule. But I want to point out that this might not work for you because some Endomorphs can gain quite a bit of fat.

If you're scared then go only 250 over so your gains will be cleaner. You have to assess how much fat you will gain and tweak your calorie needs according to that.

Diet:

When combined with training, diet is like 95% of losing weight. If you do not eat under your calorie maintenance level then you will never be able to drop the pounds. If you keep eating like crap while training then all that training will be in vain because you won't shed an ounce.

Basically you want to eat below your calorie maintenance level so your body has to burn fat to make up for the energy deficit. Now that you know how much you have to eat its time to concentrate on other aspects of your diet. When cutting you should also:

- **Eat At Least Six Meals A Day:** This might seem surprising but eating this many meals actually prevents fat gain because when you don't feed your body frequently your body stores fat for protection against starvation.
- **Drink Water:** Drinking water ensures your liver won't have to help your kidneys pick up some slack resulting in slower metabolism and fat gain. It also helps transport the flow of nutrients and flush out waste.
- **Eat Less Carbs:** Now I want to be clear about this, when I say lower your carbs. I don't mean go Atkins style and just eat one piece of bread for your carbs, I mean eat less carbs so that your body looks at your fat to burn for energy.

If you go on Atkins you will yo-yo your fat and its very unhealthy for your body to gain and lose weight all the time. If you go Atkins style then you will probably have no energy to do your training, Atkins is for fat people who just sit in the office all day and hardly use any energy and that's not going to be you.

- **Eat More Protein:** Eating more protein ensures that your muscle won't be burned for energy when your eating less carbs. Although you will have muscle loss when dropping the pounds, you want to keep as much muscle as you can so when you cut you have some muscle mass.
- **EFA:** Get your essential fatty acids since omega 3-6-9 are the only ones your body cant synthesize. Eating a good amount of these have loads of benefits including fat loss.
- **Slow Absorbing Carbs:** Eat slow absorbing carbs unless after a workout or a cardio session. During the day in your meals if you eat fast absorbing carbs your insulin will spike and you will gain fat because your body stores glucose as fat if it has no other way of getting the blood sugar level down.

Especially if you have a slow metabolism like many Endomorphs do, your body won't metabolize the sugar fast at all which means you will gain a lot of fat if you keep spiking your

insulin.

Good Sources Of Slow Absorbing Carbs Are:

- Vegetables and fruits (Salads are good).
- Whole wheat bread, bagels, cereal that isn't loaded with sugar, and whole wheat pasta (No white bread because it has low nutritional value).
- Sweet potatoes and white potatoes.
- Brown rice (Not white rice, it has low nutritional value and spikes insulin).
- Oatmeal and grains.

Supplements:

Again like I said above supplements aren't everything as some people believe. A large majority of people think that supplements are key in gaining muscle or whatever their goal may be and they eat fries and burgers. Supplements do help in the case of dropping fat but mainly its your diet and getting your calories under your maintenance level.

If you don't do that and eat unhealthy all the supplements in the world won't help you drop pounds. And again I want to stress supplements should never be relied on or else it will do you more harm than good, natural foods have the best nutritional value.

Mesomorph

General:

A Mesomorph is like the best of both worlds from the Ectomorph and Endomorph. This body type builds muscle quickly and can also lose fat quickly and doesn't gain as much fat but still does. This body type is muscular and athletic with broad shoulders and has a bold look to it.

This is the body type everyone wishes they could be, but unfortunately few are this body type. Basically for a Mesomorph you have the advantage over dropping fat and gaining muscle which is why if you want to gain muscle bulking and cutting works so effectively. Since bulking does add some fat to a Mesomorph, which is usually enough to be noticed, they have to cut it away and since they drop pounds faster it works good.

This is where I want to point something out. All those rules like eating 500 calories over your maintenance level are aimed towards Mesomorphs. If you're an Endomorph or an Ectomorph of course you have to tweak this. I want to stress that you have to determine what body type you are

and decide how your diet plan and workout plan should be to suit your own needs.

With a Mesomorph there really aren't any challenges unless your not totally Mesomorph and are a blend of lets say an Ectomorph and a Mesomorph, which is where you have to alter your own program to suit your needs. But for a pure Mesomorph there aren't many challenges at all if your plan is to gain muscle.

Basically your genetic makeup suits bodybuilding very well and all you have to do is design a good workout program and diet plan to follow closely. Remember just because you're a Mesomorph doesn't mean you should pig out or you probably will gain fat because your not like an Ectomorph.

It also means you can slack off because you believe you can build lots of muscle just by lifting on and off. And it doesn't mean that you can build muscle like nothing, it still takes time like everything.

Training:

Training should be hard and heavy since the Mesomorph's body is made for that type of thing. But again if you're a beginner and a Mesomorph and have had no experience with weights you will want to do a 1-2 month introductory program to get you aquatinted with weights because if you dive right in you probably will burnout mentally and physically.

But if you are a Mesomorph and have already been lifting weights for a while there isn't much else to do unless you don't know what your doing. Basically I'm assuming that most people looking at this are looking to gain some muscle which is why you're on BB.com.

Basically if you're a Mesomorph you want to go as hard and heavy as possible while being careful not to overtrain which a lot of people do because they think their God. Again you should be smart and apply all those rules like:

- Keep workouts under 1 hour.
- 9-12 sets max per body part and less for parts like wrists, traps, and **calves**.
- Rest in between sets 30 seconds to 1 minute and 30 seconds.
- Using a good training split.
- Compound exercises.
- Rep range between 6-12 for muscular growth.
- Use advanced techniques like burns, drop sets, rest pause training, forced sets, strip sets, super sets, and cheating to exhaust your muscles even more for maximal gains.

Basically there isn't much else to say because there isn't really any specific thing you have to overcome unlike an Endomorph and Ectomorph but just be careful to overtrain, that's probably

the only thing that will stop you.

Diet:

Again there isn't really any major challenges you have to overcome like trying to gain muscle or drop fat because a Mesomorph does that relatively easily considering the person is putting a lot of effort and time into it. If your looking to gain muscle then you have to do bulking and since Mesomorphs gain muscle easy it should be no problem.

I'm not going into detail about how to bulk but here are a few guidelines:

- Eat 6 meals a day or more, one meal every 1.5-2 hours.
- Get a good protein-carb-fat ratio like 40%-40%-20% or however you want.
- Get about 1 gram of protein per pound of bodyweight.
- Drink lots of water.
- Eat slow absorbing carbs.
- Get 500 calories or more or less depending on how much fat you gain above your calorie maintenance level.

Supplements:

Basically your using supplements here to give you the extra boost in gaining muscle and again not relying on supplements like some people make the mistake of doing! You shouldn't need to take any complicated supplements just the basic ones to give you a boost in your performance.

Different Body Types

A simple solution to overcoming genetic disadvantages is to know your body type. There are three basic body types: Mesomorph, Ectomorphs, and Endomorphs.

Believe it or not, training and eating accordingly to your body type will enable you to overcome genetic disadvantages and be successful in the sport of bodybuilding.

Mesomorphs

How Should A Mesomorph Train?

Due to the fact that mesomorphs are extremely "gifted," they can typically train harder, longer, and more intensely without overtraining than their counterparts.

Training with moderate to heavy weights with short rest periods would be very optimal for a Mesomorph, as moderate to heavy workloads with shorter rest periods tend to induce the most hypertrophy.

Although Mesomorphs can train longer than Ectomorphs and Endomorphs, training over 75 minutes in one workout would simply be too much, and ultimately lead to overtraining.

What Should A Mesomorph's Supplementation Be Like?

For Mesomorph's to fully maximize their potential, effective (yet basic) supplementation is vital. Since Mesomorphs are predisposed to generating new lean body mass and losing fat tissue easily, advanced supplementation is not needed. The "basics" will suffice:

Ectomorphs

How Should An Ectomorph Train?

Ectomorphs will respond best to training that focuses on heavy weights and low reps. Max-OT is a great program for Ectomorphs to build a good base frame - as it focuses on increasing not only size, but strength as well. Max-OT focuses on training in the 4-6 rep range, low total volume, and 2-3 minutes rest between sets which in turn allows the individual to train very intensely!

Unlike Mesomorphs, Ectomorphs should train no longer than 45-60 minutes in a given workout - as this will most likely lead to overtraining. Ectomorphs don't have a special genetic make up like Mesomorphs do that allow them to train for a longer period of time.

Due to the fact that Ectomorphs already have a low body fat percentage, cardiovascular training is completely out of the picture. Ectomorphs should have a main focus on gaining as much lean body mass as possible, and excessive cardiovascular training is simply setting one's self up for failure.

What Should An Ectomorph's Supplementation Be Like?

Ectomorphs should obviously stick with the "basics" which were discussed previously (whey protein, creatine, multivitamin). Although there is no supplement for a proper diet, dedication, and proper recovery, Ectomorphs will benefit from more "advanced" supplements to aid in the building of new muscle mass!

Endomorphs

How Should An Endomorph Train?

Endomorphs should focus on increasing their metabolism through their training. A routine that focuses on circuit training, drop sets, supersets, and tri-sets are all great training tactics that will increase the Endomorph's metabolism.

Short rest periods (45-60 seconds) with moderate weights will increase the heart rate, resulting in a greater breakdown of fat tissue!

Cardiovascular training is very important for Endomorphs, as they are prone to storing and carrying excess body fat. By implementing cardio into your regimen, expect an increase in metabolism, a greater feeling of well being, an increase in fat reduction, and increased endurance!

What Should An Endomorph's Supplementation Be Like?

Since Endomorphs carry a bit of extra body fat, the use of fat burners and non stimulant fat loss products is recommended. Whey protein, creatine, multivitamins, and BCAA products are also recommended as they will allow for muscle retention!

In general, there are three different "body types" so to speak. While everyone is a mix of all three, one is usually predominant over the others. Knowing which body type you have can help you to better establish and reach your individual goals. Let's look at the differences between the three types.

Mesomorph

What Should A Mesomorph's Diet Be Like?

A mesomorph should be sure to get enough protein in their diet. Two grams of protein per kilogram of body mass is a good rule to go by. A mesomorph should eat lean protein from sources such as chicken, lean beef, fish, egg whites, and protein powders. Monounsaturated and Polyunsaturated fats are also important to help keep testosterone levels up.

As for carbs, a mesomorph should eat low glycemic carbohydrates with the exception of immediately after a workout, when high glycemic carbs are a must.

What Should A Mesomorph's Training Be Like?

A Mesomorph should train explosively and with heavy weights. High intensity is an important factor. This can be obtained by super sets, compound sets, drop sets, and giant sets. Proper rest, recovery, and variety keep the body guessing and lead to significant gains.

As for cardiovascular exercise, a mesomorph should do 2-3 cardio sessions a week that last between 20 and 30 minutes. Interval training can also be added in to keep workouts from becoming too lengthy and boring. This will help keep a lean figure without losing important muscle mass.

What Should A Mesomorph's Supplementation Be Like?

A Mesomorph's supplementation can be the icing on the cake to help provide beneficial results. Protein Powders can help provide enough protein to reach the goal of getting 2 grams of protein per kilogram of body mass. Creatine is also another supplement that can increase strength, and size.

Ectomorph

What Should An Ectomorph's Training Be Like?

Training with heavy weights is usually optimal for ectomorphs. Doing so "deeply" stimulates the muscles and causes heavy gains in muscle mass. Including the three power lifts in this type of training is important. Also, taking 2-3 minute rests between sets is crucial because it helps your muscles recover between heavy sets.

What Should An Ectomorph's Supplementation Be Like?

Due to an ectomorph's high metabolism problem, weight gainers can help increase one's caloric intake. Optimum nutrition's new Pro Weight Gainer is a good one. An ectomorph should also take creatine ethyl ester, which can help bring water into the muscles to provide for heavy gains in mass.

Getting a multivitamin is also important to provide the proper vitamins and minerals to function properly. Universal Nutrition's Animal Pak is a great multi-vitamin.

Endomorph

What Should An Endomorph's Diet Be Like?

Endomorphs, like everyone else, need to eat smaller, more frequent meals to keep metabolism high. 5-6 meals a day are sufficient. Meal replacement shakes and bars can help obtain these goals. Slimfast and South Beach Diet are both notable meal replacements.

What Should An Endomorph's Training Be Like?

While training, an endomorph should focus on increasing its metabolism. Circuit training, super

sets, giant sets, compound sets, or other similar ways of training are effective. However, an endomorph needs to focus on using a lighter weight, but for more repetitions. This increases the fat burning process in the body.

For endomorphs, cardio sessions need to be longer and more often. Four to five sessions per week lasting 30-40 mins (including warm-ups and cool-downs) should be sufficient. Although sleep isn't considered training, it should be an important part of an endomorph's lifestyle.

Getting enough sleep (8-10 hours per night) has been shown to increase levels of leptin, a hormone that suppresses appetite, and decrease levels of cortisol, a hormone that causes fat gain and muscle loss.

What Should An Endomorph's Supplementation Be Like?

Besides getting an adequate amount of protein through protein powders (2 grams of protein per kilogram of body mass might be too much protein for an endomorph), Fat burners are great supplements to help endomorphs shed fat.

Genetics

But first, let's look at genetics. Genetics are many would-be bodybuilders' excuse to stop lifting. Lack of results is always blamed on genetics, even though these people haven't reached their genetic potential. Genetics do play a role in bodybuilding, but not as much as most people like to think. There are also solutions to these genetic problems.

If you are the type of person without very broad shoulders, you might think it's the end of the world, but it's not! It's all about symmetry and illusion in the sport of bodybuilding. A person with short shoulders should slim down his waist and put more work on his shoulders, giving them a training day by themselves. You may have slight genetic disadvantage, but it's no reason to throw in the towel and give up.

The terms ectomorph, mesomorph, and endomorph describe a person's genetic characteristics, more specifically, the body's ability to lose fat and gain muscle. These traits run in the family and there is little one can do about them. If you are not sure which body type you are, follow this link to a quiz which will help you:

Here is a description about all 3 and how each should be training and eating:

Ectomorph

Ectomorphs are thin, scrawny body types with almost no visible fat and only small amounts of

lean muscle. They are skinny, delicate bodied individuals who have trouble gaining lean muscle weight and maintaining it, but they have relatively no fat on their bodies and do not need to go through a cutting phase.

Ectomorph Training Guide:

Ectomorphs should use lower reps, about 6-8, and heavy weight. They should space workouts at least 48 hours apart, and should limit outside activity other than lifting.

Ectomorphs should concentrate on compound movements such as deadlifts, squats, bench presses, and chin-ups. This will help build mass by working several muscle groups at once and allowing enough rest for the muscle to repair completely.

Ectomorph Eating Guide:

Ectomorphs should be eating several meals a day (6-8 meals). They should also be eating more on each meal, and should have a higher carbs : protein intake ratio.

Ectomorphs can also eat more fat, and should eat more caloric dense foods. This will give the body the calories it needs to rebuild muscle and put on mass. Food ratio should be 40:40:20 for protein carbohydrates and fat and fat can exceed that and so can carbs.

Ectomorph Supplement Guide:

If an ectomorph wants to use supplements, they should use whey protein powder, multivitamins, creatine, glutamine, amino acids/BCAA's and a weight gainer such as After Max which includes carbohydrates. An ectomorph needs all the help he can get in the realm of muscle gain because ectomorphs body does not gain muscle easily.

Mesomorph

Mesomorphs are the genetically gifted individuals. They find it easy to gain muscle mass and easy to loose weight. They gain mass and definition at the same time, and they also can miss a workout or eat a little extra here and there while not having an effect on their body.

Mesomorphs Training Guide:

Mesomorphs should use moderate weights with moderate reps (8-10) while maintaining some aerobics on off days. Mesomorphs should generally mix between isolation and compound exercises to get a perfect balance of mass and definition.

Mesomorphs Eating Guide:

Mesomorphs should be eating less carbs and more proteins than ectomorphs, but still have a moderate amount of carbs in their diet. Mesomorphs should have about 20% fat, 40% protein, and 40% carbs. Keep protein intake between 1 to 1.6 grams per pound of bodyweight.

Mesomorphs Supplement Guide:

If a mesomorph wants to use supplements, he should use multivitamins, whey protein powder, and glutamine, with creatine as an optional supplement, as well as a weight gainer instead of the protein powder. Amino Acids/BCAA's are also optional. Mesomorphs need fewer supplements because they put on muscle mass quickly.

Endomorphs

Endomorphs can gain muscle mass very easily, but have much trouble losing fat. They gain mass easily but the definition is difficult because of the fat and water layer between the skin and the muscles. Endomorphs need to follow a strict diet, but missing a workout or 2 every month will not make a difference.

Endomorphs Training Guide:

Endomorphs should be training with moderate to low reps and moderate to high weight. Endomorphs can train max 5 days a week and are not overworked very quickly. Endomorphs can position 2 workouts back to back but not more than that, because rest period is needed.

Endomorphs need to focus on both compound and isolation exercises for a lot of mass and much needed definition. Begin bulking before cutting if you're a beginner because it will be easier to gain mass with a low metabolism and easier to lose fat with a high metabolism after your bulking phase.

Endomorphs Eating Guide:

Endomorphs should eat 7 meals a day minimum to speed up their metabolism. Endomorphs should have only 5% fat in their diet maximum and eat 65% protein and 30% carbs. Cutting phase should involve no 2 carb meals back to back to allow the body to burn fat.

It is important for endomorphs to plan out a cheat day every week or a small cheat meal every 2 or 3 days to keep morale high and to encourage following your diet and eating a cheat meal as a reward. Some people will lose willpower if they follow a too strict diet.

Tips for increasing your metabolism are drinking green tea every morning, and not eating anything before sleep.

Endomorphs Supplement Guide:

Supplements should only be whey protein powder and multivitamins, with optional glutamine, amino acids/BCAA's and creatine. Endomorphs gain muscle mass easily, and a weight gainer will only cause fat. Endomorphs do not need supplements. Natural is always better. Weight loss

supplements could include green tea extract and a fat burner.

Differences Between Each Body Type:

Ectomorph Advantages:

- Will always have a low body fat percentage.
- Will never need to go through a cutting phase.
- Easily gains definition.
- Can eat whatever they want.

Ectomorph Disadvantages:

- Will always have trouble gaining lean muscle mass.
- Needs to eat so much to get minimal results.
- Should use a post workout caloric and protein shake for maximum results.
- Has a small bone structure.

Mesomorph Advantages:

- Will always have a relatively low body fat percentage.
- Has a muscular build even as a beginner.
- Will easily gain lean muscle mass.
- Easily gains definition.
- Can miss a workout or eat junk once in a while without negative effect.
- Has a large bone structure.

Mesomorph Disadvantages:

None.

Endomorph Advantages:

Gains muscle mass very easily.

Already has a muscular build as a beginning.

Has a large bone structure.

Will not lose muscle mass and might even gain when cutting.

Endomorph Disadvantages:

Gains fat easily.

Needs to go through a cutting phase constantly to maintain body fat percentage.

Must do some cardio even when bulking.

Must follow a strict diet.

That pretty much sums it up for advantages and disadvantages of each body type, and how to eat and train for each.

Supplement Guide

Whey Protein Powder:

A fast digesting quick acting supplement containing whey protein found in milk. Flavored and most effective post workout.

Multivitamins:

Usually in the form of tablets or pills, they contain essential multivitamins and minerals both trace minerals and quantity minerals needed and used by the muscles to maximize muscle gain. You won't gain 10 pounds in 2 weeks on this, but its very important and for general health and muscular mass maximization.

Glutamine:

The most abundant amino acid found in the body, glutamine is mostly found in the brain and muscles. Glutamine helps keep the body in an anabolic (muscle building) state and help prevent muscle loss post work out. Also strengthens the immune system.

Glutamine may cause the body to rely on it and stop producing its own since glutamine is a non-essential amino acid, (the body can produce its own, but this is usually not enough), try cycling glutamine or taking less dosage, or using it only during cutting phases where it is most effective.

Creatine Monohydrate/Creatine Ethyl Ester:

Both these supplements are forms of creatine. Creatine is a group of 3 amino acids which are abundant in the muscles and will fill the muscle with water, keeping it anabolic, making it bigger, and giving you extra strength which remains after you stop supplementing.

Creatine is found naturally in the body and used in nail and hair cells in the human body, as well as the muscles. Creatine monohydrate may cause temporary digestive problems and is less safe than creatine ethyl ester, which is completely absorbed into the muscles and will provide faster gains and only the need to take milligram amounts.

Creatine can cause problems and muscle cramps if the user doesn't drink enough water, and creatine is not very safe for teens under 16. It may cause liver or kidney damage if taken in overdose and not absorbed.

Weight Gainer:

A Weight Gainer is basically a protein powder with some calories in the form of sugar and carbohydrates, this will help ectomorphs get the calories and carbohydrates they need quickly post workout and throughout the day. Not for Endomorphs!

Amino Acids/BCAA's:

Amino acids are the building blocks of protein, and BCAA's are special types of amino acids called branch chained amino acids which are even more important in the buildup of muscle and for providing energy. They can be taken by anyone, but studies have shown that they may cause the body to rely on these amino acids and stop producing its own. Use sparingly.