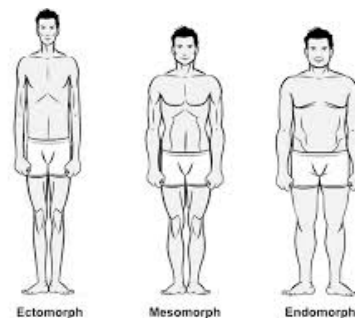


Train for the right body shape – whether you're ectomorph, endomorph or mesomorph – and you can outsmart your genes



3, Mesomorph Body Type

You have the body type that finds it easiest to add new muscle and you don't tend to store much body fat. Mesomorphs tend to take their naturally athletic builds for granted, which can result in diluted workouts and poor diets. Keeping in peak physical condition is often tempered by a scattered approach to eating and training.

The key here is to make the most of your body shape. That means following a progressive plan that will make you stronger and more athletic by increasing your power without getting too bulky. To fuel your workouts, you'll need around 2,500 calories a day, getting plenty of whole grains but limiting your total fat intake.



Are You a Mesomorph?

If you are, you'll know it from the jealous looks. Mesomorphs look well built without setting foot in a gym, and pack on muscle the instant they pick up a dumbbell. If this sounds like you, you've hit the genetic jackpot – but you can make the most of your DNA with some tactical workout tricks.

The same research that's so unflattering to ectomorphs offers plenty of positives for mesomorphs. While the worst responders in the study mentioned above saw no change in their regulation of myogenin – a key gene responsible for muscle growth – the mesomorphs on the same programme saw theirs spike by up to 65%.

Mesomorphs often won't train as hard as they can. Usually give them timed workouts, to give them goals to aim for and raise their workout intensity.

Get mesomorphs to train athletically. So do sprints, box and vertical jumps or other plyometrics. They respond well to low reps and power moves.

Alternatively, interval sprints will pump up their metabolism and strip away fat.

What to Eat....



Although the usual caveats apply, the good news is that your body will respond well to whatever healthy food you put into it. You can eat a moderate amount of carbs, and err on the side of more when it comes to protein. A basic guideline for mesomorphs to follow would be to consume

meals that are 40% complex carbohydrates, 30% lean protein and 30% healthy fats. So, for example, a plate that contained vegetables such as cauliflower and broccoli, grilled chicken and olive oil on wholegrain bread would represent a staple dish for this body type.

Mesomorphs who are sub-15% body fat should aim for 6g carbs, 4g protein and 1.2g fat per kg of bodyweight on training days. On rest days reduce the carbs to 5g. More healthy fats will make up

for the reduced carbs without risking insulin sensitivity that can make you store fat.

What Else?

Mesomorphs respond well to creatine It'll aid their recovery from athletic workouts and help them work out harder. You should also factor in recovery days. Although the explosive nature of athletic workouts minimises the eccentric [lowering] portion of your moves, which helps stave off muscle soreness, some light movements on your rest days will help get the blood flowing and keep you fresh.

The Mesomorph.....

Do....

- Train like an athlete
- Time your workouts
- Set personal bests

Don't....

- Take your body for granted
- Eat whatever you like

