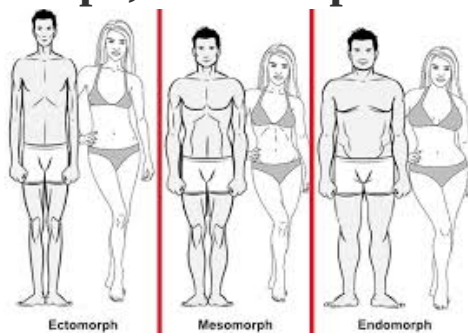


Ectomorph, Endomorph and Mesomorph: How to Train For Your Body Type????



Ectomorphs stay lean despite hours in the gym, endomorphs struggle to shift their gut and mesomorphs pack on muscle with ease.

BUT which one you are???

1, Ectomorph Body Type



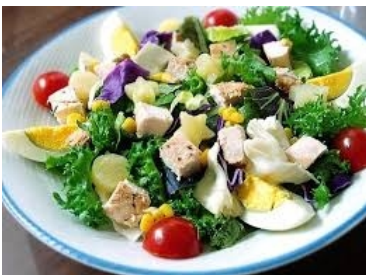
Ectomorph Lean and long, have difficulty building muscle

Ectomorphs are good at processing carbohydrates into energy and your fast metabolism means that you burn off fat easily. The downside is that you struggle to bulk up because your fast-twitch fibres are underdeveloped. To become more muscular, you need to keep cardio sessions to a minimum and focus on intense workouts using compound exercises to maximise growth hormone release. You'll also need to take on about 3,000 calories a day including plenty of starchy carbs and whey protein, possibly from a supplements.

You've got the build of a marathon runner – lean, but short on muscle. It can be hard to pack on size despite hours in the gym. If you're working out four, five days a week you'll be speeding up your metabolism too much. Ectomorphs to three workouts a week, keeping the actual training time after a warm-up to 45 minutes or less. Compound movements, sets in the eight-to-12 rep range and quite a lot of volume are what you're looking for.

What to Eat

In terms of nutrition, a diet that is high in calories, carbs, protein and fat will aid you in your



quest for muscle gain. This should not be mistaken for eating precisely what you like. Rather, it just means you should eat more of what is healthy. Good news: you don't have to steer clear of carbs such as oats, wholemeal bread and potatoes. Fats found in nuts, seeds and avocado will also bring about the right results. Ectomorphs should respond well to carbs, which will spike blood sugar and help to drive protein to their muscles.

Stick to the complex kind, such as sweet potatoes and brown rice. Aim for 2g per kilo of bodyweight per day of protein minimum, but be wary of overdoing it.

Ectomorphs who are sub-15% body fat should aim for 8g carbs, 4.3g protein and 1g fat per kg of bodyweight on training days. On rest days reduce the carbs to 7g.

A high carb diet will spike blood sugar, helping drive protein to your muscles without elevating insulin resistance.

It's important for ectomorphs to use supplements properly. I'd advise a carb/protein shake to drink before and during your workout, and either another one or a good meal afterwards.

Do!!!

- Train with compound moves
- Get enough protein
- Use isolation moves as finisher



Don't!!!

- Overemphasise isolation moves
- Do too much cardio
- Ectomorphs have to work harder on the weights in order to gain a toned physique