

BODY TYPES

Know which one you are?

The Ectomorph?

The Mesomorph?

The Endomorph?

Or a Combination?

ECTOMORPH

- Definitive "Hard Gainer"
- Delicate Built Body
- Flat Chest
- Fragile
- Lean
- Lightly Muscled
- Small Shouldered
- Takes Longer to Gain Muscle
- Thin

Famous Ectomorphs

Lisa Kudrow, Kate Moss, Brad Pitt, Seth Green, Edward Norton.

MESOMORPH

- Athletic
- Hard Body
- Hourglass Shaped (Female)
- Rectangular Shaped (Male)
- Mature Muscle Mass
- Muscular Body
- Excellent Posture
- Gains Muscle Easily
- Gains Fat More Easily Than Ectomorphs
- Thick Skin

Famous Mesomorphs

Bruce Willis, Sylvester Stallone, the majority of Mr. Universe winners.

ENDOMORPH

- Soft Body
- Underdeveloped Muscles
- Round Physique
- Weight Loss is Difficult
- Gains Muscle Easily Like the Mesomorph.

Famous Endomorphs

John Goodman, Roseanne, Jack Black.

COMBINATIONS OF BODY TYPES

Very often, people cannot be easily classed as one of the three main body types. Although there are some people who are purely ectomorphs, endomorphs, or mesomorphs with little or no characteristics of the other body types, very frequently, people fall into mixed categories, such as ecto mesomorphs, or endo mesomorphs, where largely, they are like the mesomorph, but with traits of the ectomorph (such as small joints or a trim waist), or traits of the endomorph (such as a tendency to gain fat easily).