



## HOW TO CREATE YOUR WORKOUT PLAN

**NAME:**

**DATE:**

**CURRENT BODY WEIGHT:**

**WHAT DO YOU WANT - WHAT IS YOUR INTENTION?**

**WHAT IS BODY TYPE:**

### **ECTOMORPH - ENDOMORPH – MESOMORPH**

\*\* All information below are guidelines. Since each person is unique, do not forget that this is for information purposes only and is simply a guideline for consideration when constructing your workout plan on your own. Naturally, there can be a combination of the following body types. For a deeper understanding or consultation in order to guide you to success, I would advise that you seek a qualified and certified health and wellness professional/practitioner for further information and guidance.

	<b>ECTOMORPH</b>	<b>ENDOMORPH</b>	<b>MESOMORPH</b>
<b>DEFINITION</b>	<p>This is your classic extra-lean body type. Some may even often refer to this person as “the skinny” guy or girl. They have always been able to eat whatever they want without being affected by the threat of gaining weight. These people have tried almost everything to put on weight, but to no avail. Although it seems like this is a good problem to have, many ectomorphs, especially guys, struggle with their genetic predisposition.</p>	<p>EnM’s are those people who find it extremely difficult to lose body fat and get lean. It seems that even just looking at food get’s them gaining weight. They typically present as soft and stocky with slow metabolisms and muscles aren’t well defined. They often have a genetic predisposition to being overweight so they have always struggled in achieving their physical goals.</p>	<p>These are those individuals who often find it easy to gain muscles. They typically have an athletic build with well-defined muscles and symmetry. The downfall with this population is that they can be prone to weight gain, which can cause them to struggle to find the elusive trim and lean look they often seek in order to bring out the muscle definition. These people respond really well to weight training.</p>
<b>CONSIDERATIONS</b>	<p>EcM’s needs to eat often and a great deal of calories just to gain some size. These people will often</p>	<ul style="list-style-type: none"> <li>• Cardio is essential - slow speeds and longer in duration is the key. Typically 30-60 min is advisable.</li> </ul>	<ul style="list-style-type: none"> <li>• Weight training should consist of resistance that allows them to complete reps at or around 10-</li> </ul>

respond to added calories by way of protein shakes with added fruits and powders. They often struggle because their fast metabolism eats away at their stored calories. The good thing is that they will often find it easier to get that lean hard muscle when finally achieving the size they desire.

- Cardio can be anywhere from 3 - 4 miles per hour
  - Workout routines must be composed of a weights that challenges the body to change in shape and form.
  - Reps should be moderate to high - 8-15 per set
  - Sets should be 4-5 per exercise.
  - Performing a few body parts per workout is advantageous in order to increase sweating and weight loss, therefore stimulating increase metabolism.
- 15.
- Depending on your intention (build or maintain muscle) higher repetitions at a moderate or low weight is advised.
  - Cardio is also a great addition to encourage fat loss and a lean appearance
  - Cardio consist of 30-45 minutes at a moderate pace (4 - 6 miles per hour)

## DIETARY CONSIDERATIONS

- 5-6 meals per day
- Consisting of complex carbs (pasta, rice, potatoes) - about 50-60% of their diet.
- Protein be in the range of about 30% of their diet
- Good Fats should be about 20-30% of their diet as well.

### Workout plan:

- Increased pounds consisting of high weights and low reps.
  - Very little cardio is required due to an increased metabolism
  - Workout consists of 6-8 reps with 5-6 sets.
  - One to two body parts per workout, and at least once per week, typically. This is necessary in order to be able to have the energy needed to properly challenge the muscles being worked.
- Reduced carbohydrate intake (especially the refined sources) - 30-40% and most coming from vegetable sources.
  - Reduce or eliminate all sugars, which lead to a spike in insulin and cortisol - therefore leading to stimulating fat storage and weigh gain
  - Some may even need to eliminate sugars from certain fruits, depending on the glycemic index, which can be found by doing a simple search.
  - Increased protein intake (40-50%)
  - Increased fat intake (the good fats such as avocado, nuts, and seeds)

- Carbs should be in the range of 40-50% of caloric intake
- Protein sources should be about 30%
- Good fats should be about 30% of intake

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