I'm not a bot

1. Which of these statements describes your body best? I can easily gain weight but have trouble losing it. I can easily gain or lose weight without much thought. I can easily lose weight but have trouble keeping it on. Im not sure which of these responses best matches me. 2. How would you describe your bodys shape? Pear-shaped (my hips are wider than my shoulders). Hourglass (my waist is smaller than my shoulders and hips). Rectangular (my hips and shoulders are the same width). Im not sure which of these responses best matches me. 3. How easy is it for you to gain muscle? Fairly easy, but I have to put in a lot of work. Extremely easy! Im naturally muscular. Not easy at all. Its hard for me to gain any type of weight, especially muscle. Im not sure which of these responses best matches me. 4. Which of these descriptions best describes your body? Soft and round. Strong and muscular. Skinny and bony. Im not sure which of these responses best matches me. 5. Out of these options, which describes your limbs (arms and legs) best? Wide and stocky. Average. Long and lean. Im not sure which of these responses best matches me. 6. Where does your body typically hold the most weight? My stomach, hips, and thighs. My lower body and chest. My stomach. Im not sure which of these responses best matches me. 7. How would you describe your metabolism? Slower than the average persons. I have to be very careful about what I eat. About the same as the average persons. My weight stays steady as long as I eat and exercise well. Faster than the average persons. No matter what I eat, I dont gain weight. Im not sure which of these responses best matches me. 8. What type of exercise is the easiest for you to do? Weight-lifting. High-intensity interval training (a mix of cardio and bodyweight exercises). Cardio. Im not sure which of these responses best matches me. 9. How would you describe your lifestyle? Relaxed. I prefer playing video games over going to the gym. Active. I love moving my body! Average. I dont go out of my way to exercise, but Ill go on a walk every now and then. Im not sure which of these responses best matches me. Bodytypes describehumanbody composition that is characterized by yourbone structure, metabolism, muscle mass and fat mass. Keeping these characteristics in mind, the bodycan be classified into 3 general types: ectomorph, endomorph and mesomorph body types Each of the body types has different needsand lifestyle habits that promote optimal and healthy bodily function. Things like diet, exercise and intensity when working outcan range among these body types and can achieve different outcomes.Generally speaking, endomorph body types are curvier due to increase fat accumulation, mesomorphs have a more muscular body, while ectomorphs have a lean body type with low fat composition. Physical activity and a balanced diet can help to modify physical appearance, which is your somatotype, but it does not change your genetics or biotype. Therefore, if you stop exercising and eating healthy, you may return to your original body type. Online quiz Answer the following questions to find out what body type you are: The main body types Body types can be classified in accordance with their characteristics: 1. Ectomorph People with an ectomorph body are thinner and leaner. They tend to have narrow shoulders and long extremities. Women may have a narrow thigh and smaller breasts. These people tend to havea faster metabolism and can lose weight easier as a result. They also have more difficulty gaining muscle.Learn more about ectomorph body types. Recommended diet: Because it is harder to gain muscle, you should increase your daily protein intake, as well increase foods with healthy fats, lean meat, fresh fruits and vegetables, legumes and whole wheat grains. Check out the foods to eat to gain muscle. Recommended workout: Ectomorph body types should include some aerobic exercise, but should prioritize heavy lifting, like strength trainingand pilates to promote muscle mass gain. Read these tips on gaining muscle from our personal trainer. 2. Endomorph People with an endomorph body type are usually shorter in stature and have a curvier, wider frame. Women with this body type tend to have a larger thighs and associated with a pear shape due to a large amount of accumulated fat. Learn about other characteristics of an endomorph body type. People with this body type generally have a slower metabolism, higher fat composition and have difficulty with losing weight, although they easily gain muscle mass. Recommended diet: Endomorph diets will need to be more restrictive to help with weight loss. A low carb diet may be a good approach, as it helps to keep you fuller for longer and promotes weight loss. It is important for people with endomorph body types to avoid eating sweets, processed food and fatty foods if they are looking to lose weight. This calorie calculator may be helpful to determine how many calories are recommended per day. Recommended workout: It is important to include strength training in your workout routine to promote muscle gain. Aerobic exercise, like the elliptical machine or stairmaster, can also help to burn fat and become leaner. 3. Mesomorph People with a mesomorph body type are lean and muscular, even without engaging in physical activity. People with this body type tend to have a longer torso, low amounts of abdominal fat, a smaller waist, a fast metabolism and tend to gain muscle easily. Read more about the characteristics associated with a mesomorph body type. Recommended diet:People with a mesomorph body type easily gain muscle mass and therefore do not need to consume as much protein. Strict diets are not necessary, but you should maintain a balanced diet that is rich in fresh fruits and vegetables, whole wheat grains, lean protein and legumes to maintain ideal body fat and muscle mass percentages. People with mesomorph characteristics can also gain body fat. Therefore, you should avoid refined sugars (found in cakes, ice cream and cookies), processed foods (ready-made sauces, fast food, instant pasta) and fatty foods (like fried foods, crackers or fatty meats). Mesomorphs should alternateaerobic exercise (e.g. cycling or running) with strength training to maintain ideal body fat and muscle mass percentages. The endomorph body type is associated with a larger frame (bigger joints, wider hips, and a larger ribcage), higher body fat percentage, and many times, plenty of muscle too. Endomorphs don't need to eat as many calories to gain weight compared to the ectomorph or mesomorph, due to having a slower metabolism. While this body type may struggle to shed pounds, a consistent caloric deficit (eating fewer calories than what the body needs to maintain its weight) diet, exercise, and willpower are key to dropping excess body fat, and achieving a fit body if that's your goal. Related:The Top 20 Simple Weight Loss Tips Endomorphs should take care to not do many high-impact activities such as running and jumping as excess body weight can be very bad for the joints. Also read: How to Lose Weight Without Dieting And Keep it Off! Mesomorph 0.00% The mesomorph body type is often envied by the other two because it naturally tends to carry a good amount of muscle mass and less body fat. These individuals can typically gain and lose weight without as much of a struggle but are not excused from gaining too much fat or getting too thin due to diet and lifestyle changes. Appearance-wise, the mesomorph usually has wider shoulders, a narrower waist, and fuller, rounder muscle bellies. They're oftentimes decently muscled even without training. However, there are thin or skinny mesomorphs, especially during their youth. A lot of those with a mesomorphic body type will see results with substandard training and diet. However, it's best to follow a proper routine to maximize results. Build Your Program: How to Design the Perfect Training Plan Ectomorph 0.00% The ectomorph body type has a tougher time trying to gain weight, whether in the form of muscle or fat, compared to the other two body types. Consequently, they're often referred to as "hardgainers". Want to bulk up for faster size gains? Try out this bulking meal plan. Usually, this is because they have faster metabolisms that cause them to burn calories or energy at a faster rate. In order to build muscle or fat tissue, the body needs more calories than what it uses for basic bodily functions (breathing, nutrient processing, etc) when in a rested state, which is referred to as metabolic rate. Get BIG With Our Ultimate Bulking Workout Plan As a result, they have to either eat more, do less physical activity, or both. Many ectomorphs can eat nonstop and yet still struggle to gain a pound. Although, the solution is to eat more, which is easier said than done especially if they have a small appetite (oftentimes the case). They often appear thin, long, narrow with smaller frames and joints and tend to have shorter torsos and longer legs. Calves and forearms usually stand out but rather because of their thinness. Learn to train for your body type. The ectomorph body type has a tougher time trying to gain weight, whether in the form of muscle or fat, compared to the other two body types. Consequently, they're often referred to as "hardgainers". Want to bulk up for faster size gains? Try out this bulking meal plan. Usually, this is because they have faster metabolisms that cause them to burn calories or energy at a faster rate. 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Despite being labeled as skinny, people with this physique have a unique blend of traits that offer some surprising advantagesfor health and fitness. As Ronan Diego, the director of Health Programming at Mindvalley, points out, My body is unique. It gives me unique challenges. It gives me a unique heros journey. The thing is, being ectomorphic isnt about being slim; its about using your natural body type to unlock your full potential. What is an ectomorph body type? Ectomorphs are one of the three body types, as characterized by psychologist William Sheldon. If you fall into this category, you likely have: A thin physique with narrow shoulders and hips. Difficulty gaining muscle or weight due to a fast metabolism. Low body fat percentage. This body type is often described as gangly, lanky, slim, slight, and svelte. But dont be mistakenectomorphs can be deceptively strong. Although building visible muscle can be a challenge, it is possible to develop strength and endurance that belie your slender frame. The 3 body types In the 1940s, Sheldon categorized people into somatotypesthree main body types based on physical characteristics. Heres an overview: Ectomorphs have a lean body type, slender and wily. Their bodies are characterized by long limbs and a straight waist, paired with a fast metabolism. This makes it difficult to gain weight or muscle. Mesomorphs naturally have a muscular and athletic build. With a balanced metabolism, theyre able to gain or lose weight easier. Endomorphs are rounder. Their metabolism is slower, so weight gain is easier, and body fat percentage tends to be higher. The best way to determine which category you fall into? You can take a body type quiz or just take a look in the mirror. Even though there are some variations, its pretty easy to put yourself in one of the three categories. Its important to remember, though, that somatotypes are a simplified system. Most people are a mix of these types. So who are some ectomorph body-type celebrities? Here are a few examples, from Hollywood stars to sports icons, to help give you a clearer picture of what being an ectomorph looks like in different lifestyles and careers. Ectomorph body type: male Here are some males who are the epitome of the ectomorph body type: Usain Bolt (sprinter) Novak Djokovic (tennis player) Stephen Curry (basketball player) Benedict Cumberbatch (actor) Adrien Brody (actor) Dev Patel (actor) Andrew Garfield (actor) Ke Huy Quan (actor) Bruce Springsteen (musician) Mark Zuckerberg (tech entrepreneur) Ectomorph body type: female Heres a list of females who show the diversity and grace of the ectomorph physique: Alex Morgan (soccer player) Allyson Felix (sprinter) Misty Copeland (ballet dancer) Zendaya (actress) Lupita Nyongo (actress) Nicole Kidman (actress) Winnie Harlow (model) Florence Welch (musician) Alicia Keys (singer) Alexandria Ocasio-Cortez (politician) The idea that theres something wrong with the body is not an idea that you have; its an idea that is sold to you, says Ronan at the Supercoach Experience 2023. He points out that if you check out #fitness on Instagram, youll see post upon post of people with sculpted abs and fit physiques. This #fitness makes you think that if my body is not like that, then its not fit. The reality is, the ectomorph body type needs a specific workout approach to build muscle effectively due to their fast metabolism and naturally lean builds. Theres even research suggesting a connection between body type and strength performance, with mesomorphs having a potential advantage. This doesnt mean you, as an ectomorph, cant achieve your fitness goals. It just means you might need to tailor your approach. Here are some key exercises and strategies to include in your routine: Focus on bodyweight exercises. This includes squats, deadlifts, bench presses, overhead presses, pull-ups, and rows. Moderate weights, lower reps. Aim for weights that challenge you for 812 repetitions per set. This rep range promotes muscle hypertrophy (growth). Rest and recovery. Ectomorphs need sufficient rest to allow their muscles to repair and grow. Aim for 2-3 rest days between workouts for the same muscle group. Progressive overload. Gradually increase the weight, sets, or reps over time to keep challenging your muscles and promoting growth. Remember, consistency is key. Stick to your ectomorph body type workout plan, prioritize proper form, and gradually increase intensity as you progress. Diet plays a crucial role in achieving muscle gain and overall health. Again, your rapid metabolism contributes to your lean frame, so your body requires more calories compared to other body types. Here are some key choices to consider for an ectomorph body type diet: Focus on nutrient-dense foods. Choose whole grains, fruits, vegetables, lean proteins, and healthy fats. Prioritize protein, which is the building block of muscle. Examples include lean meats, poultry, fish, eggs, and legumes. Dont fear healthy fats, like those found in avocados, nuts, seeds, and olive oil. They provide sustained energy and support hormone production. Embrace complex carbohydrates. Whole grains like brown rice, quinoa, and oatmeal provide sustained energy for workouts and recovery. Snack strategically. Healthy snacks throughout the day can help keep your metabolism fueled and prevent muscle breakdown. Stay hydrated throughout the day. Water is crucial for transporting nutrients, regulating body temperature, and aiding in muscle recovery. With the right nutritional approach, you can effectively fuel your body for muscle gain and improved fitness. Undoubtedly, such an interesting topic garners curiosity. Lets explore some of the most frequently asked questions to help you navigate your human experience as an ectomorph. While you might be the envy of those trying every diet under the sun to lose weight, the ectomorph body type does come with its own set of challenges. You have difficulty gaining muscle, thanks to your bodys ability to burn calories efficiently. Consuming enough calories becomes a challenge since a surplus is needed for muscle growth. And even if youre able to, you might see results slower compared to other body types. You have lower overall strength since you typically have less muscle mass. This can affect performance in certain activities. You may feel self-conscious about appearing too skinny or lacking definition, especially in a culture that often glorifies a more muscular physique. You have trouble maintaining weight due to a high appetite driven by your fast metabolism or difficulty consuming enough calories. Youre at a higher risk of injuries, especially when starting new exercise routines. This is because muscles offer support and stability to jointsand the ectomorph body type lacks them. The key is to embrace your body type and leverage its strengths to find activities and fitness goals that you enjoy and excel at. Gaining muscle as an ectomorph requires a dedicated approach. Focus on heavy strength training with fewer repetitions. This stimulates muscle growth more effectively for your body type. Incorporate a protein-rich diet to support muscle repair and growth. Also, dont forget to give your body enough rest and recovery time. Muscle growth happens during rest periods, so make sure youre not overtraining. When it comes to the ectomorph body type, the main focus is how to gain weight. As Ronan highlights, its not about forcing the body to become something its not. Rather, its about creating harmony around the body. The thing is, you need a balanced approach that combines the right diet with strength training. Fill your diet with proteins, healthy fats, and complex carbohydrates. Eating multiple small meals throughout the day can help you increase your calorie intake without feeling overly full. Supplementing your diet with protein shakes or weight-gainer supplements might also be beneficial. Also, remember, gaining weight healthily takes time. So be patient and persistent with your efforts. As an ectomorph himself, Ronan is a prime example that you, too, can build a body that goes beyond skinny. His science-backed program can help for just 15 minutes, twice a week. Its called 10x Fitness, where youll learn how to ditch long gym sessions, build muscle efficiently, and achieve your dream physique with minimal time commitment. Much like a Mindvalley member, Monique Schuldt: Only after starting to work out with Lorenzo Delano and Ronan Diego de Oliveira and following their 10X methodology, I started seeing resultsquickly. My body weight remained at 50kg. But I replaced fat with muscle mass. And this is now the physique I feel comfortable with. Sign up for the free Masterclass and go from skinny to sculpted. Welcome in. This is an interesting question that most people are concerned about it. Because we all want to look good and attractive, sometimes the body frame is hereditary.Some have a relatively large-size frame with noticeable fats in some parts of their body, while others have a small-size frame with long and slim legs and arms. Some people quickly gain or lose weight; however, others have trouble managing their weight or not gaining weight.If you want to know your body type, you can see different results by searching the internet. However, the body type test is one of the most accessible and reliable sources. The body type quiz asks you some interesting questions about your frames shape, exercise, and nutrition. If you answer the questions carefully, you will find out your type. Before starting this quiz, heres a hint about the body types you need to get to know.Popular shapes for men and womenGenerally, there are three types, and most people have one of them; Ectomorph, Endomorph, and Mesomorph. Of course, these should not be confused with the Kibbe body types, as Kibbe analyzes all physical and facial features and the way of clothing.However, female types are often introduced with the words: Rectangle or Banana, Triangle or pear, Hourglass, Top hourglass, Round or oval, Diamond, and Athletic. But men types are known by the same three terms described below:Ectomorph:If you have these features, your body type is Ectomorph:Your metabolism is very high, and you burn fat quickly. You are thin and lean; also, you have long legs and arms, narrow hips and shoulders, and slender waists. You are lucky, because no matter how much you eat, you will not gain weight, so you have a beautiful slim body without fat and noticeable muscle mass. Two days of low-intensity cardio with three days of strength training can be beneficial for your health.Also, you dont need to live in the gym to build your body, do ABS exercises like the bicycle crunch and the captains chair three or four times a week. It would be best if you ate meals rich in calories, carbohydrates, protein, and fat. However, this does not mean that you eat unhealthy foods. For example, seeds and nuts are rich in fats.Endomorph: Pear-shaped, with a high tendency to store fat in the lower bodyIf you have these features, your body type is Endomorph:You have narrow shoulders and wider hips. Your body is adept at fuel storage, and you always have trouble managing your weight and overall fitness. You often complain about accumulated fat in the lower body, such as the abdomen, hips, and thighs.If you are a woman, you have a curvy shape, or if you are a man, you have a stocky or rounded body shape. The best exercises for you are aerobic exercise and weight training, which is useful for burning your fat.It is also recommended that doing hypertrophy four days a week can be beneficial to your health. It would be best if you had a low-carb diet such as oats and brown rice. If you want to burn your fats, green tea and spinach are good options for you.Mesomorph: Muscular and moderate-size frame with a high metabolism and responsive muscle cellsIf you have these features, your type is Mesomorph:You have a naturally muscular and moderate-size frame body. Your shoulders are wide, and your waist is narrow; you also have strong arms and legs. You dont need to store fat because your body can easily add new muscle.If you are a woman, you have a sexy body. When it comes to exercise, you shouldnt train as hard as you can. Timed workouts such as sprints, boxes, and vertical jumps are best for your health. Fortunately, you can quickly gain or lose weight.Thats why you should have a mesomorph diet; it means you need slightly more calories and protein than other styles. A balanced meal for you may include grilled chicken and olive oil on whole grain bread and vegetables such as cauliflower and broccoli.Body Type QuizzesAs mentioned earlier, the best and easiest way to understand your type is to take a quiz. There are different and exciting types of these tests, such as the body type diet quiz and the male and female body type quizzes. Here are some questions related to these quizzes: September 11, 2018 Team Tiger Fitness Next time you step into the gym, stop, look around, and examine the body typesutilizing each area of the gym. Every person has a unique body, but there are some main characteristics across them all.We want to help you figure out where you fit into the main body types: endomorph, mesomorph, and ectomorph.In this article, wewill dig a bit deeper into the differences in body types, take a more detailedlook at their bone structure,and dive intofat and muscle distribution.In the 1940's, William Sheldon, PhD, MD, attempted to group individuals based on bone structure and weight distribution. [1] His studies yielded three primary body types called somatotypes - ectomorph, mesomorph, and endomorph.Each somatotype was said to have unique characteristics that may influence an individual'spreferred form of physical activity based on their strengths and weaknesses.Related: MaximizeYour Gains With Best-Selling MTS Whey Protein PowderDr. Sheldon further expanded on this concept of body types in his 1954 book entitled Atlas of Men. He offered a three-digit scaling system to determine someone's somatotype. Each digit, based on predefined criteria, ranges from 1 to 7 where a pure ectomorph is 1-1-7, a pure mesomorph is 1-7-1, and pure endomorph is 7-1-1. [2]He likely designed this system after receiving a critique someone may exhibit characteristics of more than one somatotype.The 3 Primary Body Types - SomatotypesNow that we have discussed the history of somatotypes, let us examine the three pure somatotypes - the ectomorph, the mesomorph, and the endomorph.The EctomorphThe ectomorph body type is your stereotypical self-proclaimed hard gainer. An ectomorph has a hard time adding mass to its long and lean build, but naturally carries less fat than other somatotypes.In general, ectomorphs have a high forehead, receding chin, narrow shoulders, hips, chest, and abdomen, as well as thin arms and legs. [3] From the personality standpoint Dr. Sheldon describes ectomorphs as intellectual, introverted, emotionally restrained individuals who crave isolation and solitude due to their tense, anxious, and secretive nature. [4][5]Ectomorph body types typically do not excel at power and strength sports since they have a hard time gaining muscle mass, but they do excel in endurance sports and gymnastics. [3] Being able to naturally maintain very low levels of body fat allows ectomorphs to keep a high strength to bodyweight ratio as well as undergo less physical stress during repetitive movement long-duration activities such as running and cycling compared to mesomorphs or endomorphs.One study of 63 men ages 18-40 years found that ectomorphs had the greatest ratio of carbon dioxide produced to oxygen consumed in one breath as well as the lowest peak oxygen uptake during peak exercise. [6] Because of their smaller surface area, ectomorphs can regulate their body temperature and breathe more efficiently than mesomorphs and endomorphs; a trait that is particularly important in aerobic endurance activities.Famous athletes with an ectomorph somatotype include Frank Zane, Ulisses William Jr., Michael Phelps, Lance Armstrong, Kevin Garnett, Manny Pacquiao, Usain Bolt, and Bruce Lee.The MesomorphThe mesomorph body type is your stereotypical ideal bodybuilding physique. Mesomorphs are athletic, strong, not underweight or overweight, and can increase and decrease their bodyweight weight with minimal effort. [1]In general, mesomorph body types have a wedge-shaped body, cubical head, broad shoulders, muscular arms and legs, narrow hips, minimal fat, and are narrow when viewing their side profile. [3] From the personality standpoint Dr. Sheldon describes mesomorphs as rugged and thick-skin individuals who are extroverted, aggressive, direct, dominant, courageous, and prone to physical activity and taking risks. [4][5]Mesomorphs have the ideal physique for physical activities requiring strength, agility, and speed such as football, wrestling, and Olympic lifting. They are the genetically gifted individuals that can easily maintain low body fat, increase or decrease weight based on the requirement of their preferred physical activity, and develop all muscle groups evenly. [3]These individuals are the ideal athlete because they not only have a medium bone structure and height but they typically excel at both cardiovascular and resistance training activities.Famous athletes with a mesomorph somatotype include Arnold Schwarzenegger, Jay Cutler, Anna Kournikova, Bo Jackson, and Jackie Chan.The endomorphThe stereotypical endomorph body type gains weight easily so they naturally carry significant amounts of both mass muscle and fat mass, but they are not necessarily always overweight. In general, endomorphs have a pear-shaped body, short arms, and legs, a round head, wide hips and shoulders, significant amounts of fat on the body (especially upper arms and thighs), and are wide when viewing their side profile. [3]From the personality standpoint, Dr. Sheldon describes endomorphs as sociable, easy-going, slow-to-react, easily complacent, comfort-seeking individuals that enjoy food, people, and affection. [4][5] Endomorphs do not excel in activities requiring high levels of agility, speed, or weight-bearing aerobic activity like running but do excel at pure strength activities like powerlifting, rugby, and playing the lineman position in football.Endomorph body types can quickly gain fat and lose conditioning if they decrease or discontinue physical activity. However, they typically have a large lung capacity which is beneficial in non-weight-bearing aerobic activities like rowing and they can increase their muscle mass much quicker than ectomorphs. [3]Famous athletes with an endomorph somatotype include Benedikt Magnusson, Konstantin Konstantinovs, Lee Priest, Vince Wilfork, and Ndamukong Suh. Somatotype CalculatorNow that we have discussed the characteristics of the three primary body types, the somatotype calculator below provides you with your somatotype blend. Although rare, you may be a pure ectomorph, mesomorph, or endomorph. Most individuals are a blend of these three somatotypes.Ectomorph body type tendencies:Lean and thinNarrow hips, chest, and shouldersDo not have much muscle OR fatLong legs and armsHigher forehead and thinner faceMesomorph body type tendencies:Naturally muscularNarrow hips and wide shouldersStrong legs and armsModest amount of body fatEndomorph body type tendencies:Larger frameMore body fat thanmostNarrow shoulders and wider hipsSlim ankles and wristsLimitations of Using Somatotype ClassificationOn the surface, the somatotype classification system sounds logical and useful. However, there are a few glaring limitations.Firstly and most importantly it's extremely rare to find someone who is a pure version of one of the three primary somatotypes. Most individuals exhibit characteristics of two or even all three somatotypes. One study of 524 men and 250 women found that 95% of subjects fell within five somatotype categories - endomorphic/mesomorphs, mesomorph/endomorphs, mesomorphic/endomorphs, balanced mesomorphs, and ectomorphic/mesomorphs. [7]Additional classifications include ectomorphic/endomorphs that have pear-shaped bodies with small upper bodies and high-fat accumulation in the hips and thighs as well as endomorphic/ectomorphs that have apple-shaped bodies with small lower bodies and high-fat accumulation in the midsection. [1] As you can see, with the exception of a balanced mesomorph, none of those aforementioned classifications are pure somatotypes.This study also found men were most likely to be endomorphic/mesomorphs and women were most likely to be mesomorph/endomorphs. [7]Related:Bench Press One Rep Max and Percentage CalculatorAnother study of men and women found that the average distribution of somatotypes is 51.6% endomorphic/mesomorphs, 17.1% mesomorph/endomorphs, 16.7% mesomorphic/endomorphs, 6.1% balanced mesomorphs, and 3.0% ectomorphic/mesomorphs. [8] 65% of men in this population were endomorphic/mesomorphs and those 40+ years old shifted towards more of a mesomorph somatotype. [8]This indicates that your somatotype classification is not static and can shift over time.On average mesomorphic/endomorphs typically have a higher lean body weight compared to endomorph/ectomorphs and endomorphic/ectomorphs. [9] Mesomorphs typically carry a significant amount of muscle with minimal fat mass and when paired with the large frame of an endomorph, this is the recipe for a large and muscular individual.Furthermore, the average lean body weight to weight ratio, lean body weight to total adipose tissue weight ratio, and total body water to weight ratio were lowest for mesomorphic/endomorphs. [9] This further indicates that mesomorphic/endomorphs carry a significant amount of lean mass and minimal fat mass.Secondly, Dr. Sheldon's attempted correlation between somatotype and personality is exceptionally inaccurate. I know plenty of outgoing ectomorphs, non-aggressive mesomorphs, and introverted endomorphs. Personality and somatotype are mutually exclusive characteristics.Furthermore, playing into the somatotype classifications encourages individuals to victimize their situation and avoid activities they may enjoy in fear their body type is not built for such activities.For example, I have broad shoulders, short legs, long arms, and do not have a narrow side profile, but that did not stop me from running cross country in high school. Instead of victimizing my body type I embarked on a proper training regimen which resulted in my 5k PR of 18:12 which works out to a 5:51 mile pace.In conclusion, the somatotype classification system is an interesting yet outdated tool for grouping individuals based on their bone structure and weight distribution. Somatotypes have no correlation to personality types but somatotypes can be a useful tool for examining common or ideal body types for specific sports. References1) "THE 3 SOMATOTYPES." University of Houston. N.p., n.d. 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National Center for Biotechnology Information. N.p., n.d. Web. 23June2015.9) Komiya, S., et al. "Body Size and Composition in Different Somatotypes of Japanese College-aged Women." National Center for Biotechnology Information. Appl. Human Sci., Jan. 1996. Bogna Szyk and Aleksandra Zajc, MDAleksandra ZajcMDAleksandra (Ola) Zajc, MD, is a medical doctor with a passion for lifestyle medicine. She wants to never stop learning while sharing what she already knows as a health educator and prophylaxis popularizer. She mainly concentrates on how human lifestyle impacts their health and disease. After hours, she likes weightlifting, foreign affairs podcasts, learning Korean, and dogs (with a special affection for her own pup Zoja). See full profileCheck our editorial policySteven WoodingSteven Wooding is a physicist by training with a degree from the University of Surrey specializing in nuclear physics. He loves data analysis and computer programming. He has worked on exciting projects such as environmentally aware radar, using genetic algorithms to tune radar, and building the UK vaccine queue calculator. Steve is now the Editorial Quality Assurance Coordinator here at Omni Calculator, making sure every calculator meets the standards our users expect. In his spare time, he enjoys cycling, photography, wildlife watching, and long walks. See full profileCheck our editorial policy and Jack Bowater3 213 people find this calculator helpfulTable of contentsHow to take measurementsWhat is my body type?FAQsWhat body shape am I - is it an hourglass, a triangle, or maybe a rectangle? If this question troubles you, we have a solution - a foolproof body type calculator that only needs a few seconds to give you a clear answer. Instead of analyzing your reflection in the mirror and wondering which shape it resembles the most, we give you a fast and reliable way to determine what is your body type. Just input your measurements into the body shape calculator and let it classify you into one of the seven most popular groups.Make sure to also calculate your ideal weight and BMI too! You can also use our maintenance calorie calculator to find out how many calories your body needs to maintain your current weight.We try our best to make our Omni Calculators as precise and reliable as possible. However, this tool can never replace a professional doctor's assessment. If any health condition bothers you, consult a physician.Our body shape calculator needs four measurements to determine your body type accurately. You can use the measurements you took for the body fat calculator.Bust: measure at the fullest point of your bust with a soft measuring tape. Make sure that the tape is not too tight by breathing in and out.Waist: your waist is the narrowest part of your torso. The measuring tape you bring around your waist should sit tightly, but it shouldn't "dig" into your skin. Don't pull your stomach in, either.Hips: you measure your hips at the widest point below your waist. Remember to remove your clothing and keep your feet together so that the measurement is as accurate as possible.High hip: this is also a hip measurement but taken in a different place than the previous one. It is taken at the top of the hip curve - not at its widest point! You need to localize the upper swell of the hip over your pelvic bone.It doesn't matter which units you use for the measurement - our body type calculator deals equally well with imperial and metric units.Our body shape calculator will classify your body into one of the seven most popular types. Naturally, not all women falling into one category are the same.Hourglass: this body shape is balanced and harmonious. The bust and hips are proportional and well-balanced, and the waist is clearly defined.Top hourglass: it is similar to the regular hourglass with a defined waist. Your bust is visibly larger than your hips.Bottom hourglass: this body type has a clearly defined waist like the top hourglass. Your bust is smaller than the hips.Spoon: if you're a spoon, your hips are much larger than your bust. Your hips have a shelf-like appearance, and you have a well defined waist.Triangle: triangles have a slim upper body and wide hips (typically wider than the shoulders). Their waist is not clearly accentuated.Inverted triangle: inverted triangles have a subtle waist and a proportionally larger upper body. Your bust and shoulders are pretty broad, and the hips are slim.Rectangle: your hips, waist, and bust are about the same size. Your body is well proportioned and athletic in appearance.Now that you have solved the pressing issue of "What body shape am I?", you can use this knowledge for your benefit. Making informed choices while dressing or shopping for clothes will surely make you a more confident person! When it comes to the physical aspects of ourselves, comparing comes easily. Modern culture doesn't make it easier as well. Sometimes, you might even forget, that your body primarily allows you to do all those amazing things in the world. You can move from place to place, learn, feel the sensations, experience the environment, and create bonds with your loved ones because you exist in this world in your body. Appreciate what it does for you everyday!The most common body shape is a rectangle, which makes up 46% of women. A rectangle is a woman whose waist is less than nine inches smaller than their hips or bust. Next are the bottom-heavy 'spoons', whose hips are two or more inches larger than their busts. These account for approximately 20% of the female population. Third are the inverted triangles, making up about 14% of the population. These are women whose busts are three or more inches larger than their hips. Finally are the hourglasses, women who have a roughly equal hip and bust, with a narrower waist. These women make up about 8%.Yes, as a woman ages, the concentrations of hormones in her body will alter, causing her body shape to change. The first changes occur at puberty. Pre-pubescent boys and girls have a similar hip-waist ratio, but the large amounts of estrogen produced at the onset of puberty cause a female's hips to widen and breasts to develop. Estrogen also causes fat to be stored in the buttocks, thighs, and hips. Pregnancy causes estrogen levels to rise again, causing the breasts to enlarge, although this is generally reversed after pregnancy. At the onset of menopause, the decreased estrogen levels cause a womans breasts to shrink, as well as the redistribution of fat to the waist or abdomen.Once you have finished puberty, it is largely impossible to change your body shape - your bone structure and proportions are mostly defined. There are however some changes that can be made. Gaining or losing fat will change the size of your buttocks, thighs, and hips if you are a premenopausal woman, or the size of your waist and abdomen if you are a man or post-menopausal woman. Gaining muscle mass is another way of altering your shape - by targeting particular muscle groups you can accentuate them, e.g., your shoulders to look more athletic, your hamstrings and glutes for longer-looking legs.There are three body types: ectomorph, endomorph, and mesomorph. If you are lean and long, find it challenging to build muscle, and have ever been accused of being a beanpole, youre probably an ectomorph. If you tend to be on the heavier side and find it difficult to lose body fat, you are likely an endomorph. If you find it easy to gain muscle and have a high metabolism, you may be a mesomorph. However, please be aware that you are unlikely to be strictly one of these body types, and they exist as a scale between all of them. Think of it as a triangle.The three main somatotypes are ectomorph, endomorph, and mesomorph. Ectomorphs tend to be tall and slight of build and find it difficult to gain weight. Your favorite basketball player is most likely an ectomorph. Endomorphs, on the other hand, have no problem gaining weight and tend to have a lot of muscle and fat. They are not always overweight, though - Marylin Monroe was an endomorph. The last type is mesomorphs, what you will typically picture when you think of an athlete. They are strong and tend to have a high metabolism. Dont forget, though, that everyone exists as a mix of different proportions of all three types.The 5 main female body types are as follows:Rectangle - A rectangle is a woman whose body shape has waist measurements less than 9 inches smaller than the hip or bust measurements. So, you are not particularly curvy, your waist is not well-defined, and your weight is fairly distributed throughout the body. This shape of the body is also called the straight or ruler body.Triangle - Aka pear, hips wider than bust, defined bust but not waist, proportionately slim arms, and shoulders, weight is distributed to bottom and legs rather than upper body.Hourglass - Hip and bust measurements are nearly equal, while the waist is narrower.Spoon - Hips are much larger than bust, with a clearly defined waist. Hips are shelf-like.Inverted triangle - Narrow waist with shoulders and bust much wider than hips.A 36 24 36 figure is a type of hourglass figure. The three numbers each refer to a specific measurement of a woman's body. The first is the bust, measured around the fullest point of the chest. The next measurement is the waist, which is the narrowest part

extensions. Also, remember that your biceps and triceps are just a small part of your upper arms. You can add tons of girth to your arms by training your other upper-arm muscles, such as your brachialis, brachioradialis, your deltoids, and all of your forearm muscles. The best way to do this is to use a larger range of motion when doing your arm exercises: When doing chin-ups, for example, start from a dead hang and bring your chest all the way up to touch the bar.When doing overhead presses, bring the weight down all the way to touch your chest.When doing curls, start with your arms fully extended, and bring the bar all the way up to your chin.When doing rows, reach all the way down, and then pull the weight all the way up to your torso. The larger your range of motion, the better youll stimulate the main movers (such as your biceps and triceps) and the more youll involve all of the muscles that can assist in the movement, including all of the other muscles that can bulk up your arms. Okay, so lets say you have a stereotypical ectomorph body type, as I do. That isnt bad. Yes, it might ruin your chances of becoming an Olympic weightlifter, but it also increases your odds of becoming a decathlete. Mind you, you probably arent trying to become a decathlete. If youre like me, youre probably a skinny guy whos eager to bulk up. So learning that you have a great future as a marathon runner isnt exactly great news. The good news is that being strong, healthy, and attractive is different from pursuing professional sports, and we dont have a disadvantage there. Yes, it can be harder for ectomorphs to become as strong as other body types, but its also much easier to stay lean. Skinny guys benefit from lifting weights, gaining weight, and bulking up. Most other guys benefit from doing cardio and losing weight. Were not worse off, we just have different strengths and weaknesses. More good news: women often rate the ectomorph body type as being the most attractive. For an exaggerated example, compare the mesmorphic wrestler Brock Lesnar with the ectomorphic model Sean OPry (the highest paid male model): Lesnars strong mesomorph physique is great for strength sports and bodybuilding, whereas OPrys ectomorph physique not only lines up perfectly with health ideals, but most women also consider it extremely attractive. Also, note that OPry isnt anywhere close to his genetic muscular potential. Even if his genetic muscular potential were 10% lower than average (as is typical with ectomorphs), he could still gain at least another 30 pounds on top of that physique before brushing up against his genetic limits. His genetics would never be a limitation for him. To be clear, neither body is better than the other, but each is better at different things. Given that we have more in common with the ectomorph on the right, I would recommend aiming for a body more like that. His face may not be something we can acquire, but that body is realistically achievable for every ectomorph. In fact, given how far OPry is from his genetic potential, that physique isnt all that difficult to build. Its something you could do with a good diet and three hourlong workouts per week. It wouldnt even take that long. A year, at most. Women arent looking for the next Steve Reeves or Arnold Schwarzenegger, just a guy with a strong, healthy physique who will make a great father and make his family feel safe. Think more along the lines of Bradley Cooper, Jake Gyllenhaal, or Shia LaBeouf. Ectomorphs often make the mistake of assuming that lifting weights is for guys who want to look like bodybuilders. Yes, its true that bodybuilders build their physiques by lifting weights, but even if you just want to builda little bit of muscle, you should still be lifting weights. After all, lifting weights is the type of exercise designed to help guys become bigger and stronger. For example, Wolverine doesnt look like a bodybuilder, but Hugh Jackman (above) was deadlifting 405 pounds to get in shape for that role. In fact, deadlifting 405 pounds is a good benchmark of strength if you want to build a visibly strong physique, as are benching 225 pounds, squatting 315 pounds, doing chin-ups with 50 pounds around your waist, and pressing 135 pounds overhead. Even for an ectomorph, all of those goals are realistic. You dont have to use a barbell, of course, but the same principle holds true if youre using dumbbells. Youll still want to hit the equivalent strength standards. The problem is, most ectomorphs realize that their body type isnt built for strength sports, and so theyre drawn to the types of exercise that line up with their natural strengths. They gravitate towards callisthenics, cardio, martial arts, and general physical preparedness, such as CrossFit and P90X. That can be frustrating, though, because it doesnt help them build muscle mass, and so it fails to help them build strong, healthy, and attractive physiques. Remember that the fitness model who represents P90X, Tony Horton, built his physique with bodybuilding before being hired to represent P90X, at which point he became a little smaller. Same thing with the callisthenics guys. Most of them build their muscle with weights before moving on to callisthenics. If your goal is to be bigger and stronger, its best to be deliberate about gaining size and strength. Its best to train in a way thats specifically designed to help you bulk up, which is called hypertrophy training. I suspect that once you start following a good bulking program, youll realize that your ectomorph genetics arent any kind of limitation. In fact, you may even realize that you build muscle surprisingly quickly and leanly: To be clear, your results wont look exactly like this. Were all a little bit different. We all build muscle in slightly different ways. But the point is that you can certainly bulk up, and your muscle-building genetics may be much better than you expect. If you want more muscle-building information, we havea free bulking newsletter for skinny guys. If you want a full bulking program, including a 5-month workout routine, diet guide, recipe book, and online coaching, check out ourBony to BeastlyBulking Program. Or, if you want an intermediate bulking routine, check out ourOutlift Intermediate Bulking Program.If you liked this article, youd love our full programs. Understanding your body type may help inform your eating and exercise habits for optimal health. Everyone has a unique body. What healthy looks like for one person, may be different for someone else. A major component of how exercise and diet affect our bodies has to do with our body type. Currently, research suggests there are three dominant body types, known as somatotypes: ectomorph (long and lean; little body fat or muscle)mesomorph (well-defined muscles; more muscle than body fat)endomorph (curvy; greater body fat than muscle)Although more research is still needed to understand the different body type categories and their influence on outcomes of diet and exercise choices made, getting a general sense of which body type you fall into, can help you understand how to adjust your eating and exercise habits for optimal results.Take the quiz to find out if you are more of an ectomorph, a mesomorph, or an endomorph, and what that may mean for you and achieving your health goals. Everyones body is different.And that probably goes without saying, right?I mean, some of us are taller, some of us are shorter.Some of us have a small frame, whereas others seem to be bigger boned.But what you may not know is that there are actually 3 distinctive body type classifications, also known as Somatotypes.It can be useful to know your specific somatotype, since it can help you tailor your fat loss or muscle building approach accordingly.This article will help you better understand these 3 main body types, and allow you to see where you best fit in.An Overview Of The 3 Different Body TypesAs I mentioned before, there are 3 specific body types that pretty much all guys fit into.These 3 classifications are Ectomorph, Mesomorph, and Endomorph.Take a look at this diagram to see what each one looks like: As you can see, each of these 3 body types is quite visually distinctive.Ectomorph body types are thinner, smaller-boned, with naturally lower amounts of both body fat and muscle mass.In contrast, Mesomorph body types are more traditionally athletic looking, naturally having more muscle mass and moderate levels of body fat.Finally, the Endomorph body type is rounder, and softer, naturally having higher levels of body fat.Can you pick out your body type from the list?If not, no worries were about to take a closer look at the specific characteristics of each body type, so that you can accurately place which one you are.The Ectomorph Body TypeRyan Gosling and Gwyneth Paltrow are examples of Ectomorphs Classically known as hard-gainers in fitness parlance, Ectomorphs dont have to worry as much about getting fat, but often struggle with putting on muscle mass.Here are the common characteristics of Ectomorphs the more of these that sound like you, the more likely it is that you fit into this body type classification:Your shoulders are narrower than your hipsFitted jeans generally feel loose around your buttYour forearms are on the smallish sideYour body tends to stay skinny by defaultYour body looks long and narrowIf you grip your wrist between your thumb and middle finger, the 2 fingers overlapYou have trouble gaining weight both in terms of muscle and fatThe circumference of your chest is 37 inches or lessIf you are an Ectomorph, you are likely going to have to eat more calories than either of the other 2 body types if you want to consistently put on muscle.You should focus primarily on heavy weight lifting, and keep cardio to a bare minimum especially if you are having trouble gaining muscle.The Mesomorph Body TypeArnold Schwarzenegger and Halle Berry are examples of MesomorphsMesomorphs are typically thought of as the luckiest of these 3 body types given their ability to build muscle without putting on too much excess fat.Lets take a look at how you can determine if you fit into this body type:Your shoulders are roughly the same width as your hipsFitted jeans generally feel snug, but not too tight, around your buttYour forearms are moderately thickYour body tends to stay lean, yet somewhat muscular, by defaultYour body looks rugged and squarish in shapeIf you grip your wrist between your thumb and middle finger, the 2 fingers just barely touchYou can gain or lose weight without too many issuesThe circumference of your chest is between 37-44 inches If you are a Mesomorph, you are likely going to find it easier to maintain a lean, muscular body than the other 2 types.In terms of your training, you should focus on a well-constructed strength training program, along with moderate amounts of cardiovascular exercise.Diet-wise, you likely wont have to eat too much extra food to gain muscle mass, although youll still need to be maintaining an adequate caloric surplus.However, it is important not to be complacent.You can still gain fat slowly, but steadily, over the years if youre not careful!The Endomorph Body TypeThe Rock is an Endomorph that has been able to limit fat gainsFinally, we come to the EndomorphThis is the body type that traditionally has the most difficult time losing weight although they can often put on a decent amount of muscle mass reasonably easily.Here are some of the traits that are likely to indicate that youre an Endomorph:Your shoulders are wider than your hipsFitted jeans generally feel tight around your buttYour forearms are on the thicker sideYour body tends to carry extra fat by defaultYour body looks round and softIf you grip your wrist between your thumb and middle finger, the 2 fingers dont touchYou can gain weight fairly easily, but find it quite difficult to loseThe circumference of your chest is over 44 inchesIf you fit several of these characteristics, you may indeed be an Endomorph!This means that your biggest concern will be adopting a lifestyle where you dont put on excess fat and, if youre currently holding onto a few extra pounds, adopting a workout and diet program that will help you lose it.This will involve adopting a diet where you can eat at the appropriate caloric deficit, until you are able to get to a weight that youre happy with.And as with the other 2 body types, I would recommend an effective strength training program, that will help you improve your muscle-to-fat ratio.You will also likely want to add cardio into your routine, to help you burn additional calories. Specifically, I would recommend a High Intensity Interval Training (HIIT).Is That It?If youve read though this list, you might be feeling slightly discouraged right about nowI mean, based on these body types, there does indeed seem to be a substantial genetic component to your ability to lose fat and build muscle.And the reality is that you cant change the hand that youve been dealt, in terms of your actual body type.However, this is by no means something that can or should limit the goals that you have for yourself.Ill say this very clearly:Regardless of your body type, if you follow the right workout and diet protocol you will be able to build muscle and lose fat.Period.Yes, you may need to tailor your lifestyle to your genetics, but if you do this you can build a body that youre happy with.I can promise you that much.Also, dont worry if you share characteristics from several of the body types listed above.People come in all different shapes and sizes, and will often have characteristics from 2 different body types.So you might be a mix of Ectomorph and Mesomorph.Or perhaps you have both Mesomorph and Endomorph traits.The point is not to get too focused on the labels.Instead, use these body types as a rough guideline for how you should approach your workouts and diet but always remember that youll need to adjust based on how things are specifically progressing for you. Generally thin and lean, ectomorphs tend to have slender waists, narrow hips and shoulders, small joints, and long legs and arms. They tend to be slim, without much body fat or noticeable muscle mass. Because they have fast metabolisms, they burn calories quickly, so ectomorphs may find themselves hungry frequently throughout the day; yet, regardless of what, how often, or how much they eat, they dont gain weight or muscle easily.MesomorphsNaturally muscular, mesomorphs typically have moderate-size frames, with wider shoulders and a narrow waist, strong arms and legs, and modest amounts of body fat. They are genetically predisposed to build muscle, so mesomorphs often require a slightly higher calorie intake (since muscle requires more calories to maintain it) and more protein than the other types do (again, for muscle maintenance). Generally, mesomorphs are able to lose or gain weight easily.EndomorphsBecause they have a medium-to-large bone structure and more body fat than the other types, women who are endomorphs are often described as curvaceous or full-figured, while endomorphic men might be considered stocky, doughy, or round. Endomorphs usually have narrow shoulders and wider hips, and carry any excess weight in the lower abdomen, hips, and thighs. Its often challenging for them to lose weight but with the right diet and training approach, it can be done.Ecto-MesomorphsThese hybrids are increasingly common, especially in the athletic world, where this physique is prized for being aesthetically appealing. In fact, for men and women alike, ecto-mesomorphs tend to have the fitness model look. Often muscular with V-shaped torsos (think: wide upper back, developed chest and shoulders, narrow waist), ecto-mesomorphs are lean and agile, with strong-looking (but not bulky) arms and legs.Meso-EndomorphsIncluding variations where people have more predominantly mesomorphic or endomorphic qualities (rather than a truly even split), this is the most common hybrid, according to research. Many bodybuilders and contact sports athletes (like football players) have this body type. Characterized by thick arms and legs and a boxy chest and mid-section, this type looks powerful but it isnt chiseled. (This may be partly because people with this body type tend to retain water and a layer of fat on top of their muscles.)People with this kind of build who want to get a leaner physique should be prepared to take a more refined approach to resistance training, cardio workouts, and diet, so they can prioritize fat loss.Ecto-EndomorphsUsually, this is a behaviorally acquired body type basically, someone who is really an ectomorph has added significant body fat, whether its from poor eating habits, sedentary ways, or a combo of these less-than-stellar habits.With long limbs and a smaller bone structure, ecto-endomorphs often have soft midsections, droopy chests, and flabby upper arms and legs from sheer neglect. To improve fitness, body composition, and health,the most efficient plan for this typeinvolves resistance training and high-intensity cardio, both of which promote muscle growth and stimulate metabolism.Since ecto-endomorphs may have developed some insulin resistance, their bodies may not be as efficient at burning carbohydrates, so they should follow a dietary plan thats suited to endomorphs with a slightly higher protein intake, a medium fat intake, and lower carb levels until the excess body fat comes off and metabolic function is optimized; then, these hybrid types can switch to more of an ectomorph approach (adding in more carbs).When I first got into the muscle building scene I was overwhelmed by the amount of different training programs, bodybuilding supplements, diets, articles and information there was out there. There were so many conflicting diets and training programs available and I had no idea what I should be doing. The result of this was about 6 months in the gym with little gains and almost no motivation to workout anymore.I was at a complete loss and about to throw in the towel and give up. Then a guy in the gym gave me a magazine and told me to read the article in there about body types. So I did and it opened my eyes up to the reason why I wasnt making any gains in the gym.I am a true ectomorph (classic hardgainer) and my bodyweight was 60.2kg (132.5lbs) when I first walked into a gym. I had no idea about body types back then. I assumed (like most beginners do) that the more I worked out the bigger I would get. Thinking that more was better I started following a program designed for an elite bodybuilder. This resulted in gains of about 1.7kg in 6 months.After reading the body type article in that magazine I started to understand more about how my body type worked, my metabolism, and gaining weight. Being an ectomorph I need to focus on calorie intake, long rest periods, and minimum cardio. It was only then I started making some real gains and Ive never looked back.So its important to be able to identify and understand your body type. Different body types require different training methods and diet plans. So listed below are the 3 male body types: ectomorph, mesomorph and endomorph, along with their characteristics.Image courtesy of Govt. of Western Aust. Dept. of HealthEctomorph Body TypeAn ectomorph is a typical skinny guy. Ectos have a light build with small joints and lean muscle. Usually ectomorphs have long thin limbs with stringy muscles. Shoulders tend to be thin with little width.Typical traits of an Ectomorph: Small delicate frame and bone structureClassic hardgainerFlat chestSmall shouldersThinLean muscle massFinds it hard to gain weightFast metabolismEctomorphs find it very hard to gain weight. They have a fast metabolism which burns up calories very quickly. Ectos need a huge amount of calories in order to gain weight. Workouts should be short and intense focusing on big muscle groups. Supplements are definitely recommended. Ectomorphs should eat before bed to prevent muscle catabolism during the night. Generally, ectomorphs can lose fat very easily which makes cutting back to lean muscle easier for them.Recommended workouts for Ectomorphs: Mesomorph Body TypeA mesomorph has a large bone structure, large muscles and a naturally athletic physique. Mesomorphs are the best body type for bodybuilding. They find it quite easy to gain and lose weight. They are naturally strong which is the perfect platform for building muscle.Typical traits on a Mesomorph:AthleticGenerally hard bodyWell defined musclesRectangular shaped bodyStrongGains muscle easilyGains fat more easily than ectomorphsThe mesomorph body type responds the best to weight training. Gains are usually seen very quickly, especially for beginners. The downside to mesomorphs is they gain fat more easily than ectomorphs. This means they must watch their calorie intake. Usually a combination of weight training and cardio works best for mesomorphs.Recommended workouts for Mesomorphs: Endomorph Body TypeThe endomorph body type is solid and generally soft. Endomorphs gain fat very easily. Endos are usually of a shorter build with thick arms and legs. Muscles are strong, especially the upper legs. Endomorphs find they are naturally strong in leg exercises like the squat.Typical traits of an Endomorph: Soft and round bodyGains muscle and fat very easilyIs generally short"Stocky" buildRound physiqueFinds it hard to lose fatSlow metabolismMuscles not so well defined When it comes to training endomorphs find it very easy to gain weight. Unfortunately, a large portion of this weight is fat not muscle. To keep fat gain to a minimum, endomorphs must always train cardio as well as weights. Usually supplements may not be needed as long as the person has a high protein intake in their diet.Recommended workouts for Endomorphs: A Combination of Body TypesThese body types arent set in stone. In fact, most guys have a combination of two body types. These combinations are either ectomorph/mesomorph or mesomorph/endomorph. It is not uncommon to find a pure mesomorph that gains weight like an endomorph for example.So which body type are you?Given the information above you should be able to identify your body type. You may also want to optimize your diet and training to suit your body type.One final point I want to mention is that no matter what your body type you can build a big, ripped, muscular physique. Even the skinniest of guys can bulk up. Yes, its harder but if youre willing to put in the hard work it can be done. I have about the skinniest natural build possible and at the time of writing this article I have gained about 30kg (66lbs) of lean muscle mass.

How to know if your a ectomorph. How do i know if i'm ectomorph. What is the body shape of ectomorph. How do you know if you are ectomorph. How to know you're an ectomorph. How to determine body type ectomorph.