

# Make Em Sweat BodySculpting

# BODY SHAPES



## TRIANGLE

**Typically this is a Meso-endomorph body type; a combination of Mesomorph upper body and Endomorph lower body.**

To help give your upper body balance you should do exercises to create symmetry in your shoulders, back, chest and arms.

For your lower body you need to focus on exercises to lose inches in in your core, abs and legs. To lose inches in your hips and glutes our Perfect Butt Circuit will be your best friend!

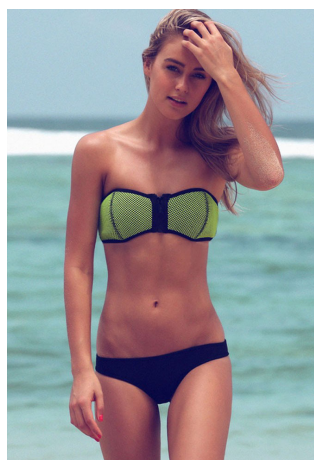


## INVERTED TRIANGLE

**Typically this is a Meso-ectomorph body type; a combination of Ectomorph upper body and Mesomorph lower body.**

To help give your body balance you will do exercises for your upper body to create symmetry in your shoulders, back, chest and arms. For your lower body you should focus on gaining size by working on your core, abs and legs. Lower body exercises would include Front Squats and Stiff-Deadlift.

Understand: Cardio\* is not what you need, you need to do muscle sculpting through resistance training!



## RECTANGLE

**Typically this is an Ectomorph body type.**

You need to focus on creating curves; in this case we will focus on cinching the waist, creating that hour glass shape.

We would start with your mid-section's abs, lower back and glutes. Next we equally work on your upper body- shoulders, back, chest and arms and your lower body- core, abs and legs.

For best results you will train at a fast pace and do cardio at least 3 times per week.

\*Cardio is defined as raising your heart rate to improve heart health and burn more calories. Be sure to choose a level of cardio suited to your current fitness level (on the next page). Beginners/Level 1 should start with walking for 20 minutes at least 3-5 times per week.

# Make Em Sweat BodySculpting

# BODY SHAPES



## HOURGLASS

**Typically this is a Mesomorph body type.**

You already have decent body symmetry and curves so the exercises you do will depend on what your goal is.

You should do specialization exercises for lagging body parts, and work equally on your upper and lower body.



## DIAMOND

**Typically this is an Endomorph body type.**

Your priority is getting a smaller waist, while creating curves by equally working your upper body (shoulders, back and chest) and your lower body (core, abs and legs).

Cardio will be your number one priority, because it should be done at least 3 to 5 times per week and our core exercises a close second. This process will diminish your waist, shifting the weight from your mid-section to your hips and butt as well as your upper body.



## ROUNDED

**Typically this is an Endomorph body type.**

You should train similar to the Rectangle Shape, but with more emphasis on increased calorie burning through lower impact exercises. You accomplish this by training at as fast a pace as your conditioning will allow.

Yes, cardio and the Perfect Butt Circuit should be your number one priority for this body transformation.