

Make Em Sweat BodySculpting

Ectomorph

An **ectomorph** is defined as someone who has a more delicate frame. They may have a lighter build, smaller joints, leaner muscle mass, and may have a flatter chest than others. Ectomorphs have a fast metabolism and usually find it harder to gain weight than other body types.

ECTOMORPH EATING TIPS:

- Drink plenty of water at least 4 hours prior to exercising
- Eat at least 3 balanced meals and 2-3 small, healthy snacks a day
- Be sure to include plenty of carbohydrates and proteins in each meal
- Protein powders are no more effective than natural protein sources such as eggs, beans, nuts, and chicken
- Amino acid supplements may promote muscle growth if taken immediate before or after exercise



REMEMBER!

- While exercising, focus on working you way up to doing 3 sets of 1-2 exercises per muscle group
- Exercise at least 3 days per week for at least 30 minutes
- If attempting to gain weight, it is not safe to gain more than 2 lbs per week
- To gain weight, do upper body repetitions of 6 to 10, and lower body repetitions of 8 to 12
- Progression is achieved by increasing resistance so repetitions should remain at the above suggested numbers
- Time between sets is typically about 2 minutes

With our program, we will focus on creating and sculpting curves to give you that perfect hourglass shape.

Sweat Today For A Better Tomorrow