

# Make Em Sweat BodySculpting

# Mesomorph

A **mesomorph** is defined as someone who has a larger bone structure. They usually have more naturally athletic physique and may also be naturally stronger than most, therefore it is relatively easy to both gain and lose weight, because of this, mesomorphs have the ideal body for building muscle.

## MESOMORPH EATING TIPS:

- Drink alcohol in moderations
- Drink plenty of water at least 4 hours before exercise
- Eat at least 3 balanced meals and 2-3 small, healthy snacks a day
- Low carb diets and/or other dietary supplements are not as successful when it comes to managing your weight
- Focus on eating plenty of fruits and vegetables daily
- Consider whole grains and cereals over enriched grains



## REMEMBER!

- **BEWARE:** Since it is easier to gain muscle through exercise, mesomorphs can also gain fat easier as well
- If attempting to lose or gain weight, it is not recommended to exceed more than 2 lbs per week
- For body symmetry, do upper body repetitions of 8 to 12, lower body repetitions of 10 to 15, then full body repetitions of 10-20 (see combination exercises)
- Progression is achieved by increasing resistance or repetitions so both are the suggested numbers above
- Time between sets is typically about 1 minute

*With our program, we will cinch the waist and accentuate your natural curves.*

**Sweat Today For A Better Tomorrow**