

Personal Training by Robert J. Bovee

Researched & Written by Robert J. Bovee Certified Master PPT, RTS, ETS, FTS, LMS, WMS, HWFS, SNS, SSCS, MES, E/FT, PSCS, PRCS

WHAT BODY TYPE ARE YOU?

Genetics play a role in your physical potential, but you're not stuck with the body you were born with. Exercise according to your body type and see amazing results.

The time you have spent at the gym has helped shape your body and your diet choices figure prominently in the number of extra pounds you carry around.

In fact, physiologists have long classified people according to three body types: *endomorph*, *mesomorph*, and *ectomorph*. Endomorphs generally have a round build and gain weight easily—think of the hourglass figure. Mesomorphs are typically muscular with a low percentage of body fat. Ectomorphs are usually tall and thin and it may seem like they can eat whatever they want without gaining a pound.

While these textbook terms have been around for decades, lately they've received new attention. For one thing, because so many people fall partially into two of the categories, researchers have recently added a fourth—*meso-endomorphs*, women or men who have the underlying musculature of a mesomorph, but with a higher percentage of body fat. Fitness professionals are now recognizing that looking your best means making the most of your body type. The programs they are designing have you performing exercises to highlight certain components of your physique and camouflage others. Professional trainers design entire fitness programs for the different body types.

Knowing your body type gives you a framework to work with. It can direct your choices of exercises to enhance your figure. Nearly every woman can reach her genetic potential by reducing her body fat, improving her cardiovascular fitness level and increasing her lean muscle mass.

ENDOMORPH

You tend to have a high percentage of body fat, but are strong and have no trouble building muscle. You do, however, gain weight easily, and your lower body joints are more susceptible to injuries.

Your main priority: You want to be burning calories to keep body fat in check and strength training to increase lean body mass.

<u>Exercise Plan:</u>	<u>Aerobic Training</u>	40 to 60 minutes - 4 to 5 days a week
	<u>Strength Training</u>	30-60 minutes - 2 to 3 days a week
	<u>Flexibility</u>	5 minutes - after every workout

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MESOMORPH

You have a low body-fat percentage and lean physique. You may be genetically more muscular, but you also have tighter joints and more exercise-related injuries.

Your main priority: You should concentrate on flexibility exercises in your workouts and split the rest of your time between aerobic exercise (to cardiovascular endurance) and strength training.

<u>Exercise Plan:</u>	<u>Aerobic Training</u>	30 minutes - 3 to 4 days a week
	<u>Strength Training</u>	30-60 minutes - 3 to 4 days a week
	<u>Flexibility</u>	15 to 20 minutes - 5 days a week

ECTOMORPH

You were the slight one in school, who couldn't gain weight no matter what you ate. Even in adult life, you still have wiry physique, which makes you more susceptible to osteoporosis.

Your main priority: Because of your quick metabolism, you need to emphasize building muscle over burning calories. So keep your cardiovascular conditioning at a minimum and spend your time in the weight room.

<u>Exercise Plan:</u>	<u>Aerobic Training</u>	20 minutes - 3 to 4 days a week
	<u>Strength Training</u>	35 to 60 minutes - 3 to 4 days a week
	<u>Flexibility</u>	5 minutes - after every workout

MESO-ENDOMORPH

You've got the natural strength of a mesomorph, plus the curves of an endomorph-especially in the hips and thighs.

Your main priority: You should incorporate the longer, less intense cardiovascular workouts of endomorphs to burn fat, and strength train like a mesomorph to increase lean muscle mass. Upper body activities will help balance your lower-body muscles.

<u>Exercise Plan:</u>	<u>Aerobic Training</u>	40 to 60 minutes - 4 to 5 days a week
	<u>Strength Training</u>	30-60 minutes - 2 to 3 days a week
	<u>Flexibility</u>	5 minutes - after every workout

For more information, please contact Robert J. Bovee at (585) 330-0614.