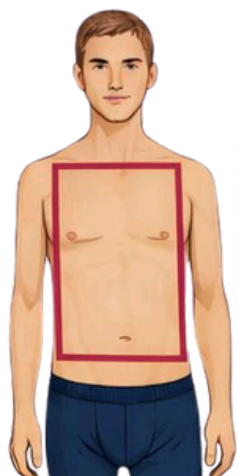




BODY TYPES & SHAPES

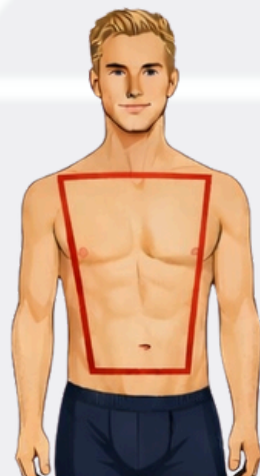
Body Types - From Small to Large



Rectangle

Ectomorph

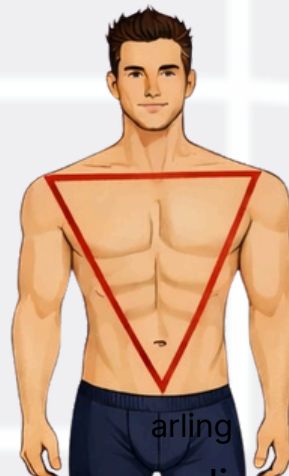
Straight build with shoulders, waist, and hips in line



Trapezoid

Mesomorph

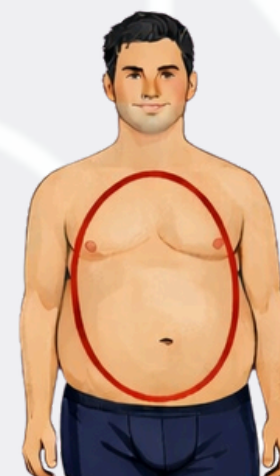
Athletic build, balanced shoulders



Mesomorph

Mesomorph

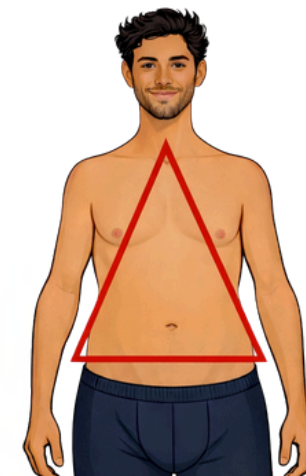
Athletic and muscular build, tapered waist



Oval

Endomorph

Fuller midsection, rounder shape



Triangle

Endomorph

Wider waist and hips, narrower shoulders

Ectomorph

- Lean and thin build.
- Narrow shoulders & chest.
- Fast metabolism with lower natural muscle mass.

Mesomorph

- Athletic and muscular build.
- Broad shoulders, tapered waist.
- Easily gains and maintains muscle mass.

Endomorph

- Thicker, broader build.
- Carries more weight around the midsection.
- Softer outline with higher natural fat storage