

# Exercise for Your Body Type

Bodies develop in different shapes and sizes. There is tons of lecture on how to dress or how to find your body type but is there really any information on exactly how to workout for your body type???

In popular terms, think of the familiar string bean, the hourglass or pear, and the apple. Genetics and environmental factors contribute to how we grow and mature into these body types that are classified in physiology as the ectomorph, endomorph, and mesomorph. If you workout you know that specific exercises are designed to unlock the door to targeted fitness goals. The key is to combine exercises in a way to achieve the changes you want for your body.

Here are the basic body types:

1. **Ectomorph** individuals are long and lean. Ecto means slim; fat and muscle mass tends to be on the low side. Some can even see their skeletal outline clearly on their body. Ectomorphs need strength training to enhance and build muscle tissue, and of course, cardiovascular exercise for the purpose of conditioning the heart and decreasing their risk for heart disease. The challenge for this ecto group is that due to the long thin nature of the body, building muscle is the hardest objective to attain.
2. **Endomorph** has the hour glass figure. The majority of weight is in the stomach, hips and thighs. This is due to the fact that endo bodies store fat easily. They usually have large frames and tend to have a slower metabolic rate (calories burned at rest). To alter or slow down this fat-storing process, increase cardiovascular activity more so than strength training. Continue strength training to some degree because it tones and burns calories. But the cardio cardio cardio!!!
3. **Mesomorph** will have a large back and chest with wide shoulders that taper down to a thin waist and thinner legs. They tend to be the most inflexible of types and need to increase flexibility along with equal amounts of cardio and strength training geared toward the lower body. The good news is muscle building for this group tends to be the easiest.

Please note, before jumping into a program you must do some stretching and believe me I know this is the first thing to go! Many coaches advocate a good warm up then static stretching prior to exercise. This involves reaching forward to a point of tension and holding the stretch. Static stretching is used for two main reasons: to prevent injury and to elongate muscles for full contraction and performance enhancement. A static stretching program may include:



1. Abduction roll up



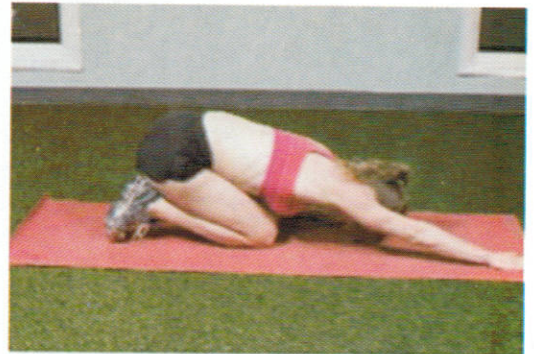
2. Hip flexors kneeling



3. Neck extensor



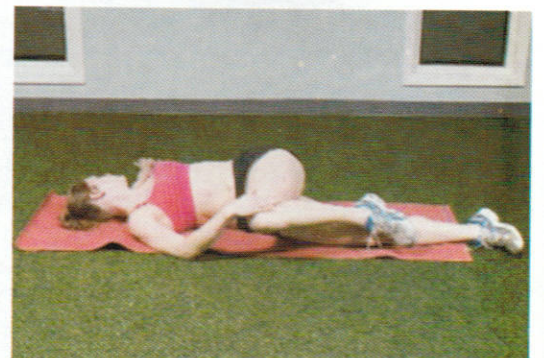
4. Pectoral stretch with us Swiss ball



5. Lat kneeling



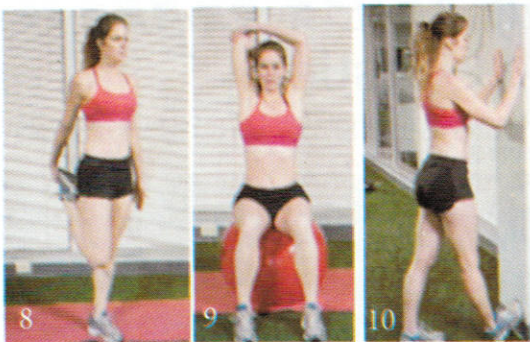
6. Hamstring leg out on floor



7. Erector spine muscle cross body

3. Straight leg marching

4. Side leg abductions

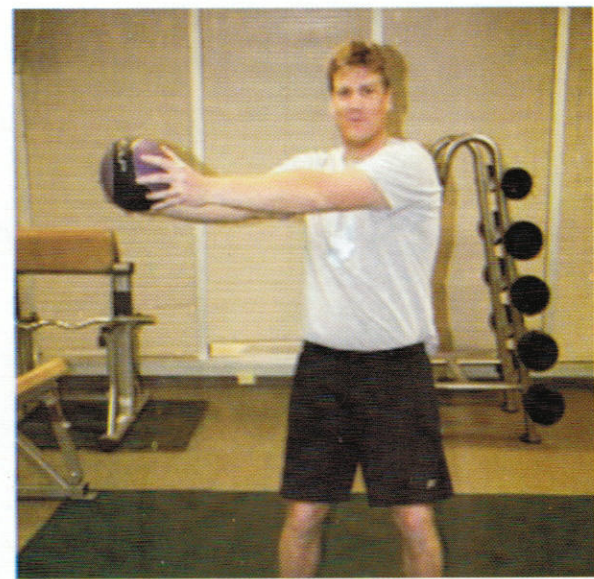


- 8. Quadriceps standing grabbing ankle
- 9. Triceps overhead
- 10. Calf straight leg against wall

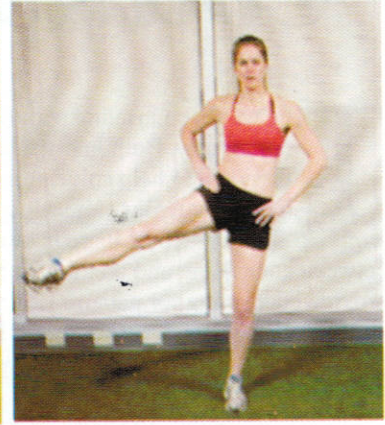
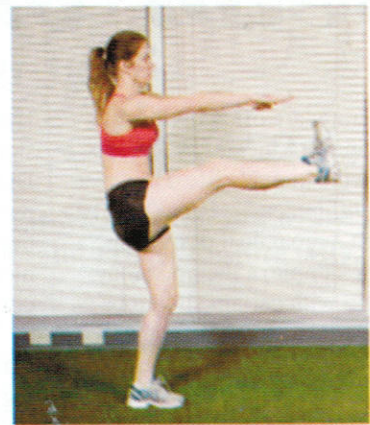
Hold each stretch for 15 to 30 seconds and perform them slowly. Ballistic stretching uses the momentum of a moving body or a limb in an attempt to force it beyond its normal range of motion. This "warming up" by bouncing into or out of a stretched position, using the stretched muscles as a spring, is not considered useful and can lead to injury. It does not allow your muscles to adjust to, and relax in, the stretched position. It may instead cause them to tighten up by repeatedly activating the stretch reflex. An example of a ballistic program:



1. Toe touches alternating sides



2. Standing spinal twist with cross reach



The most educated and highest quality strength coaches recommend the use of dynamic stretching. This type of stretching consists of exercises which use sport specific movements to prepare the body for movement. As you stretch you gradually increase reach and, or speed of the movement.

Do not confuse dynamic stretching with ballistic stretching. Dynamic stretching consists of controlled leg and arm swings that eventually move a given joint towards the limits of its range of motion. Ballistic stretches force a part of the body beyond its range of motion. The movement patterns of dynamic stretches are less jerky and more fluid. Several professional coaches, authors, and studies have supported or shown the effectiveness of dynamic stretching. Below are some examples of dynamic stretching:

**LEG LIFTS**

Swing one leg out to the side, and then swing it back across your body in front of your other leg. Repeat 10 times on each side. Hold a steady object if you need the support



**BUTT-KICKS**

Stand tall and walk forward with an exaggerated backswing so that your heels come up to your gluteus. When this is easy, try it while jogging. Do 10 reps on each side.



**HACKY-SACK**

Lift your left leg up, bending the knee so it points out. Try to tap the inside of your left foot with your right hand without bending forward. Repeat 10 times on each side.



Once mastered, you can add more reps and speed as long as good form is maintained. I hope this helps point you in the right direction. For more help contact THE CENTER for health and sports performance! Each trainer is highly educated and can help you reach your goals! Enjoy

*For more information on working out for your body, check up [www.jakkiepidanick.com](http://www.jakkiepidanick.com), Keep it Simple a workout guide on Amazon. Reach Jakkie Pidanic nsca cscs, nsca cpt, apfp cpt by email [jakkie18@yahoo.com](mailto:jakkie18@yahoo.com) or 843 338 5305*