

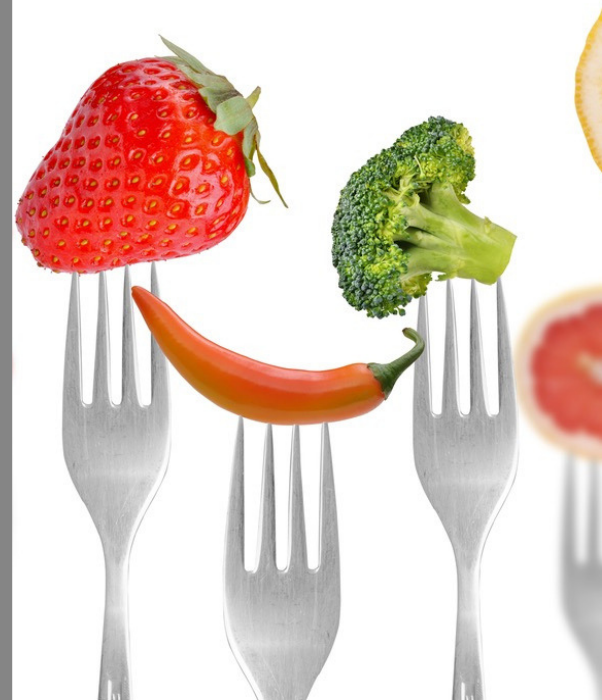
THE **FIT** FORMULA

FITNESS & NUTRITION BODY TYPE GUIDE

ENDOMORPH

aka "The Pear"

THE FIT FORMULA
Fitness | Nutrition | Inspiration

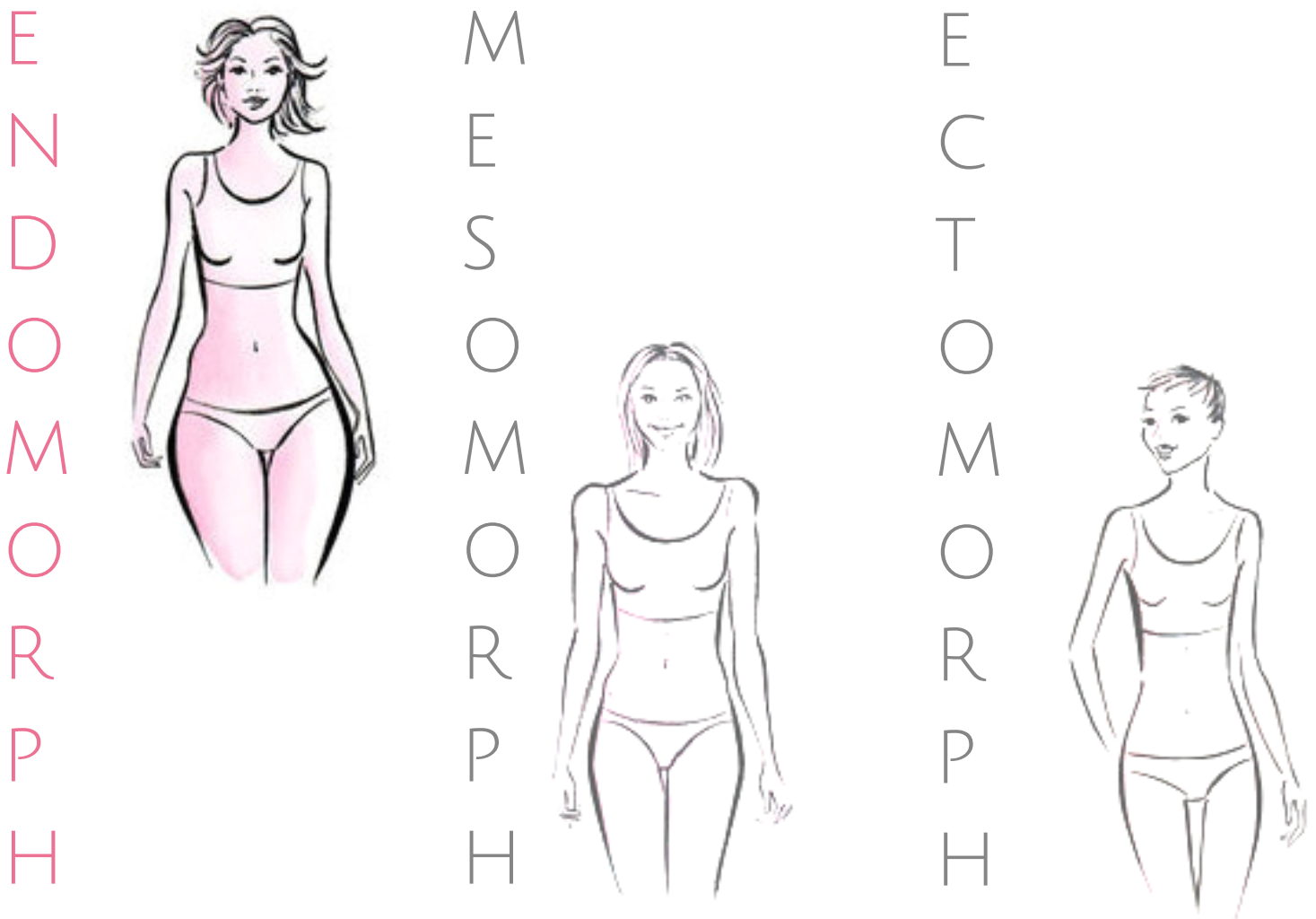


BODY TYPES

aka "Somatotypes"

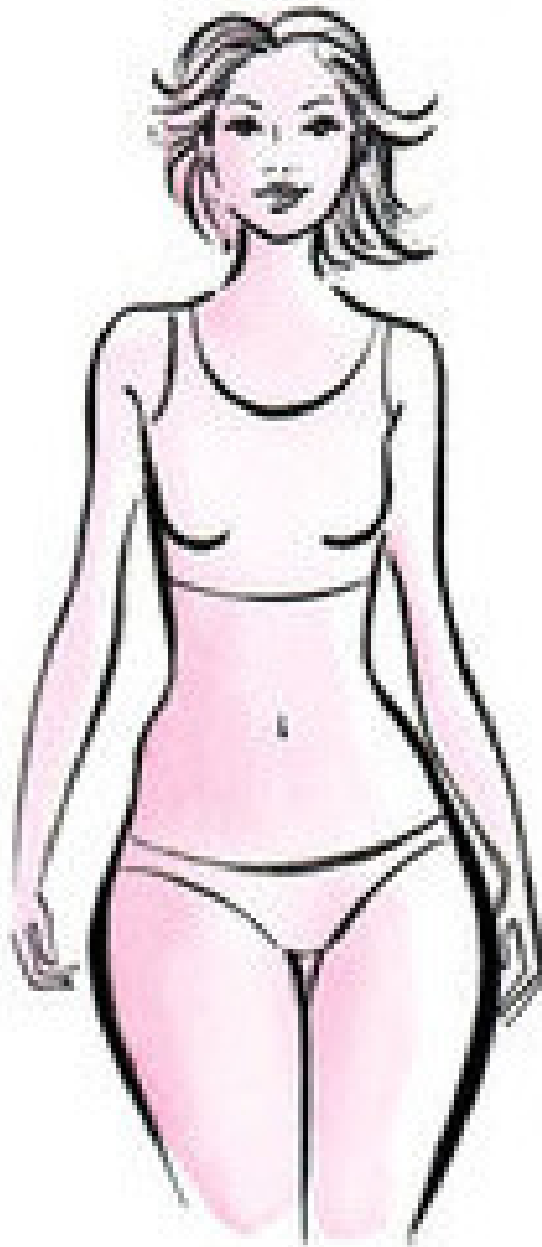
Somatotypes, created in the 1940's, are a system for classifying a person's inherited physical body characteristics.

Although some people have qualities of multiple somatotypes, there are 3 main body type classifications:



ENDOMORPH

aka "the curvy one"

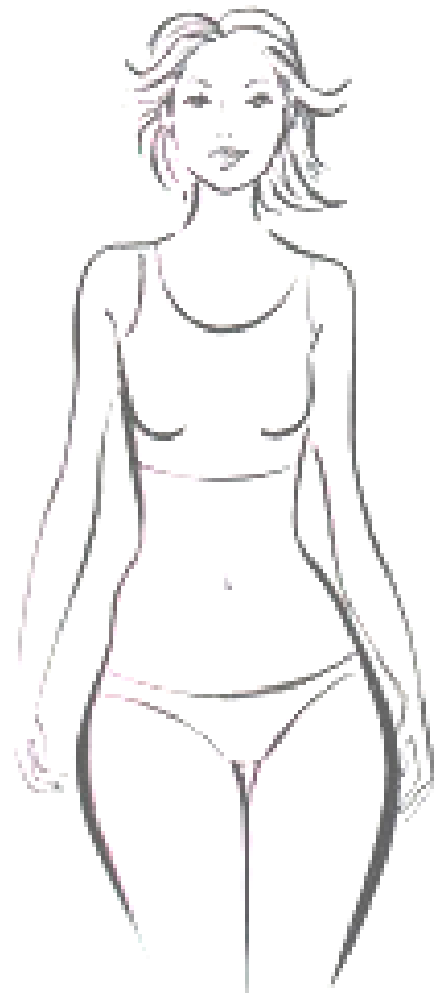


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ENDOMORPH

aka "the curvy one"

Endomorphs tend to carry their weight more in their lower body more than their upper body (i.e. pear shaped). They tend to be soft and curvy, but have a solid muscle structure that can be easily toned.



Endomorphs gain body fat easily, but find it very hard to lose it because they have a slower metabolism than other body types.

They should watch their nutrition intake closer than other body types, but with the right plan and consistency, they can lose body fat and gain lean muscle mass.

ENDOMORPH

NUTRITION & FITNESS GUIDELINES

As it relates to nutrition, endomorphs should start with a macronutrient distribution of:

- 25% of calories from carbs (whole grains)
- 40% of calories from fats (healthy fats)
- 35% of calories from protein (lean protein)

No math gymnastics are needed, just think lower carbs and moderate proteins and healthy fats. Carbs should be eaten within a specific workout window & consist of whole grain carbs.

Regarding fitness, endomorphs should incorporate weight training and cardio regularly. For fat loss, endomorphs should also incorporate extra cardio in their regimen. HIIT workouts work great for this body type.

ENDOMORPH

CUSTOM MEAL PLANS

Take the next step & get custom meal plans for your body type!

THE NUTRITION CODE

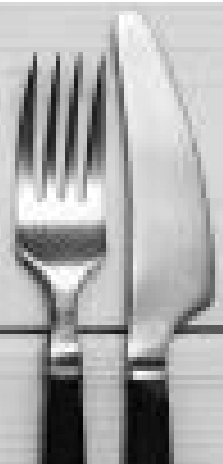
Learn how to develop your own custom meal plans & eat right for your body type.

[Learn More](#)

TOTAL NUTRITION 30

Private nutrition coaching, custom meal plans and 30 days of accountability.

[Learn More](#)

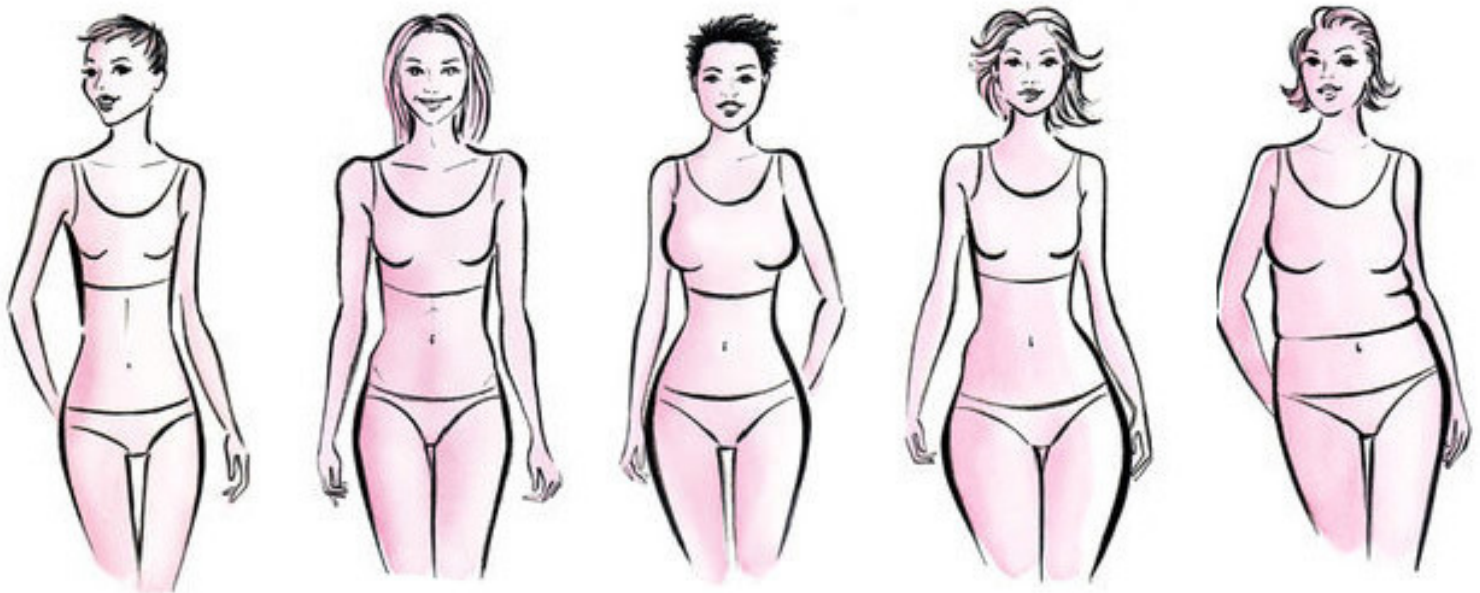


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