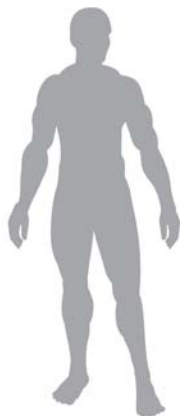
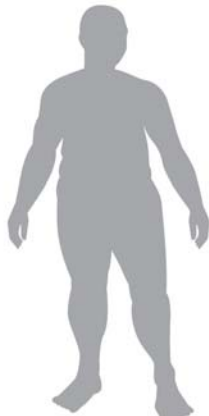


## The Basic Body Shapes – Morphology

Mesomorph



Endomorph



Ectomorph



Endomorphs are generally more round or stocky in shape—think Oprah Winfrey or Danny DeVito. On average they have a high percentage of internal (endoderm) organ tissue and therefore have more mass at their core and less mass in their extremities.

Ectomorphs are long and lean - think Cher or Mick Jagger. They have a high percentage of external (ectoderm) tissue (skin, hair, etc.), giving them a long, delicate appearance.

Mesomorphs are more proportioned—think Madonna and Matthew McConaughey. This is due to their high percentage of musculoskeletal (mesoderm) tissue, such as muscle, bone, and connective tissue (tendons, ligaments, joints), compared to internal and external tissues. It gives them a hard, athletic appearance.

Now before you declare yourself a destined-to-be-round endomorph and snap this book shut, you should know that there are many things you can do to change the shape of your body, or morph your morphological type. But I want to be honest and I want you to be honest with yourself.

For some, that may mean a little extra time, effort and patience in the gym and the kitchen.

For example, an ectomorph can build muscle similar to the level of a mesomorph, but the time and effort required may be two to three times greater. And an endomorph can get down to a single digit percentage of total body fat (that's really lean, by the way), but it takes a strict diet and a tough exercise regimen to get there, and even greater effort to maintain it. That is why Oprah Winfrey is more than a morphological example, but a perfect Body of Knowledge example. She too has been very thin and the media has displayed her weight fluctuations over the years – a great example that proves changes are possible for any shape, but all that trial and error has lead her to a healthy weight that only she can find.

I don't want you to give up before you begin because you believe that your DNA is working against you. It isn't—or at least it doesn't have to.