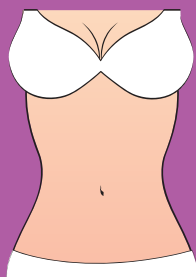




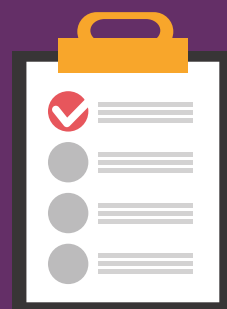
# HOW TO TRAIN ACCORDING TO YOUR BODY TYPE

## BODY TYPE

## INTERVENTION



Target weight with  
excessive muscle



Less squats/lunges-  
don't obsess about  
progressive overload.  
More glute isolation -  
no direct ab training.  
More variety- shorter  
rest periods-faster  
pace- a nutrition  
focus.

Overweight with  
excessive fat

Portion control,  
cardio, resistance  
training.

Skinny with no shape

Heavy resistance  
training + eat more

Overweight with  
excessive muscle

Portion control until  
you get down to your  
preferred size.

Target weight with  
ideal body  
composition

Great stuff! Keep  
going with  
maintainance  
training. Maybe set  
yourself a fitness  
challenge.