



YOUR KINDLE NOTES FOR:

## Genetic Bodybuilding: Ectomorph, Endomorph, Mesomorph Training & Dieting Techniques

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Last accessed on Friday November 15,  
2019

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Important Key Facts To Keep in Mind: P0 S1 Endomorphs need more frequent workouts, especially aerobic conditioning P0 S1 Needs 2 to 3 exercises per body part P0 S1 Work on abdominals before workout routine P0 S1 Do whole body workouts for the first 6 to 8 weeks of the beginning of their program and then begin to do 4 day a week workouts. P0 S1 Training focus should entail to minimize body fat and speed up their metabolism, through diet, supplement usage, and exercises. P0 S1 Never stay on the same type of workouts, change exercises every now and then, alternate different set and rep schemes, super sets, and tri-sets should be incorporated. P0 S1 Change the training frequencies trying something different. P0 S1 Intensity levels should be high P0 S1 Sets for each body part should be high, 5 to 8 sets keeping your repetitions in the 9 to 12 range for the upper body and 12 to 25 for the lower body. P0 S1 Weight poundage should be mostly in the moderate range with occasional periods of heavy weight sessions for bulking up periods, (optional) P0 S1 Rest periods should be in between sets 60 seconds P0 S1 Endomorphs can utilize high intensity training principles such as burns, iso-tension, super-sets, tri-sets, descending sets, etc., to bring out maximum muscle shape and definition. P0 S1 Endomorphs can train more frequently, but do need 48 hours of rest before doing the same body workout for the same body part twice. P0 S1 Aerobic activity or cardio is a key component for endomorphs and can be included before workout

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By emphasizing a low-carb, high protein, and moderate fat diet plan

you will ensure your gains to be lean muscle mass with minimal fat. Endomorphs typically tend to respond to carbohydrates adversely carbs.

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