

Body Type Workout

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Introduction to Body Types

Ectomorph

- **“Pencil” or “string bean;” Longer, leaner, taller**
- **Medical definition**-- A person whose body structure is dominated by the outer skin and the nervous system. Ectomorphs are thin and have a large skin surface relative to their weight.
- **Long limbs, shorter waist**
- **Predominance of Type I muscle fibers**
- **Good endurance athletes, can be obsessive or anxious**
- **Tendency in women to posterior pelvic tilting, kyphosis, osteoporosis**
- **Faster metabolism**
- **Difficulty gaining muscle mass**

Workout specifics for Ectomorphs

- They will prefer cardio or moderate-intensity, long duration workouts
- Need to be challenged to do shorter, higher-intensity workouts
- Weight training at high levels important for bone health and postural integrity
- Core challenge works best with shorter leg levers
- Avoid straight leg lifts, swings or kicks, control range of motion
- Add power and control to movements for strength training benefits
- Support their limbs with buoyant barbells and/or cuffs for ab work

Endomorph

- **“Apple”**
- **Definition:** An individual characterized by relative prominence of the abdomen and other soft body parts developed from the embryonic endodermal layer.
- **Shorter, rounder, stocky body, Slow metabolism**
- **Short levers, yet thick arms and legs**
Tendency to carry extra weight in torso, abdomen
- **Gain weight easily, both muscle and fat, hard to lose fat**

Workout specifics for endomorphs

- Must train cardio and weights to maintain muscular balance
- Usually need to diet as well, watch carb intake
- Prefer slower movements, but need to work cardio and quicker, stronger, full range of motion movements, especially in water
- Core work best with longer leg levers and longer torso (no crunches)
- Apply less buoyancy to upper body for horizontal ab work
- Avoid hand buoys under knees, evaluate whether mini hand buoys or no hand buoys would be better
- Lengthen body more to rotate—this movement is difficult

Can have stronger legs, weaker upper body

Mesomorph

- **“Pear”**
- **Definition:** An individual with a robust, muscular body build caused by the predominance of structures developed from the embryonic mesodermal layer.
- **Can have longer upper body, shorter legs: rectangular shape**
- **Tendency to carry weight in hips and legs**
- **Gains fat and muscle easily**
- **Muscular, athletic, more Type II muscle fibers**
- **Tendency to kyphosis, anterior pelvic tilt**

Workout specifics for mesomorphs

- Watch caloric intake
- A combination of weight training and cardio works best
- Adjust workout to challenge weaker areas
- Body responds well to weight training with rapid gains

A combination of body types

- most people are a combination of two body types
- These combinations are either ectomorph/mesomorph or mesomorph/endomorph.
- It is not uncommon to find a pure mesomorph that gains weight like an endomorph for example.

Discussion

Which body type(or combination) are you?

What kind of workouts do you prefer?

How can you challenge yourself to do the types you DON'T prefer in order to change your results?

Do you have any students who have reached a plateau with diminished results from their fitness program?

How can you specifically challenge students with different body types in an all-levels class?

Can you think of any specific cues you need to use to help students feel (and be) more successful in class?

Hydro-Fit teaching progression for Buoyant Bodies

3. Utilize interval training to address more students' needs
 - Moderate levels, longer duration for _____
 - Higher intensity, more peaks and valleys for _____
 - More force for strength training for _____
 - Encourage faster tempos and more work load for _____

- Moderate effort, focus on postural stability for _____
- Encourage length and rotation for _____