



# DISCOVER

---

## the Perfect Fitness Program for Your Body Type

*A brief guide to  
body types, customizing  
workouts and fitness tips.*



## Introduction

Hello!

I'm Tasha Norman, Founder and CEO of FitEngine.com- Your premier provider of inside information on the fitness industry and workout classes in NYC. I founded FitEngine in 2001 as a comprehensive guide to the many terrific options available in New York City that address your specific fitness needs.

Thanks for downloading our eBook. In Discover the Perfect Fitness Program for Your Body Type, you will learn the following:

- What body type you are
- How to choose the correct fitness program for your body type
- Secret tips to getting a toned and fit body
- How to avoid common fitness mistakes even the pros sometimes make

The information in this brief book will help you get started on a path of fitness and wellness that will enrich your soul for life. Please check out our website [www.fitengine.com](http://www.fitengine.com) for more information about our services.

Cheers,

Tash

# Contents

- Introduction .....2
- How to Choose the Correct Fitness Program for You .....3
  - Your Skill Level .....4
  - Ability to Recuperate.....5
  - Your Goals .....5
  - Your Availability.....6
- Choosing the Right Body–Part-Specific Exercises.....6
  - Ectomorph .....7
  - Endomorph .....8
  - Mesomorph.....8
- Secret Tips to Getting a Toned and Defined Body.....9
  - Full Body Workouts..... 10
  - Keeping it Short and Intense..... 10
  - Resistance and Weight Training..... 11
  - Muscle Challenge ..... 11
- The Most Common Mistakes Even the Pros Make..... 12
  - Over Challenging Yourself ..... 12
  - Believing any ‘tool’ is ‘The One’ ..... 12
  - Skipping Meals or Not Eating Enough..... 12
  - Avoiding Cardio or indulging in it too much..... 13

## How to Choose the Correct Fitness Program for You

**Fitness programs** have always played a major role in staying in shape and healthy. We're pretty much tasked to look after our bodies and give it the proper exercise it needs. However, once you get over the initial hard part of convincing yourself to start a workout routine and finding the time to dedicate yourself to it, you'll be faced with another conundrum, picking a **fitness program**.

You might think it's easy but there are plenty of **fitness programs** out there. In fact, there are a little too many and you might find yourself faced with too many options. If you have no idea about how to go about it, don't panic. Here are a few tips that you can use to pick out the correct fitness program for you:

### Your Skill Level

Don't be shy about it here. You're well aware of your own level of skills when it comes to exercising so pick **fitness programs** that are catered for your skill level. While it might seem like a good idea to set up challenge for yourself, don't do it



by picking a **tough training program**. If you're beginning a **fitness regime** for the very first time or re-starting after a long time, it's better to take it slow and easy rather than jumping into an advanced set up where you'll be struggling to keep up and might be tempted to give up.

Contrary to popular belief, working up a good sweat and pushing your self to your limits can lead to **muscle injuries** which is not a good way to go about **exercising**. By allowing your muscles to get used to the **exercises** and slowly working your way up, you'll be able to make good progress without over straining or harming your body.

If you have a background in some training, you can still get a place in a **medium level training program** but if you're not sure, pick something for beginners and work your way up. That way, you'll get a nice refresher course and you won't suffer from any **muscle injuries** which would slow down your progress.

## Ability to Recuperate

This can also be a deciding factor regarding your **training program**. When you start working out for the first time, your body might be a little sore from all the **exercises** you just put it through. However, to determine your body's ability to handle the **exercises** you're putting it through, ask yourself a few questions after your workout:

- Does your **training regime** completely wear you out?
- Do you need to take you a day or two to feel like you could go on?
- Do you feel that you could exercise the next day?
- Are you able to complete all your **workouts** on schedule?
- Do you need more time and help with them?

If you're not sure, then look at your **former training experience** as a guideline. After starting a **training program**, the **exercises** you do can easily help you gauge the level of recovery your muscles are at. If you need more time and help and be sure to let your trainer know.



Furthermore, your age can also influence the muscle recovery time. Individuals who are older can take more time to recover but then again, there can be exceptions to this rule as well.

## Your Goals

Take the time to evaluate what you hope to get out of your work out. You can't squeeze everything in one program so make sure you've picked out a **training program** that goes well with your goals. Certain **training programs** target **muscle toning** while others help with **endurance** and **flexibility**. On the other hand, there are also **training programs** to help you **lose weight** or to **build muscles** so you'll have to take some time to sit down and decide what you're after.

**Training programs** for building muscles follow a different routine for those meant for weight loss. You'll be doing eating more to get through the workout and have a higher amount of sets to perform. If you're just looking to enhance your **flexibility** and **endurance**, **cardio training programs** are available but again, their training regime is completely different from other **training programs** like **Cross fit** which also target toning muscles, **flexibility** and **endurance**.

In the end, you'll really have to sit down and determine your long term goals. Take the time to compare and examine different **training programs** in order to determine which ones suit your goals the most.



### **Your Availability**

Once you sign up for a **training regime**, you'll have to start making the time to keep up with it. A **training regime** could require you to attend sessions 5 times a week or even 3 – 4 times a week. However, if you're only attending twice a week then don't be surprised if your **training regime** isn't showing on you. **Training regimes** are only as effective as the amount of time you invest in them so don't pick a program on a whim.

Make sure that you're up to the task of attending every session and make sure you have room for your **training program** on your schedule. Many **training regimes** are flexible and offer **training sessions** at various hours. Pick a **training session** based on the time that suits you and

stick to it. The more time you invest in your **training program**, the more the results will start to show on you.

If you're just starting out, pick a program that requires you to come 3-4 times a week. This will help to slowly work the program into your weekly routine without it feeling overwhelming or that it's eating up all your free time.

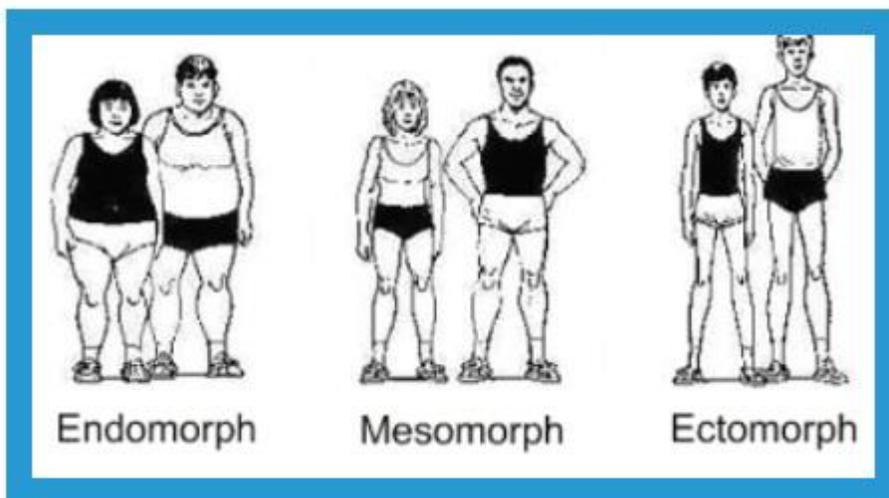
## Choosing the Right Body-Part-Specific Exercises

When you're looking to join a **training program**, you might be just looking to tone up one particular area of the body. Whether it's the thighs, the abs, the triceps or any other part, there are certain **exercises** which do help with specific body parts. However, how does one go about choosing the right **exercises** or **training regime**?

To start off, you need to identify your goals first. While you may already have done that when picking a **training regime**, take the time to really break them down. Are you looking for toned thighs? **Increased muscle mass** in certain areas like the triceps, biceps, chest and shoulders?

Once you've listed them down, let's start of the process by identifying your **body type** first. When it comes down to it, you might be aware that not everyone has the same **body type**. Human beings have three basic **body types**, the Endomorph, the Mesomorph and the Ectomorph.

### Ectomorph



As an ectomorph, your body might be naturally thin. You'll have a small bone structure such as small joints, narrow shoulders and thinner **muscle mass**. You might also find it hard to put on weight too whether it's **muscle mass** or just fat. You might have a **high metabolism** rate yet

you'll be unable to undertake a high amount of athletic stress or training. However you'll have the benefit of having minimal fat gain when you're putting on muscles.

As an Ectomorph, you'll have the following challenges to face and target:

- **Weak calf definition** and thin hamstrings.
- **Weak chest** but longer arms make it difficult to do bench presses.
- Harder time training the legs owing to lower muscle mass.

Keep all your **workouts** well within an hour and change the training as you go along. Changing up the **workout routine** is necessary otherwise your body will adapt to the **work out**, causing you to hit a plateau where you don't get any **muscle mass** from the **workout**. Furthermore, keep a

consistent schedule so you'll be able to gain **muscle mass** and increase your muscle stress endurance.

## Endomorph

An endomorph has a body which is the complete opposite of the ectomorph. The fat levels might be high and you'll have a larger and rounder body. This is owing to the fact that you have a **slower metabolism**. However, you'll still have more muscles than the ectomorphs so it's not all that bad. As an endomorph, you might experience more problems **losing weight**, especially fat. Nonetheless, **muscle gain** is much easier although the downside is that you gain fat more easily too.

As an Endomorph, you'll face quite a few challenges since you might have the following **problems areas**:

- Low endurance owing to higher fat levels.
- **Weak chest**, back and shoulders.
- You'll have to shed some weight before you can comfortably do pull-ups or lats.

However, don't get discouraged, keep things simple and start off slow. As an endomorph, you do have the ability to put on **muscle mass** much faster. Unfortunately, this can come with the added irk of gaining fat as well, so pick a **training program** that targets all your problem areas and cuts down on the fat as well.

## Mesomorph



The mesomorph is the lucky one here. You'll be **athletic**, have a muscular frame and have low amounts of fat in your body and your body will be tailor made for **high endurance** and **athletic activities**. As a mesomorph you'll find it easy to gain **muscle mass** and have no trouble in getting rid of the body fat. They have the **high metabolism** of the ectomorphs which keeps their fat content in check and the ease of gaining muscles like the endomorphs.

As a Mesomorph, you'll have few **problem areas** since you're pretty much the golden child here. Nonetheless, based on the kind of shape you're in, you should consult a trainer before you pick

a **training program**. This will help to identify your problem areas and help to choose the body specific exercise that you should indulge.

However, no matter what type of body you have, don't get down about it. It is more than likely that you'll most probably have a mix of two **body types**. Having a pure **body type** is a bit rare but most people can safely categorize themselves in one or two types.

Furthermore, if you put in the right amount of training, it is possible to change your **body type**. This is quite easily evident when you think back to your school mates. The fat girl loses all her weight, the skinny guy is now suddenly muscular and buff. Just be sure to put in the right amount of dedication and training and you'll start seeing results pretty soon.

Now that you've identified your **body type**, you can work out a **training regime** with the help of your trainer based on that. You'll find that there are actually very few natural **fitness experts** and body **trainers** who indulge in **whole body training**. Training while targeting specific types of the body can also have its own benefits and you'll find that your **training sessions** are easier, less daunting and gives you more control over the kind of **muscle mass** your body gains.

Moreover, if you're the kind of person who gets ill or nauseous after a **whole body workout**, you'll find the pace of the **training program** is gentler, allowing your body to get used to the **training program**. With the help of a **trainer** nearby, you'll easily be able to work on all your specific areas while avoiding over straining your body.

## Secret Tips to Getting a Toned and Defined Body

Sometimes, you can choose to tone up your body instead of going for the full muscle bulking body activity. When you're looking to get **toned** and **defined**, you pretty much think of a nice, **lean** body like something you see in the magazines or on TV. However, getting **lean** and **tone** can mean different things for different people.

The amounts of **exercise** done in order to get such a body can often times be heavy duty so don't take this task lightly. Getting any muscle in shape and **losing fat** does take some work and dedication so here are a few 'secret tips' that can help you get **toned** and **in shape** in no time at all:

### Full Body Workouts

**Toning down muscles** can be favored with light **full body workouts** accompanied with some **heavy weights**. These kinds of **exercises** are easy to do and you won't be focusing on one area in particular so there's little chance of getting an injury here.



### Keeping it Short and Intense

A toned, defined body can be described as a body with just enough muscle and a low amount of fat to make those muscles stand out. So, in short, you just have to lose a significant amount of fat or gain some muscle and ta da! You're toned! However, you'll find that it doesn't quite work like this.

People usually tend to stay away from the **heavy weights** and machines and other **exercises** when they're looking to tone up. The common belief is since they just want light definition here and there and not really bulk up so keeping the work out light and short will help give definition. However, this statement is not really true.

While **short workouts** are beneficial, you'll find that indulging in **intense workouts** will contribute more towards getting **muscle mass**. Furthermore, losing fat and getting muscles requires a lot of effort so you can safely do some **heavy weights** and **exercises** without looking like Arnold Schwarzenegger.



## Resistance and Weight Training

Incorporate some weight and **resistance training exercises** into your toning **work out exercises**. Weight and resistance exercises can give you a greater boost in helping with muscle strength and definition as well as helping to increase your metabolic rate. Coupled with some good **cardio exercises**, you can easily increase your **muscle mass** and cut down your fat at a faster rate as well.

## Muscle Challenge

Don't forget to incorporate some challenging aspects to your training. If your body gets used to the **work out** and hits a plateau, you'll find that you're not gaining any **muscle mass** or losing any fat. Many women often stay away from lifting **heavy weights** since they believe in avoiding bulking up. However, lifting weights will help to provide your muscles with a challenge that will prevent them from hitting that plateau level where all your hard work will go to waste.

On the other hand, be sure to pick weights which are within your level. Don't jump up from 0 to 20kg just because someone said you should. The main aim here is to provide your muscles with a challenge, you don't want to cause undue stress which could lead to muscle injury.

## The Most Common Mistakes Even the Pros Make

When you're **exercising** or working out, you need to understand that not everything you come across can be beneficial for you. One thing that you'll find is that there is a lot of **workout** and **exercising** information floating in the market. Whether you're looking to do **cardio, fitness, endurance, weight lifting** or any kind of **training**, you'll find different voices sharing various opinions.

However, while it is easy to stumble up every now and again, you'll find that are some mistakes that even experts can make. The following are the most common mistakes that even the pros make once in a while when they're working out:

### Over Challenging Yourself



Every one has a different **body type** and a different requirement / threshold for the kind of **exercise routine** they can practice. While it is recommended that you do challenge your body, do so gradually. Don't let your ego get in the way or you might end up doing more harm than intended. Be honest with yourself and listen to your body. The aches and pains that you feel are not always a good sign. While some people might say “*No pain, no gain*” over exerting your body could result in serious bodily harm.

### Believing any ‘tool’ is ‘The One’

Some tools or **exercising equipment** are seriously beneficial for your body. While that is a good thing, be careful not to confine yourself to its use only. This is one thing that you'll have to work out on your own. Furthermore, it could be that your **trainer** is the one advocating something.

While it is good to use certain items that can help your **work out** more, the problem arises when it becomes a do or die thing that you absolutely must incorporate in your **workout**. If you get stuck in this rut, you'll find that your body will be hitting a plateau a lot sooner than you expected since you never graduated to a more challenging level.

## Skipping Meals or Not Eating Enough

When you're working out, you might feel like skipping a meal or think that cutting down the food intake is the right thing to do. You're not going to get **lean** just like that. However, this is the biggest rookie mistake you can make and if you come across a pro who suggests something of the sort, turn around and run out the door.

A healthy, **balanced diet** combined with a good **work out** can do more wonders than skipping on a meal or cutting it down. Your body needs fuel to make more muscles and go through the **workouts**. You might find that your **healthy diet** might at times be larger in portion but your body will utilize all the fuel you put in it when it's combined with the proper **workout**.

## Avoiding Cardio or Indulging in it too Much

This is something which causes the ladies to slip up a lot. They'll start working out **cardio routines** that help and in order to get their muscles in shape, they'll focus solely on this. However, this is something which will slowly get your body used to the routine and help to make it hit the plateau. Your muscles will get used to the daily routine of your **cardio workout** and won't be challenged by **cardio** at all. The best thing to do is to incorporate two or more different types of **workout routines**.



On the other hand, avoiding **cardio** is something which usually the guys are guilty of. Since it is largely marketed for the ladies, men find **weight lifting** more helpful if they want to bulk up. However, **cardio** can do wonders to help tone and define the body as well.

When you're working out, you'll come across many other mistakes that the pros make. The best thing to do is to realize they're only human and anyone can make a mistake. Just be sure that you catch it and correct it before it's too late. Also be sure to take your time and research everything properly. Being hasty is not always a good thing.



**FitEngine** was created to help individuals find the best fitness, dance, yoga, Pilates classes, workouts and wellness services in NYC. The site provides:

- **A Personalized Fitness Prescription**
- **Reviews of workout classes**
- **Technical fitness insights**
- **Expertise on wellness programs and fitness classes**

**FitEngine** was founded in 2001 by dancer, athlete and businesswoman, Tasha Norman. In addition to covering the NYC fitness scene, Ms. Norman helped produce such events as **NYC Dance Week** (first introduced in 2005) and the first **Wellness Indulgence Festival** in New York City.

Visit <http://www.fitengine.com> to learn more.

**All rights reserved. No part of this book can be reproduced in any form or by any electronic or mechanical means including information storage and retrieval systems without permission from Tasha Norman, except by a reviewer, who may quote brief passages in review.**