



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

By HN, Tony Xhudo MS

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What's your unique body type? And why is it important for muscle building? In this book you will learn the three-different body-types as once described by Dr. William Herbert Sheldon and how it relates to your genetic body type on building impressive muscle or losing weight. In knowing your somatotypes: Ectomorph – long and slender body, difficult time gaining weight/muscle. Endomorph – large bone structure, pre-positioned to carry on extra weight, short limbs. Mesomorph – medium bone structure, wide shoulders, natural gifted athlete, and naturally muscular, with an easy time to build muscle or lose weight. Within the three basic sub-categories, you will be able to combat your weaknesses and expose your strengths to accelerate your fitness goals. Never before has there been a fitness book put together explaining genetic body type traits that respond to specific training methods and diet plans along with supplement usage that allow you to develop and hold muscle mass much easier. You will also learn why certain body types respond to specific training and diet protocols much easier than others. Now you don't have to believe because of your genetic inferiority that it is impossible for you to develop the body you've always wanted. So, don't let your genetics hold you back any longer, with this book and the guide lines laid out for you, you'll be able to dispel the myth of superior genetic muscle building. Inside this book you will find specific training protocols, diet plans, and training techniques for each particular body-type – Ectomorph, Mesomorph, and Endomorph. Regardless of which body type you may have, you can still obtain a great physique! Stop wasting your time on bodybuilding programs and routines that were not meant for your specific genetic body-type. Train the right way, the way it was meant to be and respond accordingly and not waste your efforts on training, and diet routines meant for other body types. Kick-start your muscle development the right way! And never feel lost on contradictory training methods and diet advice out there that was never meant for you, know what works and what doesn't for your geno-type and what's scientifically true and what's not. When it comes to building muscle the right way, and the fastest way, then you will need this book!

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