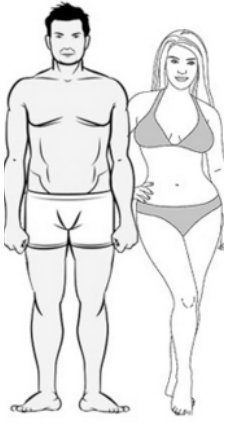


ENDOMORPH



Heavier bone structure

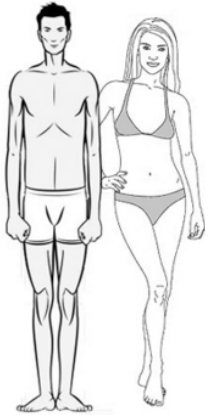
Squarer torso

Wider waist, larger hips

Slower metabolism

An endomorph tends to gain weight easily and struggle to lose it. Their build is a little wider than an ectomorph or mesomorph, with a thick ribcage, wide hips, and shorter limbs. They may have more muscle than either of the other body types, but they often struggle to gain it without significant amounts of accompanying body fat. If you ever feel like you gain 5 pounds simply walking past a donut shop, you may be an endomorph.

ECTOMORPH



Naturally lean

Struggles to gain muscle

Narrow shoulders and hips

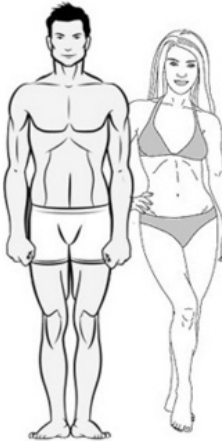
Fast metabolism

An ectomorph tends to be thin, and struggles to gain weight as either body fat or muscle. They can eat piles of food and stay looking the same, even when gaining muscular weight is their biggest goal. People who battle to gain muscle are often known as "hardgainers."

Ectomorphs tends to have a lean build, long limbs, and small muscle bellies. Even if an ectomorph manages to put on weight, they may still look skinnier than they are, particularly in the calves and forearms.

Being an ectomorph doesn't mean you're doomed to be weak, though. You can still get remarkably strong, and you can be every bit as fit and healthy as someone who looks larger and more muscular. But if you want to gain weight, you'd better be prepared to eat like you've never eaten before.

MESOMORPH



Narrow hips and clavicles

Small joints (wrist/ankles)

Thin build

Stringy muscle bellies

Long limbs

The mesomorph has a middle-of-the-road build that includes the best of both worlds. They tend to have wide shoulders, a narrow waist, relatively thin joints, and round muscle bellies.

In short, if you're a mesomorph, you have a natural tendency to be fit and relatively muscular. Does this mean you can do nothing, eat everything, and get away with it forever? Definitely not!

You should still eat well and train according to your body type, but you may be able to "bounce back" from being out of shape more easily than the other two body types, gaining muscle and burning fat with comparative ease.+

Classification	Women (% fat)	Men (% fat)
Essential Fat	10-12%	2-4%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Acceptable	25-31%	18-25%
Obese	32% plus	25% plus

RECOMMENDED SUPPLEMENT	
FORMULA 1	BUILD
FORMULA 1	INTENSE
FORMULA 1	TONE

QUESTIONS AND CONCERNS:

-How to train you body type to get to you desire body physical.

-Understanding calorie intake for your body type.

ONEBELL

CLIENT PROFILE ASSESSMENT SHEET



BODY MEASUREMENTS

	30	60	90
SHOULDER			
BICEP/ TRICEP			
CHEST/ILIAC			
WAIST			
HIP			
THIGH			

CURRENT START DATE

SHOULDER				
BICEP/ TRICEP				
CHEST/ILIAC				
WAIST				
HIP				
THIGH				
CURRENT GOAL	WEIGHT: _____			
	GOAL: _____			
CURRENT BODY FAT: _____				
GOAL BODY FAT: _____				

BODY FAT% X SCALE WEIGHTS= FAT MASS BODYFAT _____
 SCALEWEIGHT - FAT MASS = LEAN BODY MUSCLES _____

220-AGE _____

One Bell would subtract 40 from 220 to get a maximum heart rate of 180 beats per minute. Next, they would multiply 180 by 0.6 (60%) to get 108, and multiply 180 by 0.8 (8%) to get 144. Using this equation, their fat-burning heart rate would range from 108 to 144 beats per minute.

STRENGTH TEST

SQUAT

	30	60	90

DEAD LIFTS

	30	60	90

BENCH PRESS

	30	60	90

PULL- UPS

	30	60	90

PUSH- UPS

	30	60	90

1 MILE TEST TIME

	30	60	90

CLIENT'S GOALS

- LOSE WIEGHT
- BUILD MUSCLE
- GENERAL WELNESS
- LEAN OUT
- INJURIES

PROBLEM AREA