

Women bodybuilding, determining your body type.

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**By Kevin Doberstein**

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Article url <http://www.nature-boy-bodybuilding.com/natureboybodybuilding/id45.html>

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Keywords  
Nutrition and training

An article describing how to determine your body type. Female bodybuilding.

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One time, a successful bodybuilder once told me that bodybuilding is 80% knowledgeable training and 80% nutrition. It is quite obvious this strong-armed man did not have strength in math, but never the less he was successful in pursuing a bodybuilding lifestyle. Wait a minute that was me who said that. Oh boy.

To determine what kind of nutrition and training you should follow, you must first determine what type of body style you have. It is not imperative to do this but it does help you achieve your desired effect. The three types of body styles are Ectomorph, Mesomorph and Endomorph.

Ectomorph: This type of person has a hard time putting on weight. That includes fat or muscle. Typically a thin, wiry type of build. In the bodybuilding circle this is a hardgainer. This person can eat anything all the time and will not gain an ounce. Usually a tad bit high strung. Just like someone hooked them up intravenously with double strength espresso. At the office, they can eat a bag of chips

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and wash it down with a soda and then go to break eating even more. For a bodybuilding diet this person can eat all the bread, rice and potatoes they want. Ectomorph must do enough cardio work to keep the heart healthy.

**Mesomorph:** This type of person can generally put on muscle very easily. They have more of an athletic build. Broad shoulders, wide back and thick thigh muscles are some of the characteristics of this type. This person does have to watch what they eat or they will be adding fat on their body. This person might have an aggressive type of behavior. Do first, ask later mentality. For the bodybuilding diet, eat enough calories to maintain and build muscle, but keep it a very clean and healthy diet or you will put on the fat. Do enough cardio work to keep the fat off. But don't overdo it or you will waste away your hard-earned muscle.

**Endomorph:** The only thing this type of person has to do is look at food and they gain weight. And not the right kind of weight. Some possible characteristics are narrow shoulders or a pear shaped body. Watching their diet is a big problem for this person. This person might have to monitor their health more closely for heart disease later in life. This person must strive to keep an active lifestyle to burn the calories. The bodybuilding diet, eat low calorie foods such as vegetables and fruits. Preferably in whole and natural form. Protein should come from very lean sources.

You can be a combination of two or even all three-body types. You can be a bodybuilder no matter what type of body you have. Its just that some will have an easier time than others will. After deciding on the type of body you have you can adjust your workout accordingly.

The author, Kevin Doberstein is a writer for [www.nature-boy-bodybuilding.com](http://www.nature-boy-bodybuilding.com). The site is dedicated to natural bodybuilding and preserving nature and wildlife. Water, forest, soil and wildlife conservation is paramount to Nature boy. You can contact Nature boy at [natureboy\\_bodybuilding@hotmail.com](mailto:natureboy_bodybuilding@hotmail.com)

## **Serious Bodybuilding**

**By Ted Belfour**

There is bodybuilding and there is serious bodybuilding. Serious bodybuilding encompasses training sessions, competitions, and strict regimens of diet and supplements. People that seriously build their body have bulging biceps, titan triceps and glutes of steel. Serious bodybuilders take what they do extremely serious and every part of their mind and spirit participates in activities that promote elements that solely benefit their ultimate goal.

Ultimate goals can vary within the total realm of bodybuilding. There can be intermediate, moderate, and totally serious participation in bodybuilding. There are guidelines for women and guidelines for men, with each guide being helpful in different parts of the bodybuilding scene.

Supplements, vitamins, and protein drinks are a large part of the bodybuilding lifestyle. And it is a lifestyle. When you are serious about bodybuilding you create a lifestyle where by you eat differently

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than other people, you exercise in a more dedicated fashion than other people and you also include resting your body and recovering your body from the old ways far more than other people.

What exercises and how much is totally up to you as an individual. The level of weight training and the amount of time you spend under the weights is again a personal decision. However with serious bodybuilding there are serious consequences to being a slacker. You have to be committed to a daily routine that includes all aspects of bodybuilding success in order to see results.

Diet can't be neglected when bodybuilding is a goal. Choosing foods that fill the natural needs of your body and being disciplined to steer clear of foods that are wasteful or harmful is a key step in any type of bodybuilding regimen. Sometimes that takes a person on a personal pathway they have never forged before, but hopefully there will be a knowledge learned on this path that will carry mind body and spirit throughout the rest of life.

Rest and recovery is key to a embarking into a bodybuilding lifestyle. Getting the proper rest for your mind and body should not have to be explained. Yet there are people out there who neglect the idea that getting correct amount of sleep improves the activities of your day. The time you need in order to feel consistently rested may vary from that of your spouse, siblings, or friends.

Recovering from pushing your self too far, recovering from old habits that resurface, and recovering from a bodybuilding competition are part of the recovery process that generates happiness in life.

People who don't understand serious bodybuilding may have predisposed ideas about steroids and general unhealthful practices in order to gain recognition as an over bulked, under brained champion. When the opposite is true.

Dave is the owner of

and

websites that

provide information on bodybuilding.

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