



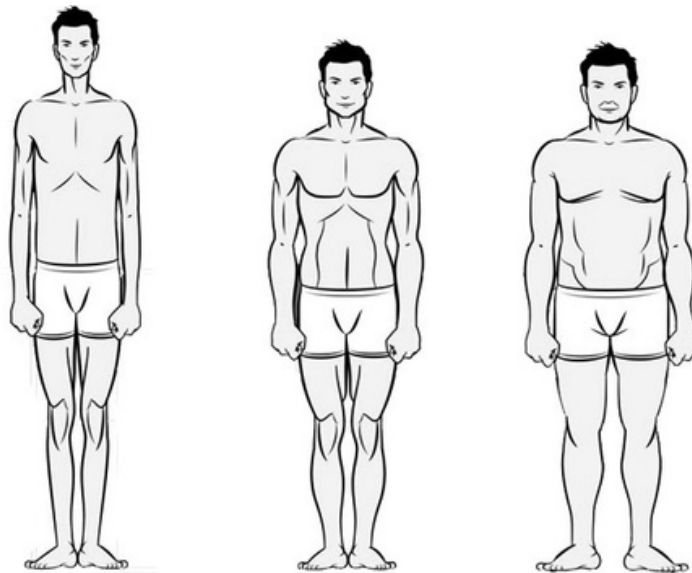
KNOW YOUR BODY TYPE

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KNOW YOUR BODY TYPE

What body type are you? And how can you tell? Not everybody genetics are the same. But knowing your body type is important before starting out on any training or nutrition journey. There are three basic body types. Knowing which category you fit into will help you to better tailor your diet and exercise plan. It will also help you to set realistic and attainable goals that can pave your way to success.

There are three basic human body types:



Fast Burners Average Burners Slow Burners

TAKE THE TEST NOW!

FAST BURNERS

Fast burners are people who are often very lean. In other words, they are Thin. Their bone structure is small, and they have narrow shoulders and a thin physique. They may be tall or average in height and have little ability to gain muscle without heavy training.

Fast burners have fast metabolisms, and this is why they never seem to gain any weight. Fast burners don't store a lot of fats within their bodies, and any fat within the body is burned off with little effort or activity. Because fast burners burn fat so quickly, they should lean towards a diet that is higher in calories. More specifically, they want to focus on complex carbohydrates like those found in whole grains. Fast burners should also focus on eating adequate amounts of proteins like those found in fish, chicken, and beef. If you are a vegetarian, you can substitute pea protein.

Fast burners burn calories very fast. In return, they should never miss meals and have 3 to 4 meals throughout the day. This helps to supply the body with carbohydrates, proteins, and fats all day long.

In terms of exercise, fast burners should focus less on cardio and aerobics, and more on toning and sculpting. This will help to define major muscle groups such as the legs, the back, the chest, the shoulders, and the arms.

***Keep in mind that most people are a combination of body types. We use the 3 main groups as a guideline only. Results vary from client to client. Our personal training staff will help you identify which combination suits you best.*

AVERAGE BURNERS

Average burners tend to have an Athletic build and strong bone structures. Unlike fast burners, average burners can build muscles quickly, while still storing little fat. In return, average burners benefit most from resistance training and workout routines should also focus on moderate cardio and aerobic exercises to promote fat burning.

Average burners need to be aware of their carb and fat intake to ensure that they gain muscle instead of fat. Their diet should focus on moderate proteins with a fair portion of mixed carbohydrates complex and some simple carbohydrates “Fruit”.

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SLOW BURNERS

Slow burners tend to store more fat within their body. In return, their bodies are often seen as Large and Strong. They tend to have large muscles and store their body fat around the midsection and hips. Most men in this category tend to have an “apple-shaped” body, while women tend to have “ ” body. It is much more difficult for slow burners to burn fat and have defined muscles than it is for other body types. The good news, however, is that when trained properly, slow burners can have a solid and defined muscular structure.

To facilitate weight loss, a slow burners diet should focus on Moderate proteins and a small amount of carbohydrate intake. They should focus on regular aerobic and cardio activities like Hit Training. Doing so will help to burn stored fats and tone muscles.

When we train and eat, we should train and eat for our body types. Knowing what category your body fits in to will help you learn how to reach your goals, without setting unrealistic expectations. But remember, fulfillment starts with loving who you are first, and building to be a better you next.

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NOT SURE WHAT YOUR BODY TYPE IS?

TAKE THE FINGER TEST!

Take your thumb and index finger and wrap them around your wrist.

- If your fingers cannot touch, you are a **slow burner**
- If your fingers touch, you are an **average burner**
- If your fingers overlap, you are a **fast burner**

MACRO PROFILE FOR BODY TYPES

Fast Burners Macro profile's

35% to 45% Carbs
35% to 30% protein
30% to 25% Fat

Note: Sometimes lower carbs and fats are okay - especially if you are insulin resistant

Average Burners Macro profile's

30 % to 40% Carbs
35% to 30% protein
35% to 30% Fat

Note: Sometimes lower carbs and fats are okay - especially if you are insulin resistant

Slow Burners Macro profile's

15% to 10% Carbs
35% to 30% protein
50% to 60% Fat

Note: Sometimes really lower carbs are a better choice