

ECTOMORPH

Fitness & Nutrition

Workout Tips!

- Limit cardio (if you want to add mass!)
- Stick with Compound Movements: Squats, Presses, Deadlifts
- Keep gym sessions short!
- Work smarter, not harder!
- Sleep & Recovery take priority!

Food Tips!

- Starchy, unprocessed, whole grain carbs are your friend!
- Pack on the protein
- Space out meals: Eat every 2-4 hours!
- Nutrient dense foods:: nuts, nut butters, bagels, whey protein, avocados, salmon
- Drink calories! Shakes and intra-workout carbs



Fit & Thrifty
Bodies on a Budget