

ENDOMORPH

Fitness & Nutrition

Workout Tips!

- Try to Workout 4-5 times a week
- One or two cardio days
- Compound, high-intensity exercises
- 8-12 rep range

Food Tips!

- Carb Cycling = good fat loss strategy
- High Fiber Foods: fruits & veggies
- Eat slow: enjoy your meal!
- Protein is #1 Priority



Fit & Thrifty
Bodies on a Budget