

# MESOMORPH

## *Fitness & Nutrition*

### Workout Tips!

-Cardio sessions 3-5 times a week (30-45 mins)

-HIIT Training

-Moderate to heavy weights

-Explosive movements, few reps

### Food Tips!

-40% Carbs, 30% Fat, 30% Protein

-Keep an eye on Portions

-Carb dense foods pre/post workout

-High protein, lower-moderate carbs for fat loss



*Fit & Thrifty*  
Bodies on a Budget