

Forum:[Hack Forums](#)

Thread: [What kind of body type are you?](#)

Siciliano - September 26, 2017, 8:05 am

I PICK COTTON - September 26, 2017, 8:06 am

why do you care? are you fat???

HuntedCS - September 26, 2017, 8:06 am

I am an Endomorph Male type, but I am quite tall, 6'3".

Siciliano - September 26, 2017, 8:07 am

(Sep 26, 2017 08:06 AM)I PICK COTTON Wrote: [\[CITE\]](#) why do you care? are you fat???
Where did you saw something about fat? ???

SORRIE - September 26, 2017, 8:08 am

Well I'm endomorph but I'm really tall. So like 50 endo 50 ecto.

Siciliano - September 26, 2017, 8:11 am

(Sep 26, 2017 08:08 AM)?Sorry Wrote: [\[CITE\]](#) Well I'm endomorph but I'm really tall. So like 50 endo 50 ecto.

Yes, its actually possible. ?

Danny Khalifa - September 26, 2017, 8:12 am

I am Mesomorph. And I am very glad lol

Meave - September 26, 2017, 8:13 am

Ecto and Meso, recently been getting involved in sports like rugby so more Meso traits are appearing

Siciliano - September 26, 2017, 8:15 am

I am between Ecto and Meso also. And its great haha

AMAVI - September 26, 2017, 9:47 am

Mesomorph checking in but id have to say i might have some endo traits aswell, probably in between.

Jester Race - September 26, 2017, 9:36 pm

Body somatotypes are broscience, you can be any of them depending on your diet

cybr - September 26, 2017, 9:37 pm

what's up all my mesomorphs

Yin Yang - September 26, 2017, 9:38 pm

My body type is mesomorph

Siciliano - September 27, 2017, 5:36 am

Guess we have mostly mesomorph bears over here in the hackforums :D

Scammerito - September 27, 2017, 6:32 am

I am mesomorph fully covered with tattoos. DOPE

unkown123 - September 27, 2017, 11:57 am

I'm a mix between Ectomorph and Mesomorph

I'm a "short person for my age"

redi - September 27, 2017, 11:59 am

This "chart" is a load of bullshit and there isn't a single scientific thing about this.

jobi - September 27, 2017, 11:59 am

(Sep 26, 2017 08:12 AM)Danny Khalifa Wrote: [\[CITE\]](#) I am Mesomorph. And I am very glad lol
Ditto

/wrists - September 27, 2017, 12:01 pm

i am an ectomorph i guess

Siciliano - September 27, 2017, 12:35 pm

(Sep 27, 2017 11:59 AM)Mister Jorafa Wrote: [\[CITE\]](#) This "chart" is a load of bullshit and there isn't a single scientific thing about this.

What makes you thinking like that?

There are books about those things.

Jester Race - September 28, 2017, 12:54 am

(Sep 27, 2017 12:35 PM)VenuAfterVenue Wrote: [\[CITE\]](#) What makes you thinking like that?

There are books about those things.

There are books about witchcraft, that means it must be true??

While it is true not everyones muscle insertions are the the same, 99% of the peoples base metabolism vary only by few hundred calories max. Main reason people find it hard to lose fat or gain muscle because they cant count calories and over/under estimate how much they eat. And those 'small shoulders' etc. are dependant on your diet.

UJohane - September 28, 2017, 2:08 am

I'm a mesomorph and i'm very thankful for my dad genetics! I'm lucky.

Nyx - September 28, 2017, 2:10 am

I am an Endomorph.

Not really surprised.

Siciliano - September 28, 2017, 2:17 am

(Sep 28, 2017 12:54 AM)Jester Race Wrote: [\[CITE\]](#) There are books about witchcraft, that means it must be true??

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You have no idea what are you talking about dude. ? Do not take it as offense.

test - September 28, 2017, 2:22 am

Ectomorph. Long and lanky limbs and I find it extremely hard to put on weight and muscle. I eat so much too so it's weird. Blessing and a curse I suppose.

Nyx - September 28, 2017, 2:24 am

(Sep 28, 2017 12:54 AM)Jester Race Wrote: [\[CITE\]](#) There are books about witchcraft, that means it must be true??

While it is true not everyones muscle insertions are the the same, 99% of the peoples base metabolism vary only by few hundred calories max. Main reason people find it hard to lose fat or gain muscle because they cant count calories and over/under estimate how much they eat. And those 'small shoulders' etc. are dependant on your diet.

You do realize there are a lot of factors when it comes to someones metabolism right?

Genetics have a HUGE impact on someones metabolism.

Also If you sleep well it can increase your metabolism due to proper sleep hours.

Humans are not meant to be nocturnal animals and therefore we need to have a regular Circadian Rhythm.

(Sep 28, 2017 02:17 AM)VenuAfterVenu Wrote: [\[CITE\]](#) You have no idea what are you talking about dude. ? Do not take it as offense.

I agree with you on that one my friend.

Jester Race - September 28, 2017, 5:28 am

(Sep 28, 2017 02:24 AM)?itch Wrote: [\[CITE\]](#) You do realize there are a lot of factors when it comes to someones metabolism right?

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I agree with you on that one my friend.

Yeah varies by few hundred calories, not a fucking HUGE impact as you make it to be.

<https://www.bodyrecomposition.com/fat-loss/metabolic-rate-overview.html/>

I havent seen any credible sources ever supporting these ridiculous domatotype claims and neither have i seen them posted in this thread.

Nyx - September 28, 2017, 6:59 am

(Sep 28, 2017 05:28 AM)Jester Race Wrote: [\[CITE\]](#) Yeah varies by few hundred calories, not a fucking HUGE impact as you make it to be.

<https://www.bodyrecomposition.com/fat-loss/metabolic-rate-overview.html/>

I havent seen any credible sources ever supporting these ridiculous domatotype claims and neither have i seen them posted in this thread.

My source is from my personal psychiatrist who has Degrees and PHDs from Brown University , Harvard medical school, Butler University and Univerdity of Rochester's school of medicine and denistry. You are a child. When you have 25+ years of expereince in the med field feel free to stop being ignorant and talk.

Siciliano - September 28, 2017, 7:03 am

(Sep 28, 2017 05:28 AM)Jester Race Wrote: [\[CITE\]](#) Yeah varies by few hundred calories, not a fucking HUGE impact as you make it to be.

<https://www.bodyrecomposition.com/fat-loss/metabolic-rate-overview.html/>

I havent seen any credible sources ever supporting these ridiculous domatotype claims and neither have i seen them posted in this thread.

People are studying about this with months, and you are telling me there are no credible sources that do not support this ridiculous domatotype? ?

Jester Race - September 28, 2017, 10:42 am

(Sep 28, 2017 07:03 AM)VenuAfterVenu Wrote: [\[CITE\]](#) People are studying about this with months, and you are telling me there are no credible sources that do not support this ridiculous domatotype? ?

Somatotype*

Well post the credible studies here that support your claim.

Siciliano - September 28, 2017, 11:22 am

(Sep 28, 2017 10:42 AM)Jester Race Wrote: [\[CITE\]](#) Somatotype*

Well post the credible studies here that support your claim.

Find it by yourself man, I already know those things. I have no interest in searching for it. :P

RemoteCotex - September 29, 2017, 1:24 am

Ectomorph , Still training at the gym. (Progress)

banchode - September 29, 2017, 2:32 pm

Meso checking in, slight body dis morphia tho haha

Siciliano - September 30, 2017, 8:18 am

(Sep 29, 2017 02:32 PM)banchode Wrote: [\[CITE\]](#) Meso checking in, slight body dis morphia tho haha

Lol, u good ?

Jake???????????????? - September 30, 2017, 1:27 pm

Ectomorph, but my bones aren't very "fragile"

Siciliano - October 1, 2017, 5:15 am

(Sep 30, 2017 01:27 PM)Disinterested Wrote: [\[CITE\]](#) Ectomorph, but my bones aren't very "fragile" Probably you are a combination of two body types. ?

Goods - October 2, 2017, 1:55 am

Endomorph 6'2 225

Always had trouble with my metabolism. Thanks for this post btw alot of people have probably never even heard of this.

banchode - October 2, 2017, 2:38 am

(Oct 2, 2017 01:55 AM)Goods Wrote: [\[CITE\]](#) Endomorph 6'2 225

Always had trouble with my metabolism. Thanks for this post btw alot of people have probably never even heard of this.Wait your definitely the body that's not natty and has 3x the natural test of any male

Goods - October 2, 2017, 2:39 am

(Oct 2, 2017 02:38 AM)banchode Wrote: [\[CITE\]](#) Wait your definitely the body that's not natty and has 3x the natural test of any male

I fucking wish bro....

Siciliano - October 2, 2017, 11:05 am

(Oct 2, 2017 02:39 AM)Goods Wrote: [\[CITE\]](#) I fucking wish bro....

You are huge man, if you get ripped you will look like a terminator my friend. ?

mhammer166 - *January 30, 2018, 7:59 am*

Ectomorph for sure man. :D