

Forum:[Hack Forums](#)

Thread: [Body type classification?](#)

District - June 20, 2018, 11:36 am

I grew up really skinny and skeleton like throughout my teenage years, and I had a really fast metabolism. I could eat anything and it wouldn't really make a difference, back then I would think of myself as an Ectomorph. Nowadays I've put on a lot of weight (both muscle and fat) and I look more fat than anything else... I wouldn't say I'm obese but in terms of diet and training regimes I'm not sure if I should class myself as an Endomorph or not.

Anyone have any advice on this kind of subject? I'm trying to take the first step and make an actual change in my life. I want to live healthier and be more appealing aesthetically.

ORK24 - June 20, 2018, 12:38 pm

Body type won't determine the amount of success you'll achieve, you could be a tall skinny dude or a short chubby dude it wouldn't matter much.

The only difference it would make is the amount of calories you should consume (usually the taller you are the harder it is to bulk).

When it comes to dieting I always recommend you search for Matt Ogus on youtube, I'll leave this video here:

[Video:

https://www.youtube.com/watch?annotation_id=annotation_2228636453&feature=iv&src_vid=dkCT-hAP8SU&v=UabqqP-XPqo]

Watch this episode and the episode after that and you should be good to go ?

BSM72910 - June 20, 2018, 10:08 pm

Hey! You could watch or research whatever you want online, but in the end only you know your body best and what will work (with experimentation). That's not to say you shouldn't research at all, you should to know what to do but everyone is different.

Anyway, what you first need to find out is what is your daily cal intake to maintain your weight. There are calculators to do this online, I'd definitely check those out if I were you but most importantly i'd give yourself 1-4 weeks to really experiment with how YOUR body responds to certain cal limits everyday. Obviously to do this you'd have to REALLY track all the cals you eat everyday following consistent macros. To begin with, i'd aim around whatever the calculator gave you MINUS 200-400 cals and monitor your weight (preferably every week, but 3-5 days will work too). If you notice you are slightly losing weight, then that's good. If you want the weight loss to be more extreme (anything more than 2lbs per week can be bad) then cut 300-400 cals more. If you notice you are just maintaining then lower 300-400 more. If you notice you are gaining, cut 700-1000 more and try again.

When you find that sweet spot, you'll realize how much you need to be losing.

Remember, for protein have 1.1-1.4g of protein per bodyweight in lbs.

For fats, aim anywhere from 30-70g, I don't know how big of a guy you are so the calculator will help you with finding your macros.

Fill carbs to reach your cal goal.

GL and let me know if you need more help.

District - June 21, 2018, 1:11 am

Thank you both very much. I'm watching that video right now and I'm going to use one of those calculators now.

unblurred - June 21, 2018, 6:38 am

These so "great" calculators won't give you the optimal number in most cases. Try eating the amount of calories for 1 week straight (log your food) and log your weight changes. If you lost weight during the week, add 100-200 calories. If you gained weight, subtract 100-200 calories. Then eat that amount for another week till you found the amount you need to maintain your weight. Whether your goals are weight loss or muscle gain, you will either subtract or add about 300 calories.

Jester Race - June 21, 2018, 8:41 am

Somatotypes are broscience, you could be anything depending on how you eat. Most people who say they have fast metabolism don't actually consume nearly as much calories as they tend to think and thus think they've fast metabolism

BSM72910 - June 21, 2018, 8:42 am

(Jun 21, 2018 06:38 AM)unblurred Wrote: [\[CITE\]](#) These so "great" calculators won't give you the optimal number in most cases. Try eating the amount of calories for 1 week straight (log your food) and log your weight changes. If you lost weight during the week, add 100-200 calories. If you gained weight, subtract 100-200 calories. Then eat that amount for another week till you found the amount you need to maintain your weight. Whether your goals are weight loss or muscle gain, you will either subtract or add about 300 calories.

Genius! Thanks for the tip bud

minimalist - June 21, 2018, 7:06 pm

No such thing as somatypes...people like to shift the blame on something out of their control whenever they face adversities without understanding what factors are actually affecting them.

Muscle gain comes with protein synthesis and adequate stress placed on the muscle. Fat gain comes with inadequate stress placed on the muscle. Weight gain comes with a caloric surplus; loss with a caloric deficit. That's really all there is to it: lift heavy and eat sufficiently. You'll fill out quickly.

District - June 21, 2018, 11:26 pm

(Jun 21, 2018 07:06 PM)Minimalist Wrote: [\[CITE\]](#) No such thing as somatypes...people like to shift the blame on something out of their control whenever they face adversities without understanding what factors are actually affecting them.

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Appreciate the response. What you've said sounds correct, I've been watching a lot of bodybuilding/fat burning videos and they've all said the same things. I'm happy to have it confirmed here and now I know I can actually rely on the content creators I've been watching so far. When I went on the fitness reddit I had so much information dumped on me that I got lost in it all instantly.

alessio0033 - June 22, 2018, 2:03 pm

(Jun 21, 2018 07:06 PM)Minimalist Wrote: [\[CITE\]](#) No such thing as somatypes...people like to shift the blame on something out of their control whenever they face adversities without understanding what factors are actually affecting them.

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it is not so simple, the superplus must be with specific and individual macros, as well as the deficit... and many things change in natural or doped.

minimalist - June 22, 2018, 2:55 pm

(Jun 22, 2018 02:03 PM)alessio0033 Wrote: [\[CITE\]](#) it is not so simple, the superplus must be with specific and individual macros, as well as the deficit... and many things change in natural or doped. It really is that simple, I've never tracked my macros on a bulk.

BSM72910 - June 22, 2018, 3:47 pm

(Jun 22, 2018 02:03 PM)alessio0033 Wrote: [\[CITE\]](#) it is not so simple, the superplus must be with specific and individual macros, as well as the deficit... and many things change in natural or doped. Yeah but claiming you cant gain weight "no matter what you eat" or "no matter how much you eat" is bs.. applies the other way around too.

alessio0033 - June 23, 2018, 2:29 am

(Jun 22, 2018 02:55 PM)Minimalist Wrote: [\[CITE\]](#) It really is that simple, I've never tracked my macros on a bulk.

bruh I've about 200 clients come to my office every month and I can assure you that each of them has a better recomposition with a fair distribution of the macros. You too could improve more with a carb cycling or something else, I can assure you.

imrefused - June 23, 2018, 7:56 am

What is your BMI index.

You can check it over online calculator for this.

according you can measure how much extra fat you got ?

District - June 23, 2018, 3:20 pm

(Jun 23, 2018 07:56 AM)imrefused Wrote: [\[CITE\]](#) What is your BMI index.

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Apparently "32.65 BMI" with the calculator I used online.

I'm 6'4" ft and my last weigh in put me at 282 lbs.

BSM72910 - June 23, 2018, 4:03 pm

(Jun 23, 2018 03:20 PM)I Am Phil Wrote: [\[CITE\]](#) Apparently "32.65 BMI" with the calculator I used online.

I'm 6'4" ft and my last weigh in put me at 282 lbs.

If you want some type of diet advice hmu.

It's mostly nutrition but cardio always helps.