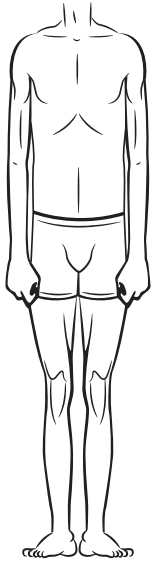


ECTOMORPH



- › Typically skinny
- › Small frame
- › Lean muscle mass
- › Doesn't gain weight easily
- › Fast metabolism
- › Flat chest
- › Small shoulders

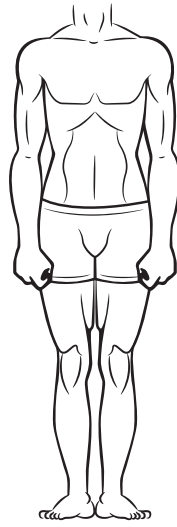
WORK FOR THE BEST RESULTS

Short & intense
Focus on the big muscle groups

Other

Eat before bed to prevent muscle catabolism

MESOMORPH



- › Athletic & rectangular shape
- › Hard body & broad, defined shoulders
- › Naturally strong
- › Gains muscle easily
- › Gains fat easier than ectomorphs

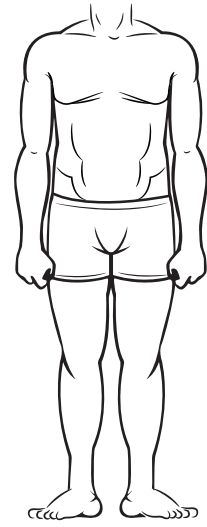
WORK FOR THE BEST RESULTS

Cardio & weight training
Responds best to weight training

Other

Watch calorie intake

ENDOMORPH



- › Soft & round body
- › Typically 'short & stocky'
- › Gains muscle easily
- › Finds it hard to lose fat
- › Slow metabolism
- › Large shoulders

WORK FOR THE BEST RESULTS

Always do cardio & weight training

Other

Watch calorie intake

RECOMMENDED HORLEYS PRODUCTS FOR YOUR BODY TYPE

BODY TYPE	GOAL			
	Build Size	Gain Muscle	Maintain Muscle	Strip Fat
ECTOMORPH	HUGE	Awesome MASS + CreatineXtreme OR Havoc	Crossfire Protein	RIPPED Factors + Ripped Black OR Bioburn
MESOMORPH	Awesome MASS	ICE Whey + CreatineXtreme OR Havoc	Crossfire Protein + AminoXL	RIPPED Factors + Ripped Black OR Bioburn
ENDOMORPH	Crossfire Protein	ICE Whey + CreatineXtreme OR Havoc	ICE Whey + AminoXL	RIPPED Factors + Ripped Black OR Bioburn