

WHAT ARE THE 3 BODY TYPES?

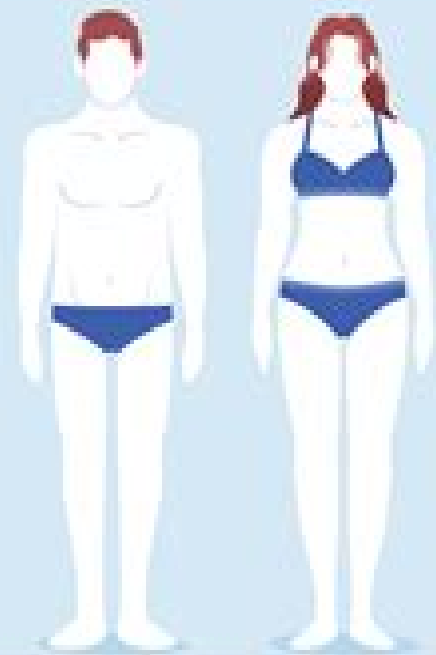
Introduced by Dr. W.H. Sheldon in the early 1940s, these three somatotypes were initially believed to be predetermined and linked to personality traits. While the personality link is no longer popular, the somatotypes are used in health and fitness planning.



Ectomorph



Mesomorph



Endomorph

Body Types

O García



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