

# ENDOMORPH WORKOUT GUIDE & MEAL PLAN

ACCESS HERE:

## WORKOUT GUIDE

This is a canva link. When you open the template, you will be able to download each workout as an individual .mp4 file so that the workout videos loop.

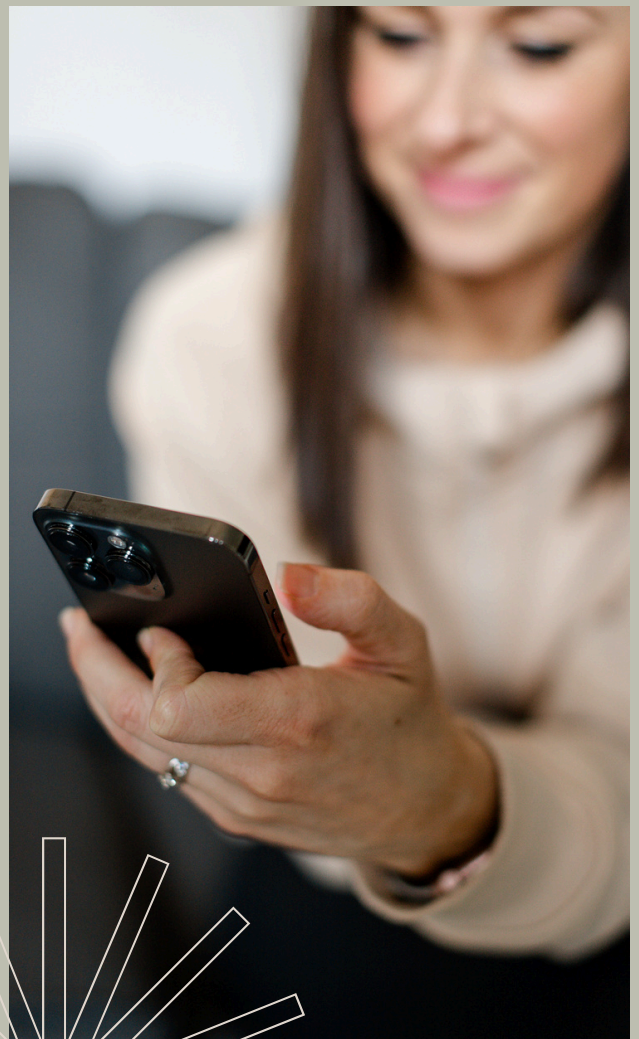
## MEAL PLANS:

### WEEK 1

### WEEK 2

### WEEK 3

### WEEK 4



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