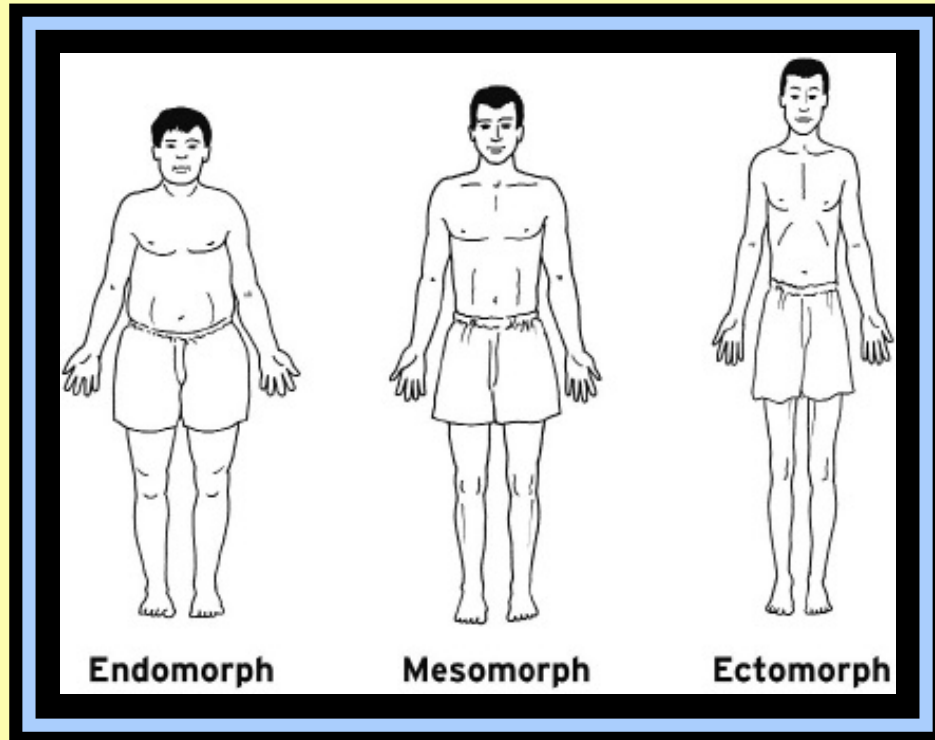


# BODY COMPOSITION

IDENTIFYING BODY TYPES IS CALLED SOMATOTYPING



**SOMATOTYPING DESCRIBES A PERSON'S MUSCLE MASS AND FAT MASS, WHICH DICTATES BODY SHAPE. IT MEASURES HOW ROUND, HOW MUSCULAR AND HOW LONG YOU ARE.**

