

HYPERSTHENIC

Meaning: Hypersthenic refers to a body type characterized by a stocky, muscular build with a wider frame.

1. The term hypersthenic is often used in medical contexts to describe individuals with a stocky body type.
2. In the classification of body types, a hypersthenic person typically has a wider, more muscular build.
3. Hypersthenic patients may require different considerations for treatment due to their unique physical characteristics.
4. The hypersthenic physique can affect both athletic performance and metabolic rates.
5. Understanding the hypersthenic body type can help trainers tailor fitness programs to better suit their clients.

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