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# Body type test

Want to know what's your Kibbe Body Type? Try this Kibbe Body Type Quiz calculator.The Romantic body type is one of the classifications in the Kibbe body types system, which defines individual body types based on physical features and skeletal structure.Individuals with a Romantic body type typically have soft, full curves and a petite frame. Their body lines are fluid and exude a feminine and romantic charm. Romantics often possess a soft fleshiness, particularly in areas such as the bust, hips, and thighs, which adds to their delicate allure.Romantics usually exhibit pronounced curves, such as rounded shoulders, ample bust and waist, and soft thigh lines. Their facial features also tend to be soft and sweet, with rounded eyes and gentle lip shapes.When it comes to clothing choices, Romantics can opt for soft, flowing fabrics like silk and lace to showcase their soft and romantic allure. They are suited to fitted garments that accentuate their waistline and emphasize the fullness of their bust. Additionally, Romantics can experiment with gentle colors and floral patterns to enhance the romantic atmosphere.Ensure your shapes possess rounded contours with soft edges, while consistently maintaining an hourglass silhouette.Avoid all straight lines, sharp edges or geometric shapes.Maintain soft and fluid outlines that highlight the beautiful curves. It is crucial to define the waist and incorporate ample amounts of gentle, draped fabric.Focus on creating soft and elegant silhouettes that enhance the voluptuous curves. Paying attention to well-defined waists and incorporating abundant, gentle drapey is of utmost importance.Stay away from harsh silhouettes, strictly tailored designs, straight lines with sharp angles and vertical lines that conceal the waist. Avoid unconstructed boxy or horizontal shapes.The details should exude a soft, feminine, and oversized feel. Incorporate bows, ruffles, and delicate lace, as long as they evoke a mature and womanly aesthetic rather than a childish one.Necklines should be soft, draped and adorned with ornate curved edges. Necklines are particularly elegant and sophisticated. Sleeves should taper towards the wrist, featuring intricate buttons, and made from very soft and flowing fabric. Any type of sparkle is excellent for added flair.Individuals with a Romantic body type possess soft, full physical characteristics. They can express their romantic charm by selecting clothing and styles that suit them best. Whether it's soft fabrics, fitted cuts, or gentle colors, these choices can help them highlight their unique romantic style.Dramatic Body Type ClothesNatural Body Type Clothes The endomorph body type is associated with a larger frame (bigger joints, wider hips, and a larger ribcage), higher body fat percentage, and many times, plenty of muscle too. Endomorphs don't need to eat as many calories to gain weight compared to the ectomorph or mesomorph, due to having a slower metabolism. While this body type may struggle to shed pounds, a consistent caloric deficit (eating fewer calories than what the body needs to maintain its weight) diet, exercise, and willpower are key to dropping excess body fat, and achieving a fit body if that's your goal. Related:The Top 20 Simple Weight Loss Tips Endomorphs should take care to not do many high-impact activities such as running and jumping as excess body weight can be very bad for the joints. Also read: How to Lose Weight Without Dieting – And Keep it Off! Mesomorph 0.00% The mesomorph body type is often envied by the other two because it naturally tends to carry a good amount of muscle mass and less body fat. These individuals can typically gain and lose weight without as much of a struggle but are not excused from gaining too much fat or getting too thin due to diet and lifestyle changes. Appearance-wise, the mesomorph usually has wider shoulders, a narrower waist, and fuller, rounder muscle bellies. They're oftentimes decently muscled even without training. However, there are thin or skinny mesomorphs, especially during their youth. A lot of those with a mesomorphic body type will see results with substandard training and diet. However, it's best to follow a proper routine to maximize results. Build Your Program: How to Design the Perfect Training Plan Ectomorph 0.00% The ectomorph body type has a tougher time trying to gain weight, whether in the form of muscle or fat, compared to the other two body types. Consequently, they're often referred to as "hardgainers". Want to bulk up for faster size gains? Try out this bulking meal plan. Usually, this is because they have faster metabolisms that cause them to burn calories or energy at a faster rate. In order to build muscle or fat tissue, the body needs more calories than what it uses for basic bodily functions (breathing, nutrient processing, etc) when in a rested state, which is referred to as metabolic rate. Get BIG With Our Ultimate Bulking Workout Plan As a result, they have to either eat more, do less physical activity, or both. Many ectomorphs can eat nonstop and yet still struggle to gain a pound. Although, the solution is to eat more, which is easier said than done especially if they have a small appetite (oftentimes the case). They often appear thin, long, narrow with smaller frames and joints and tend to have shorter torsos and longer legs. Calves and forearms usually stand out but rather because of their thinness. Learn to train for your body type. The ectomorph body type has a tougher time trying to gain weight, whether in the form of muscle or fat, compared to the other two body types. Consequently, they're often referred to as "hardgainers". 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They have prominent facial features, such as a strong jawline, high cheekbones, and intense eyes. Their body proportions are often elongated, with a long neck, arms, and legs.Dramatics can show their bold style by choosing structured and angular outfits. Clean lines and sharp tailoring help accentuate their strong bone structure. They can experiment with statement pieces and bold patterns to enhance their dramatic presence.Dramatics mix different things to make interesting outfits, like wearing tight tops with wide pants or adding asymmetrical details. Colors that reflect their intensity, such as bold jewel tones or stark neutrals, can further emphasize their dramatic flair.For a sleek and elongated appearance with sharp edges, pick sculpted geometric shapes such as triangles and rectangles.Emphasize crisp lines and clean angles in your design.Avoid incorporating rounded, swirled, or excessively draped elements in your design. Additionally, steer clear of delicate or overly fragile ornate details.Steer clear of soft, flowing lines and unconstructed silhouettes that appear sloppy. Instead, opt for clean, well-defined lines. Avoid using broken or horizontal lines as they may not exude the desired elegance for your design.Embrace a clean and minimalist aesthetic to complement your desired chiseled appearance. Incorporate bold, sweeping geometrics, angular shapes, and sharp edges to achieve a visually striking look. Ensure that your design features clean and well-defined angles throughout.To make a cohesive and unified look, avoid adding small, detailed elements like bows or messy elements.Avoid necklines that appear sloppy or shapeless, as well as sleeves that are oversized. Aim for a head-to-toe ensemble effect rather than a mix-and-match approach.Individuals with a Dramatic body type possess long, lean lines and a strong bone structure. By selecting clothing that highlights their angular features and embracing bold styles, they can exude their inherent dramatic essence. Embracing structured silhouettes and incorporating contrasting elements are key to enhancing their striking presence. Quiz Review Timeline (Updated): Mar 28, 2025 + Our quizzes are rigorously reviewed, monitored and continuously updated by our expert board to maintain accuracy, relevance, and timeliness. Mar 28, 2025 Quiz Edited byProProfs Editorial Team Oct 18, 2009 Quiz Created byKelly Gould