Table 1. Resistance training during the cutting phase of Men's Physique 1.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday and Sunday
Chest (3 exercises, 10 sets, 10–15 reps and 45–60" interval between sets)	Latissimus dorsi (3 exercises, 10 sets, 10– 15 reps and 45–60" interval between sets)	Hamstring (3 exercises, 9 sets, 10–12 reps and 45–60" interval between sets)	Biceps (3 exercises, 10 sets, 10–15 reps and 45–60" interval between sets)	Quadriceps (3 exercises, 10 sets, 10– 15 reps and 45–60" interval between sets)	Day off
Deltoids (3 exercises, 8 sets, 10–15 reps and 45–60" interval between sets)	Trapezius (3 exercises, 6 sets, 10–15 reps and 45–60" interval between sets)	Low back (1 exercise, 4 sets, 10–12 reps and 45–60" interval between sets)	Triceps (3 exercises, 10 sets, 10–15 reps and 45–60" interval between sets)	Adductor (1 exercise, 4 sets, 12 reps and 45– 60" interval between sets)	
Calves (2 exercise, 8 sets, 20 reps and 45–60" interval between sets)	Posterior deltoid (1 exercise, 4 sets, 12 reps and 45–60" interval between sets)	Abdominals (1 exercise, 4 sets, 20 reps and 45–60" interval between sets)	Calves (2 exercises, 8 sets, 20 reps and 45–60" interval between sets)	Abdominals (1 exercise, 5 sets, 20 reps and 45–60" interval between sets)	
Abdominals (1 exercise, 5 sets, 20 reps and 45–60" interval between sets)					

Note: sets denote total sets per body part.

Table 2. Resistance training during the cutting phase of Men's Physique 2.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday and Sunday
Chest (5 exercises,	Latissimus dorsi (5	Quadriceps (1	Deltoids (4 exercises,	Biceps (3 exercises,	120' of cardio (bicycle
with 20 sets, 12–15	exercises, with 20 sets,	exercises, with 6 sets,	16 sets, 12–15 reps and	with 12 sets, 12–15	or treadmill) at
reps and 1-2' interval	12–15 reps and 1–2'	15–20 reps and 1–2'	1–2' interval between	reps and 1-2' interval	moderate intensity in
between sets)	interval between sets)	interval between sets)	sets)	between sets)	the fasted state
Abdominals (1	Calves (1 exercise,	Hamstrings (1	Trapezius (1 exercise,	Triceps (3 exercises,	
exercise, with 4 sets,	with 4 sets, 15–20 reps	exercise, with 6 sets,	4 sets, 12–15 reps and	with 12 sets, 12–15	
15–20 reps and 1–2'	and 1–2' interval	15–20 reps and 1–2'	1–2' interval between	reps and 1-2' interval	
interval between sets)	between sets)	interval between sets)	sets)	between sets)	
		30' of cardio (bicycle	Calves (1 exercise,	Abdominals (1	
		or treadmill) at	with 4 sets, 15–20 reps	exercise, with 4 sets,	
		moderate intensity	and 1–2' interval	15–20 reps and 1–2'	
		and abdominals	between sets)	interval between sets)	

Note: sets denote total sets per body part. Participant performed 120' of cardio (bicycle or treadmill) at moderate intensity in fasted state prior strength training during week days.

Table 3. Resistance training during the cutting phase of Woman Wellness.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday and Sunday
Thigh (5 exercises,	Chest (2 exercises,	15' of aerobic interval	Thigh (6 exercises,	Latissimus dorsi (5	60' of cardio (bicycle
with 15 sets, 12–15	with 6 sets, 12–15 reps	training (bicycle or	with 18 sets, 12–15	exercises, with 15 sets,	or treadmill) at
reps and 1-2' interval	and 1–2' interval	treadmill)	reps and 1-2' interval	12–15 reps and 1–2'	moderate intensity
between sets)	between sets)		between sets)	interval between sets)	
	Deltoids (3 exercises,	Abdominals (1		Biceps (1 exercise,	
	with 6 sets, 12–15 reps	exercise, with 7 sets,		with 3 sets, 12–15 reps	
	and 1–2' interval	15–20 reps and 1–2'		and 1–2' interval	
	between sets)	interval between sets)		between sets)	
	Triceps (2 exercise,				
	with 6 sets, 12–15 reps				
	and 1–2' interval				
	between sets)				

Note: sets denote total sets per body part. Participant performed 60' of cardio (bicycle or treadmill) at moderate intensity prior strength training and more 20' after strength training during week days.

Table 4. Resistance training during the cutting phase of Woman Bikini.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday and Sunday
Abdominals (3	Chest (2 exercises,	40' of cardio (bicycle	Abductor (1 exercise,	Latissimus dorsi (4	60' of cardio (bicycle
exercises, with 9 sets,	with 6 sets, 8-12 reps	or treadmill) at	with 4 sets, 12–15 reps	exercises, with 15 sets,	or treadmill) at
15–20 reps and 1–2'	and 1–2' interval	moderate intensity	and 1–2' interval	8–12 reps and 1–2′	moderate intensity in
interval between sets)	between sets)		between sets)	interval between sets)	the fasted state
Quadriceps (3	Deltoids (3 exercises,	Abdominals (3	Hamstring (2 exercise,	Trapezius (1 exercise,	
exercises, with 12 sets,	with 9 sets, 8-12 reps	exercise, with 9 sets,	with 6 sets, 8–12 reps	with 3 sets, 8-12 reps	
8–12 reps and 1–2'	and 1–2' interval	15–20 reps and 1–2'	and 1–2' interval	and 1–2' interval	
interval between sets)	between sets)	interval between sets)	between sets)	between sets)	
Adductor (1 exercise,	Triceps (2 exercise,		Gluteus (2 exercise,	Biceps (2 exercise,	
4 sets, 12–15 reps and	with 6 sets, 8–12 reps		with 6 sets, 8–12 reps	with 2 sets, 10 reps	
1–2' interval between	and 1–2' interval		and 1–2′ interval	and 1–2' interval	
sets)	between sets)		between sets)	between sets)	
Calves (1 exercise, 4			Calves (2 exercise, 6	Abdominals (3	
sets, 15 reps and 1-2'			sets, 15-20 reps and 1-	exercise, with 9 sets,	
interval between sets)			2' interval between	15–20 reps and 1–2'	
			sets)	interval between sets)	

Note: sets denote total sets per body part. Participant performed 60' of cardio (bicycle or treadmill) at moderate intensity after strength training during week days. Participant performed 9 sets of abdominals every day.