

Supplementary Material 1

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.

Supplementary Material 2

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

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

Supplementary Material 3

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

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

Supplementary Material 4

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

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