

5-DAY CONTEST PREP CHALLENGE

FIGURE & BIKINI WEIGHT & BODY FAT GUIDE

These are approximate first-time stage weight and body fat numbers below. Contest prep is about 12-16 weeks of progressive training, diet, supplementation, etc. Pre-contest weight (start weight) would normally begin 15-20 pounds from stage weight.

HEIGHT	BIKINI WEIGHT	BIKINI BODY FAT	FIGURE & WELLNESS WEIGHT	FIGURE & WELLNESS BODY FAT
5'0"	95-100	10-15%	100-110	8-10%
5'3"	100-115	10-15%	110-115	8-12%
5'5"	110-120	10-15%	115-125	8-12%
5'7"	120-130	12-15%	130-140	10-15%
5'9"	130-140	12-17%	140-150	10-15%