



6-MONTH HYPERTROPHY APP

MUSCLE GAIN

CHALLENGE





Welcome to your RP Hypertrophy Muscle Gain Journey!

There are two sections of this PDF that will help you get jacked!

1

The Periodization Graphic

- Shows you exactly what the long-term plan is
- **CLICK** on the weeks at the bottom of the chart to access the weekly guide

2

The Weekly Guide

- Shows you what videos to watch and how to program your app for each milestone week
- **CLICK** on the video links to watch listed videos

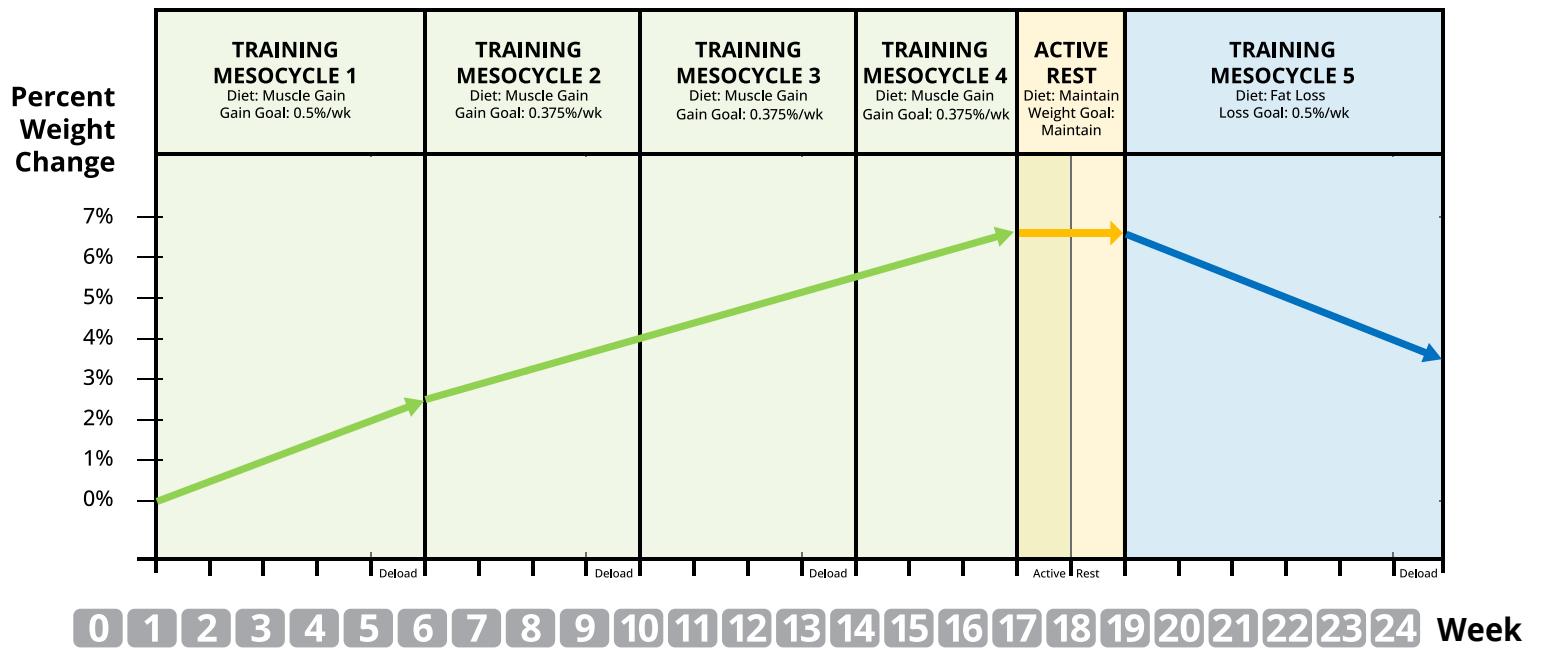
**Alright, scroll to the next page to begin your journey,
and do this A WEEK BEFORE YOU PLAN TO START!**



RP Hypertrophy App Challenge Pack

Muscle Gain Periodization

6 Months = 4-8lbs of added muscle



Click on the weeks above to access the weekly guide.



The Weekly Guide

- Here are your week-by-week instructions
- Click on the video links to watch each video
- Check the box when you're done

If you're ever lost, look at that week in the periodization graphic and you'll know exactly what to do.

 The Weekly Guide

WEEK 0

3 days BEFORE you start your training journey:

Watch Dr. Mike's
Training Guide videos 1-7



Check out the [Periodization Graphic](#)

Watch Dr. Hoffmann's
Recovery videos 1 and 2



Build your first mesocycle in the RP Hypertrophy App 
5 week long mesocycle

[Launch the App](#)

 The Weekly Guide

WEEK 1



Training Mesocycle #1 begins

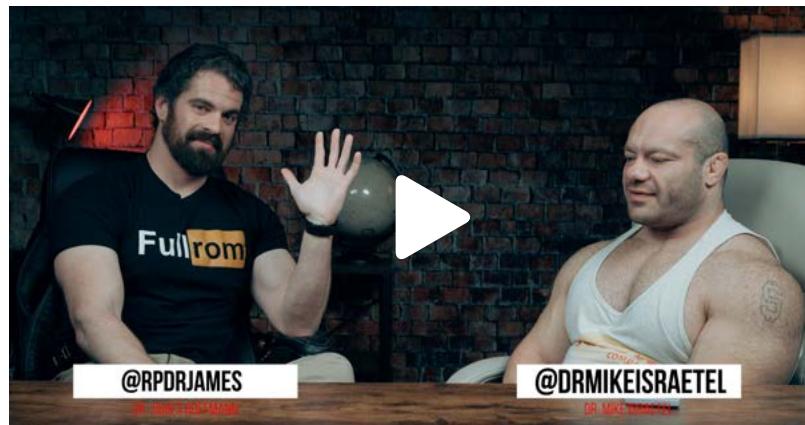
Watch Dr. Mike's Training
Guide videos 8-16



Diet: 5 weeks at 0.5% weight gain per week begins  

Check out the [RP Diet Coach App](#) if you need help here!

Watch Dr. Hoffmann's
Recovery videos 3 and 4



 The Weekly GuideWEEK 2

Watch Dr. Mike's
Training Guide videos 17-23



Watch Dr. Hoffmann's
Recovery videos 5 and 6

WEEK 3 & 4

No homework
Keep on keepin' on!

 The Weekly GuideWEEK 5 Deload training Watch Dr. Mike's
Training Guide videos 24-26Watch Dr. Hoffmann's
Recovery videos 7 and 8Eat at maintenance ➔ WEEK 6 Build your second mesocycle in the RP Hypertrophy App 
4 week long mesocycle[Launch the App](#)Diet: 11 weeks at 0.375% weight gain per week begins  Check out the [RP Diet Coach App](#) if you need help here!

 The Weekly Guide

WEEK 7, 8

No homework

Keep on keepin' on!

WEEK 9

Deload training 

Eat at maintenance ➔ 

Watch Dr. Hoffmann's
Recovery video 9



WEEK 10

Build your third mesocycle in the RP Hypertrophy App 
4 week long mesocycle

[Launch the App](#)

 **The Weekly Guide****WEEK 11, 12** **No homework****Keep on keepin' on!****WEEK 13** Deload training Eat at maintenance  **WEEK 14** Build your fourth mesocycle in the RP Hypertrophy App 

4 week long mesocycle

Launch the App**WEEK 15, 16** **No homework****Keep on keepin' on!**

 **The Weekly Guide****WEEK 17** **Active Rest Week 1**Deload training Eat at maintenance ➤ **WEEK 18** **Active Rest Week 2**

No gym at all

Relax, enjoy, eat food with protein in it!

WEEK 19 Build your fifth mesocycle in the RP Hypertrophy App *6 week long mesocycle***Launch the App**Diet: 6 weeks at 0.5% weight loss per week begins  *Check out the [RP Diet Coach App](#) if you need help here!***WEEK 20, 21, 22, 23** **No homework****Finish strong!!!**



WEEK 24



Deload training 

You're DONE! You did it!

Feel free to repeat the journey