



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

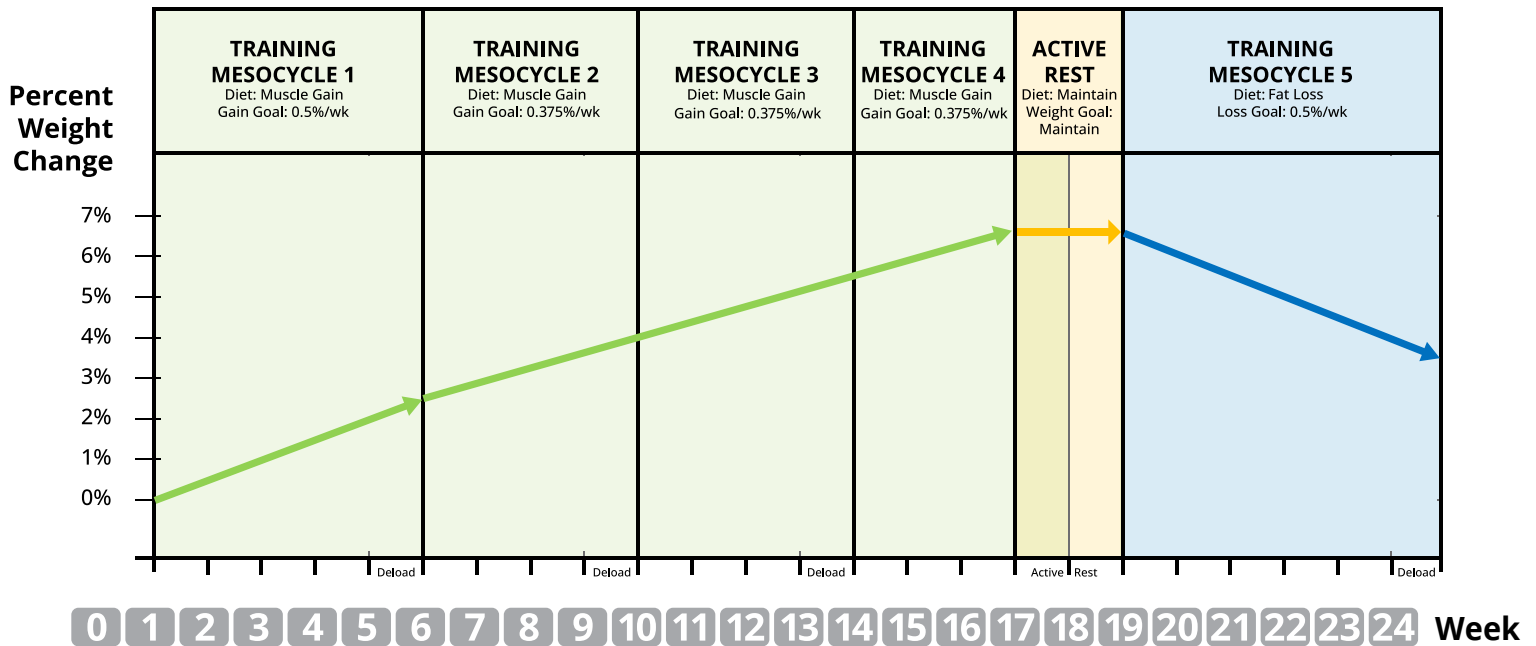
Alright, scroll to the next page to begin your journey,  
and do this **A WEEK BEFORE YOU PLAN TO START!**



# 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 Guide

# WEEK 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 Guide

# WEEK 5



Deload training

Watch Dr. Mike's  
Training Guide videos 24-26



Watch Dr. Hoffmann's  
Recovery videos 7 and 8



Eat 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!!!



## The Weekly Guide

# WEEK 24



Deload training 

You're DONE! You did it!

**Feel free to repeat the journey**