



6-MONTH HYPERSTROPHY APP

FAT LOSS CHALLENGE





Welcome to your RP Hypertrophy Fat Loss Journey!

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

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

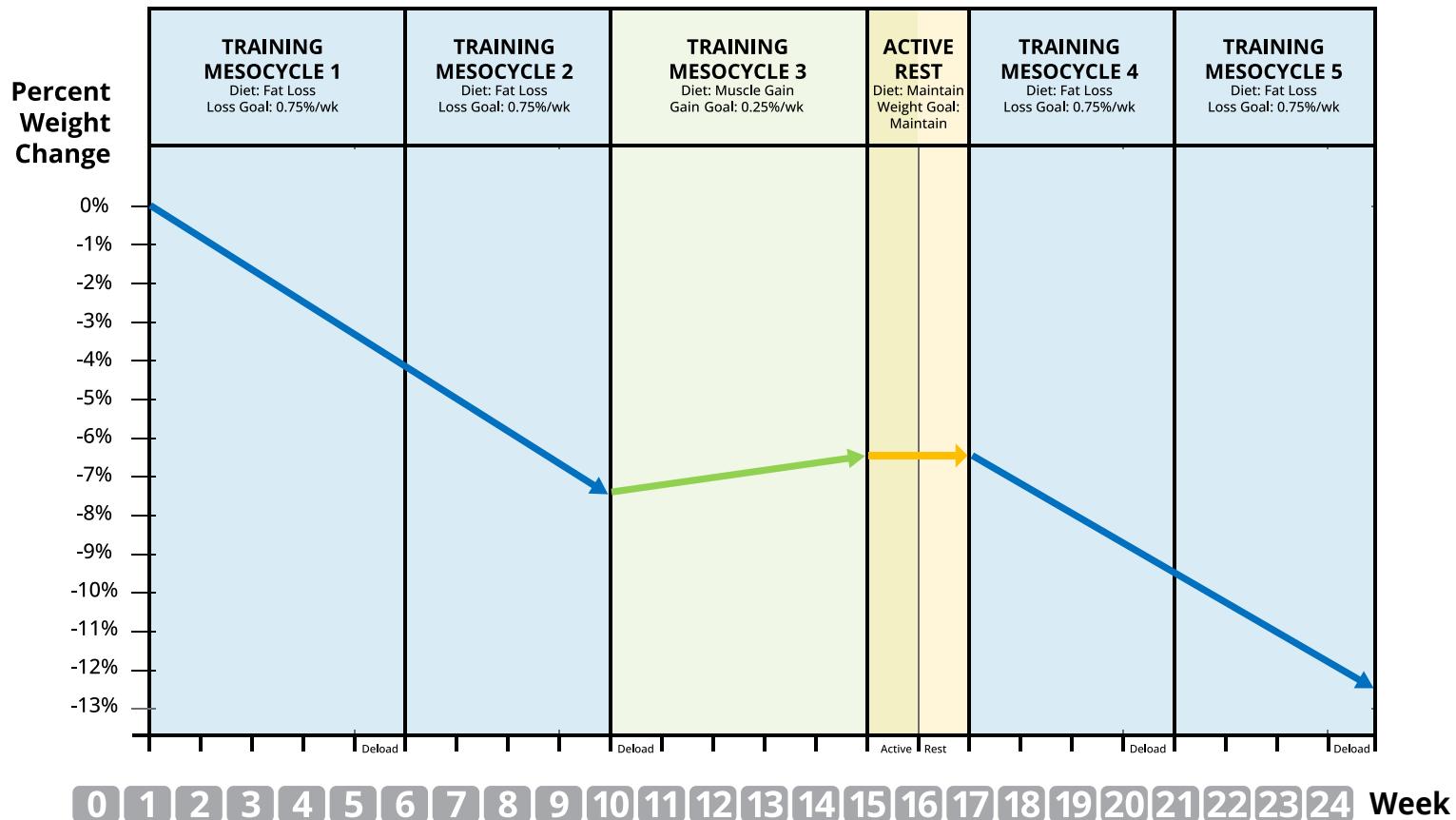
**Alright, scroll to the next page to begin your journey,
and do this A WEEK BEFORE YOU PLAN TO START!**



RP Hypertrophy App Challenge Pack

Fat Loss Periodization

6 Months = 15-25lbs of fat lost



👉 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](#)

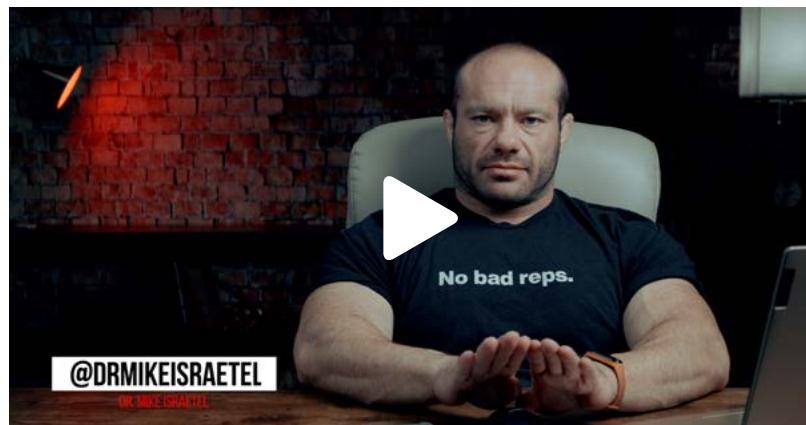
 The Weekly Guide

WEEK 1



Training Mesocycle #1 begins

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



Diet: 10 weeks at 0.75% weight loss 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 
5 week long mesocycle[Launch the App](#)



The Weekly Guide

WEEK 7, 8, 9

No homework

Keep on keepin' on!

WEEK 10

Deload training

Eat at maintenance ➡️

Watch Dr. Hoffmann's Recovery video 9



WEEK 11

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

[Launch the App](#)

Diet: 5 weeks at 0.25% weight gain per week begins

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

 The Weekly Guide

WEEK 12, 13, 14

No homework

Keep on keepin' on!

WEEK 15

Active Rest Week 1

Deload training 

Eat at maintenance ➔ 

WEEK 16

Active Rest Week 2

No gym at all

Relax, enjoy, eat food with protein in it!

WEEK 17

Build your fourth mesocycle in the RP Hypertrophy App 

4 week long mesocycle

[Launch the App](#)

Diet: 8 weeks at 0.75% weight loss per week begins  

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

 The Weekly Guide

WEEK 18, 19

No homework

Keep on keepin' on!

WEEK 20

Deload training 

Eat at maintenance ➔ 

WEEK 21

Build your fifth mesocycle in the RP Hypertrophy App 

4 week long mesocycle

[Launch the App](#)

WEEK 22, 23

No homework

Finish strong!

WEEK 24

Deload training 

You're DONE! You did it!

Feel free to repeat the journey