



6-MONTH HYPERTROPHY 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

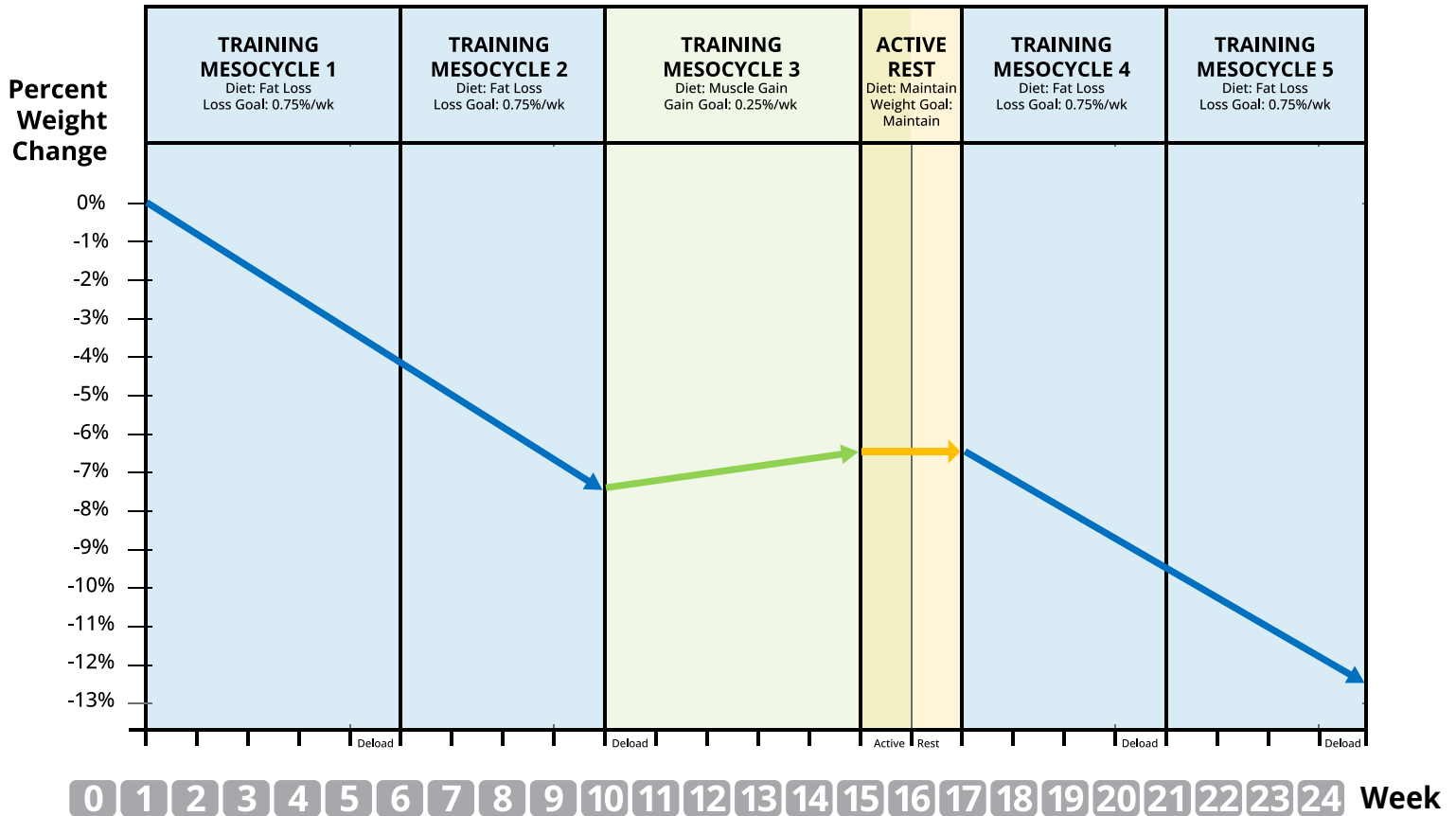
Alright, scroll to the next page to begin your journey,
and do this **A WEEK BEFORE YOU PLAN TO START!**



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 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

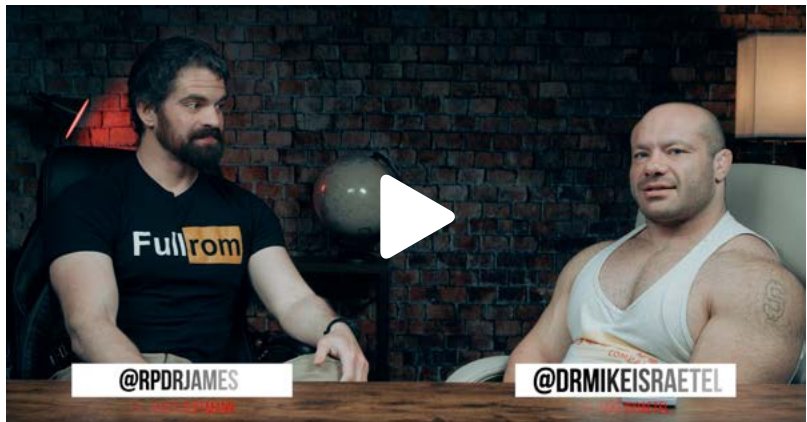


Deload training

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
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