



# KillerK's Custom RP Hypertrophy Program Service

Updated **May 9, 2025**

RP Hypertrophy Custom Template: 6-Day PPL

id: lkorqpvv



Start

Accumulation

Deload

Start

Delete Week Add New Week Duplicate Week Add Week Description

Push A 01:28

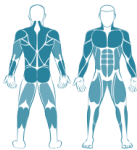
Add Day Description

```
1 day01Chest00: Bench Press, Barbell[1, 1-3] / 51b / warmup: 1x10 50%, 1x6 75%, 1x2 103% \
2 / ...rpHypertrophy / id: tags(010100) \
3 / progress: custom(increment: 51b, progressType: 1, targetMinReps: 5, targetMaxReps: 10,
4
5 day01Chest01: Incline Chest Fly, Dumbbell[2, 1-3] / 51b / warmup: 1x4 75% \
6 / ...rpHypertrophy / id: tags(010101) \
7 / progress: custom(increment: 51b, progressType: 2, targetMinReps: 8, targetMaxReps: 12,
8
9 day01Delts00: Shoulder Press, Dumbbell[3, 1-3] / 51b / warmup: 1x4 66%, 1x2 100% \
10 / ...rpHypertrophy / id: tags(010200) \
11 / progress: custom(increment: 51b, progressType: 2, targetMinReps: 8, targetMaxReps: 12,
12
13 day01Delts01: Lateral Raise, Cable[4, 1-3] / 51b \
14 / ...rpHypertrophy / id: tags(010201) \
15 / progress: custom(increment: 51b, progressType: 2, targetMinReps: 10, targetMaxReps: 15,
16
17 day01Triceps00: Triceps Extension, Cable[5, 1-3] / 51b / warmup: 1x5 75% \
18 / ...rpHypertrophy / id: tags(010400) \
19 / progress: custom(increment: 51b, progressType: 2, targetMinReps: 10, targetMaxReps: 15,
20
21 day01Abs00: Sit Up, Bodyweight[6, 1-3] / 01b / warmup: 1x5 75% \
22 / ...rpHypertrophy / id: tags(010700) \
23 / progress: custom(increment: 51b, progressType: 2, targetMinReps: 10, targetMaxReps: 15,
```

Delete Day

Week Stats

Total Sets: 68  
Strength Sets: 0, 0%  
Hypertrophy Sets: 68, 100%  
  
Upper Sets: 42 (42h), 4d  
Lower Sets: 20 (20h), 2d  
Core Sets: 6 (6h), 3d  
Push Sets: 20 (20h), 2d  
Pull Sets: 22 (22h), 3d  
Legs Sets: 20 (20h), 2d



Shoulders: 23↓ (23h), 4d  
Triceps: 9↑ (9h), 2d  
Back: 15↓ (15h), 5d  
Abs: 9↑ (9h), 4d  
Glutes: 12 (12h), 2d  
Hamstrings: 8↑ (8h), 2d  
Quadriceps: 9↑ (9h), 2d  
Chest: 16↓ (16h), 4d  
Biceps: 16↓ (16h), 4d  
Calves: 10 (10h), 2d  
Forearms: 12 (12h), 3d

# What is This?

# KillerK's Custom Program Service

For RP Hypertrophy in Liftosaur

01

## What is This?



**X**

**RP**

## THE BASICS

### Overview

This document contains instructions for utilizing my (KillerK) paid service to provide a fully configured and ready to use custom Liftosaur program utilizing the RP Hypertrophy code I created.

### Purpose

Save time and effort and make it simple for those new to Liftosaur and/or the RP program to get started using it since creating a custom program can be intimidating at first due to the one-time manual configuration required and learning curve of building programs in Liftosaur.

→ Using the program is easy once it's built!

## Key features

- Get your unique specific routine set up for you
- Choose your exact desired days/exercises
- Program is always fully modifiable so it's easy to swap exercises or make changes
- No coding or advanced Liftosaur knowledge needed

- The Liftosaur program you receive will be fully configured with: the rating variables, tags, sets, rep ranges, etc...
- Minimal to no manual configuration or setup required to start using it

## Pricing

\$8 per program training day, up to 10 exercises per-day.

- No monthly fees, keep using your program for as long as you want!

| 1-Day | 2-Day | 3-Day | 4-Day | 5-Day | 6-Day | 7-Day |
|-------|-------|-------|-------|-------|-------|-------|
| \$8   | \$16  | \$24  | \$32  | \$40  | \$48  | \$56  |

# Usage

# Instructions



# 02

## Using the Service

### Step 1

### Create a basic Liftosaur program

You will need to create a very simple Liftosaur program laying out your desired days and exercises.

- No advanced knowledge necessary! Liftosaur uses a pretty common syntax for defining exercises like:  
Squat / 2x5-10 / 225lb
- Check out the Liftosaur docs in the [additional resources](#) page for the basics

### Build Your Program

- Create a new Liftosaur program

- Enter in your desired days/exercises
- You must provide at minimum:
  - Days
  - Exercise names

- If not specified, exercises configured by this service will default to:
  - 2 sets (week 1, autoregulated moving forward)

- 5-30 rep range
- 5lb/kg working weight
- 5lb/kg increments
- Linear progression
- No warm-up
- These options can be configured as [described below](#)
  - Recommend using Liftosaur text editing mode to configure
- Please do not provide extra information like RPE, rest times, exercise descriptions/notes, etc...
  - Remember, you can always add or change these values yourself once you receive the completed program!

[See here for an example program I would need](#)

## Optional Advanced Configuration

### Option 1

Set starting set numbers and target rep range

- Use standard Liftosaur syntax
  - Rep targets cannot be below 5 (this is the cut-off for the hypertrophy rep range per RP guidelines and current evidence).

→ Ex:  
Squat / 3x5-10

### Option 2

Set starting weight

- Use standard Liftosaur syntax

→ Ex:  
Squat / 100lb

### Option 3

Define increments

- Denotes how much weight will change each time progression targets are hit
- Use a comment above the exercise (preceded by ///)

→ Ex:  
/// increment: 10lb  
Squat / 2x5-10 / ...

### Option 4

Define progression type

- Denotes how the exercise will progress:
  - [Default] Linear - add weight each time targets are hit
  - Double - add reps until top of rep range is hit, then add weight
- Use a comment above the exercise (preceded by ///)

→ Ex:  
/// progressType: double  
Squat / 2x5-10 / ...

### Option 5

Define warm-up sets

→ Use standard Liftosaur syntax

→ Ex:  
Squat / warmup: 1x10 50%, 1x6 75%, 1x3 105%

## Step 2

# Send me your program

Share your program with me so I can configure it with the RP code.

## Generate a sharable link to your program

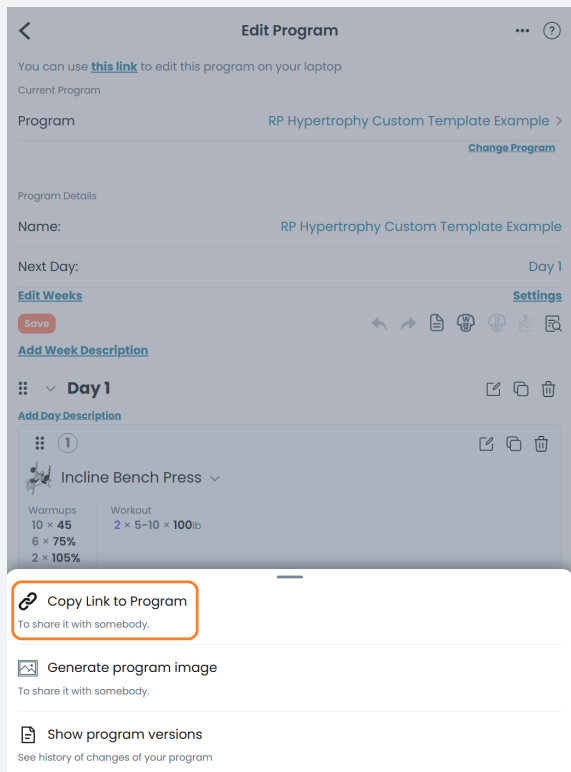
In App

- Go to program tab
- Hit 3 dots in upper right
- Select “Copy Link to Program”

Via Web

- Open the program you created earlier
- Hit the chain link icon

The screenshot shows the 'Web Editor' interface for a program titled 'RP Hypertrophy Custom Template Example'. The interface includes a navigation bar with links like 'About', 'Docs', 'Blog', 'Exercises', 'Web Editor', and 'Your Programs'. Below the title, there are options to 'Add New Week', 'Duplicate Week', and 'Add Week Description'. The main content area displays 'Day 1' with a duration of 01:02 and a list of exercises with their sets, reps, and weights. On the right side, there is a 'Week Stats' section showing total sets, strength sets, and hypertrophy sets, along with a list of muscle groups and their respective sets and reps. A chain link icon is visible in the top right corner of the editor, indicating the option to share the program.



**DM me (@KillerK009) on Discord or Reddit the link to the program**

→ Use a message like:  
“Request for custom RP LiftoSaur Program: [PROGRAM\_LINK]”

### **Step 3**

## **Discuss details and pricing**

I will review the program and follow-up on any questions or details and confirm you want to proceed.

### **Step 4**

## **Payment**

Payments are handled via my donation page for now:

<https://buymeacoffee.com/killerK>

**Please DM me a screenshot of the confirmation page or email once you have submitted payment**

### **Step 5**

## **Get your custom program**

Once payment is received I will follow-up and DM you a link to your fully configured and ready to use custom RP Hypertrophy Liftosaur program

**Please allow up to 7 business days for configuration**

- Typical turnaround time should be within 1-3 days!
- [Example output you will receive](#)

# **Additional resources**

## ADDITIONAL RESOURCES

RP Methodology Guides

 [RP\\_Mini\\_Hypertrophy\\_Volume\\_Book.pdf](#)

 [RP\\_Mini\\_Guide\\_to\\_Muscle\\_Gain.pdf](#)

 [RP\\_Hypertrophy\\_Made\\_Simple - Dr. Mike Israetel.pdf](#)

## ONLINE DOCUMENTATION

[Liftosaur Docs](#)

[Program Release Post](#)

[RP Training Guide Hub](#)

## COMMUNITY FORUMS AND SUPPORT CHANNELS

[Liftosaur Subreddit](#)

[Liftosaur Discord](#)

Comment on the release post, or DM @KillerK009 on Reddit or Discord any questions if you need more help