Meso Gym Fact Sheet

Hypertrophy Training, Planned For You



What It Is

Meso Gym is a hypertrophy training app. It plans your mesocycles, RIR targets, weekly volume per muscle and deloads, then adjusts next week to how you actually recovered. Answer four questions and Build It For Me plans the whole block, or start from a template or your own exercises.

Key Facts

App name	Meso Gym
Developer	Meso Gym (independent, UK)
Platforms	iPhone: App Store. Android: Google Play. Web app: app.mesogym.com, sign in on any browser with your Meso Gym account.
Website	mesogym.com (press kit: mesogym.com/press.html)
Category	Health & Fitness
Exercise library	348 exercises, each with a demo video
Units	kg or lb
Ads	None
Free trial	7-day Pro trial (Individual plan). First 2 sessions free, no card needed.
Switching from RP	Import From RP brings RP Hypertrophy App training history into Meso Gym (web app now; iPhone and Android from version 1.4.0).
Press contact	The contact form at mesogym.com/contact.html (choose Press / Partnership)

Prices (GBP)

Plan	App stores	Website (mesogym.com)
Individual (one person; shown as Single in the app)	£9.99 a month or £59.99 a year	£8.99 a month or £53.99 a year
Family (you plus 4 people)	£24.99 a month or £149.99 a year	£21.99 a month or £134.99 a year
Trainer plans	Website only	PT Starter £24.99 a month (4 clients), Pro Trainer £47.99 (9 clients), Studio £89.99 (19 clients), Gym £169.99 (39 clients). Yearly prices also available.

Prices in other currencies are shown on mesogym.com/pricing.html.

Key Features

- Mesocycles of 4 to 6 working weeks plus a deload, with each muscle set to Emphasise, Grow or Maintain.
- Build It For Me: a full mesocycle from four questions.
- Effort that builds week by week, suggested weights and a built-in rest timer.
- Feedback on pump, soreness and workload after each session sets next week's sets and weights.
- Joint pain flag, exercise swap, and skip or move a session when life gets in the way.
- 348 exercises, each with a demo video, sorted best first for each muscle.
- Progress charts for estimated 1RM and weekly sets, a body map and a summary of every block.
- Training syncs between your phone and the web app when you sign in, and works offline.
- Family plan for you plus four people.
- Trainer Dashboard for coaches, with client consent, in the Android app and the web app (not the iPhone app).
- No ads.

Glossary

Mesocycle	A training block of several weeks that builds gradually, then ends with a deload.
RIR	Reps In Reserve: how many more clean reps you could have done when you stopped the set.
Start and Max	The low and high ends of weekly sets for a muscle in Meso Gym: Start is near the fewest sets that still drive growth (often called MEV); Max is the most you can recover from (often called MRV).
Deload	A lighter week with fewer sets and easier effort, so fatigue drops before the next block.

Company

Meso Gym is built and run independently in the United Kingdom.

Meso Gym is an independent app and is not affiliated with, endorsed by or sponsored by Renaissance Periodization (RP Strength). The default volume landmarks are based on published hypertrophy research.