

BODYWEIGHT CTRL

WHAT IS THE PROGRAM ABOUT?

Bodyweight CTRL is a 45-day, zero-equipment training program built to give you real control over your body. Pure bodyweight training, no machines needed. Just intelligent movement that builds strength, endurance, stamina, balance, and flow all together. You'll train 5 days a week, not to chase fatigue, but to build a body that moves with confidence and purpose. Expect structured sessions that challenge your coordination, stability, and mental grit just as much as your muscles.

This program sits in the real zone. Not for absolute beginners. Not for elite athletes. It's for people who have trained before, feel capable, but know their foundation isn't complete yet. What this builds is control, resilience, and trust in your body. By the end of these 45 days, you won't just feel stronger. You'll move better, feel more connected, and carry a foundation that supports every transformation that comes next. This is where long-term strength actually starts.

WEEK 1		
DAY 1	WEEK 1	Full-body Work
DAY 2		Endurance Flow
DAY 3		Rest Day
DAY 4		Only Core
DAY 5		Full-body Work 2
DAY 6		Balance & Flow
DAY 7		Rest Day
WEEK 2		
DAY 8	WEEK 2	Full Body Strength
DAY 9		Rest day
DAY 10		Full Body Throttle
DAY 11		Core & Cardio
DAY 12		Rest day
DAY 13		Full Body Eccentric
DAY 14		Full Body Mobility & Flow

WEEK 3		
DAY 15	WEEK 3	Rest Day
DAY 16		Rest Day
DAY 17		Full Body Control
DAY 18		Full Body Pace
DAY 19		Full Body Flow
DAY 20		Full Body Agility
DAY 21		The Strength Test

WEEK 4		
DAY 22	WEEK 4	Rest Day
DAY 23		Rest Day
DAY 24		Full Body Control
DAY 25		Full Body Pace
DAY 26		Full Body Flow
DAY 27		Full Body Agility
DAY 28		The Strength Test

WEEK 5		
DAY 29	WEEK 5	Full Body Control
DAY 30		Full Body Pace
DAY 31		Full Body Flow
DAY 32		Full Body Agility
DAY 33		Full Body Control
DAY 34		Full Body Pace
DAY 35		Full Body Flow

WEEK 6		
DAY 36	WEEK 6	Full Body Workout
DAY 37		Endurance Run
DAY 38		Rest Day
DAY 39		Core Workout
DAY 40		Full Body Workout 2
DAY 41		Strength & Flex
DAY 42		Rest Day
WEEK 7		
DAY 43		Full Body Workout
DAY 44		Endurance Run
DAY 45		Rest Day