

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	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	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

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

WEEK 3

Rest Day

Rest Day

Full Body Control

Full Body Pace

Full Body Flow

Full Body Agility

The Strength Test

WEEK 4

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

WEEK 4

Rest Day

Rest Day

Rest Day

Rest Day

Rest Day

Rest Day

WEEK 5

DAY 29

DAY 30

DAY 31

DAY 32

DAY 33

DAY 34

DAY 35

WEEK 5

Rest Day

Rest Day

Rest Day

Rest Day

Rest Day

Rest Day

WEEK 6

DAY 36

DAY 37

DAY 38

DAY 39

DAY 40

DAY 41

DAY 42

WEEK 6

WEEK 7

DAY 43

DAY 44

DAY 45