

# 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

<b>WEEK 3</b>		
<b>DAY 15</b>	<b>WEEK 3</b>	<b>Rest Day</b>
<b>DAY 16</b>		<b>Rest Day</b>
<b>DAY 17</b>		<b>Full Body Control</b>
<b>DAY 18</b>		<b>Full Body Pace</b>
<b>DAY 19</b>		<b>Full Body Flow</b>
<b>DAY 20</b>		<b>Full Body Agility</b>
<b>DAY 21</b>		<b>The Strength Test</b>
<b>WEEK 4</b>		
<b>DAY 22</b>	<b>WEEK 4</b>	<b>Rest Day</b>
<b>DAY 23</b>		<b>Rest Day</b>
<b>DAY 24</b>		<b>Full Body Work 3</b>
<b>DAY 25</b>		<b>The Primal Flow</b>
<b>DAY 26</b>		<b>Full Body Explosive</b>
<b>DAY 27</b>		<b>Full Body Agility 2</b>
<b>DAY 28</b>		<b>Mobility &amp; Flow 2</b>
<b>WEEK 5</b>		
<b>DAY 29</b>	<b>WEEK 5</b>	<b>Full Body Explosive 2</b>
<b>DAY 30</b>		<b>The Cardio Strength</b>
<b>DAY 31</b>		<b>The Strength Test</b>
<b>DAY 32</b>		<b>Full Body Agility</b>
<b>DAY 33</b>		<b>12 Full Body Pace</b>
<b>DAY 34</b>		<b>Rest Day</b>
<b>DAY 35</b>		<b>Rest Day</b>

**WEEK 6**

<b>DAY 36</b>	<b>WEEK 6</b>	
<b>DAY 37</b>		
<b>DAY 38</b>		
<b>DAY 39</b>		
<b>DAY 40</b>		
<b>DAY 41</b>		
<b>DAY 42</b>		

**WEEK 7**

<b>DAY 43</b>		
<b>DAY 44</b>		
<b>DAY 45</b>		