

BODYWEIGHT CTRL

WHAT IS THE PROGRAM ABOUT?

Bodyweight CTRL is a 40-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 Work 3
DAY 25		The Primal Flow
DAY 26		Full Body Explosive
DAY 27		Full Body Agility 2
DAY 28		Mobility & Flow 2

WEEK 5

DAY 29	WEEK 5	Full Body Explosive 2
DAY 30		The Cardio Strength
DAY 31		The Strength Test
DAY 32		Full Body Agility
DAY 33		12 Full Body Pace
DAY 34		Rest Day
DAY 35		Rest Day

WEEK 6		
DAY 36	WEEK 6	5000 step HIIT (E35)
DAY 37		Speed and agility (Power Up 60)
DAY 38		Pure core shred (Power Up 60 2.0)
DAY 39		8000 Step HIIT (E35)
DAY 40		Active recovery 2 (Power Up 60 2.0)