



ANYWHERE / BODYWEIGHT

TRAINING PROGRAM

Train anywhere — hotel, park, living room — using nothing but your bodyweight.

TENSOR ANYWHERE

1-WEEK BODYWEIGHT PROGRAM

GOAL

Develop foundational strength, muscular endurance, mobility, and conditioning with no equipment required.

BEST FOR

Beginners, travelers, busy professionals, or anyone who needs a zero-equipment training option.

SCHEDULE

3 strength sessions + 1 optional conditioning day

SPLIT

Full Body / Full Body / Full Body Circuit

TRAIN WITH INTENT. BUILD CAPACITY. STAY CONSISTENT.

One-week training template | Exercise descriptions + RPE targets included

PROGRAM OVERVIEW

Develop foundational strength, muscular endurance, mobility, and conditioning with no equipment required.

SESSION	FOCUS	LIFESTYLE PLACEMENT
1	FULL BODY FOUNDATION	Start of week
2	CONTROL + UNILATERAL	1-2 days later
3	FULL BODY CIRCUIT	After a rest or lighter day
OPT	CONDITIONING	Use when recovery and schedule allow

HOW TO USE THIS WEEK

- Choose push-up and squat variations that let you stay inside the assigned RPE. Elevate the hands for easier push-ups if needed.
- For bodyweight training, tempo and range of motion are your main loading tools.
- You do not need to train to failure for the session to be effective.

RPE TARGETING

RPE 6 = about 4 reps in reserve **RPE 7** = about 3 reps left **RPE 8** = about 2 reps left **RPE 9** = about 1 rep left **RPE 10** = maximal effort / no reps left.

Treat the RPE target as the main loading rule. The written sets and reps tell you the work to perform; RPE tells you how heavy or difficult that work should feel.

PROGRESSION

If you complete every set with clean technique and finish below the target RPE, add a small amount of load next time. If you overshoot the target RPE, reduce load or use an easier variation. Progress is earned through repeatable quality, not forced jumps in weight.

DAY 1 - FULL BODY FOUNDATION

EXERCISE	SETS x REPS	RPE	REST
Bodyweight Squat	4 x 12-20	7	60 sec
Push-Up	4 x 6-15	7-8	60 sec
Reverse Lunge	3 x 10/leg	7-8	60 sec
Glute Bridge	3 x 15-20	8	45 sec
Pike Push-Up	3 x 6-12	8	60 sec
Dead Bug	3 x 10/side	7	45 sec
Plank	3 x 30-60 sec	8	45 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

DAY 2 - CONTROL + UNILATERAL

EXERCISE	SETS x REPS	RPE	REST
Tempo Squat	4 x 10-15	8	60 sec
Close-Grip Push-Up	3 x 6-15	8	60 sec
Split Squat	3 x 10-15/leg	8	60 sec
Single-Leg Glute Bridge	3 x 10-15/leg	8	45 sec
Superman	3 x 12-15	7	45 sec
Side Plank	3 x 20-40 sec/side	8	45 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

DAY 3 - FULL BODY CIRCUIT

EXERCISE	SETS x REPS	RPE	REST
Bodyweight Squat	4 rounds x 15	7-8	minimal
Push-Up	4 rounds x 8-15	8	minimal
Reverse Lunge	4 rounds x 10/leg	8	minimal
Glute Bridge	4 rounds x 15	8	minimal
Mountain Climbers	4 rounds x 30 sec	8-9	minimal
Plank	4 rounds x 30 sec	8	60-90 sec after round

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

OPTIONAL - CONDITIONING

EXERCISE	SETS x REPS	RPE	REST
High Knees	6-10 rounds: 20 sec work / 40 sec rest	8	as written
Easy Cardio	20-40 min brisk walk or easy cardio	5-6	-
Mobility Flow	10 min	4-5	-

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

EXERCISE GUIDE

Use these descriptions as execution reminders. They are not a replacement for in-person coaching when a movement is new, painful, or technically difficult.

Bodyweight Squat

Keep the whole foot planted, sit down between the hips to a comfortable depth, and stand while the knees track with the toes.

Push-Up

Maintain a rigid body line, lower the chest between the hands with controlled shoulders, then press the floor away to return to the start.

Reverse Lunge

Step backward and lower the rear knee toward the floor while keeping the front foot planted. Drive through the front leg to return to standing.

Glute Bridge

Lie on the back with feet planted, brace lightly, and drive the hips upward by squeezing the glutes. Finish with the ribs controlled rather than arching the lower back.

Pike Push-Up

Start with the hips high in an inverted-V position. Lower the head toward the floor between the hands, then press back up using the shoulders.

Dead Bug

Lie on the back with the ribs down. Slowly extend the opposite arm and leg without letting the lower back lose contact or the pelvis tip.

Plank

Brace the abs and glutes while maintaining a straight line from shoulders to heels. Breathe behind the brace without allowing the hips to sag.

Tempo Squat

Perform a bodyweight squat with the prescribed slow lowering phase. Stay balanced and controlled before standing normally.

Close-Grip Push-Up

Place the hands slightly closer than a standard push-up, keep the elbows controlled near the torso, and press through the triceps while maintaining a rigid body line.

Split Squat

Use a staggered stance and lower straight down while keeping the front foot planted. Drive through the front leg to return to standing.

Single-Leg Glute Bridge

Keep one foot planted and extend the hips by squeezing the glute of the working leg. Keep the pelvis level throughout the movement.

Superman

Lie face down and gently lift the arms and legs while keeping the neck neutral. Use a small controlled range rather than forcing lumbar extension.

Side Plank

Support the body on one forearm and the side of the foot or knee. Keep the hips lifted and the body in a straight line without rotating.

Mountain Climbers

From a strong plank position, alternate driving the knees forward while keeping the shoulders over the hands and the trunk controlled.

High Knees

Run in place with quick contacts while driving the knees upward. Stay tall, use the arms, and keep the movement crisp rather than excessively bouncy.

Easy Cardio

Use walking, cycling, rowing, swimming, or elliptical work at a conversational pace. The goal is aerobic work and recovery, not exhaustion.

Mobility Flow

Move through controlled hip, ankle, shoulder, and thoracic mobility drills using pain-free ranges. Emphasize relaxed breathing and smooth motion.

TRAINING STANDARDS

Warm-Up

Before the first hard working set, increase movement range and load gradually. Your warm-up should prepare you without creating fatigue.

Pain vs Effort

Muscle effort and fatigue are expected. Sharp, sudden, or escalating joint pain is not. Stop or modify painful movements.

Rest Periods

Use the listed rest times as a starting point. Take slightly longer when needed to preserve technique on compound lifts.

Recovery

Sleep, food, hydration, and stress management affect training quality. A program only works when you can recover from it.

Repeatability

This is a one-week template. When repeating the week, keep the structure stable long enough to measure progress before changing exercises unnecessarily.

GENERAL DISCLAIMER

This program is general fitness education and is not individualized medical advice. Training should be adjusted for your experience, health status, injuries, available equipment, and professional guidance where appropriate.