

30 days of training, no gym required.

A bodyweight-only programme generated by WODPilot, annotated by a coach. Real strength sessions, real conditioning, no equipment beyond floor space.

26

Training sessions

7

Bodyweight Strength days

4

Training modes across strength days

13

Distinct movements programmed

Generated from a real 30-day simulation of the WODPilot engine configured for an athlete with no equipment selected. No workouts were edited.

HOW TO READ THIS

What you are about to see

Thirty days of programming for an athlete training without a barbell, dumbbell or kettlebell. The engine generates three types of sessions: Bodyweight Strength days that develop pushing, squatting and posterior chain capacity through dedicated strength work; mixed conditioning workouts spanning sprint, EMOM, AMRAP, ladder and chipper formats; and aerobic engine sessions ranging from 100m sprint repeats to longer 5k runs.

Workouts are shown one per card. Bodyweight Strength days carry a coloured accent bar indicating the family being trained: Push (blue), Squat (red) or Hinge (amber). Rest days appear in blue. Where the engine is doing something worth pointing out, a coach annotation follows the workout.

The four Bodyweight Strength modes

TEMPO Slow controlled reps	DENSITY Max reps in time window	PROGRESSION Skill toward target	ISOMETRIC Hold-time accumulation
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Every Bodyweight Strength session runs one of these four modes, chosen automatically based on the movement. Tempo work suits controllable movements like push-ups and air squats. Density rounds develop work capacity on cyclical movements. Progression sessions develop skill toward harder target movements. Isometric accumulation builds static-hold capacity for planks and similar holds.

A quick key

BW STRENGTH · PUSH	Bodyweight Strength session, Push family. Push-up variations, pike push-up, archer push-up.
BW STRENGTH · SQUAT	Bodyweight Strength session, Squat family. Air squat, reverse lunge, box pistol.
BW STRENGTH · HINGE	Bodyweight Strength session, Hinge family. Glute bridge, single-leg glute bridge, good morning.
SPRINT	Short, high-intensity workout under 7 minutes.
CONDITIONING	Mixed-modal conditioning piece between 8 and 20 minutes.
ENDURANCE	Longer aerobic-dominant work over 20 minutes.
REST	Forced rest day. The engine prevents seven consecutive training days.

WEEKS 1-4

Four weeks of bodyweight programming

Real strength work, no equipment required.

The thirty days that follow are typical engine output for an athlete training without a barbell, dumbbell or kettlebell. Sessions cycle between three things: dedicated Bodyweight Strength days, mixed conditioning workouts, and aerobic engine work. The strength sessions draw on four different training modes depending on the movement: tempo, density, skill progression, and isometric accumulation. The engine selects the mode automatically.

Day 1 Sun **BW STRENGTH** · PUSH · DENSITY

Bodyweight Strength: Hand-Release Push-up

5 rounds:

60 seconds: max reps of Hand-Release Push-up

60 seconds: rest

*Pace round 1 conservatively. Aim to maintain rep counts across all rounds.

Score: total reps across all rounds.

COACH NOTE

Day 1 opens with a Bodyweight Strength session in density mode. Five rounds of one minute on, one minute off, hitting Hand-Release Push-ups for max reps. The format builds work capacity through the push pattern without needing any equipment at all. The athlete just needs floor space and a clock.

Day 2 Mon **CONDITIONING**

Engine: 3 x 800m Run

3 x 800m Run

*Rest as needed between efforts (3-5 minutes recommended)

Push each interval. This is not a tempo run.

Day 3 Tue **CONDITIONING**

Interval

4 Rounds:

3 Minutes On:

5 Hollow Rock (BW)

12 Good Morning (Bodyweight) (BW)

Max Mountain Climbers in remaining time

1 Minute Rest

Score: total mountain climbers accumulated.

Day 4 Wed **CONDITIONING**

Ascending Ladder

1-3-5-7 Reps for Time:

Pistol Squat (BW)

Decline Push-up (BW)

*The reps climb each round. Go out a bit harder than you think you should.

COACH NOTE

Pistol Squat appears in an ascending ladder. This is an elite-skill movement, so the engine has automatically reduced the rep scheme from the default 3-6-9-12-15 down to 1-3-5-7. Sixteen reps total rather than forty-five. Most athletes can work through this volume even if they're still developing the movement. Anyone who can't yet do a full pistol would scale to box-pistols or assisted variations.

Day 5 Thu **BW STRENGTH · SQUAT · DENSITY**

Bodyweight Strength: Air Squat

5 rounds:

60 seconds: max reps of Air Squat

60 seconds: rest

*Pace round 1 conservatively. Aim to maintain rep counts across all rounds.

Score: total reps across all rounds.

COACH NOTE

Second Bodyweight Strength session, now hitting the Squat family. The engine rotates through Push, Squat and Hinge across the four-week block so no single pattern gets overworked. Pull family is skipped for users without a pull-up bar or rings. The moment you add either, Pull family appears in the rotation.

Day 6 Fri **ENDURANCE**

7 Rounds: Burpee

7 rounds for time of:

10 burpees

20 sit-ups

For the burpees, jump and touch a target that is at least 6 inches above your max reach.

Day 7 Sat · **REST DAY**

Active recovery. No prescribed workout.

COACH NOTE

Forced rest day. The engine tracks a rolling training load and triggers an automatic rest after six consecutive training sessions. Bodyweight-only athletes often feel they can train every day because loads are lower, but the engine errs toward recovery either way.

Day 8 Sun ENDURANCE

Engine: 5k Run

5k Run

Continuous effort, no rest breaks.

Maintain a steady, aerobic pace throughout. Record your time.

Day 9 Mon **BW STRENGTH** · **HINGE** · TEMPO

Bodyweight Strength: Single-Leg Glute Bridge

5 sets of 8 Single-Leg Glute Bridge

Tempo: 3-1-3-1 (3 sec down, 1 sec pause at bottom, 3 sec up, 1 sec pause at top)

Rest 2-3 minutes between sets.

*If you cannot maintain tempo with full reps, drop reps before dropping tempo.

Score: total quality reps completed.

COACH NOTE

First tempo session of the block. Five sets of eight Single-Leg Glute Bridges with a 3-1-3-1 tempo. Three seconds down, one-second pause at the bottom, three seconds up, one second at the top. Slow, controlled, deliberate. The athlete will feel hamstrings and glutes in a way that fast reps could never produce.

Day 10 Tue CONDITIONING

EMOM

EMOM 16 Minutes:

Odd Minutes: 8 Russian Twist (BW)

Even Minutes: 12 Diamond Push-up (BW)

*Finish the minute's work with time to spare. That's your rest.

Day 11 Wed SPRINT

Sprint Couplet

15-12-9 Reps for Time:

Shuttle Run (BW)

Pistol Squat (BW)

Day 12 Thu **CONDITIONING**

Interval

4 Rounds:

3 Minutes On:

6 Archer Push-up (BW)

15 Wall Walk (BW)

Max Mountain Climbers in remaining time

1 Minute Rest

Score: total mountain climbers accumulated.

Day 13 Fri **BW STRENGTH · HINGE · TEMPO**

Bodyweight Strength: Good Morning (Bodyweight)

5 sets of 8 Good Morning (Bodyweight)

Tempo: 3-1-3-1 (3 sec down, 1 sec pause at bottom, 3 sec up, 1 sec pause at top)

Rest 2-3 minutes between sets.

*If you cannot maintain tempo with full reps, drop reps before dropping tempo.

Score: total quality reps completed.

COACH NOTE

Tempo again, this time on Good Mornings. The engine has selected another Hinge movement because Pull family isn't available and the rotation is short-handed. Hinge sees a second consecutive session, which is acceptable when the movement varies (Single-Leg Glute Bridge on Day 9, now Good Morning) and four days of recovery sit between them.

Day 14 Sat **· REST DAY**

Active recovery. No prescribed workout.

Day 15 Sun **SPRINT**

Engine: 10 x 100m Sprints

10 x 100m Sprints

*Rest fully between efforts. Full recovery each rep.

Focus on maximum output, not pacing.

Day 16 Mon **CONDITIONING**

Grind Chipper

For Time:

800m Run

30 Hand-Release Push-up (BW)

20 HSPU (BW)

10 Mountain Climber (BW)

COACH NOTE

A Grind Chipper that includes HSPU. Most users will scale this to Pike Push-ups or assisted variations, which is exactly why the engine places skill-progression sessions toward HSPU elsewhere in the block (Day 29). HSPU itself only appears once every seven days minimum, regardless of how the programming would otherwise shake out.

Day 17 Tue **BW STRENGTH · SQUAT · DENSITY**

Bodyweight Strength: Air Squat

5 rounds:

60 seconds: max reps of Air Squat

60 seconds: rest

*Pace round 1 conservatively. Aim to maintain rep counts across all rounds.

Score: total reps across all rounds.

COACH NOTE

Third Bodyweight Strength session. Density mode returns, this time on Air Squats. The athlete will compare their total reps from today against future density sessions on the same movement. Progress in a bodyweight programme shows up as more work completed in the same time window, not as added kilos on a bar.

Day 18 Wed **SPRINT**

Descending Ladder

21-15-9 Reps for Time:

Superman (BW)

Burpee (BW)

Day 19 Thu **CONDITIONING**

EMOM

EMOM 12 Minutes:

Odd Minutes: 6 Diamond Push-up (BW)

Even Minutes: 10 Pike Push-up (BW)

*Finish the minute's work with time to spare. That's your rest.

Day 20 Fri ENDURANCE

Engine: 5k Run

5k Run

Continuous effort, no rest breaks.

Maintain a steady, aerobic pace throughout. Record your time.

Day 21 Sat **REST DAY**

Active recovery. No prescribed workout.

COACH NOTE

Third rest day in three weeks. The cadence is consistent: train six, rest one. The engine never lets seven consecutive days slip past without forced recovery.

Day 22 Sun SPRINT

Sprint Couplet

10-9-8-7-6-5-4-3-2-1 Reps for Time:

Single-Leg Glute Bridge (BW)

Bear Crawl (BW)

Day 23 Mon CONDITIONING

EMOM

EMOM 12 Minutes:

Odd Minutes: 4 HSPU (BW)

Even Minutes: 10 Air Squat (BW)

*Finish the minute's work with time to spare. That's your rest.

COACH NOTE

An EMOM with HSPU as one of the movements. Note this is the second HSPU appearance in the block, separated from Day 16 by exactly seven days. The cooldown gate is doing its job. The other minute features Air Squats, a complete contrast in stimulus and a chance to recover the pressing muscles between HSPU efforts.

Day 24 Tue **BW STRENGTH** · PUSH · PROGRESSION

Bodyweight Strength: Archer Push-up

Skill: Archer Push-up

4 sets of 5 reps

Working toward: one-arm push-up

*Slowly shift weight further onto working arm each set.

Rest 2-3 minutes between sets.

Score: quality reps. Movement integrity over volume.

Deload week — keep effort moderate. This is not a test session.

COACH NOTE

Bodyweight Strength shifts into skill progression mode for the first time. Five sets of three reps of Archer Push-ups, with the explicit target of one-arm push-up. The cue prompts the athlete to shift more weight onto the working arm each set. A coach building toward an advanced skill would write the session in exactly this shape.

Day 25 Wed **CONDITIONING**

Engine: 3 x 800m Run

3 x 800m Run

*Rest as needed between efforts (3-5 minutes recommended)

Push each interval. This is not a tempo run.

Day 26 Thu **SPRINT**

Descending Ladder

21-15-9 Reps for Time:

Air Squat (BW)

Wall Walk (BW)

Day 27 Fri **SPRINT**

Descending Ladder

21-15-9 Reps for Time:

Jumping Jacks (BW)

Single-Leg Glute Bridge (BW)

Day 28 Sat · **REST DAY**

Active recovery. No prescribed workout.

Day 29 Sun **BW STRENGTH** · PUSH · PROGRESSION

Bodyweight Strength: Pike Push-up

Skill: Pike Push-up

5 sets of 3 reps

Working toward: HSPU

*Walk feet closer to hands to increase difficulty. Aim for vertical pressing.

Rest 2-3 minutes between sets.

Score: quality reps. Movement integrity over volume.

COACH NOTE

Final Bodyweight Strength session of the block. Pike Push-ups in a 5x3 progression toward HSPU. The skill progression mode earns its place here: the athlete isn't being asked to perform a movement they can't do yet. They're being given a structured route to build toward it.

Day 30 Mon **ENDURANCE**

Engine: 5k Run

5k Run

Continuous effort, no rest breaks.

Maintain a steady, aerobic pace throughout. Record your time.

COACH NOTE

Day 30. The athlete has trained 26 sessions across four weeks. Seven of those were dedicated Bodyweight Strength sessions, cycling through tempo, density and skill progression. They've seen Burpees twice, double-unders never (no rope assumed in this profile), Pistol Squat once with an appropriate rep scheme, and HSPU twice with seven days between appearances. Thirteen distinct movements across the block. All of it bodyweight.

WHAT THIS DEMONSTRATES

Real programming, no equipment.

Most fitness apps reduce bodyweight training to push-ups and air squats on endless repeat. WODPilot treats it as serious programming. Across the thirty days you have just read, the engine selected seven dedicated Bodyweight Strength sessions cycling through tempo work, density rounds and skill progressions toward harder target movements. Family rotation ran through Push, Squat and Hinge consistently, skipping Pull because no bar or rings were available. Rest days landed on a clear weekly cadence. High-skill movements like HSPU and Pistol Squat sat behind a seven-day cooldown so they showed up with deliberate spacing instead of stacking up.

Every one of those decisions happened automatically as the engine ran through the four weeks.

What the 30 days delivered

7 Bodyweight Strength sessions	Cycling through Push, Squat and Hinge families with four-day spacing.
4 training modes	Tempo, density, skill progression and isometric accumulation, selected per movement.
4 forced rest days	Calendar-aware. Triggered automatically every seventh day.
10 workout formats	Bodyweight Strength, EMOM, Sprint Couplet, Ladder, Engine, Chipper, Interval and more.
7-day high-skill cooldown	HSPU, Pistol Squat and Wall Walk never appear more than once per week.
Equipment expansion ready	Add a pull-up bar or rings and the engine immediately starts programming Pull family work.

This is a simulated 30-day programme generated from the WODPilot engine for an athlete with no equipment selected. Your own programme will adapt to whatever equipment you have, your training history, any injury constraints, and your recovery state as you log sessions. The framework stays the same; the workouts will be your own.

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