MMBC

MMBC BODYWEIGHT WORKOUT OCTOBER 2026

Nothing But Bodyweight. Earn Every Rep.

PROGRAM FORMAT

6 training days + 1 recovery day | 25-45 minutes | Controlled strength + conditioning

Start with the low end of each rep range. Stop with 1-3 technically sound repetitions in reserve. Scale down when form breaks.

WEEKLY OVERVIEW

DAY	FOCUS	SESSION
MONDAY	Full-body basics	Strength foundation
TUESDAY	Cardio intervals	Heart-rate conditioning
WEDNESDAY	Lower body + core	Leg strength and stability
THURSDAY	Upper body	Push and trunk strength
FRIDAY	Full-body circuit	Density and endurance
SATURDAY	Low-impact cardio	Movement and mobility
SUNDAY	Recovery	Breathing and stretching

BEFORE YOU START

Equipment: None. No furniture, wall, weights, bands, bars, or household objects required.

Warm up before training. Use a clear, non-slip area. Stop for sharp pain, dizziness, or unusual shortness of breath. Beginners can start with 3-4 training days weekly and build gradually.

Track completed rounds, repetitions and effort. Choose easier variations whenever needed.

MONDAY - FULL-BODY BASICS

FOCUS: Build balanced bodyweight strength.

WARM-UP: March 3 min; arm circles; easy squats.

EXERCISE	SETS / ROUNDS	REPS / TIME	REST
Air squat	3	12-20	45 sec
Push-up or knee push-up	3	6-15	45 sec
Reverse lunge	3	8-12 / side	45 sec
Glute bridge	3	15-20	30 sec
Forearm plank	3	20-40 sec	45 sec

FINISHER: 4 min brisk marching.

COACHING NOTE: Use slow, controlled reps; no props or equipment.

TUESDAY - CARDIO INTERVALS

FOCUS: Build conditioning without gear.

WARM-UP: 4 min easy marching and shoulder rolls.

EXERCISE	SETS / ROUNDS	REPS / TIME	REST
Fast march / high knees	5	40 sec	20 sec
Step jack	5	40 sec	20 sec
Mountain climber	4	25 sec	35 sec
Shadow boxing	4	60 sec	30 sec
Dead bug	3	10 / side	30 sec

FINISHER: 3 min easy march.

COACHING NOTE: Keep it low-impact by stepping instead of jumping.

WEDNESDAY - LOWER BODY + CORE

FOCUS: Build leg endurance and core control.

WARM-UP: March 3 min; hip circles; 10 squats.

EXERCISE	SETS / ROUNDS	REPS / TIME	REST
Tempo air squat (3 sec down)	4	12-15	45 sec
Reverse lunge	4	8-12 / side	45 sec
Single-leg glute bridge	3	8-12 / side	40 sec
Standing calf raise	4	20-25	30 sec
Side plank	3	20-35 sec / side	30 sec

FINISHER: 3 rounds: 30 sec squat-to-reach / 30 sec march.

COACHING NOTE: Shorten range if balance or knee comfort requires it.

THURSDAY - UPPER BODY

FOCUS: Strengthen pushing and shoulder stabilizers.

WARM-UP: Arm circles and 5 knee push-ups.

EXERCISE	SETS / ROUNDS	REPS / TIME	REST
Push-up or knee push-up	4	6-15	45 sec
Close-grip knee push-up	3	6-12	45 sec
Pike push-up (or downward-dog press)	3	5-10	45 sec
Prone Y-T-W raise	3	8 each	30 sec
Bird dog	3	10 / side	30 sec

FINISHER: 3 min shadow boxing.

COACHING NOTE: This no-equipment plan cannot fully replicate loaded pulling; use Y-T-W raises for shoulder control.

FRIDAY - FULL-BODY CIRCUIT

FOCUS: Complete repeatable quality rounds.

WARM-UP: March 4 min; practice 5 reps each.

EXERCISE	SETS / ROUNDS	REPS / TIME	REST
Air squat	4 rounds	15	15 sec
Push-up variation	4 rounds	8-12	15 sec
Alternating reverse lunge	4 rounds	10 / side	15 sec
Mountain climber	4 rounds	30 sec	15 sec
Forearm plank	4 rounds	30 sec	60 sec / round

FINISHER: 5 min easy marching.

COACHING NOTE: Stop a round early if technique deteriorates.

SATURDAY - LOW-IMPACT CARDIO

FOCUS: Improve steady movement capacity.

WARM-UP: Begin at comfortable pace.

EXERCISE	SETS / ROUNDS	REPS / TIME	REST
March in place	1	15 min	Continuous
Step jack	5	60 sec	30 sec
Shadow boxing	5	90 sec	30 sec
Slow air squat	3	15	30 sec
Dead bug	3	10 / side	30 sec

FINISHER: 5 min slow march and gentle mobility.

COACHING NOTE: Stay conversational during longer efforts.

SUNDAY - RECOVERY

FOCUS: Recover without equipment.

WARM-UP: No warm-up required.

EXERCISE	SETS / ROUNDS	REPS / TIME	REST
Easy marching	1	15-20 min	Continuous
Standing quad stretch (balance as able)	2	20 sec / side	15 sec
Seated-on-floor hamstring stretch	2	30 sec / side	15 sec
Floor chest opener	2	30 sec	15 sec
Slow breathing	1	5 min	-

FINISHER: Keep movement comfortable.

COACHING NOTE: All exercises use bodyweight only; no furniture, walls, bands, or weights.

MMBC PROGRESSION SYSTEM

- Week 1: Learn movements and complete the low end of each range.
- Week 2: Add 1-2 reps per set or 5 seconds per timed effort.
- Week 3: Add one set to one or two exercises if recovery is good.
- Week 4: Reduce volume by roughly one-third and refine technique.
- Change only one variable at a time; quality comes before speed.

EXERCISE SUBSTITUTIONS

IF THIS IS TOO HARD / UNSAFE	USE THIS INSTEAD
Standard push-up	Knee push-up
High knees	Low-impact fast march
Reverse lunge	Shallow split squat
Single-leg bridge	Two-leg glute bridge
Side plank	Bent-knee side plank

RECOVERY STANDARDS

Sleep consistently, eat enough to support your goals, and hydrate. Schedule extra recovery when soreness or fatigue accumulates. Never train with cracked, sharp, shifting, or unstable improvised equipment.

IMPORTANT: General fitness education, not medical advice. Consult a qualified professional when appropriate, especially with health concerns or after prolonged inactivity.