

SYSTEM

HOME TRAINING

4-WEEK NO-GYM PROGRAM

No gym. No excuses. The work gets done wherever you are.

| DURATION | FREQUENCY | EQUIPMENT | LEVEL |
|----------|---------------|-------------------|-------------|
| 4 WEEKS | 5 DAYS / WEEK | Bodyweight + Band | SEE PROGRAM |

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AETHON SYSTEM: HOME TRAINING

AETHON SYSTEM: HOME TRAINING proves elite results do not require a gym membership. This complete program uses only your bodyweight and an optional resistance band.

5 sessions per week, 55–65 minutes each. The program progresses from foundational bodyweight patterns in Week 1 to advanced calisthenics and HIIT circuits by Week 4.

You need: floor space, a sturdy chair, and the will to work. Nothing else.

PROGRAM OVERVIEW

| WEEKS | DAYS/WEEK | SESSION | EQUIPMENT | LEVEL |
|-------|-----------|-----------|-----------|------------|
| 4 | 5 | 55–65 min | BW + Band | All Levels |

THE AETHON PRINCIPLES

- 01 TEMPO IS YOUR LOAD — Slow the eccentric to 3–4 seconds. Tempo replaces weight.
- 02 FULL RANGE = FULL MUSCLE — No half reps. Chest to floor on push-ups. Full sit at bottom of squats.
- 03 REST IS EARNED — Only rest the designated amount. Reducing rest increases intensity.
- 04 VOLUME IS YOUR FRIEND — 100 push-ups and 200 squats done daily will transform your body.
- 05 THE FLOOR IS YOUR GYM — Every single muscle can be trained with bodyweight. No excuses.

WEEK 1 · FOUNDATION BODYWEIGHT

GOAL: Learn the patterns. Build the base. All exercises at full range of motion — no shortcuts.

DAY 1 · UPPER BODY PUSH

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|-----------------------|------|------|------|----------------------------|
| Push-Up (standard) | 4 | 15 | 60s | Chest to floor every rep |
| Wide Push-Up | 3 | 15 | 60s | Hands wider than shoulders |
| Diamond Push-Up | 3 | 12 | 60s | Elbows squeeze in |
| Pike Push-Up | 4 | 12 | 60s | Shoulder press substitute |
| Decline Push-Up | 3 | 10 | 75s | Feet on chair, 30cm high |
| Chair Tricep Dips | 4 | 12 | 60s | Elbows point straight back |
| Plank to Downward Dog | 3 | 10 | 45s | Fluid, controlled movement |

DAY 2 · LOWER BODY

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|-------------------------|------|--------|------|---------------------------|
| Bodyweight Squat | 4 | 20 | 60s | 3-sec eccentric |
| Bulgarian Split Squat | 4 | 12/leg | 75s | Rear foot on chair |
| Sumo Squat | 3 | 20 | 60s | Wide stance, toes out 45° |
| Glute Bridge | 4 | 20 | 60s | Pause 2 sec at top |
| Single Leg Glute Bridge | 3 | 15/leg | 60s | Progress from above |
| Single Leg Romanian DL | 3 | 12/leg | 75s | Bodyweight hinge |
| Single Leg Calf Raise | 4 | 20/leg | 45s | Wall for balance |

DAY 3 · FULL BODY CARDIO CIRCUIT

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|-------------------|------|--------|------|-----------------------------|
| Jump Squat | 4 | 15 | 45s | Explode up, soft landing |
| Burpee | 4 | 10 | 60s | Full range — chest to floor |
| High Knees | 4 | 30s | 30s | Pump the arms |
| Mountain Climbers | 4 | 30s | 30s | Core braced throughout |
| Lateral Shuffle | 4 | 30s | 30s | Low athletic position |
| Jump Lunge | 3 | 10/leg | 60s | Alternate each rep |
| Bear Crawl | 3 | 15m | 45s | Forward and backward |

DAY 4 · UPPER BODY PULL — BANDS

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|----------------------------|------|---------|------|-------------------------|
| Band Pull-Apart | 4 | 20 | 45s | Arms perfectly straight |
| Band Row (door anchor) | 4 | 15 | 60s | Elbows drive back |
| Superman Hold | 4 | 30s | 45s | Lower back activation |
| Reverse Snow Angel (prone) | 3 | 15 | 45s | Lying face down |
| Band Bicep Curl | 4 | 15 | 45s | Stand on the band |
| Prone Y-T-W | 3 | 10 each | 60s | Upper back health |
| Band Face Pull | 3 | 20 | 45s | High anchor point |

DAY 5 · LOWER BODY + CORE

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|------------------|------|---------|------|--------------------------|
| Wall Sit | 4 | 45s | 60s | Thighs parallel to floor |
| Step-Up (chair) | 4 | 12/leg | 60s | Drive through the heel |
| Curtsy Lunge | 3 | 12/leg | 60s | Glute medius target |
| Donkey Kick | 3 | 20/leg | 45s | On all fours, controlled |
| Fire Hydrant | 3 | 20/leg | 45s | Hip abduction, slow |
| Ab Bicycle | 4 | 20/side | 45s | Slow and deliberate |
| Hollow Body Hold | 4 | 25s | 45s | Lower back flat always |

WEEK 2 · PROGRESS WITHOUT A GYM

GOAL: Add reps or reduce rest by 10s. Introduce tempo (3-1-1) on all squats and push-ups.

DAY 1 · UPPER BODY PUSH — TEMPO

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|-----------------------|------|--------|------|----------------------|
| Push-Up (3-1-1 tempo) | 4 | 12 | 55s | 3 down, 1 hold, 1 up |
| Wide Push-Up | 3 | 15 | 55s | Reduce rest 5s |
| Diamond Push-Up | 3 | 14 | 55s | 2 more reps |
| Pike Push-Up | 4 | 14 | 55s | 2 more reps |
| Decline Push-Up | 3 | 12 | 70s | More reps |
| Tricep Dips | 4 | 14 | 55s | More reps |
| Archer Push-Up | 3 | 8/side | 75s | Advanced variation |

DAY 2 · LOWER BODY — TEMPO

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|-------------------------|------|--------|------|-----------------------|
| Squat (3-1-1 tempo) | 4 | 18 | 55s | Tempo work throughout |
| Bulgarian Split Squat | 4 | 14/leg | 70s | More reps |
| Sumo Squat | 3 | 22 | 55s | More reps |
| Glute Bridge | 4 | 22 | 55s | More reps |
| Single Leg Glute Bridge | 3 | 17/leg | 55s | More reps |
| Single Leg RDL | 3 | 14/leg | 70s | More reps |
| Single Leg Calf Raise | 4 | 22/leg | 40s | Reduce rest |

DAY 3 · CARDIO CIRCUIT

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|---------------------|------|--------|------|-----------------------|
| Jump Squat | 4 | 17 | 40s | More reps less rest |
| Burpee with Push-Up | 4 | 10 | 55s | Add push-up at bottom |
| High Knees | 4 | 35s | 25s | Faster |
| Mountain Climbers | 4 | 35s | 25s | Faster |
| Lateral Shuffle | 4 | 35s | 25s | Faster |
| Jump Lunge | 3 | 12/leg | 55s | More reps |
| Bear Crawl | 3 | 20m | 40s | Longer distance |

DAY 4 · UPPER BODY PULL

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|--------------------|------|---------|------|---------------|
| Band Pull-Apart | 4 | 22 | 40s | More reps |
| Band Row | 4 | 17 | 55s | Heavier band |
| Superman Hold | 4 | 35s | 40s | Longer hold |
| Reverse Snow Angel | 3 | 17 | 40s | More reps |
| Band Bicep Curl | 4 | 17 | 40s | More reps |
| Prone Y-T-W | 3 | 12 each | 55s | More reps |
| Band Face Pull | 3 | 22 | 40s | More reps |

DAY 5 · LOWER BODY + CORE

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|------------------------|------|---------|------|---------------|
| Wall Sit | 4 | 55s | 55s | 10s longer |
| Step-Up (pause at top) | 4 | 14/leg | 55s | Pause at top |
| Curtsy Lunge | 3 | 14/leg | 55s | More reps |
| Donkey Kick | 3 | 22/leg | 40s | More reps |
| Fire Hydrant | 3 | 22/leg | 40s | More reps |
| Ab Bicycle | 4 | 22/side | 40s | Slower tempo |
| Hollow Body Hold | 4 | 30s | 40s | 5s longer |

WEEK 3 · ADVANCED BODYWEIGHT

GOAL: Advanced variations. Superset opposing groups. 60+ min sessions. Push the limit of bodyweight.

DAY 1 · UPPER BODY PUSH — ADVANCED

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|------------------------------|------|--------|------|---|
| Pseudo Planche Push-Up | 4 | 8 | 90s | Lean forward, hands at hip level |
| Archer Push-Up | 4 | 8/side | 75s | One arm loaded each side |
| Decline Diamond Push-Up | 3 | 10 | 75s | Elevated + diamond combined |
| Pike Push-Up to Full | 4 | 10 | 75s | Transition to handstand |
| Tricep Dips (slow eccentric) | 4 | 12 | 75s | 5-sec descent |
| Hindu Push-Up | 3 | 10 | 60s | Fluid wave motion |
| Core Circuit x3 | 3 | — | 45s | Plank 45s + 15 rollouts + 10 hollow rocks |

DAY 2 · LOWER BODY — ADVANCED

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|----------------------------|------|--------|------|------------------------|
| Pistol Squat (assisted) | 4 | 6/leg | 90s | Band or TRX assist |
| Shrimp Squat | 3 | 6/leg | 90s | Rear foot held up |
| Nordic Curl (door/partner) | 4 | 5 | 120s | Hardest hamstring move |
| Elevated Single Leg Bridge | 3 | 20/leg | 60s | Foot on sofa |
| Jump Squat x20 | 3 | 20 | 60s | Explosive every rep |
| Single Leg Calf Raise Slow | 5 | 15/leg | 45s | 5 up, 5 down |
| Wall Sit | 3 | 60s | 75s | 1 minute holds |

DAY 3 · HIIT CIRCUIT

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|----------------------------|------|--------|---------|-----------------------------------|
| Tabata Burpee | 8 | 20s on | 10s off | True Tabata protocol |
| Tabata Jump Squat | 8 | 20s on | 10s off | Back to back tabatas |
| Sprint Intervals (outdoor) | 6 | 30s | 90s | Max effort sprint |
| Mountain Climbers | 4 | 40s | 20s | Fast and explosive |
| Ab Circuit x4 | 4 | — | 60s | Hollow 25s + bicycle 20 + V-up 15 |
| Jump Rope / Shadow Box | 1 | 10 min | — | Active cool down |

DAY 4 · UPPER BODY PULL — ADVANCED

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|-------------------------------|------|---------|------|---------------------------|
| Doorframe Row (feet elevated) | 4 | 12 | 75s | Reclined inverted row |
| Band Pull-Apart + Press | 4 | 15+10 | 60s | Superset |
| Superman Swimmer | 4 | 20 | 45s | Alternating arms and legs |
| Band Bicep Curl (slow) | 4 | 12 | 60s | 4-sec eccentric |
| Prone Y-T-W (weighted) | 3 | 10 each | 60s | Hold cans or books |
| Band Face Pull Heavy | 4 | 15 | 45s | Increase resistance |

DAY 5 · FULL BODY BENCHMARK

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|-----------------------|------|-----------|------|-------------------------------------|
| 100 Push-Up Challenge | 1 | 100 total | — | Break as needed, complete in 15 min |
| 200 Squat Challenge | 1 | 200 total | — | Break as needed, complete in 20 min |
| Plank | 5 | 60s | 60s | 5 x 1 min holds |
| 2km Cool Down Walk | 1 | 15 min | — | Gentle walk to flush muscles |

WEEK 4 · CONSOLIDATION

GOAL: Return to Week 1 exercises but with Week 3 intensity. Week 1 numbers should feel easy — celebrate that.

DAY 1 · UPPER BODY PUSH

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|-----------------|------|--------|------|---------------------------|
| Push-Up | 5 | 20 | 50s | 5 sets vs 4 in Week 1 |
| Diamond Push-Up | 4 | 15 | 50s | Progress |
| Pike Push-Up | 4 | 15 | 60s | Progress |
| Decline Push-Up | 4 | 15 | 60s | Progress |
| Tricep Dips | 4 | 15 | 55s | Progress |
| Core Finisher | 1 | 10 min | — | 3 rounds of W1 ab circuit |

DAY 2 · LOWER BODY

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|-------------------------|------|--------|------|---------------------|
| Bodyweight Squat | 5 | 25 | 50s | More sets and reps |
| Bulgarian Split Squat | 4 | 15/leg | 65s | Progress |
| Single Leg Glute Bridge | 4 | 20/leg | 55s | Progress |
| Nordic Curl | 3 | 6 | 120s | Keep up the quality |
| Single Leg Calf Raise | 5 | 25/leg | 40s | Progress |
| Wall Sit | 4 | 60s | 60s | 1 min holds |

DAY 3 · CARDIO — BEST EFFORT

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|---------------------------|------|------|------|-------------------------------------|
| Full Week 1 Day 3 Circuit | 5 | — | — | 5 rounds — compare to first attempt |
| Time your session | — | — | — | How much faster than Week 1? |

DAY 4 · UPPER BODY PULL

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|---------------------------|------|------|------|--------------------------|
| Full Week 1 Day 4 Circuit | 5 | — | — | 5 rounds of Week 1 Day 4 |
| Band Face Pull | 5 | 20 | 45s | 5 sets — shoulder health |

DAY 5 · FINAL SHOWCASE

| EXERCISE | SETS | REPS | REST | COACHING NOTE |
|----------------------|------|--------|------|----------------------|
| 50 Unbroken Push-Ups | 1 | 50 | — | Unbroken if possible |
| 50 Unbroken Squats | 1 | 50 | — | Unbroken |
| 5 Minute Plank | 1 | 5 min | — | Breaks allowed |
| Stretch 20 min | 1 | 20 min | — | Reward your body |

PROGRESS TRACKER

Log your working weights, reps or times every session. Progress only happens when it is tracked. Fill this in after every workout.

BODY MEASUREMENTS

| WEEK | DAY 1 | DAY 7 | CHANGE | WAIST (cm) | HIP (cm) | CHEST (cm) | NOTES |
|--------|-------|-------|--------|------------|----------|------------|-------|
| WEEK 1 | | | | | | | |
| WEEK 2 | | | | | | | |
| WEEK 3 | | | | | | | |
| WEEK 4 | | | | | | | |

STRENGTH / PERFORMANCE LOG

Record the weight used (kg) or reps completed for each key exercise each week.

| EXERCISE / METRIC | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | NOTES |
|-------------------------------|--------|--------|--------|--------|-------|
| Push-Up Max (reps unbroken) | | | | | |
| Pull-Up / Door Row Max (reps) | | | | | |
| Pistol Squat (reps each side) | | | | | |
| Wall Sit Best Time (seconds) | | | | | |
| Plank Best Time (seconds) | | | | | |
| Burpee in 1 Minute (reps) | | | | | |
| Nordic Curl (reps) | | | | | |
| Bodyweight (kg) | | | | | |
| Waist Measurement (cm) | | | | | |

SESSION LOG

Use this to track how each session felt. RPE = Rate of Perceived Exertion (1-10).

| SESSION | DATE | ENERGY (1-10) | RPE | HIGHLIGHT / NOTE |
|---------|------|---------------|-----|------------------|
| W1 D1 | | | | |
| W1 D2 | | | | |
| W1 D3 | | | | |
| W1 D4 | | | | |

| SESSION | DATE | ENERGY (1-10) | RPE | HIGHLIGHT / NOTE |
|---------|------|---------------|-----|------------------|
| W1 D5 | | | | |
| W2 D1 | | | | |
| W2 D2 | | | | |
| W2 D3 | | | | |
| W2 D4 | | | | |
| W2 D5 | | | | |
| W3 D1 | | | | |
| W3 D2 | | | | |
| W3 D3 | | | | |
| W3 D4 | | | | |
| W3 D5 | | | | |
| W4 D1 | | | | |
| W4 D2 | | | | |
| W4 D3 | | | | |
| W4 D4 | | | | |
| W4 D5 | | | | |

Home Training Tracker: Use reps and time as your measure of progress — not weight. More reps in the same time = stronger.

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