

MoveKind

5-Minute Warm-Up

Before any workout · Dynamic only

Free program · movekind.io

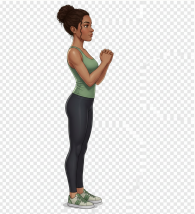


Exercises



Mountain climbers

45s · Cardio + core



Squat to open

45s · Hip & ankle mobility



Lunge with rotation

45s · Front chain + rotation



Dynamic plank

45s · Core, shoulders

Tips

✓ Never static stretch before training

✓ Progress from slow to fast

MoveKind

Want to go further?

MoveKind generates sessions tailored to your level, your fatigue, and your goals. No planning needed.

- ✓ **AI-personalized workouts**
- ✓ **120+ bodyweight exercises**
- ✓ **Automatic progression**
- ✓ **Built-in voice coach**
- ✓ **100% free to start**

Download on the App Store

movekind.io