

MoveKind

# 6-Week Strength Program

No equipment · 4 sessions/week

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Free program · [movekind.io](https://movekind.io)



## Exercises



### Push-ups

Chest, shoulders, triceps



### Wide push-ups

Outer chest



### Diamond push-ups

Triceps, inner chest



### Chair dips

Triceps, lower chest



### Squats

Quads, glutes




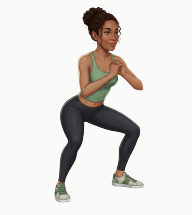


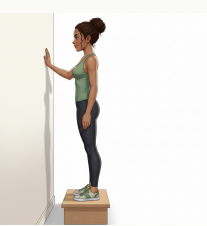

### Forward lunges

Quads, glutes, balance



### Glute bridge

Hamstrings, glutes

		<p><b>Sumo squat</b></p> <p>Adductors, glutes</p>
		<p><b>Plank</b></p> <p>Core, stabilizers</p>
		<p><b>Calf raises</b></p> <p>Gastrocnemius, soleus</p>

## Program

<b>W1-2</b>	3 sets × 8-10 reps · 60s rest — Adaptation
<b>W3-4</b>	4 sets × 10-12 reps · 45s rest — Progression
<b>W5-6</b>	4 sets × 12-15 reps · 45s rest — Intensification

## Tips

✓ If too easy, move to the next variation

✓ If too hard, stay on the previous version

## 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](https://movekind.io)