

MoveKind

# Arm Workout Bodyweight

Biceps, triceps, shoulders

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



## Exercises



### Diamond push-ups

Triceps + inner chest



### Chair dips

Triceps, lower chest



### Towel curl

Biceps (isometric)



### Pike push-ups

Shoulders, anterior delts

## Tips

✓ Arms already work with push-ups and dips

✓ 2-3 isolation exercises at the end is enough

## 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)