

MoveKind

Back Workout Bodyweight

8 exercises · At home

Free program · movekind.io



Exercises



Superman

Lower back, erectors



Inverted row

Lats, rhomboids



Towel pull-apart

Rear delts, rhomboids



Bird-dog

Stability, transverse



Side plank

Obliques, QL



Cobra / IYT

Rotators, traps



Elevated bridge

Full posterior chain

Tips

✓ Back is often neglected — include 2+ exercises/session

✓ Inverted row is king for back without equipment

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