

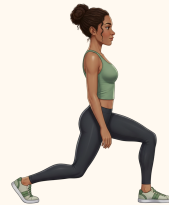
MoveKind

Beginner Program

4 Weeks

No equipment · 3 sessions/week · 20-30 min

Free program · movekind.io



Exercises



Squat

3 sets × 12 reps · 45s rest



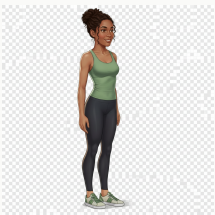
Incline push-ups

3 sets × 8 reps · 45s rest



Reverse lunge

3 sets × 10/leg · 45s rest



Plank

3 × 30 seconds · 30s rest



Bird-dog

3 sets × 8/side · 30s rest

Program

Week 1	Learn movements, focus on technique
Week 2	+1 round of circuit
Week 3	+5 seconds per effort
Week 4	Harder variation on 1-2 exercises

Tips

✓ A missed session doesn't break your progress

✓ What matters: the trend over 4 weeks

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**

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