

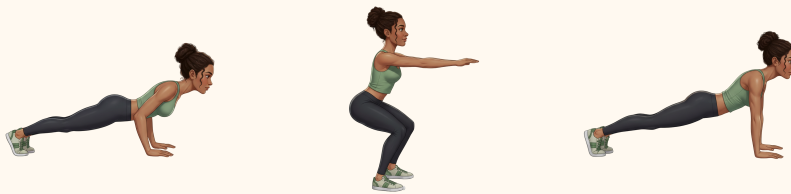
MoveKind

# Bodyweight Workout Guide

Complete guide · All levels

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



## Exercises



### Push-ups

Chest, shoulders, triceps



### Squats

Quads, glutes



### Plank

Core, stabilizers



### Lunges

Legs, balance



### Glute bridge

Hamstrings, glutes



### Dips

Triceps, lower chest



### Mountain climbers

Cardio, core

## Tips

✓ Start with easiest variation

✓ Increase reps first, then difficulty

## 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)