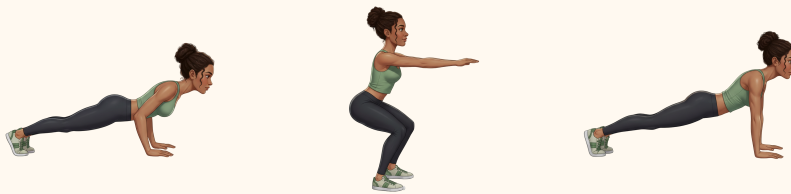


MoveKind

Calisthenics For Beginners

Street workout at home · Step by step

Free program · movekind.io



Exercises



Push-ups

Push foundation



Squats

Leg foundation



Plank

Core foundation



Dips

Upper push foundation



Inverted row

Pull foundation



Glute bridge

Posterior foundation

Tips

✓ Master one level before moving to the next

✓ Perfect technique > more reps

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

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