

MoveKind

8 Best Chest Exercises

No equipment · 4-week program

Free program · movekind.io



Exercises



Standard push-ups

Mid chest · Shoulder-width



Wide push-ups

Outer chest emphasis



Diamond push-ups

Inner chest + triceps



Decline push-ups

Upper chest (feet elevated)



Incline push-ups

Beginner-friendly



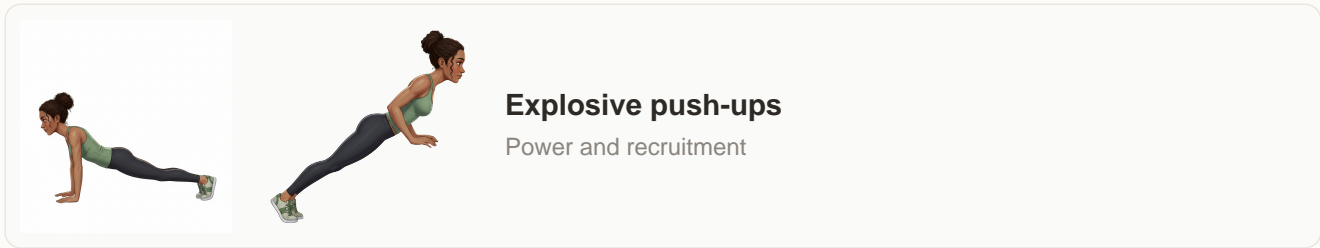
Chair dips

Lower chest



Archer push-ups

Unilateral, intense



Program

Week 1	3 sets x 8 reps (incline or standard)
Week 2	3 sets x 10 reps, add wide push-ups
Week 3	4 sets x 10 reps, add diamond
Week 4	4 sets x 12 reps, try decline or dips

Tips

✓ Increase volume gradually, not difficulty

✓ Add reps before switching to a harder variation

Mistakes to avoid

✗ Arched back → engage abs and glutes

✗ Incomplete range → elbows at 90° minimum

✗ Elbows flared → 45° angle to protect shoulders

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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