

MoveKind

Home Workout For Weight Loss

Sustainable · No extreme diets

Free program · movekind.io



Exercises



Squats

Lower body strength



Push-ups

Upper body strength



Mountain climbers

HIIT cardio



Plank

Core



Jump squat

Cardio + legs

Program

Monday

Full body strength (25 min)

Wednesday

Light HIIT cardio (20 min)

Friday

Strength + mobility (25 min)

Tips

✓ Aim for consistency, not calories burned

✓ Exercise is an accelerator, not the main driver

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