

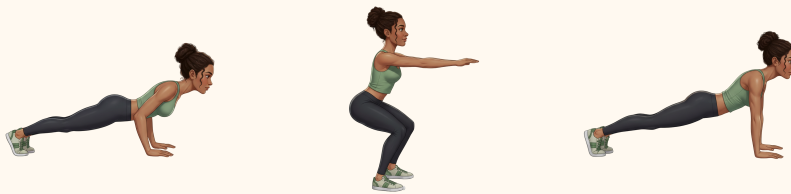
MoveKind

# Home Workout No Equipment

30-minute sessions · All levels

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



## Exercises



### Push-ups

Upper body



### Squats

Lower body



### Plank

Core



### Lunges

Legs



### Glute bridge

Posterior



### Mountain climbers

Cardio

## Tips

✓ You don't need more than 30 min

✓ Consistency > intensity

## 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)