

MoveKind

Strength Training No Equipment

Complete guide · 5 movement patterns

Free program · movekind.io



Exercises



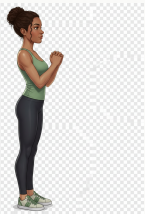
Push-ups

Push · Chest, shoulders, triceps



Inverted row

Pull · Back, biceps



Squats

Squat · Quads, glutes



Glute bridge

Hinge · Hamstrings, glutes



Plank

Core · Abs, stabilizers



Reverse lunge

Accessory · Legs, balance

Program

Week 1

3x8 reps, normal tempo, 60s rest

Week 2

3x10 reps, normal tempo, 60s rest

Week 3 3x10 reps, 3-1-1 tempo, 45s rest

Week 4 4x10 reps, 3-1-1 tempo, 45s rest

Tips

✓ Hypertrophy depends on time under tension, not load

✓ 4 levers: tempo, volume, range of motion, unilateral

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