

Blood Type O – Master Workout Database

Strength (Free Weights & Bodyweight)

- Squats: bodyweight, goblet, barbell back/front, overhead
- Deadlifts: conventional, sumo, Romanian, deficit, trap bar
- Lunges: walking, stationary, reverse, Bulgarian split, lateral
- Step-ups (bodyweight, weighted)
- Bench press: flat, incline, decline, dumbbell, close grip
- Push-ups: regular, incline, decline, clapping, archer, diamond
- Overhead press: barbell, dumbbell, Arnold, push press
- Rows: bent-over barbell, dumbbell, inverted row, renegade row, T-bar, single-arm
- Pull-ups: regular, chin-ups, wide grip, neutral, assisted/banded
- Curls: barbell, dumbbell, hammer, preacher, concentration
- Triceps: dips, skull crushers, kickbacks, overhead extensions
- Core: planks, side planks, Russian twists, leg raises, hanging knee raises, sit-ups
- Glutes/hips: hip thrusts, glute bridges, band walks, donkey kicks
- Carries: farmer's, suitcase, overhead, yoke walk
- Olympic lifts: cleans, jerks, snatches, clean & press

Combat / Boxing Inspired

- Shadow boxing (light, weighted, footwork focus)
- Heavy bag (jab only, jab-cross, combos, power rounds)
- Pad work (combinations, defensive drills, reaction)
- Speed bag
- Double-end bag
- Slip rope drill
- Roll & pivot drills
- Defensive footwork ladders
- Sprawls & stand-ups

Conditioning / HIIT

- Sprint intervals: track, treadmill, bike, rower, ski erg, hill
- Jump rope: singles, doubles, criss-cross, intervals
- Battle ropes: alternating waves, double waves, slams, circles, snakes
- Burpees: standard, chest-to-floor, with jump, with push-up
- Mountain climbers: slow, cross-body, spider, knee-to-elbow
- Box jumps: standard, depth, lateral, weighted
- Medicine ball: slams, wall throws, chest pass, rotational toss
- Sled: push, pull, drag, sprint
- Kettlebells: swings, cleans, snatches, Turkish get-up, windmills
- Plyo drills: squat jumps, split lunges, broad jumps, tuck jumps

Endurance / Sports

- Running: steady, interval, tempo, long-distance
- Cycling: road, spin bike, intervals, hill climbs
- Swimming: freestyle intervals, endurance laps, sprints
- Hiking & rucking
- Football, rugby, basketball, tennis (explosive team sports)
- Rowing machine workouts (distance or sprints)

Mobility / Recovery

- Yoga flows: sun salutation, warrior sequence, balance poses
- Mobility: hip openers, shoulder dislocates, cat-cow, 90/90 stretch
- Core activation: dead bugs, bird dogs, superman holds
- Stretching: dynamic (pre-workout), static (post-workout)
- Foam rolling: quads, glutes, back, calves

Blood Type A – Master Workout Database

Strength (Light to Moderate Weights + Bodyweight)

- Squats (bodyweight, goblet, light barbell, wall sit)
- Deadlifts (Romanian with dumbbells, light barbell, single-leg)
- Lunges (forward, reverse, step-back, walking with light weights)
- Step-ups (bodyweight or light dumbbells)
- Push-ups (regular, incline, wall)
- Chest Press (light dumbbell or machine)
- Overhead Press (light dumbbell, Arnold press, band press)
- Rows (seated cable, light dumbbells, band rows)
- Pull-downs (lat pulldown machine, band-assisted)
- Bicep Curls (dumbbell, band, light barbell)
- Tricep Kickbacks / Extensions (light dumbbell, band)
- Plank Variations (standard, side plank, knee plank)
- Glute Bridges / Hip Lifts (bodyweight or band)
- Resistance Band Workouts (general strength + mobility)

Calming / Flexibility (Priority for Type A)

- Yoga (Hatha, Vinyasa, Yin, restorative)
- Pilates (mat-based core training)
- Tai Chi
- Qi Gong
- Stretching routines (dynamic warm-ups, static cool downs)
- Foam Rolling / Mobility Flows
- Breathing Exercises (box breathing, diaphragmatic)
- Balance training (single-leg balance, yoga tree pose, stability ball drills)

Cardio / Endurance (Steady-State Preferred)

- Brisk Walking (outdoors, treadmill)
- Light Jogging (short intervals, steady pace)
- Cycling (indoor spin, outdoor easy rides)
- Elliptical (steady sessions)
- Rowing (light, steady pace)
- Swimming (laps at moderate pace)
- Hiking
- Dance-based cardio (Zumba, aerobics, step class)

Conditioning (Lighter HIIT / Circuits)

- Bodyweight Circuits (squats, lunges, push-ups, planks)
- Low-impact Interval Training (bike or elliptical with gentle intervals)
- Medicine Ball Core Work (rotational toss, chest pass with light ball)

- Resistance Band Circuits
- Light Kettlebell Work (swings, goblet squats, carries – lighter weights, higher reps)

Recovery & Stress Management

- Meditation (guided, mindfulness, visualization)
- Stretching (15–20 minutes post-training)
- Yoga Nidra (deep relaxation practice)
- Mobility Drills (hip openers, shoulder mobility, cat-cow)
- Walks in nature (stress reduction)

Blood Type B – Master Workout Database

Strength (Balanced Approach)

- Squats (bodyweight, goblet, barbell, front)
- Deadlifts (conventional, Romanian, sumo)
- Lunges (forward, reverse, lateral, Bulgarian split)
- Step-ups (weighted/unweighted)
- Push-ups (standard, incline, decline, diamond)
- Bench Press (barbell, dumbbell, incline/decline)
- Overhead Press (barbell, dumbbell, Arnold)
- Pull-ups / Chin-ups / Neutral Grip
- Rows (barbell, dumbbell, cable, inverted)
- Biceps Curls (barbell, dumbbell, hammer)
- Triceps Dips, Skull Crushers, Kickbacks
- Core: Russian Twists, Plank Variations, Bicycle Crunches, Hanging Leg Raises
- Glute Bridges / Hip Thrusts
- Carries (farmer's, suitcase, overhead)

Cardio / Endurance

- Running (steady pace, intervals)
- Cycling (road, spin, stationary)
- Swimming (laps, intervals)
- Hiking / Trail Walking
- Rowing machine
- Dance fitness (Zumba, aerobic step)
- Sports: tennis, football, basketball, martial arts

Conditioning / HIIT

- Interval Running (30s run / 90s walk)
- Hill Sprints
- Jump Rope
- Battle Ropes (waves, slams, circles)
- Burpees
- Mountain Climbers
- Medicine Ball Slams / Rotational Throws
- Kettlebell Swings, Snatches, Clean & Press
- Sled Pushes
- Circuit Training (mix of bodyweight + weights)

Flexibility / Recovery

- Yoga (Vinyasa, Hatha, Yin)
- Pilates (core stability)

- Mobility Drills (hip openers, shoulder dislocates, thoracic rotations)
- Stretching (dynamic & static)
- Breathing Exercises
- Meditation / Stress Management

Blood Type AB – Master Workout Database

Strength (Moderate Intensity)

- Squats (bodyweight, goblet, front)
- Deadlifts (light to moderate, focus on form)
- Lunges (forward, reverse, walking)
- Step-ups
- Push-ups (wall, incline, standard)
- Dumbbell Bench Press
- Dumbbell Overhead Press
- Rows (light dumbbells, resistance bands, cable rows)
- Pull-downs (machine/band-assisted)
- Curls (light dumbbell, band)
- Tricep Extensions (band, light dumbbell)
- Core: planks, dead bugs, bird dogs, side planks
- Glute Bridges / Hip Raises

Cardio / Endurance

- Brisk Walking
- Light Jogging
- Cycling (steady pace, not too intense)
- Elliptical
- Rowing (steady, moderate pace)
- Swimming (moderate laps)
- Dance fitness / Aerobics
- Hiking

Conditioning / Light HIIT (in moderation)

- Interval Walking/Jogging (e.g., 2 min walk / 1 min jog)
- Light Bodyweight Circuits (squats, lunges, push-ups, planks)
- Low-Impact Intervals (bike, elliptical)
- Resistance Band Circuits
- Medicine Ball (light tosses, chest pass, rotational core work)

Flexibility / Calming Workouts

- Yoga (Hatha, Yin, Restorative)
- Tai Chi
- Qi Gong
- Pilates (light core work)
- Stretching Routines
- Breathwork (box breathing, diaphragmatic breathing)
- Meditation / Mindfulness

Summary for AB

- Hybrid: needs balance between Type A calm + Type B variety.
- Should avoid extremes (not too high-intensity, not too sedentary).
- Yoga, meditation, and light-to-moderate circuits keep them thriving.