

■ BLOODFIT – MOBILITY, RECOVERY & YOGA WORKOUTS

Blood Type O

Yoga Flows

- Sun Salutation
- Warrior Sequence
- Balance Poses
- Power Yoga

Mobility

- Hip openers (pigeon pose, lizard stretch)
- Shoulder dislocates
- Cat-cow
- 90/90 stretch
- Spinal twists

Core Activation

- Dead bugs
- Bird dogs
- Superman holds
- Side plank dips

Stretching

- Dynamic (pre-workout)
- Static (post-workout)
- Hamstring stretches
- Quad stretch

Foam Rolling

- Quads
- Glutes
- Back
- Calves

- IT band

Extras

- Dynamic lunges
- Jefferson curls (spine mobility)

Blood Type A

Yoga

- Hatha
- Vinyasa
- Yin
- Restorative
- Gentle Flow

Pilates

- Mat-based core training
- Leg lifts
- Roll-ups

Tai Chi & Qi Gong

- Slow controlled movements
- Breathing with flow

Stretching Routines

- Dynamic warm-ups
- Static cool downs
- Shoulder stretches
- Hamstring stretches

Mobility Drills

- Hip openers
- Shoulder mobility
- Cat-cow
- Thoracic spine rotations

Balance Training

- Single-leg balance
- Yoga tree pose
- Stability ball drills
- Warrior 3 pose

Breathing & Recovery

- **Box breathing**
- **Diaphragmatic breathing**
- **Meditation (guided, mindfulness, visualization)**
- **Yoga Nidra**

Foam Rolling

- **Upper back**
- **Glutes**
- **Hamstrings**

Extras

- **Forward folds**
- **Bridge pose**
- **Gentle inversions (legs-up-the-wall)**

Stress Relief

- **Walks in nature**
- **Light stretching flows**
- **Journaling post-practice**

Blood Type B

Yoga

- Vinyasa
- Hatha
- Yin
- Flow yoga

Pilates

- Core stability
- Side leg series
- Spine stretch

Mobility Drills

- Hip openers
- Shoulder dislocates
- Thoracic rotations
- Scapular mobility drills

Stretching

- Dynamic & Static
- Quad/hip flexor stretch
- Hamstring mobility

Breathing Exercises

- Box breathing
- Alternate nostril breathing

Meditation & Stress Management

- Mindfulness meditation
- Guided imagery

Foam Rolling

- Lower back
- Quads
- IT band

Extras

- **Child's pose**
- **Seated spinal twist**
- **Shoulder stretches against wall**

Blood Type AB

Yoga

- Hatha
- Yin
- Restorative
- Gentle Vinyasa

Tai Chi & Qi Gong

- Flow sequences for relaxation & energy balance

Pilates

- Light core work
- Bridge roll
- Side-lying leg lifts

Stretching

- Hamstrings
- Hip flexors
- Shoulders
- Neck stretches

Breathwork

- Box breathing
- Deep diaphragmatic breathing
- Alternate nostril breathing

Meditation / Mindfulness

- Guided meditation
- Visualization
- Silent meditation

Mobility

- Cat-cow
- Thoracic spine rotations
- Shoulder rolls

Recovery

- **Legs-up-the-wall pose**
- **Restorative yoga props (bolster, blanket)**

Extras

- **Reclining butterfly stretch**
- **Happy baby pose**
- **Supine spinal twist**