

THE BLOOD FLOW WORKOUT GUIDE

15-Minute Daily Routines for Optimal Circulation

Exercise Protocols Proven to Boost Nitric Oxide by 40%+

By MANSTINCT | manstinct.com

Chapter 1: How Exercise Boosts Nitric Oxide

When you exercise, blood flows faster through your arteries. This creates "shear stress" on the endothelial cells lining your blood vessels, which triggers them to produce nitric oxide. The more consistent your exercise, the more efficient this process becomes.

Key Finding: A 2023 study in the Journal of Applied Physiology showed that just 15 minutes of moderate exercise increases plasma NO levels by 35-40% for up to 24 hours afterward. Combined with L-Arginine supplementation, this effect nearly doubles.

Chapter 2: The Daily 15-Minute Protocol

Part 1: The Morning Blood Flow Blast (15 min)

Perform this immediately after taking your Manstinct supplement for maximum NO production:

1. Dynamic Warm-Up (3 min)

- Arm circles: 30 seconds forward, 30 seconds backward
- Leg swings: 15 each leg, front-to-back
- Hip circles: 10 each direction
- March in place with high knees: 60 seconds

2. Blood Flow Push-Ups (2 min)

• Perform push-ups at a SLOW tempo: 4 seconds down, 2 second hold, 2 seconds up

• Do 8-10 reps, rest 30 seconds, repeat

• This slow tempo creates maximum blood flow restriction and NO release

• Modification: Wall push-ups or knee push-ups

3. Bodyweight Squats (3 min)

• Same slow tempo: 4 seconds down, 2 second hold at bottom, 2 seconds up

• 10-12 reps, rest 30 seconds, repeat twice

• Squats engage the largest muscle groups = maximum blood flow demand

• Keep heels planted, chest up

4. Walking Lunges (2 min)

• 10 each leg, alternating

• Focus on deep stretch at the bottom • this opens the hip flexors and femoral artery

• Modification: Stationary lunges holding a chair

5. HIIT Finisher • Jumping Jacks (3 min)

• 30 seconds max effort jumping jacks

• 30 seconds rest (walk in place)

• Repeat 3 times

• This spike in heart rate triggers a massive NO release

6. Cool Down – Deep Breathing (2 min)

– Nasal breathing: Inhale 4 seconds, hold 4, exhale 6 seconds

– Nasal breathing produces NO in the sinuses that enters your bloodstream

– 8-10 breath cycles

Chapter 3: Resistance Training for Vascular Health

3x per week, add these exercises to your routine. Use moderate weight – you should be able to complete all reps with good form.

– The Vascular Strength Circuit (30 min, 3x/week)

A1. Goblet Squats – 3 sets – 12 reps

A2. Dumbbell Rows – 3 sets – 10 reps each arm

Rest 60 seconds between supersets

B1. Dumbbell Bench Press – 3 sets – 10 reps

B2. Romanian Deadlifts – 3 sets – 12 reps

Rest 60 seconds between supersets

C1. Overhead Press – 3 sets – 10 reps

C2. Farmer's Walks – 3 sets – 40 steps

Rest 60 seconds between supersets

Finisher: Plank Hold 3 × 45 seconds

Core engagement increases intra-abdominal pressure, boosting blood flow upon release.

Chapter 4: The HIIT Protocol

High-Intensity Interval Training produces the highest NO spike of any exercise modality. Do this 2x per week (not on consecutive days).

âš¡ The NO Maximizer HIIT (20 min)

Choose any cardio: bike, treadmill, rowing, jump rope, or outdoor sprints.

Protocol:

- 5 min easy warm-up
- 30 seconds ALL-OUT effort (90-95% max heart rate)
- 90 seconds easy recovery
- Repeat 8 rounds
- 3 min cool-down

Pro Tip: Take your Manstinct supplement 30-60 minutes before HIIT. The L-Citrulline enhances exercise performance by buffering lactic acid,

while the L-Arginine provides raw material for the NO your body produces during the workout.

Chapter 5: Flexibility & Mobility for Blood Flow

Tight muscles and fascia compress blood vessels. These stretches open up the major arterial pathways:

1. Hip Flexor Stretch â€” 60 seconds each side

Opens the femoral artery (the main blood supply to the lower body and pelvic region)

2. Pigeon Pose â€” 60 seconds each side

Releases the deep hip rotators and improves pelvic blood flow

3. Chest Opener (Doorway Stretch) â€” 60 seconds

Counteracts desk posture that compresses the subclavian arteries

4. Hamstring Stretch â€” 60 seconds each side

Releases tension on the popliteal artery behind the knee

5. Cat-Cow Spine Mobilization â€” 10 reps

Alternating spinal flexion and extension pumps blood through the vertebral

arteries

Chapter 6: Weekly Schedule

Day	Workout	Duration
Monday	Morning Blood Flow Blast + Vascular Strength	45 min
Tuesday	Morning Blood Flow Blast + HIIT	35 min
Wednesday	Morning Blood Flow Blast + Flexibility	25 min
Thursday	Morning Blood Flow Blast + Vascular Strength	45 min
Friday	Morning Blood Flow Blast + HIIT	35 min
Saturday	Morning Blood Flow Blast + Vascular Strength	45 min
Sunday	Active Recovery â€” 30 min walk + flexibility	45 min

Disclaimer: Consult your physician before starting any exercise program, especially if you have cardiovascular conditions, high blood pressure, or joint issues. Start with the modifications if you're new to exercise. Listen to your body and progress gradually. Â© 2026 Manstinctâ„¢. All rights reserved.