

# BestSexForMen.com

## 90-Day Blood Flow Boosting Regimen

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### Phase 1: Foundation (Days 1–30)

**Goal:** Build consistency with circulation-boosting habits



#### Daily:

- 20–30 mins brisk walking or light cardio
- 5 mins of deep breathing or meditation
- Drink 16 oz of water first thing in the morning
- Add 1 nitric oxide-boosting food (beets, citrus, spinach)
- Kegel exercises (3 sets of 10 reps)

#### Weekly:

- 2 strength training sessions (focus on full body)
- Replace one processed meal with a whole food-based meal
- Track sleep (aim for 7–8 hrs) at least 5 nights/week

#### Supplements (Optional):

-  Start with beetroot powder or L-citrulline
  -  Keep it simple—just one supplement during Phase 1
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### Phase 2: Optimization (Days 31–60)

**Goal:** Strengthen results and introduce advanced support

#### Daily:

- Continue cardio + strength + Kegels
- Add a second nitric oxide food to your day

- Add morning stretching (5 mins for hips, hamstrings, glutes)
- Replace one sugary snack with dark chocolate (85%+)

#### Weekly:

- 1 interval training session (light sprints, HIIT, or cycling)
- 1 cold shower or cold plunge
- Limit alcohol to once/week
- Cut added sugars and processed meats

#### Supplements:

- Add or alternate L-arginine with previous supplement
- Optional: Add magnesium or CoQ10 for cardiovascular support

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### Phase 3: Mastery (Days 61–90)

**Goal:** Lock in habits and elevate performance

#### Daily:

- 30 mins total movement (mix cardio, walking, strength)
- Eat 2 nitric oxide-rich foods + 1 circulation-enhancing supplement
- Breathwork or meditation twice per day
- Get 7–8 hours of sleep consistently

#### Weekly:

- 1 yoga or mobility session
- Weekly meal prep to stay ahead of healthy choices
- Eliminate smoking/vaping completely
- Track progress: energy, stamina, mood, and sexual performance

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### Bonus: 3-Minute Daily Routine

Use this every morning to kickstart blood flow and energy:

1. **30 seconds:** Deep breathing
2. **60 seconds:** Kegel reps
3. **60 seconds:** Light stretching or bodyweight squats + drink 16 oz water with lemon/beet juice

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**Tip:** Small, consistent actions drive big results. Keep it simple, stay accountable, and celebrate your progress each week!