

Exercise & Doshas

Workouts for Vata

Vata Gunas

(Movement associated air & ether)

Cold
Dry
Light
Subtle
Clear
Flowing
Hard
Rough
Mobile

General Guidelines Vata:

- Need routine in their workout
- Regular meditation is key
- Yoga: Hatha, restorative, yin, slow flow
- Long walks help calm the mind
- Lifting weights high reps, low to medium weight
- Pelvis stabilizing & abdominal strength

Healthy vata ensures that the body has

- Consistent elimination
- Free breathing
- Good circulation
- Keen senses



Exercise & Doshas

Sample Vata Workout

Perform if you're feeling

- Fearful
- Anxious
- Forgetful
- Stressed

(Take breaks as needed/rest before you start your 2nd & 3rd set to ground down)
Finish with 2 Minutes of breath work (meditation, or focusing on your breath) after your done with lifting session.

3 x 20 Reps- Reminder low to medium size weight if vata is feeling imbalanced. In general with 20 reps do medium weight where you feel a burn when your done but not so depleted you don't feel well.

Superman to high plank

Plie squat with a bicep curl

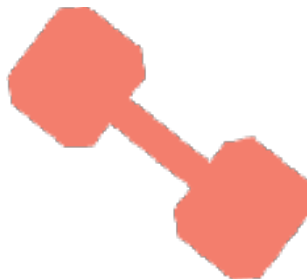
Plank Jacks

Lunge hold with a row

Curtsy lunge with lateral raise

High Plank Pop Squats

Plank Hold- 30 seconds



Exercise & Doshas

Pitta Gunas

(Transformation associated with fire & water)

Hot

Light

Flowing

Clear

Mobile

Sharp

General Guidelines Pitta:

- Yoga- vinyasa, yin, hatha, jivamukti
- Walks
- Medium -heavy weights- 10-12 reps
- Sports to fuel the competitive side (unless out of balance than avoid)
- Creative workouts

Healthy pitta creates

- Good appetite & metabolism
- Steady hormones
- Sharp eyesight
- Comprehension
- Good complexion



Exercise & Doshas

Sample Pitta Workout

Perform if you're feeling

- Angry
- Controlling
- Hateful
- Quick tempered

20- 30 Minutes AMRAP

Push through workout minimal breaks if pitta is feeling balanced. Rest & tune into body if feeling a little off.

Play the Dice Game

You can sub any of the below moves to something that suits your fancy. Do 15 minutes of each version if you want a challenge.

Cardio

Roll #1- Jumping Jacks

Roll #2- Burpees with hand release pushups

Roll #3- Plank Jacks

Roll #4- Ski Jumps

Roll #5- Mountain Climbers

Roll #6- Butt Kicks

Ab Moves

Roll #1- Knee Raise-In crunches

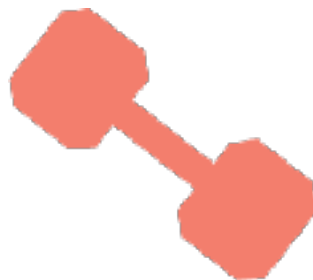
Roll #2- High Plank with army crawl

Roll #3- V-up to a Russian twist

Roll #4- Bicycles

Roll #5- Plank hold with glute raise

Roll #6- Side plank with a crunch



Exercise & Doshas

Kapha

(Nourishment associated with earth & water)

Cold

Wet

Heavy

Gross

Dull

Dense

Static

Soft

Smooth

Cloudy

General Guidelines for Kapha:

- Yoga- ashtanga, vinyasa, power yoga
- Brisk walks
- Heavy to medium weights 8-12 reps
- Group fitness classes
- Dancing

Perform if you're feeling

- Greedy
- Envious
- Unforgiving
- Dark

Healthy kapha creates

- Strong bodily tissues
- Hearty Immune system
- Well-lubricated joint & mucous membranes



Exercise & Doshas

Sample Kapha Workout

Perform if you're feeling

- Greedy
- Envious
- Unforgiving
- Dark

Kaphas need to push through when feeling imbalanced. Understand if you truly need a break or if you are just wanting to kill time. AMRAP not the best workout style for kaphas due to not feeling super motivated when imbalanced to push themeless.

3 sets 10 reps- lifting heavy & compound movements

DB Rainbow Rotations

Squats followed by squat jumps

Side plank with front kick

Squats with 1 arm Arnold Press

Hammer curl to shoulder press followed by up/down planks

Line Jump to Burpee

