

Exercise Chart

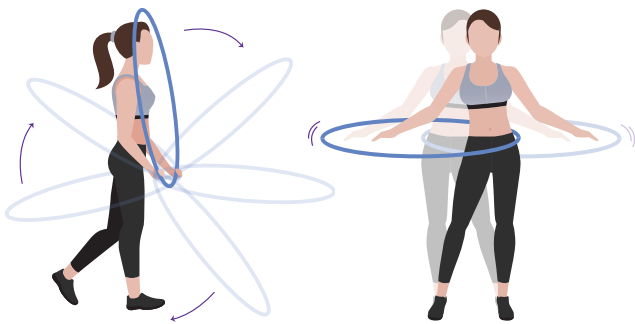
HULA HOOP

METCON



WARM UP

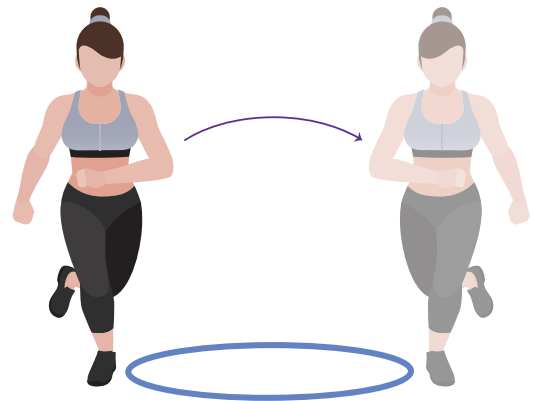
1. Skips & Hula Hooping



3 rounds of: 10 skips (start stepping and increase to hopping gently as you get warm) + 30 sec Hula Hooping. Do each exercise below for 1-2 mins. Between each exercise, hula hoop for 30 secs - 1 min to keep your heart rate and the fun factor up!

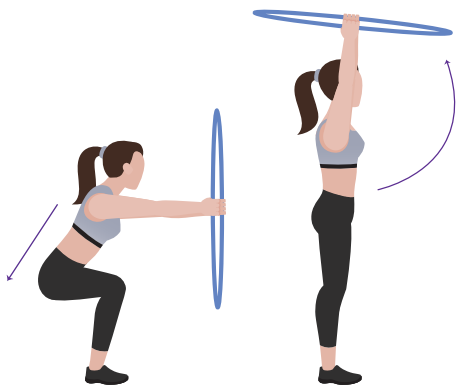
EXERCISES

2: Ice Skaters



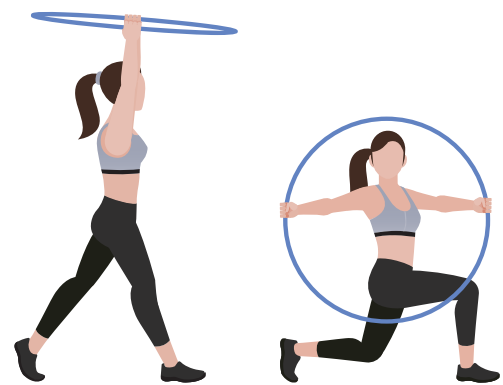
Lay the Hula Hoop on the ground next to you and stand (on your outside leg) on the outside of the hoop. Leap sideways across the hoop to land on the other side (on your outside leg). Option to leap to the inside of the hoop rather than right across.

3: Squat to Overhead Press



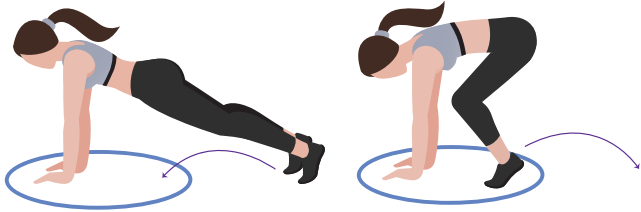
Hold the Hula Hoop vertically out in front of you and squat down. As you stand up, lift the hoop directly overhead. Option to keep the hoop in front of you the whole time.

4: Lunges with a Twist



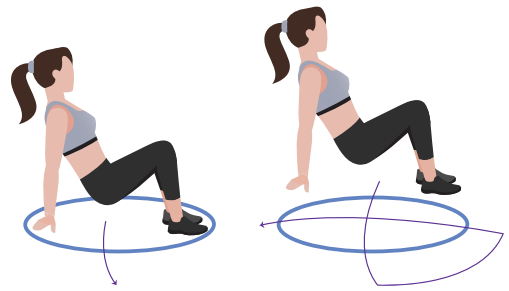
Hold the Hula Hoop overhead and step forward into a lunge position. As you drop into the lunge, twist your torso towards your front leg, bringing the hoop down beside you. As you stand up out of the lunge, and step your feet back together, bring the hoop back overhead. Repeat on the other side.

5: Ins and Outs



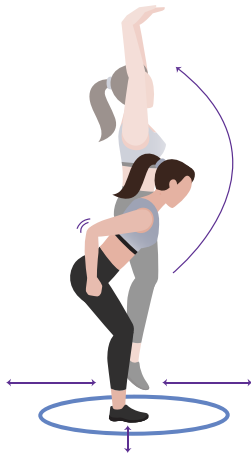
Lay the Hula Hoop on the ground and come to a plank position with both hands in the middle of the hoop. Jump your feet inside the hoop, then jump back to the plank position. Option to step rather than jump.

6: Scurry Scuttles



Lay the Hula Hoop on the ground and sit inside it. Lift your hips up and scurry and scuttle in all directions over the hoop, never letting your hands, feet or hips hit the hula hoop.

7: Basketball Jumps



Lay the Hula Hoop on the ground and stand to one side of it. Step into the centre of the hoop and jump up as though to shoot a basketball. Step out to the other side and shoot again. Repeat to the centre, then step forward out of the top side of the ring and jump. Work your way around the hoop until you have stepped and jumped in all directions.

8: Fast Feet



Lay the Hula Hoop on the ground and run your feet as fast as possible, travelling all over and around the hoop. Go in all directions without stopping and without touching the hoop.

MISH TIPS!

- 1 Avoid overly loose fitting clothes when performing this workout, so you can do Ins and Outs and Scurry Scuttles without getting all caught up.
- 2 Remember to check the height of your workout space before you begin as you will be lifting the Hula Hoop over your head and it is a large piece of equipment.
- 3 Keep your Hula Hoop clipped together at all times so you avoid the excuse of not having time to put it together to do a workout!

CHILD'S PLAY BUT NOT FOR CHILDREN

This Hula Hoop has been designed specifically as a piece of grown up fitness equipment and is not a toy. It is heavier and larger than a child's hoop and has been designed to be used in the context of a fitness workout only.

