

Exercise Chart HULA HOOP MOBILITY WORKOUT



EXERCISE CAN BE CHILD'S PLAY!

Broaden your training horizons and experience the fun and excitement of playing like you did during your childhood!

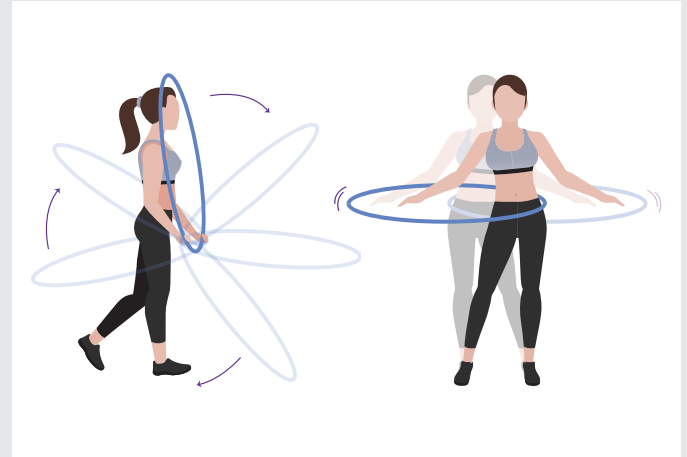
These exercises have been designed to improve your mobility and agility while toning and strengthening your whole body. This routine can be added into your weekly training sessions as part of your toning and/or mobility work.

“Take every opportunity you can to **move!** It's what your body is **designed** to do.”

Mish

WARM UP

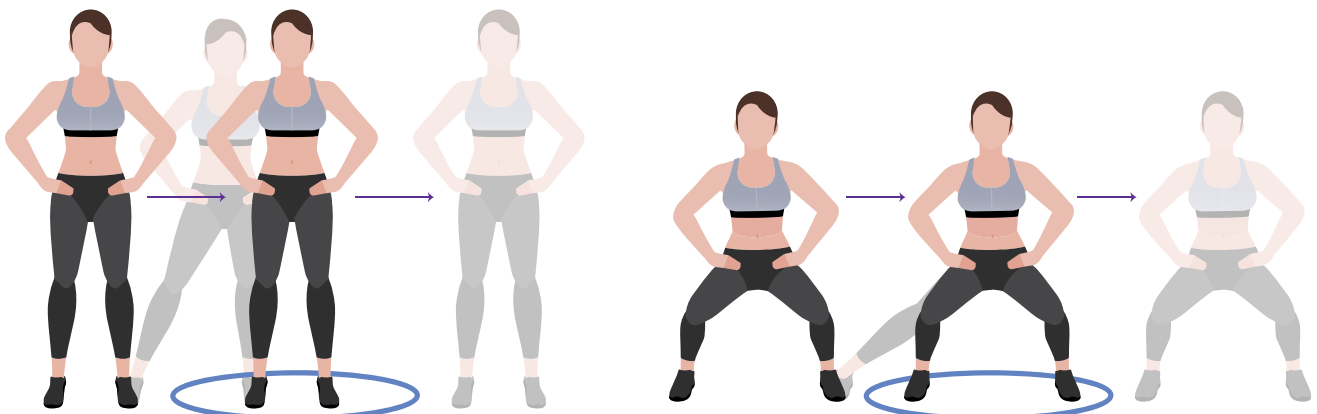
1. Skips & Hula Hooping



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!

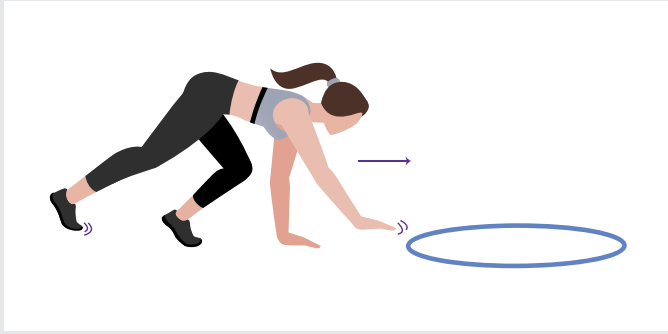
DRILLS

2: Side Stepping



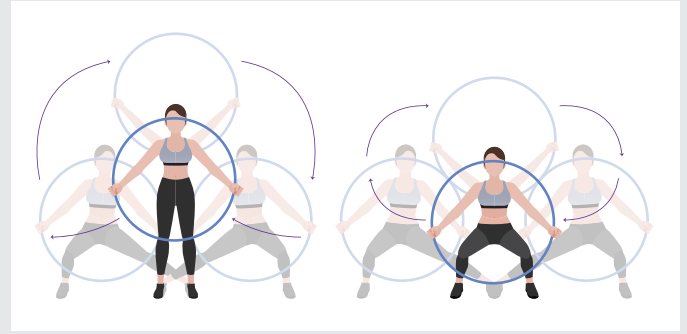
Lay the Hula Hoop on the ground and stand on the outside of the hoop. Step sideways across the hoop, making sure your feet step inside the hoop completely and out to the other side completely. Vary your speed and height (crouch down low in a squat, stand up high on your tip toes) and aim to spend up to 2 mins on this drill.

3: Bear Crawls



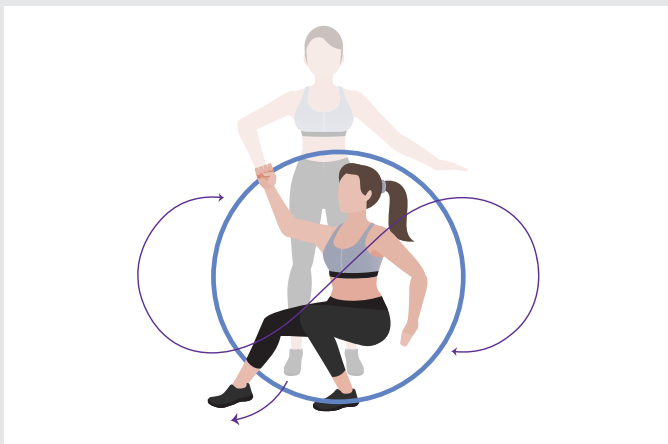
Lay the Hula Hoop on the ground and crouch down with both hands and feet at the outside bottom edge of the hoop. Keeping your knees off the ground and your butt as low as possible, crawl over and around the hoop in multiple different directions. The aim is to not touch the hoop at all, and to keep moving constantly and close to the ground for the entire length of this drill. See if you can work up to 2-4 mins continuous movement.

4: Rainbow Tracing



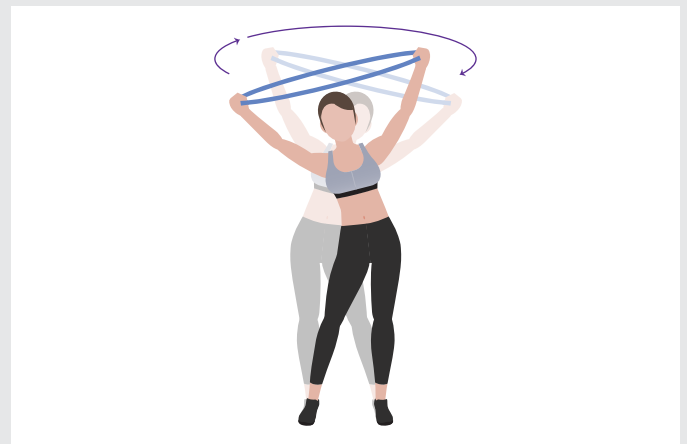
Hold the Hula Hoop out in front of you in both hands and your feet in a wide leg stance. Take the hoop over to the outside edge of one leg, then lift the hoop up the side of your body, trace it overhead and down the other side of your body. Reverse and repeat. As your mobility develops, begin to lunge to each leg to increase the range of the tracing arc of your hoop. Aim to spend up to 2 mins on this drill.

5: Hoop Looping



Hold the Hula Hoop vertically in front of you with the bottom edge on the ground. Loop your body through the hoop in a rhythmical figure 8 pattern, changing the hand that holds the top of the hoop each time. See if you can build up to 2-4 mins of continuous movement with this drill.

6: Hoop Circling



Hold the Hula Hoop in both hands overhead and circle the hoop around in as big a circle as possible, letting the whole body sway as part of the movement. Go in 1 direction until the movement feels smooth and steady, then change directions. Aim to move for a total of 2 mins to flush your whole body and end your mobility session.

MISH TIPS!

- 1 Avoid overly loose fitting clothes when performing this workout, so you can do bear crawls and hoop looping 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.

