

## GENERAL GUIDELINES

# FITNESS HOOP

As with any exercise routine, it's important to begin by warming up your body and most specifically the muscles you are planning to exercise. You can do almost any warm-up routine you like.

At the end of your exercise routine, simply slow down your intensity level for about 3-5 minutes while you stretch out the muscles you have been working. This step is important for your overall health and fitness.

Stretching actually shapes the muscle and eases the stress on the joints. Stretching after a workout lengthens the muscles that have contracted during a workout and helps to maintain a natural, yet toned appearance. After your **Fitness Hoop** routine, stretch the muscles you have used in all directions.

Exhale on the contraction (the muscle engaging part of the exercise) phase of the repetition. Then on the release phase, inhale. Rhythmic and regular breathing will help you achieve the results you desire. Most important, do not hold your breath!

The **Fitness Hoop** is one of the most effective, yet non-jarring workouts that you will ever do. It is based on movements that will help you become more functional and physically fit, while at the same time help you to reshape your entire body.

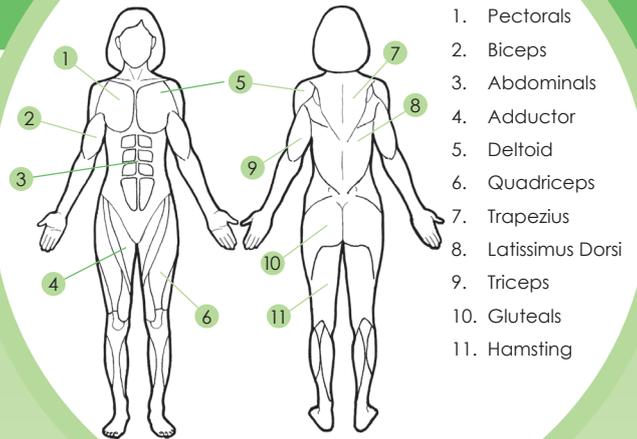
- As with any strenuous exercise program, consult a physician before using the **Fitness Hoop**.
- The **Fitness Hoop** is not a toy. Keep out of reach of young children.
- Never use the **Fitness Hoop** with wet or greasy hands. Grip the **Fitness Hoop** securely to prevent it from slipping out of your hands.
- Be sure to stretch and warm-up slowly before beginning a high intensity workout.
- Never push a workout beyond your comfort zone. While, muscle fatigue, is desirable for optimal toning, pain is your signal to stop immediately.

To keep your **Fitness Hoop** in good condition, follow these easy steps:

- Clean your **Fitness Hoop** with water or very mild soap. Harsh cleaning products may damage the **Fitness Hoop**.
- Avoid prolonged exposure to heat sources such as direct sunlight, lamps, heaters and furnaces.

**Actual product may vary slightly from the one picture.**  
**Before exercising, consult a physician.**  
**Warm-up properly before starting any routine.**  
**Cool down completely before ending a workout.**

## WORKS THESE MUSCLE GROUPS



1. Pectorals
2. Biceps
3. Abdominals
4. Adductor
5. Deltoid
6. Quadriceps
7. Trapezius
8. Latissimus Dorsi
9. Triceps
10. Gluteals
11. Hamstring



### BASIC HULA STRIDE STANCE



Standing with left leg forward and right leg back, knees slightly bent, place fitness hoop on the small of your lower back. Give it a spin and rock forward and back until a good rhythm is reached. Arms remain bent either at your sides, out to the sides, or overhead. Change legs periodically by placing your right leg forward and left leg back.



### GOOD MORNINGS

Standing with fitness hoop behind your back, and keeping knees slightly bent, head up, back neutral, bend forward 90° at hips. Hold for a count of ten, and then raise torso back to starting position. Repeat 5 times.



### BASIC HULA STRIDE STANCE WITH LUNGE

Standing with left leg forward and right leg back, knees slightly bent, place fitness hoop on the small of your lower back. Give it a spin and rock forward and back until a good rhythm is reached. Slowly bend your knees until lunge position is reached, and then return to starting position. Arms remain bent either at your sides, out to the sides, or overhead. Change legs periodically by placing your right leg forward and left leg back.



# FITNESS HOOP

## BASIC HULA WIDE STANCE



Standing with feet just past hip width and knees slightly bent, place fitness hoop on small of lower back. Give it a spin and roll your hips in a circle until a good rhythm is reached. Arms remain bent either at your sides, straight out at each side, or overhead.



## BASIC HULA WIDE STANCE WITH SQUAT



Standing with feet just past hip width and knees slightly bent, place fitness hoop on small of lower back. Give it a spin and roll hips in a circle until a good rhythm is reached. Slowly squat down to a comfortable position and return to starting position. Arms remain bent either at your sides, out to the sides, or overhead.



## BASIC HULA FEET TOGETHER



Standing with feet close together and knees slightly bent place fitness hoop on the small of your lower back. Give it a spin and roll your hips in a circle until a good rhythm is reached. Arms remain bent either at your sides, out to the sides, or overhead. Add a squat as you hula to challenge yourself more.



## ONE ARM CIRCLES



Standing with left leg forward, right leg back, and knees slightly bent, place fitness hoop on right arm and swing it in a circular motion until a good rhythm is reached. Keep abdomen tight at all times. Switch leg position so right leg is forward and left leg is back and repeat with the left arm. To challenge yourself, add a lunge by slowly bending your knees to lunge position and returning to starting position.



## DOUBLE ARM CIRCLE



Standing with feet in wide stance and knees bent. Engage your abdominal muscles by pulling your belly button into your spine. Place fitness hoop around both wrists. Circle fitness hoop clockwise as many times as possible or until a good rhythm is reached, and then circle counter clockwise as many times as possible or until a good rhythm is reached. To challenge yourself, add a squat by squatting down to a comfortable position, and then returning to the starting position.



## LASSO OVERHEAD



Stand with feet hip width apart and knees slightly bent. Start by holding fitness hoop in right hand overhead. Draw a circle clockwise overhead (lasso), open your rib cage (spinal extension), then return to neutral spine and repeat in the other direction. Repeat with left hand. Keep abdomen tight at all times.

