

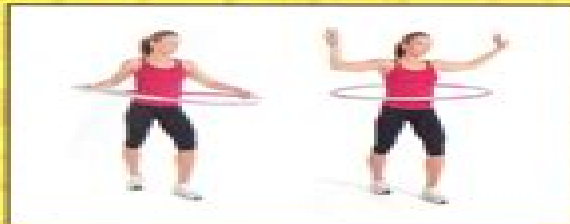


# FITNESS HOOP

## EXERCISE CHART

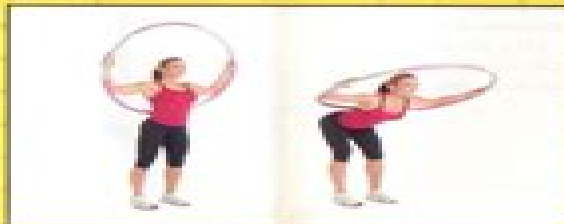


### BASIC HULA STRIDE STANCE



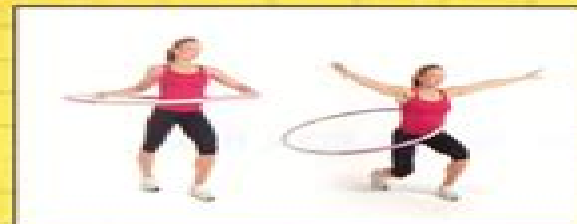
Standing with left leg forward and right leg back, knees slightly bent, place fitness hoop on the small of your lower back. Give it a spin and rock forward and back until a good rhythm is reached. Arms remain bent either at your sides, out to the sides, or overhead. Change legs periodically by placing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

### GOOD MORNINGS



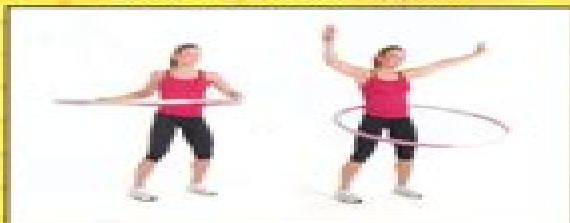
Standing with fitness hoop behind your back, and keeping knees slightly bent, head up, back neutral, bend forward 90° at hips. Hold for a count of ten, and then raise torso back to starting position. Repeat 5 times.

### BASIC HULA STRIDE STANCE WITH LUNGE



Standing with left leg forward and right leg back, 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, then return to starting position. Change legs periodically by placing your right leg forward and left leg back.

### 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



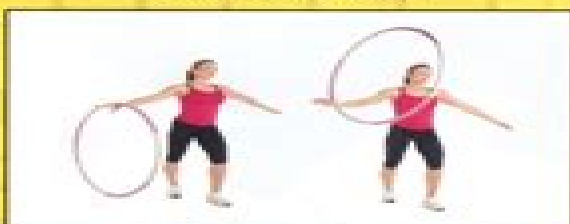
Standing with feet just past hip width and knees slightly bent, place fitness hoop on small of lower back. Give it a spin and roll your hips in a circle until a good rhythm is reached. Slowly squat down to a comfortable position and return to starting position. Arms remain bent either at your sides, 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, place fitness hoop on right arm and swing it in a circular motion until a good rhythm is reached. Switch leg position so right leg is forward and left leg is back and repeat with the left arm. To challenge yourself, bend your knees to a lunge position and then return to starting position.

### DOUBLE ARM CIRCLES



Place fitness hoop around both wrists. Circle fitness hoop clockwise as many times as possible or until a good rhythm is reached, then circle counter clockwise as many times as possible or until a good rhythm is reached. To challenge yourself, squat to a comfortable position, and then returning to the starting position.

### LISSO 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.

# Golds Gym Workout Journal

**M Carnoy**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Golds Gym Workout Journal:**

Golds Gym Workout Journal: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have enthralled audiences this year. Golds Gym Workout Journal : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Golds Gym Workout Journal : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Golds Gym Workout Journal : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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