

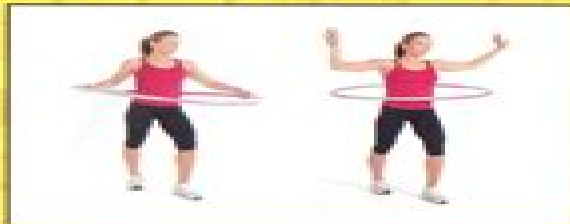


# FITNESS HOOP

## EXERCISE CHART

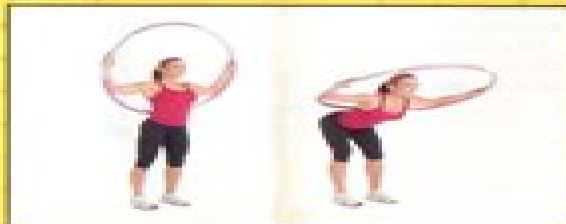


### BASIC HULA STRIDE STANCE



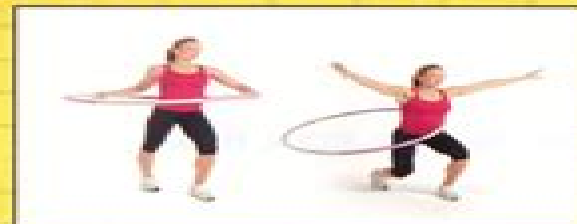
Standing with left leg forward and right leg back, knees slightly bent, place fitness hoop on the small of your lower back. Give it a spin and rock forward and back until a good rhythm is reached. Arms remain bent either at your sides, out to the sides, or overhead. Change legs periodically by placing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



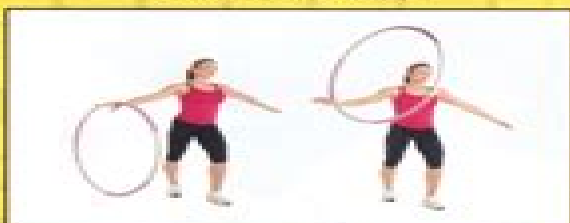
Standing with feet just past hip width and knees slightly bent, place fitness hoop on small of lower back. Give it a spin and roll your hips in a circle until a good rhythm is reached. Slowly squat down to a comfortable position and return to starting position. Arms remain bent either at your sides,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

**Yan Bai**

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.

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