

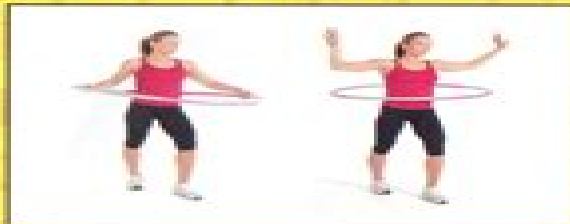


# FITNESS HOOP

## EXERCISE CHART

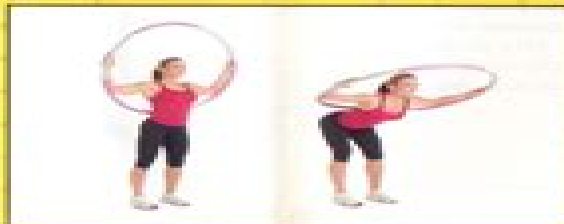


### BASIC HULA STRIDE STANCE



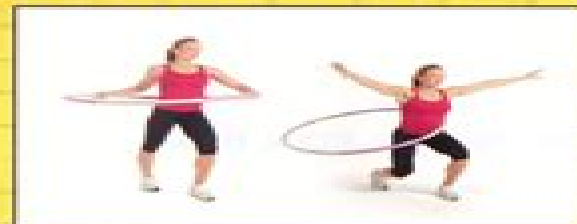
Standing with left leg forward and right leg back, knees slightly bent, place fitness hoop on the small of your lower back. Give it a spin and rock forward and back until a good rhythm is reached. Arms remain bent either at your sides, out to the sides, or overhead. Change legs periodically by placing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



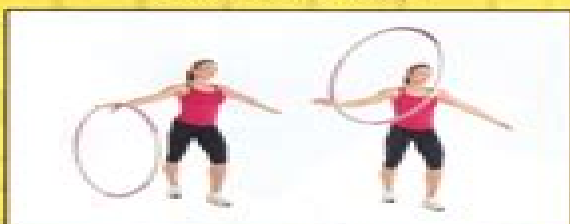
Standing with feet just past hip width and knees slightly bent, place fitness hoop on small of lower back. Give it a spin and roll your hips in a circle until a good rhythm is reached. Slowly squat down to a comfortable position and return to starting position. Arms remain bent either at your sides,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

**Zhe Xu**

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:**

Gold's Gym Workout Journal Cathy Sassin,2000-09-22 Gold s Gym the world s leading bodybuilding authority has put together the perfect take it to the gym training journal Targeted at the average person interested in weightlifting and working out for health this handy spiral bound book provides convenient daily work sheets for tracking sets and reps as they are completed Also included are concise sections on general diet and exercise an introduction to gym equipment and etiquette and sample workouts at beginning intermediate and advanced levels      **Gold's Gym Activity Log Journal** Mega Media Depot,2017-02-16 This Gold s Gym Activity Log Journal is a deluxe exercise diary with plenty of room to record exercise and activity cardio strength flexibility etc of repetitions sets minutes and muscles worked A special area for daily comments makes it easy to see at a glance how you are doing What makes this Gold s Gym Journal special is that we have included 104 pages to keep you on track This is a great way to stay motivated This Exercise Journal can be used with virtually any exercise or fitness program It has been proven that keeping an exercise journal helps people focus and stay more committed to improving their health It really works This Unofficial Gold s Gym Activity Log Journal is no way affiliated with the Gold s Gym It is created by Gold s Gym fans for Gold s Gym fans      Make a Fitness Plan The Experts at Gold's Gym,2018-12-15 Provide your readers with an introduction to living a healthy life both physically and mentally Students will learn how to set health goals create fitness plans and read about different gym machines and how to use them both safely and effectively They will also learn about the importance of nutrition as they read about different food groups discover how to eat right on a budget and how to portion correctly This comprehensive starter guide gives students a broad introduction into the world of health and fitness and in doing so takes away some of the fear and power that may accompany some of these body changes      **The Total Fitness Manual** Gold's Gym,2017-01-03 Transform your body in just 12 weeks Take the challenge Cover      **The Official Gold's Gym Beginner's Guide to Fitness** David Porter,2004-09 With the help of instructive photographs shot on location at Gold s facilities this book on fitness features tips on getting started and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food      *The 3-apple-a-day Plan* Tammi Flynn,Jeanne Drury,2005 Presents a plan for permanent weight loss that uses the pectin in apples to promote weight loss and includes exercise guidelines meal plans and more than one hundred recipes      **The Gold's Gym Book of Bodybuilding** Ken Sprague,Bill Reynolds,1983 This book includes more than 150 profiles of the sport s greatest bodybuilders both past and present who have trained at Gold s each featuring a workout routine or training tip      *The Digital Transformation of the Fitness Sector* Jerónimo García-Fernández,Manel Valcarce-Torrente,Sardar Mohammadi,Pablo Gálvez-Ruiz,2022-07-20 The Digital Transformation of the Fitness Sector highlights the challenges and opportunities of the digitalization of the fitness sector in the wake of recent global challenges in countries around the world      **Yoga Journal** ,2003-07 For more than 30 years Yoga Journal has been helping readers achieve the balance and well

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than your kid's last birthday Remember when the only spare tire you had to worry about was the one in your trunk Do you find yourself gasping for breath at the top of the basement stairs If any of this sounds familiar then you're ready for an over 40 fitness plan And *Fit Over 40 For Dummies* is the place to start Your complete guide to being fit and fabulous over 40 it shows you step by step how to set up a personalized fitness routine and stick to it no matter what your age weight or athletic ability Packed with practical know how and inspiring anecdotes it shows you how to Lose weight and inches from your waistline Boost your energy levels Lower or prevent high blood pressure Reduce your risk of cardiovascular disease and diabetes Improve your muscle tone Give your skin a healthy glow Have a more vibrant sex life Rebound from life changing events more quickly Get fitter than couch potatoes half your age Live a longer healthier life Combing her own experiences with the latest scientific research retired women's tennis pro Betsy Nagelsen McCormack explores what it takes to be fit over forty And step by step she shows you how to Assess your fitness level Eat right for maximum fitness Choose and buying exercise equipment Select the right gym Develop a balanced program of aerobics weight training and stretching Integrate exercise into your daily routine Prevent and working around common injuries and ailments Explore sports outdoor activities and more Stop thinking about how great it would be to feel twenty five again and do something about it *Fit Over 40 For Dummies* helps you get on the road to health and well being

*The Three Muscleteers* Ed Connors, 2022-04-12 *The Three Muscleteers* is the story of Gold's Gym and what's now known around the world as the fitness industry Not long ago athletes of most popular sports football basketball baseball never lifted weights Coaches and trainers even doctors were against it especially for women The film *Pumping Iron* which made Arnold Schwarzenegger a star was shot at Gold's Gym That along with the explosion of bodybuilding competitions that followed throughout the 80s was a big bang moment Thanks to the trifecta of Joe Weider's fitness magazines Arnold's stardom and Gold's Gym the fitness industry was transformed As one of the three owners of Gold's Gym during its golden years Ed Connors will inspire with his success stories of hundreds of visitors to his home in Venice CA only blocks from Gold's Gym Visitors he believed were destined for greatness like action film star and WWE champion John Cena who helped make Gold's Gym the Mecca and the largest gym chain in the world Ed believes life is half fate and half what you do with it *The Three Muscleteers* amplifies the importance of taking risks creating the perfect team and never giving up inspiring bodybuilders wrestlers athletes actors architects CEOs and anyone willing to take a chance to flex their own muscles

*The Gold's Gym Guide to Getting Started in Bodybuilding* Ed Housewright, 2004-08 Publisher Description

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