

core
balance®

How to get the best results from your Fitness Hula Hoop



Please read these instructions prior to use.

- ◆ Weighted Hula Hoops are an exercise aid and must always be used with correct technique.
- ◆ Always consult your doctor prior to commencing any new exercise programme.
- ◆ Please do not use this item or these exercises as a substitute for any exercise, treatment, dietary regime, or rehabilitation which has been prescribed by a doctor.
- ◆ If you experience discomfort or unusual pain while using Core Balance items, or while following Core Balance exercise guides, stop the activity immediately.
- ◆ The information contained within this document are not medical guidelines but for educational purposes only. Core Balance cannot be held liable for user's safety when using a Hula Hoop.

Product Specific Safety

- ◆ Before use, ensure that the Weighted Hula Hoop is in a safe operating condition. Inspect it for any signs of wear and tear. If damage is apparent, do not use the item.
- ◆ Do not attempt to repair any damages.

Do's and Don'ts of Hula Hooping

- ✓ Do keep your spine relaxed and natural. Do not arch it.
- ✗ Don't use Weighted Hula Hoops on your arms or wrists; they're too heavy.
- ✗ Don't move your hips in circular motion, this slows the hoop down.
- ✓ Do move your hips in a front and back motion with one foot in front of the other or move the hips side to side.
- ✓ Do practice both directions to evenly tone your muscles.
- ✓ Do keep your arms up out of the way.
- ✓ Do find an open space where you can move comfortably. You don't want your hoop to snag on furniture or pillars and impede movement.
- ✓ Do be patient and work up your stamina. Start by Hula Hooping for 10 minutes every day for two weeks. Once your stamina improves, you should strive to hoop for thirty minutes at a time.



Weighted Wave Design

Unlike a normal hoop, it has a wave structure which helps to increase your circulation and improve your flexibility as you move your waist and make it spin. It's also weighted which helps you to maintain your momentum and keep it spinning for longer.

Setting up the Hula Hoop

The hula hoop consists of 8 curved sections which have a push-clip design for easy assembly. Simply push the sections together so they click into place and your hoop is ready to use.



Using the Hula Hoop

Hula hooping is one of the most popular forms of exercise. Not only is it fun, but it's incredibly easy. In four simple steps, anyone can get up and give their hoop a spin.

1. Stand with your feet shoulder width apart. Hold the hoop at waist height with both hands and then give it a good spin.
2. Shift your weight between your front and back foot to keep the hoop spinning and maintain momentum.
3. Don't worry if you struggle to maintain momentum and the hoop falls. The more you practice, the more your technique will improve.



Exercises

Basic hula hooping can burn a massive 450 calories an hour but by adjusting your posture or incorporating other exercises into your routine, you can target all manner of muscle groups.



Forward Stance Hula

This exercise is a great way to strengthen your lower back which is the foundation of a strong and stable core. Simply stand with one foot in front of the other as you hula hoop.

Tiptoe Hula

A great way to target your abs. Rather than keeping your feet flat on the floor, engage your core and stand on tiptoes. You'll need good balance to do this exercise so we recommend alternating between 5 rotations on your tiptoes and 10 standard hula hoop rotations.



Wide Squats

Work your quads, hams and glutes with this advanced exercise. Ensure your feet are pointing diagonally outwards and set the hoop in motion. Once the hula hoop is spinning, carefully bend your knees and push your bum down and back in a gentle squat position.

It's impossible to continuously perform squats and keep the hoop spinning so we recommend performing five squats every 30 seconds and increasing the number as your ability improves.



Thank you
for choosing

core
balance®

Discover more of the Core Balance range at
www.corebalancefitness.co.uk

