

FA  
Q

## ABOUT HOOPING





## DO I NEED A SPECIAL HOOP ?

WHEN IT COMES TO HOOPING SIZE MATTERS

The bigger the hoop, the easier it is to spin on your waist.

Top tip : Aim for a hoop to come up to at least your belly button from the ground.



DO I NEED  
EXPERIENCE TO  
JOIN A CLASS ?

ABSOLUTELY NOT !

Everyone is welcome, The first thing you will learn in class is how to spin and maintain a hula hoop on your waist.

It generally takes about 3 classes to be able to maintain the hoop spinning on your waist and to develop the rhythm and muscle memory in your body.

So that's totally ok if you have never hooped before !



## WHAT SHOULD I WEAR/BRING?

Wear fitness friendly attire, a close fitting top and body hugging bottoms such as leggings or shorts as it's harder to hoop in baggy clothes, and of course sport footwear like trainers.

Bring a bottle of water.



## WHAT SORT OF WORKOUT WILL I GET

The exercises are easy to follow, combining cardio, dance and toning helping you to improve overall strength, coordination, balance and cardio fitness, with options to suit all fitness levels.

Hoopng requires constant push-pull contractions in your core muscles, the abdominals and the obliques, as well as in the glutes and thighs.

Combining the added resistance of heavy hoops (up to 1kg) and aerobic exercises, a Hoop fitness class can assist sculpting, reshaping and toning all the right places, all while burning some serious calories.



## IS IT NORMAL TO EXPERIENCE BRUISING ?

While not present in every case, it is very common to experience bruising around your hips and torso when first starting out with your hula hoop.

Hula hooping is a contact activity, like pole dancing. Your body is unaccustomed to the repetitive pressure applied by spinning a hula hoop on your waist, it will take you a short time to adapt.

We've found in most cases that bruising tends to go away after a couple of weeks of regular practise.

If you suffer from a medical condition that leaves you sensitive to pressure related issues or bruising, please consult your doctor before taking up hooping.