

We sell a variety of hoops and teaching packs please visit ukhooping.co.uk for full details of hoops



UK Hooping Teacher Training Workshop

We are a REPs approved Fitness Instructor Training Course
www.ukhooping.co.uk

Visual Hooping Moves & Warm Up available to purchase via
www.ukhooping.co.uk

Happy Hooping

I hope Hooping gives you
as many hours of fun as it
has me

www.jacqui-smith.net
www.ukhooping.co.uk

Hoola Hoop

Exercise & Beginner Moves EBook



Hoop Tips

About Me

I am a personal trainer who is a Level 3 US Bodyhoops Master Instructor & UK Hooping Fitness Tutor.

I have now been Hooping and teaching Hooping for over 8 years. It took me a little while to get to grips with it but once I'd mastered it, there was no stopping me.

I love teaching Hooping and seeing everyone having fun whilst exercising!

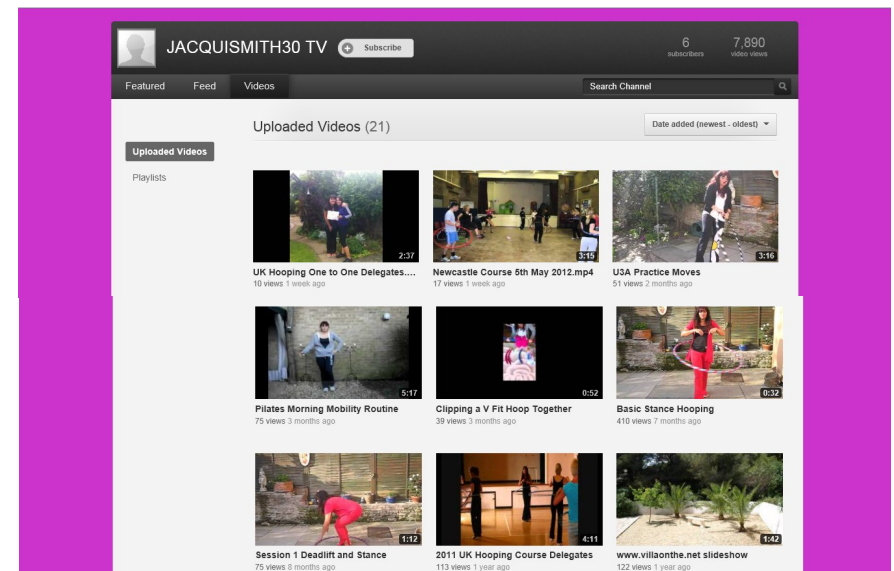
Make sure you spend time hooping in both directions or you will find you become stronger on one side of your abs than the other

If you are into fitness, why not join my other website for our newsletters on enjoying a healthy lifestyle
www.jacqui-smith.net

I have added on my youtube channel a variety of hooping moves and ideas to get you going

Hoola Hooping Contents

- How to Hoop
- Warm Up
- Stretches
- Hoop Moves
- Hoop Tips



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Hoop Moves

Hooping with Genie Arms / Mermaid Arms / Circle Arms

Whilst hooping, raise one arm up above head and other arm to the side hula hoop for a few rotations and change arms over / Bring Arms to Front and Wiggle / Circle arms out to sides.

Hooping & Turns

Whilst hooping, start taking small steps until you turn yourself completed around. Practise stepping around once confident, in both directions.

Hooping walk forward & back

Whilst hooping, start taking small steps forward and then take small steps back. As you become better at this exercise, start walking forward turning yourself around and then walk back to your start position. Can then progress onto side steps

Hooping & Explore Space inside Hoop

Whilst hooping, bring alternate arms into hoop. Practice until you can do with eyes shut.

Hooping & Jumps

Whilst hooping, start taking small jumps, once confident start jumping adding in a quarter turn and then increase to half a turn jumps.

Fast Spins & Slow Spins

Start moving yourself faster and faster to increase the speed of the hoop, bring bent arms upto shoulder height and start shoulder presses – bringing forearms together.

Wide Stance Hooping & Run On Spot

Whilst hooping, start increasing your stance to just past hip distance and then start running on the spot.

Limbo

Whilst hooping, start increasing the push on your tummy and the hoop should spin high in front of the body. Come up onto toes and bend knees whilst pushing tummy.

Booty Bumps

Whilst hooping, start to lean forward and increase the push on your bottom, the hoop will spin up behind you. Bend at knees to help increase push movement.

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How to Hoop

Good Posture Practice

Stand tall, long neck, shoulders relaxed and feet hip width apart. Engage rectus and transverses abdominals - imagine you have a belt around your middle and you are going to pull it tight, suck your belly button into your spine. Now image a cord pulling you up through the centre of your body. Move slightly forwards lifting heels up now move back to centre, and lift toes slightly. Continue this movement, bringing the movement slower and smaller until you come to a stop, this is your neutral position. We are now ready to move on.

It is advisable to perform mobility and stretching exercises (page 4 & 5) before continuing.

Now onto Hooping

Start off with good posture, feet parallel, hip width apart. Practice moving hips side to side, making sure you are only moving the core area and not your whole body. Now practice moving hips forward and back, again making sure you only move your core area. You can practice this in front of a mirror so you can see what you are moving.

Pick up your hoop and let the fun begin.....

Start with hoop against your back, start rotation of the hoop around your waist. Now start moving your hips side to side or forward and back. You will find you have a more dominant side, so spin your hoop in both directions to establish which direction is best for you.

Ensure your hoop is rotating level, if not, try putting yourself into staggered stance (one foot slightly in front of the other) then spin your hoop and Hoola.

To get to this level you will probably need to practice and practice. Hoola Hooping takes time, so stick with it. It will suddenly just happen.

Remember when you've finished hooping to stretch out main muscle groups.

You Tube Helper

<http://www.youtube.com/user/JACQUISMITH30#p/a/u/1/Leohe02jGk8>

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Warm Up

Head Turns

Stand tall with shoulders relaxed down. Turn the head gently side to side then forwards (not backwards). Never jerk the neck. 5 repetitions each side.

Shoulder Rotations

Hands on shoulders, rotate the arms forward and then backwards at a controlled speed. Then shrug the shoulders up a few times. 5 repetitions both sides.

Upper Body Bends

Stand with legs hip width apart, knees slightly bend, arms to side of legs. Gently curl forward from the waist and straighten up, rolling up and down the spine. Then slide arms down the outside of your leg bending to the side. 5 repetitions.

Knee Lifts

Standing tall start by bringing one knee up in front, clasp hold of the knee and pull towards the chest. Repeat other side. 10 repetitions.

Leg Squats

Place hands on hips. Gently bend at the knees, as though you are going to sit in a chair, making sure you push your bottom out and keep your tummy squeezed. 10 Repititions.

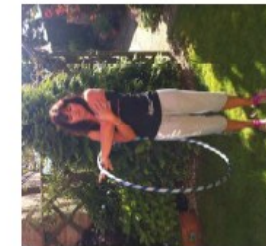
Heel to Toe Flexion

Bend your foot towards the floor then towards the ceiling. Rotate the foot in a circular motion. Repeat in other direction. 10 repititons both feet.

Spend about 5-10 minutes warming up

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Hooping Stretches



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