‘Hooping’ can provide a total-body workout, based on the variety of movements and coordination that the activity entails. Its innovative wave design on the hoop’s interior helps to trim the muscles around the hips, abdomen, back, legs and especially the waist and provide light massage while exercising. Through hooping, exercisers can improve flexibility and balance while strengthening and toning the muscles of the back, abdomen, arms and legs, in addition to burning calories.
**Standing Side Bend**

**Targets:** Oblique abdominals and shoulders

**Starting position:** Standing, feet shoulder-distance apart, torso neutral, arms reaching forward holding sides of Exercise Hoop.

**INHALE** Reach Hoop overhead.

**EXHALE** Slightly flex knees and bend torso to one side, keeping Hoop centered over head.

**INHALE** Return to vertical with Hoop overhead.

**EXHALE** Lower Hoop in front of torso.

Complete 5-8 repetitions on each side.

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**Standing Breast Stroke**

**Targets:** Upper back

**Starting position:** Standing, feet shoulder-distance apart, torso neutral, Exercise Hoop resting across back of shoulders, arms wrapped around with hands pressed against outside of hoop.

**INHALE** Extend upper back, lifting chest toward ceiling, and following with eye focus.

**INHALE** Return to starting position.

Complete 8-10 repetitions.
Spine Twist

Targets: Oblique abdominals
Starting position: Standing inside Exercise Hoop, feet shoulder-distance apart, torso neutral, holding sides of Hoop at waist level.

INHALE Prepare.
EXHALE Rotate torso to one side.
INHALE Stay.
EXHALE Return to center.

Complete 3-5 repetitions on each side, alternating.

Kneeling Breast Stroke

Targets: Upper back, posterior shoulders
Starting position: Kneeling, knees hip-distance apart, Exercise Hoop upright resting on floor in front of body, hands resting on top of Hoop, shoulder - distance apart.

INHALE Press down on Hoop slightly and extend upper back, lifting chest toward ceiling.
EXHALE Return to starting position.

Complete 5-8 repetitions.
Modification: Once in extended position, flex elbows to bring Hoop toward chest.

Hip Flexor Stretch

Targets: Front of hips
Starting position: Kneeling on one knee, foot of other leg on the floor, Exercise Hoop upright beside torso on side of bottom leg, one hand resting on top.

INHALE Prepare.
EXHALE Hinge torso forward lengthening front of hip on back leg.
INHALE Return to upright position.

Complete 3-5 repetitions on each side.
Modification: Hamstring Stretch. After hinge forward, sit back and lengthen front leg reaching arm forward.
Teaser

Targets: v, shoulders and legs
Starting position: Lying on back on mat, legs together and bent with feet inside Exercise Hoop, arms overhead holding Hoop shoulder-distance apart.

INHALE  Prepare.
EXHALE  Roll torso forward off mat and straighten legs, keeping arms long overhead.
INHALE  Stay.
EXHALE  Roll down to mat and bend knees to starting position.
Complete 5-8 repetitions.

Thigh Stretch

Targets: Front of thighs
Starting position: Kneeling, knees hip-distance apart, Exercise Hoop upright beside torso, one hand resting on top.

INHALE  Prepare.
EXHALE  Keep a neutral alignment and hinge torso back from knees, reaching outside arm forward.
INHALE  Return to vertical.
Complete 3-5 repetitions with Hoop on each side.
Starting position: Stand with one foot slightly forward, the other slightly back, or with feet even and apart, hold Exercise Hoop at waist level, slightly pressed against lower back. Start the Hoop circling by pressing it toward your abdomen with the hand opposite the forward foot and shift the weight forward. Continue to shift the weight forward and back (or side to side if the symmetrical foot placement is used).

For an additional challenge, place the opposite foot forward and circle the Hoop in the opposite direction.

WARRANTY, CARE AND USAGE FOR EXERCISE HOOP

Warranty
This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

Care and Cleaning
If necessary, clean the Exercise Hoop with a combination of tea tree oil* and water. A mixture of mild soap and water can be used to remove more persistent dirt. Ensure cleaner does not make surfaces slippery.

*Tea tree oil is a natural disinfectant available at most pharmacies or health food stores; mix according to directions on package.

Safety and Usage
Improper use of exercise equipment may cause serious bodily injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Use equipment only for exercises recommended.
- Do not allow children to use or be around equipment without adult supervision.
- Maintain control of the Exercise Hoop at all times while exercising.
- Perform exercises in a slow and controlled manner; avoid excessive tension in neck and shoulders.
- Do not use equipment if it appears worn, broken or damaged, and do not attempt to repair equipment yourself.

Starting position: Stand with one foot slightly forward, the other slightly back, or with feet even and apart, hold Exercise Hoop at waist level, slightly pressed against lower back. Start the Hoop circling by pressing it toward your abdomen with the hand opposite the forward foot and shift the weight forward. Continue to shift the weight forward and back (or side to side if the symmetrical foot placement is used).

For an additional challenge, place the opposite foot forward and circle the Hoop in the opposite direction.