

HULA HOTTIE - BEGINNER COURSE

ON & OFF BODY BASICS

REMINDER:

PLEASE DO NOT COMPARE YOURSELF TO ME - I'VE BEEN HOOPING FOR YEARS SO I DO NOT DROP NOW - BUT I USED TO AT THE BEGINNING!!! YOU WILL DROP IT AND YOU STILL GET A GREAT WORKOUT NO MATTER HOW MANY TIMES YOUR HOOP DROPS!

Warm Up:

- ☐ YOU CAN SKIP SESSIONS IF YOU WANT TO MOVE ON
- ☐ YOU CAN REPEAT SESSIONS IF YOU FEEL YOU NEED TO PRACTICE
- ☐ YOU CAN SLOW THE VIDEOS DOWN - ADJUST SPEED IN THE BOTTOM RIGHT CORNER

Moves:

FASCIA STRETCHES

- ☐ ARMS CUDDLE IN THE FRONT & LIFT & THEN ARMS TO THE BACK & SQUEEZE
- ☐ SHOULDER CIRCLES:
 - TOGETHER TIME
 - SPLIT TIME
- ☐ CRESCENT MOON STRETCH - DYNAMIC

Mini Dance:

TURN WHILE WAIST HOOPING

TEASE - RECOVERY

MERMAID - BASIC BODY WAVE

PUMP - SPEED CONTROL

CRYSTAL BALL - HYPEREXTENSION & TRANSVERSE STRETCH OF THE SPINE

ORBIT • STARTING OFF WITH THE HANDS

LASSO • OVERHEAD – DO NOT OVERDO IT, CAN CAUSE BRUISING

Conditioning - introduction to beginner plyometrics

30 seconds Pump
40 seconds Kalinka

repeated for a total of 3 rounds

Module 1

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To make it easier:

- ☐ USE A LARGER DIAMETER HOOP BECAUSE THAT SPINS SLOWER & MAKES IT EASIER TO LEARN & IT IS LESS CARDIOVASCULARLY CHALLENGING
- ☐ TURN SAME WAY AS YOUR HOOP GOES - THAT GIVES YOU MORE TIME WITHIN 1 REVOLUTION - IT WILL FEEL SLOWER, MORE RELAXING, YOU WILL FEEL LESS RUSHED INTO MOVEMENT
- ☐ REPEAT IF YOU FEEL THERE'S ROOM FOR IMPROVEMENT. YOUR BODY WILL COPE A LOT BETTER WITH THE CHALLENGING MOVES IF YOU EXPOSE IT TO MORE REPETITIONS. THE MOVES WILL FEEL MORE FAMILIAR TO YOUR NERVOUS SYSTEM, IT WILL LET GO OF TENSION AND RESIST YOUR MOVEMENT LESS. REPETITION IS THE SECRET SAUCE. I REPEAT MOVES COUNTLESS TIMES, TOO.

To make it harder:

USE A SMALLER HOOP - THAT SPINS FASTER AND MAKES YOU WORK HARDER AND ACT QUICKER

TURN AROUND LESS & TRY & DO A BODY SCAN AIMING FOR TALLER TIDIER POSTURE, NEATER & MORE GRACEFUL MOVES.

USE MORE HOOPS: BY USING ADDITIONAL HOOPS, YOU WILL HAVE TO GENERATE MORE MOMENTUM AND IT WILL MAKE THE WORKOUT MORE DEMANDING IN TERMS OF BOTH RESISTANCE & CARDIO. LASSO

Conditioning

Mostly focused on recruiting fast-twitch muscle fibres. This is how we learn to use our muscles for POWER.

You may experience DOMS (delayed onset muscle soreness) - usually fast twitch fibres are the first ones that are impacted by sarcopenia (age related muscle degeneration) so if you struggle: it is normal, most adults do not use these muscle fibres much and with regular conditioning they do adapt & surprise you with amazing fitness gains. You will feel a lot fitter even if initially it will all feel humbling. Do not let the experience discourage you - the fitness gains you can achieve will surprise you & boost your confidence.

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Easy handstand challenge

☐ THIS IS FOR ADULT BEGINNERS WHO WERE NEVER ABLE TO HANDSTAND BEFORE

☐ IT IS A VERY BASIC LITTLE INTRODUCTION TO INVERSIONS

THE GOAL IS NOT REALLY A HANDSTAND AS SUCH (YET)

☐ THE GOAL IS:
TO **CONDITION YOUR CIRCULATORY SYSTEM GENTLY SO IT GETS USED TO THE CHANGE IN BLOOD PRESSURE IN DIFFERENT PARTS OF THE BODY.**
YOUR HEAD - EVEN YOUR EYEBALLS WILL PROTEST INITIALLY!
THIS IS WHY THIS IS A VERY BEGINNER -FRIENDLY WAY TO START TURNING THE BODY UPSIDE DOWN.

☐ THE LIGAMENTS IN YOUR WRISTS NEED THIS SLOW AND GENTLE APPROACH SO THEY CAN ADAPT TO THE NEW CHALLENGE.

☐ YOUR LYMPHAIC SYSTEM WILL REALLY FEEL REFRESHED AND YOUR LEGS WILL FEEL LIGHTER SO THIS IS AN EXCELLENT WAY TO TAKE WEIGHT OFF YOUR LEGS & MAKE YOUR FEET FEEL LESS STRESSED & HEAVY.

THIS IS RESISTANCE TRAINING FOR YOUR UPPER BODY AS WELL AS YOUR ENTIRE CORE.

☐ IT MAY BE HUMBLING INITIALLY BUT RESISTANCE TRAINING IS WHAT STIMULATES MUSCLE FIBRES TO DEVELOP. THIS IS HOW YOUR MUSCLES PULL ON BONES AND STIMULATE NOT JUST YOUR MUSCLES BUT YOUR BONES TO GET STRONGER.
SARCOPENIA IS AGE-RELATED DEGENERATION OF MUSCLE THAT USUALLY STARTS AROUND THE AGE OF 35 AND THAT MEANS OUR LEAN MUSCLE MASS DROPS. WITH THAT OUR BONE DENSITY DROPS AND EVENTUALLY THIS CAN RESULT IN OSTEOPENIA THEN OSTEOPOROSIS.
SO EVEN IF YOU NEVER WANTED TO HANDSTAND, WOULD GET CURIOUS AND TRY IT FOR THE SAKE OF DEVELOPING MUSCLE & SKELETAL STRENGTH FOR WELLNESS.
ABSOLUTELY ZERO STRESS IF YOU CAN NEVER ACHIEVE A HANDSTAND BUT THE STRENGTH GAINS YOU STILL BENEFIT FROM WHILE GIVING THESE MOVES A TRY.