

The logo for HULA, featuring the word "HULA" in a bold, pink, sans-serif font. Below the text is a stylized graphic of a hula hoop in shades of teal and pink, with the letters "FIT" written in a smaller font across it. The entire logo is enclosed in a white circular border.The logo for CORE CREW, featuring the words "CORE" and "CREW" stacked vertically in a bold, pink, sans-serif font. The text is centered within a white circular border that has a hand-drawn, slightly irregular appearance. A pink lightning bolt graphic is positioned behind the text.

HULAFIT TRAINING DAY

SATURDAY 6TH FEBRUARY 12 - 4pm

Group 2. Off Body Cardio - Using Hoop as a Prop

Techniques: Choose 2 or 3

Lunge

Side Step

Squat

High Knees

Leg Curl

Jog

Box Step

Grapevine

Considerations: How are you holding the hoop?

- In front of you
- Above your head
- Roll on floor
- Over the body