

The logo for HULA, featuring the word "HULA" in a bold, pink, sans-serif font. Below the text is a stylized graphic of a globe or a circular path in shades of teal and blue, suggesting movement or a fitness theme.The logo for CORE CREW, with the words "CORE" and "CREW" stacked vertically in a bold, pink, sans-serif font. The text is centered within a circular frame that has a hand-drawn, slightly irregular appearance. A pink lightning bolt or starburst shape is positioned behind the text, adding a dynamic and energetic feel.

## HULAFIT TRAINING DAY

SATURDAY 6TH FEBRUARY 12 - 4pm

### Group 3. On Body: Arm Routines

Techniques: Choose 2 or 3

Shoulder Press      Cactus Arms

Boxing      Straight Arms

Bicep Curl      Dance move

Tricep Curl      Bent Arms

Considerations: Arm Position

- Arms up
- Arms out
- In front of you
- Different angles