



# CLASS STRUCTURE BREAKDOWN

45 min class = 11 Tracks

**Track 1 :** Warm Up - aerobic based movements & dynamic stretches

**Track 2 & 3 :** On Body warm up - How to Hula, practise Hula Hooping technique and skills. Can include; Opp direction, Fast hoop, Save the Hoop, Side to side pulse vs Forward/Backward pulse, Turning, Hip hooping, simple arm movements, alternate feet position

**Track 4 - 6 : Main On Body Cardio Workout**

**Track 4 :** Arms workout. Arm toning exercises/Arms sequence - start simple & layer to add intensity/difficulty

**Track 5 :** Leg movements or Leg sequence. Can include; Beanpole, stepping, side taps, turning, balance, jumping, fast feet, marching, tip toes, salsa - add arm movements for intensity.

**Track 6 :** Leg/Arms dynamic sequence or interval training. Can include; Box step, grapevine, Squats, Lunges, fast feet, stepping, fast hoop, beanpole, jumping, limbo, twerk, both directions

**Track 7 - 8 : Off Body Cardio Workout - can add in On Body cardio**

Either holding Hoop or using Hoop as marker.

Can include; High Knees, Jumping Jacks, jogging, Lunges, Squats, Squat jumps, Jumping over the hoop, fast feet, Scissor legs, Skipping, Grapevine, Box Step, Curtsey Lunges, Skaters, Floor Taps, Burpees, Walk outs, Flip the hoop, leg curls.

**Track 9 : Floor Work/ Muscular Strength training**

Can include; Shoulder Workout, Arabesque Balance, Planks, Oblique Twist, Crunches, Glute Bridges, hooping sit ups, Squats, Lunges, Wonky Hoop.

**Track 10 : Fun On body Cool Down**

Can include; Dance Sequence/Hoop Tricks/Fun techniques/Games. Limbo/Twerk. Try Chest/Arm/Leg/Neck Hooping with lighter hoops. Play a game with the group. Tricks can be taught in this section if able.

**Track 11 : Stretch**

Full body static stretches; can use hoops to give extra stretch. Focus on: Quads; Hamstrings; Oblique, Shoulder and Hip Flexor stretches.