



HulaFit Lesson Plan

NAME: _____ **DATE:** _____ **VENUE:** _____ **TIME:** _____

CLASS COACHING POINTS: Keep the core strong and firm; If new, don't feel like you must do all the moves, just keeping it up will be enough; Keep knees soft, don't lock out; Remind about space!

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| <p>OFF HOOP WARM UP: Duration: 3 mins</p> <p>General List of Moves: Head up & down, side to side; Shoulder rolls; torso twists; march on spot; Hip thrusts; Shallow squat; High reach</p> <p>Coaching Points: Warm-up whole body; keep hips pointing forward for torso twists; NO jumping/running, only marching</p> | <p>ON HOOP WARM UP: Duration: 7 mins</p> <p>General List of Moves: Keep hoop up in both directions; Turning around in both directions, Pirouette, going with & against the hoop; Tip toes; save the hoop (squat & scoop)</p> <p>Coaching Points: To keep hoop up, pulse backwards & forwards, soft knees, lift chest, don't look down, keep breathing – aim to keep hoop up, don't attempt extra moves if struggling to maintain hoop spinning on waist.</p> |
| <p>MAIN WORKOUT: Mix of CARDIO/MSC Duration: 25 mins</p> <p>ON HOOP: Move: Side Taps Coaching Points: Keep movement coming from waist, not hips</p> <p>Move: Bean Pole Coaching Points: Feet together, hands together. Add arm movements to increase intensity.</p> <p>Move: Squat Coaching Points: Weight down through heels, feet pointing out at angle for wide squats, keep chest lifted, back straight, movement from waist.</p> <p>Move: Jumping – 180°/360°/round in a circle Coaching Points: Attempt to keep the hoop going when you land</p> <p>Add ons/Adaptations: Try both directions if able for each move; Add arms w/side-taps; Squats – take to kneeling on floor if knees are stable & try pulsing. Add arm movements with Bean Pole.</p> | <p>OFF HOOP: Move: Burpees Coaching Points: Bring body down to frog pose before jumping to plank</p> <p>Move: Mountain Climbers Coaching Points: Bring Knees into chest, strong arms, palms flat on floor with wrist above shoulders</p> <p>Move: Jumping Jacks Coaching Points: High energy, swing arms up high, bend knees when legs out wide for higher intensity.</p> <p>Move: Boat Pose abdominal w/ hoop side to side Coaching Points: Use core to keep body lifted, lift feet off floor, use both arms to swing hoop side to side.</p> <p>Add ons/Adaptations: Do jumping squats or step back into plank rather than jump if full burpees are too much. Mountain climbers: Slow tempo or hold plank position if a struggle. Jumping Jacks: Do half jacks for lower impact. Boat Pose: can bring heels to floor for stability.</p> |
| <p>ON HOOP COOL DOWN: Duration: 6 mins Try Pirouette & turning with the hoop, same direction/ opp direction OR Try Chest/Arm/Leg/Neck Hooping;</p> | <p>STRETCHES: Duration: 4 mins Use hoops to give extra stretch; Quads; Hamstrings; Shoulder and Hip Flexor stretches</p> |

using lighter hoops.