



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!

<p>OFF HOOP WARM UP: Duration: 3mins</p> <p>General List of Moves: Neck circles, march on spot, shoulder circles, heel digs, side bends, torso twists, box step, grapevine & leg curls, hip circles.</p> <p>Coaching Points: Warm up whole body, encourage mobility in hips and torso, keep low impact and arms low.</p>	<p>ON HOOP WARM UP: Duration: 7mins</p> <p>General List of Moves: Keep hoop up in both directions; Turning around in both directions, Pirouette, going with & against the hoop; Speed Hoop up (angry chicken), 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. Bring legs closer to increase intensity.</p>
<p>MAIN WORKOUT: Mix of CARDIO/MSC Duration: 25 mins</p> <p>ON HOOP: Move: Arm Routine – Up/To sides/To front/Wave/Cactus arms Coaching Points: Active arms – tense muscles, keep strong core & rhythmic pulse.</p> <p>Move: Side Taps/Walk forwards/backwards Coaching Points: Keep movement coming from waist/core, not hips.</p> <p>Move: Balance – Lift leg to side (both sides) Coaching Points: anchor weight through one leg, point toe out to side, lift & lower, attempt to sustain longer each time. Stay strong in core.</p> <p>Move: Squats – different tempo Coaching Points: Feet out wide, toes pointed out diagonally, chest lifted, back straight, squeeze glutes as rise up.</p> <p>Add ons/Adaptations: Arms; add elbow curls Side Taps; add arm sequence. Squats; Hold hoop above head if struggling to maintain hoop.</p>	<p>OFF HOOP:</p> <p>Move: Grapevine + Leg curl w/ hoop to front Coaching Points: Demo steps, be clear with direction & counts.</p> <p>Move: Box Step w/ lift hoop above head Coaching Points: Demo step, be clear with leading foot & counts; bend knee at front, high at back.</p> <p>Move: Flip Hoop on floor Coaching Points: Flip hoop side to side, side steps, get low to pick up hoop.</p> <p>Move: Lunges w/ twist + hoop to front Coaching Points: Feet on a train track, step forward, don't bring knee over foot, leg at 90°, squeeze glutes to come up, alternate legs.</p> <p>Add ons/Adaptations: Box Step; add both legs jump back for more intensity. Lunge; shallower step for stability. Flip Hoop; if bending is a problem, hold hoop to side and squat through hoop.</p>
<p>ON HOOP COOL DOWN: Duration: 6 mins</p> <p>Limbo/Twerk with hoop Or Switch to lighter hoops for Arm/hand Hooping in front/above: both arms</p>	<p>STRETCHES: Duration: 4 mins</p> <p>Forward fold, side bends, shoulders, Trap stretches, Hamstrings/quads stretches, torso twists.</p>

