



## 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; keep breathing, Remind about space!

<p><b>OFF HOOP WARM UP:</b>  <b>Duration: 3mins</b>  <b>General List of Moves:</b> Neck side to side/up &amp; down, march on spot, shoulder circles/arm circles, heel digs, side bends, torso twists, box step, fast feet in &amp; out of hoop, hip circles, squats</p> <p><b>Coaching Points:</b> Warm up whole body, encourage mobility in hips and torso, keep low impact and arms low.</p>	<p><b>ON HOOP WARM UP:</b>  <b>Duration: 7mins</b>  <b>General List of Moves:</b> Hoop in both directions; Side to side push with body, save the hoop (squat &amp; scoop), speed up, find space in the hoop - dip hands into front of hoop.</p> <p><b>Coaching Points:</b> To keep hoop up, pulse backwards/forwards or side/side, soft knees, lift chest, strong core, 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><b>MAIN WORKOUT CARDIO/MSD</b>  <b>Duration:</b>  <b>ON HOOP: 25 mins</b>  <b>Move: Boxing –</b> Jabs &amp; Roundhouse punch.  <b>Coaching Points:</b> Hands in fists, position in front of cheeks, lead movement from shoulder, strong core.</p> <p><b>Move: Tip Toes – Pulses &amp; holds</b>  <b>Coaching Points:</b> Strong core, arms out for balance, feel it in the calf muscles</p> <p><b>Move: Fast Feet intervals</b>  <b>Coaching Points:</b> Legs wider than hip width, bounce from toes, fast tempo, side to side motion using sides of body to push</p> <p><b>Move: Lunges - forwards</b>  <b>Coaching Points:</b> lift chest, big step, don't bring knee over toe, use glutes to squeeze up.</p> <p><b>Add ons/Adaptations:</b> Try both directions if able for each move. Combine Squat with boxing. Tip Toes; Bring feet together. Lunges; if wobbly take shallower step OR hold hoop if struggling to maintain.</p>	<p><b>OFF HOOP:</b></p> <p><b>Move: Squat through hoop</b>  <b>Coaching Points:</b> Hold hoop to one side, wide squat through hoop &amp; change hands</p> <p><b>Move: Use Hoop as Marker Combo –</b> jump the compass points, jump over &amp; Jog around hoop.  <b>Coaching Points:</b> Be clear with directions, high energy, lots of encouragement for jumping over hoop</p> <p><b>Move: Skipping Intervals</b>  <b>Coaching Points:</b> grip hoop loosely with hands, can try jumping through with 1 leg or both.</p> <p><b>Move: Plank –</b> static plank with hands in hoop, sidestep in plank &amp; tap hands outside hoop  <b>Coaching Points:</b> straight line with spine, stick heels out, squeeze core up into lower back</p> <p><b>Add ons/Adaptations:</b> Hoop as marker; step instead of jump for lower impact. Skipping; step for lower impact. Plank; can hold forearm plank for bad wrists, knees on ground if struggling.</p>
<p><b>ON HOOP COOL DOWN:</b>  <b>Duration: 5mins</b>  Choose a dance along song e.g Macarena/Cha Cha Slide/Saturday Night – teach the moves &amp; Hoop - keeping hoop on the waist.</p>	<p><b>STRETCHES:</b>  <b>Duration:</b>  Forward fold, Hamstring stretch. Use hoops to give extra stretch; side bend, torso twists, Shoulder rolls and quads stretches</p>

