



## HulaFit Lesson Plan

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **VENUE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_

**CLASS COACHING POINTS:** Keep the core strong and engaged; 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: 4 mins</b></p> <p><b>General List of Moves:</b> Head up &amp; down, side to side; Shoulder rolls; torso twists; march on spot; Hips side to side &amp; thrusts; Shallow squat; High knees, side steps w/ arms, forward bend with ham string stretches, light jog around hoop</p> <p><b>Coaching Points:</b> Warm-up whole body; keep hips pointing forward for torso twists, keep low impact.</p>	<p><b>ON HOOP WARM UP:</b> <b>Duration: 6 mins</b></p> <p><b>General List of Moves:</b> Hoop in both directions; Side to side push with body, save the hoop (squat &amp; scoop), speed up(angry chicken), hip hooping, Turning around in both directions – walking &amp; pivot.</p> <p><b>Coaching Points:</b> strong pump backwards &amp; forwards, soft knees, lift chest, don't look down, keep breathing. don't attempt extra moves if struggling to maintain hoop spinning on waist. Bring legs closer to increase intensity.</p>
<p><b>MAIN WORKOUT: CARDIO/MSC</b> <b>Duration: 25 mins</b></p> <p><b>ON HOOP:</b> <b>Move: Arm Exercise</b> – small arm circles, shoulder press, tricep curl, bicep curl <b>Coaching Points:</b> Active arms – tense muscles, keep strong core &amp; rhythmic pulse. Keep elbows up. Keep elbows close to head for triceps, elbows tucked to body for bicep curl.</p> <p><b>Move: Bean Pole + Arm movements</b> <b>Coaching Points:</b> Squeeze feet &amp; legs together, squeeze bottom, encourage stronger core action.</p> <p><b>Move: Box Step – add arms</b> <b>Coaching Points:</b> Demo step, be clear with leading foot &amp; counts. Keep hoop strong on waist.</p> <p><b>Move: Side Step – add arms</b> <b>Coaching Points:</b> Keep Hoop on waist, strong core</p> <p><b>Add ons/Adaptations:</b> Box Step – increase tempo for higher impact or if struggling to maintain spinning, can hold hoop. Side Step – increase tempo for higher impact or widen step into side to side squat. Bean Pole – may need feet apart to maintain hoop spinning.</p>	<p><b>OFF HOOP:</b> <b>Move: Forward Lunge/Side Lunge w/ hoop on floor</b> <b>Coaching Points:</b> lift chest, big step, don't bring front knee over toe, use glutes to squeeze up stick bottom our for side lunge.</p> <p><b>Move: Jump + High knee Combo</b> <b>Coaching Points:</b> Hoop on floor, stand in middle, jump with both feet out of hoop, 3 high knees, repeat</p> <p><b>Move: Sumo Squat Pulse + Heel Raise</b> <b>Coaching Points:</b> Hoop in front, hands on top, feet wide, toes pointed out diagonally, chest lifted, squeeze glutes -alternately raise Heels &amp; pulse.</p> <p><b>Move: Arabesque Balance</b> <b>Coaching Points:</b> hand on top of hoop &amp; roll forwards, lift leg. Firm through standing foot, use core for stability, raise/lower back leg, squeeze glutes. Focus gaze on point in front on floor.</p> <p><b>Add ons/Adaptations:</b> Lunge – shallower step if unstable. Jump – can be step for lower impact. Squat – shallower for bad knees/no heel raise. Balance – could hold Arabesque position as alternative.</p>
<p><b>ON HOOP COOL DOWN:</b> <b>Duration: 5 mins</b> Try Wonky Hoop or Kneeling and Hooping.</p>	<p><b>STRETCHES:</b> <b>Duration: 5 mins</b> Forward fold, side bends, shoulder &amp; arm stretches, Hamstrings/quads stretches, Glute stretch.</p>

