

The 30 day Hoopomania Hula Hoop beginner training plan

Day	Hoop around to the left	Hoop around to the right	Increase	Done
1	3 minutes	3 minutes	-	<input type="checkbox"/>
2	3 minutes	3 minutes	-	<input type="checkbox"/>
3	4 minutes	4 minutes	-	<input type="checkbox"/>
4	4 minutes	4 minutes	-	<input type="checkbox"/>
5	4 minutes	4 minutes	-	<input type="checkbox"/>
6	5 minutes	5 minutes	-	<input type="checkbox"/>
7	5 minutes	5 minutes	-	<input type="checkbox"/>
8	6 minutes	6 minutes	-	<input type="checkbox"/>
9	6 minutes	6 minutes	-	<input type="checkbox"/>
10	7 minutes	7 minutes	POWER	<input type="checkbox"/>
11	7 minutes	7 minutes	POWER	<input type="checkbox"/>
12	7 minutes	7 minutes	POWER	<input type="checkbox"/>
13	7 minutes	7 minutes	POWER	<input type="checkbox"/>
14	8 minutes	8 minutes	POWER	<input type="checkbox"/>
15	8 minutes	8 minutes	POWER	<input type="checkbox"/>
16	8 minutes	8 minutes	POWER	<input type="checkbox"/>
17	9 minutes	9 minutes	POWER	<input type="checkbox"/>
18	9 minutes	9 minutes	POWER	<input type="checkbox"/>
19	10 minutes	10 minutes	POWER	<input type="checkbox"/>
20	10 minutes	10 minutes	SQUAT	<input type="checkbox"/>
21	11 minutes	11 minutes	SQUAT	<input type="checkbox"/>
22	12 minutes	12 minutes	SQUAT	<input type="checkbox"/>
23	12 minutes	12 minutes	SQUAT	<input type="checkbox"/>
24	13 minutes	13 minutes	SQUAT	<input type="checkbox"/>
25	13 minutes	13 minutes	STEP	<input type="checkbox"/>
26	13 minutes	13 minutes	STEP	<input type="checkbox"/>
27	14 minutes	14 minutes	STEP	<input type="checkbox"/>
28	14 minutes	14 minutes	STEP	<input type="checkbox"/>
29	14 minutes	14 minutes	STEP	<input type="checkbox"/>
30	15 minutes	15 minutes	STEP	<input type="checkbox"/>

Information about the exercise plan:

The hula hoop exercise plan is suitable for all hula hoop beginners. Even if the Hula Hoop often falls to the floor at the beginning, this is completely normal and no reason to give up - all beginnings are difficult. If you practise every day, you will soon be able to swing the hoop around your hips without any problems, because anyone can learn it! At the end of the hula hoop training plan you will have reached a training duration of 30 minutes. For the best possible results, 30 minutes of daily training is a good guideline.

In order to increase the level of difficulty and increase the calorie consumption even further, small increases are added to the hula hoop exercise plan from day 10 - these work as follows:

POWER

After each minute, 10 seconds of full power at hooping speed

SQUAT

After every minute, go into a light squat position for 10 seconds and continue hula hooping like this

STEP

During the hooping, keep alternating between a step forwards and backwards to the left and right

If you still haven't got the basic technique right after day 10 - no problem! The increases can then simply be omitted and only the training duration is increased. To train the muscles evenly, it is important to always pull in both directions. One side always works a little better at first, but after a while you will be able to pull in the more difficult direction without any problems.