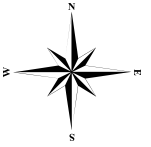




STRATEGIC  
**BOOTCAMP**  
COURSE DESIGN

**HULA HOOP MAP**



# Hula Hoop Bootcamp Course Design

## Introduction

Welcome to the Hula Hoop Bootcamp Course Design, a fun and dynamic way to build a strong core, improve posture, and boost overall fitness. Hooping isn't just child's play—it's a powerful workout that challenges your balance, coordination, and endurance. Get ready to spin your way to a stronger, more focused you.

## What to Expect

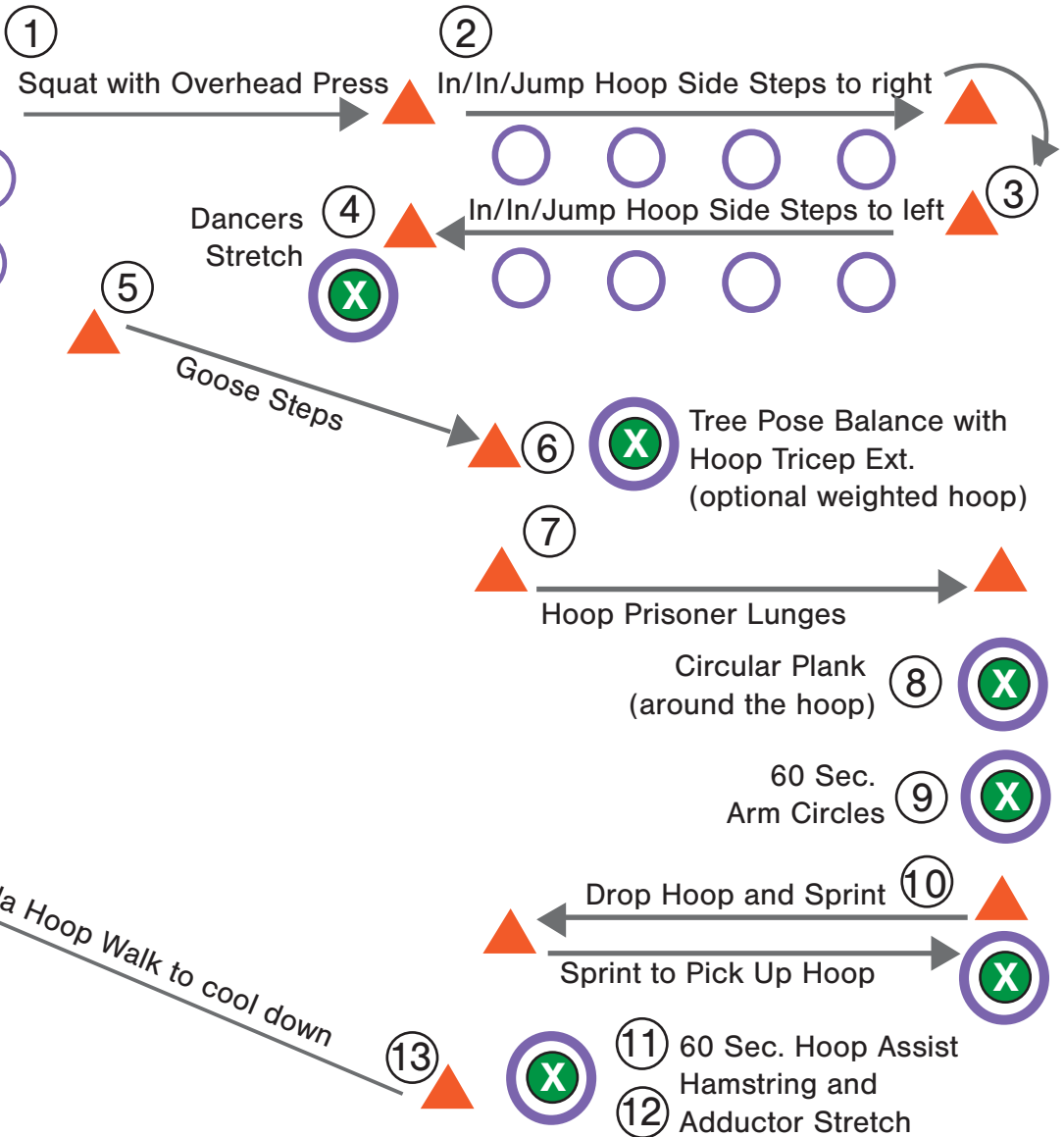
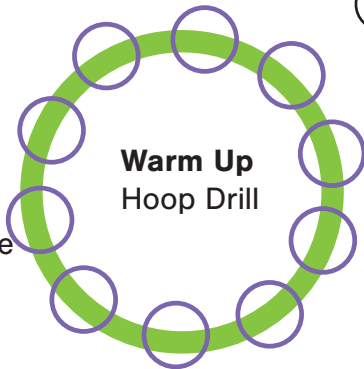
This course combines the joy of hooping with targeted exercises that strengthen your core and improve your overall body awareness. Each sign in this course provides clear instructions, a visual guide, and a motivational quote to inspire your progress. Whether you're new to hooping or a seasoned spinner, this course will push your boundaries and keep you engaged.

Turn up the music, grab your hoop, and let's get started on a workout that's as fun as it is effective.

**Important:** If you have any medical conditions or injuries, consult with a healthcare professional before participating in the workout.

# Hula Hoop Bootcamp Course Map

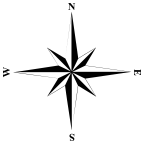
1. Drive Car
  2. Windshield Wipers  
*Change Direction*
  3. Cross Lunge, Rt-Lft
  4. Crazy 8
  5. Hula Hoop (waist)
  6. Drop Hoops to Huddle  
(hand's on knees  
Fist GO TEAM! )
- Pick up hoop to carry throughout the course



KEY

- ▲ Marker distance based on available course area
- ⊗ Exercise area

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# Hoop Drill Warm Up

They laugh at me because I'm different,  
I laugh at them because they're all  
the same.

## Warm Up

Drive Car

Windshield Wipers    Change Direction

Cross Lunge, Rt-Lft

Crazy 8

Drop Hoops to Huddle

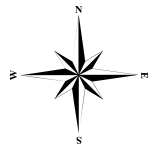
(hand's on knees

Fist GO TEAM! )

Pick up hoop to carry throughout the course



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# Squat with Overhead Press

Everything has beauty, not everyone sees it.

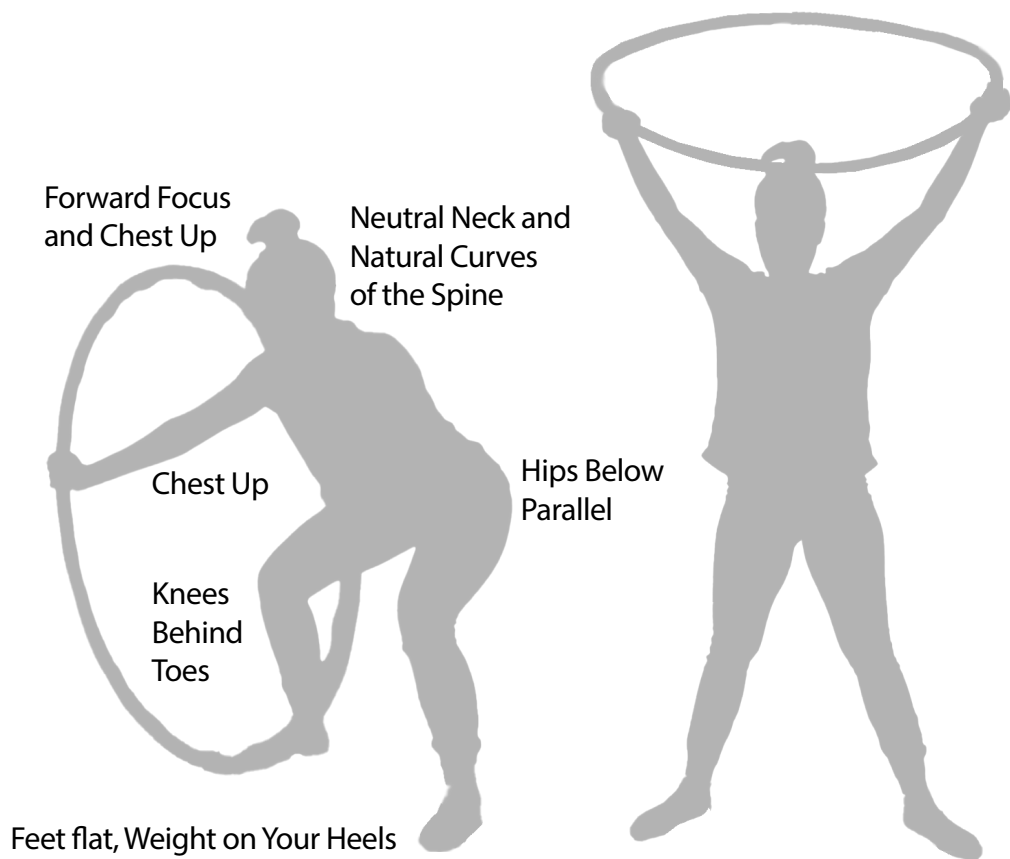
## Starting Position

Stand hip width apart holding the hoop with arms extended in front of you.

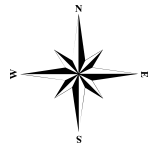
Squat down maintaining form. (See image highlights)

Pause and raise arms with the hoop overhead.

Step forward and repeat until you reach the next station.



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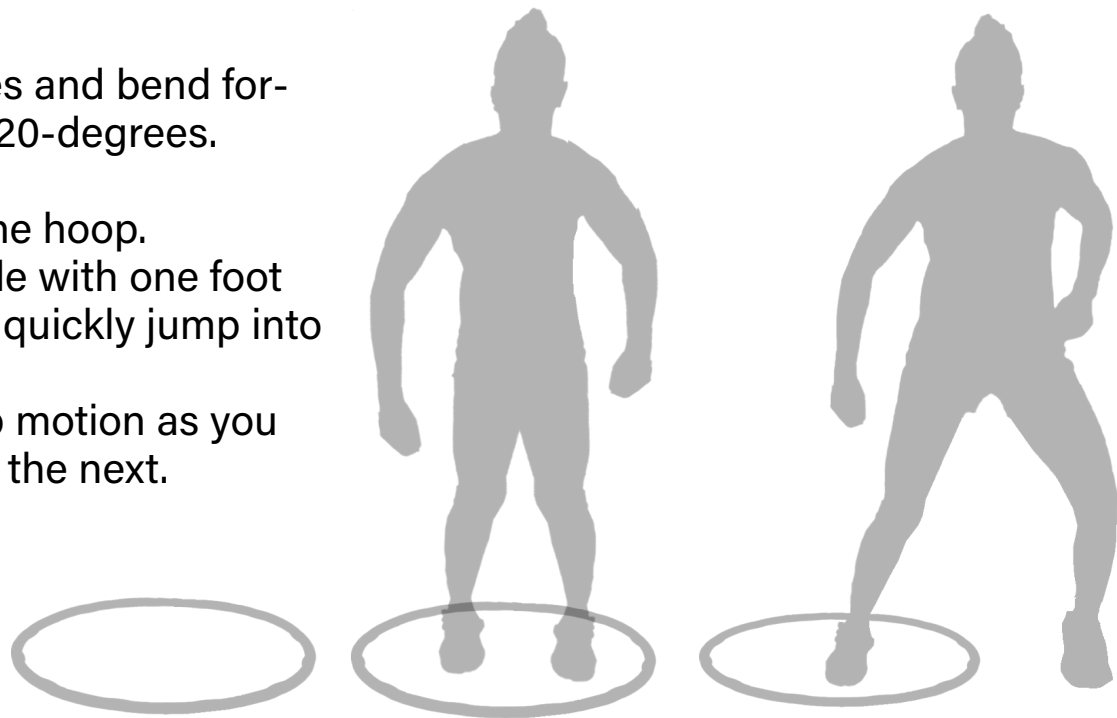
# In/In/Jump Hoop Side Steps

Success usually comes to those who are too busy to be looking for it.

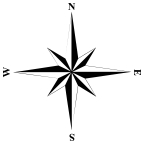
## Starting Position

Slightly bend your knees and bend forward at the hips about 20-degrees.

- Stand at one end of the hoop.
- Step into the first circle with one foot then the other foot and quickly jump into the next hoop.
- Repeat the in-in-jump motion as you move from one hoop to the next.



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# Dancers Stretch

Motivation is what gets you started,  
habit is what keeps you going.

## Starting Position

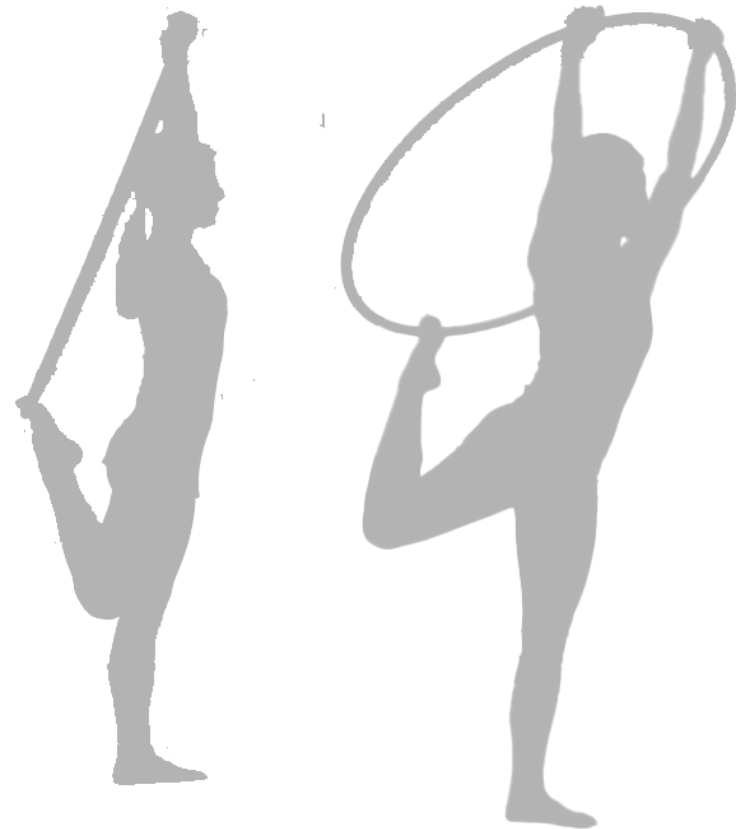
Stand with feet together, hoop on the floor in front.

Step your right foot forward through the hoop, catching the edge with your left toe.

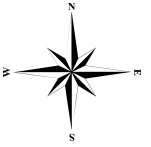
Slowly lift the hoop as you bend your left knee behind, keeping your torso stable.

Extend fully, raising the hoop overhead while stretching your left leg up and back.

Hold for 30 seconds per side. Repeat twice.



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# Goose Steps

Put all excuses aside and remember this: You are capable.

## Starting Position

Roll hoop to next station. Stand straight with feet together, hands at your sides.

Shift weight to your left leg.

Lift your right leg straight to a 90-degree angle.

Briefly pause, then lower the leg with a straight knee, touching the ground with the ball of your foot.

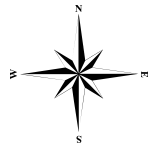
Shift weight to your right leg and repeat with the left leg.

Maintain a rigid posture and straight back throughout.

Practice smooth transitions and focus on rhythm and coordination for a synchronized march.



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# Tree Pose Balance with Hoop Tricep Extension

Exercise is labor without weariness.

## **Starting Position**

Start with feet together, hold hoop above your head (advanced) or use hoop next you for balance support.

## **Shift Weight**

Ground your left foot and lift your right foot to your inner left thigh, calf, or ankle (avoid the knee)

## **Balance**

Drop hoop if using for balance support and bring hands to a prayer position at your chest, or extend them overhead. If holding hoop above head extend elbows back to lower hoop while maintaining balance.

## **Focus and Hold**

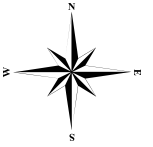
Maintain balance by focusing on a point in front of you.

## **Switch Sides**

Lower your right foot and repeat on the other side.



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# Hoop Prisoner Lunges

Success is what comes after your stop making excuses.

## Starting Position

Stand tall with feet hip-width apart, holding the hula hoop overhead with both hands.

## Lunge Forward

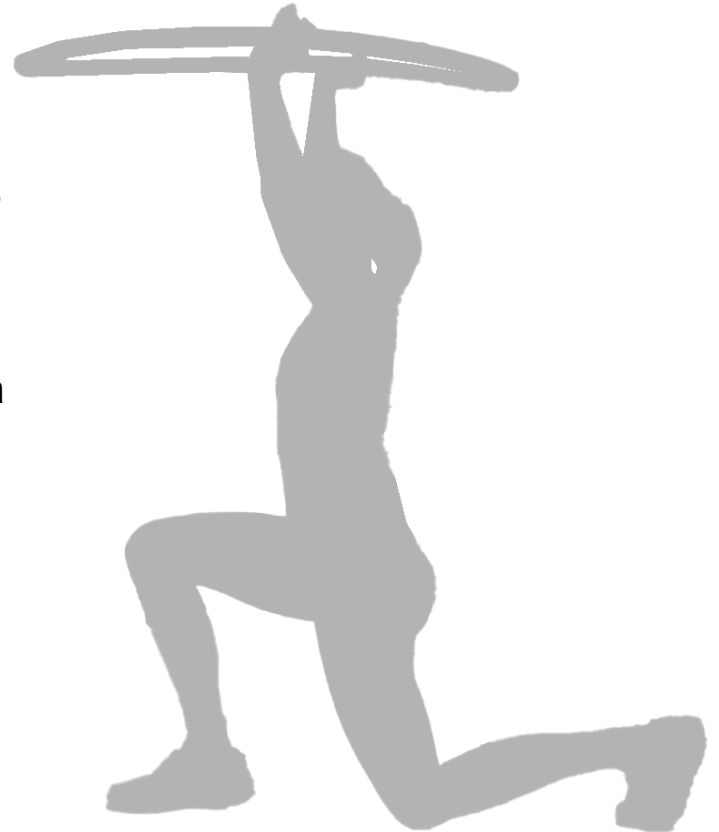
Step forward with your right leg, lowering into a lunge until both knees form 90-degree angles.

## Hoop Position

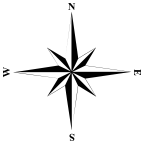
Keep the hula hoop steady above your head as you lunge, engaging your core.

## Return

Push off the front foot to return to the starting position. Repeat with the left leg.



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# Circular Plank

Great works are performed, not by strength, but by perseverance.

## Starting Position

Begin in a high plank position with the hula hoop placed on the ground beneath your chest.

## Movement

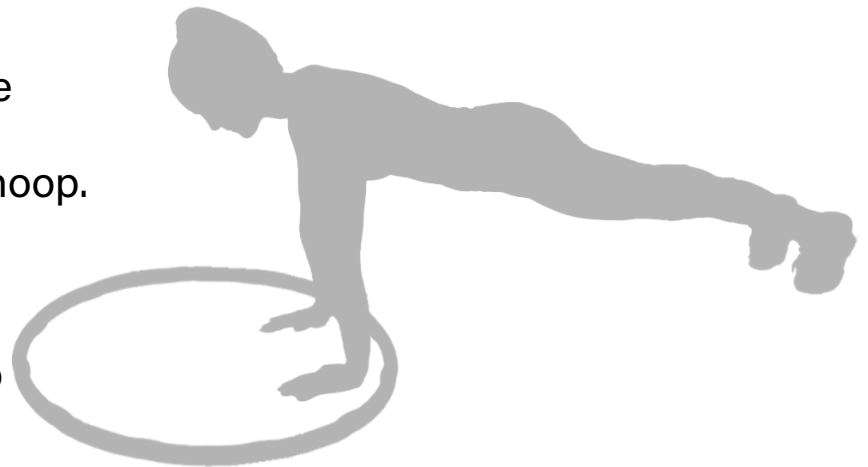
Walk your hands around the inside of the hula hoop in a circular motion, maintaining a strong plank and keeping your core engaged.

## Modifications

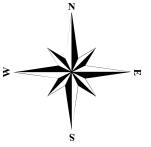
To make it easier, drop your knees to the ground while keeping your body in a straight line as you move around the hoop.

## Advanced

To make it more challenging, do push-ups as you move around the hoop



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# Hoop Drop Sprint/Pick-Up

If it doesn't challenge you, it won't change you.

## Starting Position

Stand with a hula hoop in hand at the starting point.

## Action

Drop the hula hoop on the ground in front of you and sprint quickly to the designated marker.

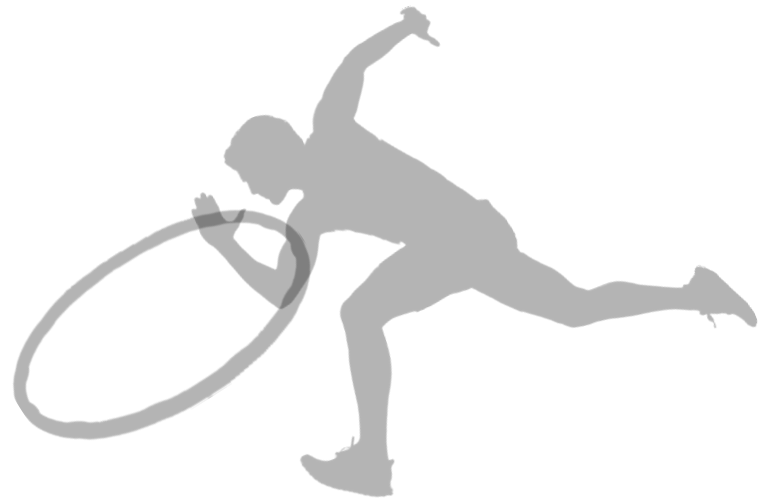


## Return

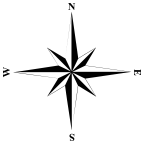
After reaching the marker, turn around and sprint back to the hoop.

## Pick-Up

Bend down, grab the hoop, and return to the starting position or proceed to the next activity.



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# Hoop Arm Circles

No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn't trying.

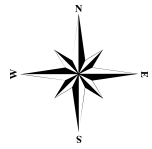
Spin the hoop around your arm and hand in a circular motion.

See how long you can keep it going.

Repeat other side.



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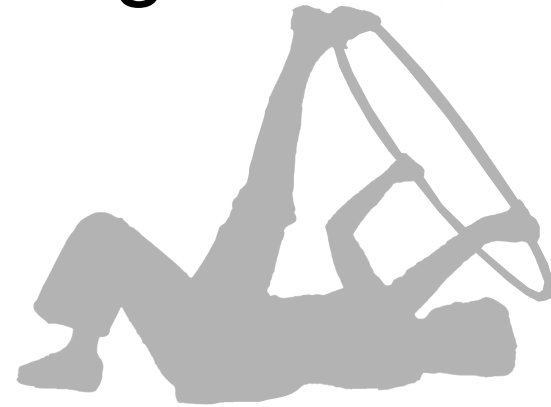


# Hoop Assist Hamstring and Adductor Stretch

You can either suffer the pain of discipline or the pain of regret.

## hamstring Stretch

Lay down and use the hoop for resistance by placing your hands on both sides of the hoop and your foot on the inner center of the hoop. Push with your foot and pull the hoop with your hands in the opposite direction.

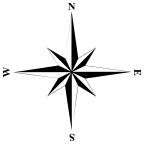


## Adductor Stretch

Sit with legs straddled. Hold hoop upright and roll the hoop left and right as far as you can go until you feel the stretch in your inner thighs. Experiment holding the hoop in different positions.



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# Hula Hoop Walking

A fit, healthy body—that is the best fashion statement.

## To perform hula hoop walking

Start by spinning the hula hoop around your waist.

Begin walking forward while keeping the hoop in motion around your waist.

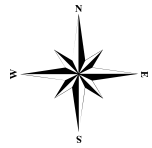
Focus on maintaining a steady rhythm with your hips to keep the hoop spinning as you move.

Keep your steps smooth and controlled to avoid disrupting the hoop's motion.

Continue walking, adjusting your pace as needed to keep the hoop spinning smoothly around your waist.



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# Unlock Your Full Potential with Personalized Coaching

Congratulations on completing your Strategic Bootcamp journey!

To help you take the next step, I'm offering an exclusive 20% discount on 1:1 coaching sessions, tailored to meet your unique needs.

Whether you're a seasoned pro looking to refine your technique or someone aiming to push past a plateau, these sessions provide the guidance and support you need to reach your goals.

Start by choosing a Complimentary Coaching Call

Discovery Call

Perfect for those who want a thorough assessment before diving into strategies.

Strategic Call

Ideal for those ready to take action with a focused, goal-oriented approach.

Ready to unlock your full potential?

[Click here to schedule your preferred coaching call.](#)

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