

JUMPING THROUGH

*hoops*

**6 WEEK WORKOUT**

CREATED BY HANNAH MURPHY & EMMELINE WHITE

## PURPOSE OF THE GUIDE

This guide is aimed primarily at engaging your body in short but intense workouts in order to lose weight and gain muscle. These intense exercises will be in the form of circuits and will aim to push your body to its maximum in a short space of time, allowing your metabolism to speed up in order to burn your body's fat, as well as engaging the muscles in order to improve definition and tone up.

The overall purpose of the guide is to get you started on your weight loss journey. Whilst we expect to see some good results after the 6 weeks have been completed, it is important to note that losing weight is a journey and that the longer it takes to lose it the more sustainable it will be, and the more likely it is to stay off. This guide therefore is aimed at beginning this journey for you and changing your lifestyle/outlook on fitness and health. We want to show you that you can see results and change your lifestyle without having to spend hours in the gym and without spending a fortune.

Whilst the exercises included are effective in terms of strengthening your muscles, it is important to understand that in order to see results you must maintain a healthy diet; nutrition is just as important as exercise when it comes to weight loss, and a poor diet may affect your overall results with this guide. For extra information on diet and nutrition please seek advice from a doctor or nutritionist.

## THE HOOP

Unlike other exercise guides, we will be incorporating the use of a hula hoop into the workouts. The benefits of hula hooping have been proven to be extremely effective when it comes to weight loss and toning up your core.

The hoop itself actually breaks down stomach fat cells, in addition to being a good core exercise. You'll find that whilst trying to keep the hoop up you have to really engage your abdominal muscles, and therefore the addition of the hoop to these workouts really will make a difference.

We highly recommend that you purchase a hoop before beginning this guide as without it you may not get the best possible results, and we want you to get everything you possibly can from this programme. You can purchase a hoop from [www.globefit.co.uk](http://www.globefit.co.uk), or alternatively can seek them elsewhere (although the exercises we include will be specifically for our own hoops so we do advise you consider purchasing one from our website).

When referring to the guide, 'Best Direction' refers to the way you spin the hoop automatically and which feels the most comfortable/natural. 'Opposite Direction' refers to the other way; this should feel less natural and will likely be more difficult in terms of keeping the hoop up. It's important to spin the hoop in both directions (as pointed out in the guide) in order to work both sides of the core evenly.

## EQUIPMENT

Other than our recommendation of purchasing a hula hoop, there is no other equipment required for this guide. We focus primarily on using your body weight as oppose to equipment, and so these workouts will be suitable for doing anywhere you please.

## DISCLAIMER

If you have any health concerns whatsoever you should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for you.

Jumping through hoops and it's associated brands cannot be held responsible for any injury that may occur as a result of the workout.

This guide has been produced and written by the Jumping through hoops team and is subject to copyright restrictions. It is intended for sole use and must not be distributed or re produced in any form.



## INSTRUCTIONS AND ADVICE:

Repeat each circuit 3 times with a 45 second rest in between each repetition, then after the 3rd time move straight onto the hula hooping with no rest.

We suggest using a phone or stop watch for the timed exercises; this will be more accurate and allows you to concentrate fully on the exercise.

Try and move from one exercise to the next as quickly as possible; save your break for the rest period. Complete each exercise to your full potential; this may mean adjusting some to make them harder (you may add weights or resistance bands to appropriate exercises if you have them available) or alternatively making them easier. You should include lower/higher impact versions of the exercises if needed, so you may adjust them to suit your level.

If something feels too hard for you (even with the lower impact option) adjust it so you can still complete it; it's better to complete a full set of an easier exercise than to remove the exercise altogether.

Listen to your body; if you need to take a rest day or if you don't feel up to exercising, don't push yourself to do it. Try as best as you can to include all 4 workouts every week, but if something doesn't feel right you must consult your doctor; it's better to be precautious than to cause yourself an injury.

## HULA HOOPING TIPS:

In order to start hooping, begin with your legs apart and feet out wide. (NOTE: the wider your feet are, the easier you will find it)

Begin by holding the hoop against the base of your spine, so that it is touching your back. Move it to one side in order to gain as much momentum as possible, then push it as hard as you can whilst moving your hips in a side to side motion.

Keep a good posture throughout and make sure you keep moving your hips. If you stop moving your hips, the hoop will likely fall.

If you feel the hoop starting to fall, try and catch it before it hits the ground- this will stop you having to constantly bending over to pick it up and will therefore save you time and energy.

Don't be disheartened if it keeps falling down- it takes most people a long time to get to grips with the hooping, so if you feel it's not working don't be concerned as this is the case with most beginners.

The most important advice of all is don't give up! The best way of improving your hooping is to keep trying over and over again- if you give up then you'll never improve. Keep going even if it seems to be falling down constantly; as mentioned earlier, even if you're barely keeping the hoop up, you're still engaging your core and so it's still an effective exercise.





## RECOMMENDED LEVELS OF HOOPING:

### Level 1:

Stand with your feet wide apart and keep your elbows tucked in and arms and shoulders low



### Level 2:

Stand with one foot in front of the other and keep your elbows tucked in and arms and shoulders low



### Level 3:

Stand with your feet wide apart or with one foot in front of the other, and hold your arms out straight to the side



### Level 4:

Stand with your feet wide apart or with one foot in front of the other, and hold your arms up towards the sky



### Level 5:

Stand with your feet together and keep your elbows tucked in and arms and shoulders low





**Level 6:**

Stand with your feet together and hold your arms out straight to the side



**Level 7:**

Stand with your feet together and hold your arms up towards the sky



**Level 8:**

Stand in squat position keeping your back straight and elbows tucked in



**Level 9:**

Stand in squat position, and hold your arms out straight to the side



**Level 10:**

Start with one foot in front of the other and then alternate the feet whilst keeping the hoop up; go as slow or as fast as you like, ensuring that your hips are moving in order to keep the hoop up



When completing the hooping section of the workouts, choose which level suits you most- you may find it's different on each direction. Once you feel confident with a level, we recommend moving onto the next one straight away in order to challenge your body and strengthen your core even more. It's better to choose a level that challenges you than to choose one that you find too easy.

## **RECOMMENDED TIMETABLE:**

The following timetable presented is a guide as to how you should separate your workouts each week. You may choose to change days around based on when is more convenient for you to workout. We recommend having at least 2 rest days a week, and that you spread those out as much as possible. Whilst we provide you with your main 4 workouts each week, you may choose to add your own workouts in on the 'rest' days; these could include cardio (things like running, walking, cycling, cross trainer etc) or HIIT training (High Intensity Interval Training). We believe that our guide is effective enough on its own to give you results, but you may like to incorporate these additions should you wish to progress faster.

### **MONDAY**

LOWER BODY AND ABS- 1

### **TUESDAY**

UPPER BODY AND ABS- 1

### **WEDNESDAY**

REST (OR CARDIO OR HIIT)

### **THURSDAY**

LOWER BODY AND ABS- 2

### **FRIDAY**

UPPER BODY AND ABS- 2

### **SATURDAY**

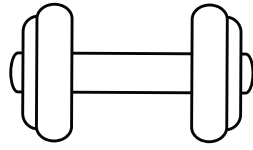
REST (OR CARDIO OR HIIT)

### **SUNDAY**

REST (OR CARDIO OR HIIT)



# WARM UPS:



## LOWER BODY:

Leg Swings (forwards to backwards) x10 each leg

Leg Swings (side to side) x10 each leg

Hip Thrusts x10

Glute Bridge Hold for 30 seconds

Star Jumps (Jumping Jacks) for 30 seconds

Lunge into Stretch (hold stretch for 2 seconds) x5 each leg

## UPPER BODY:

Shoulder Rolls- x10 each arm

Arm Swings (forwards) x10 each arm

Arm Swings (backwards) x10 each arm

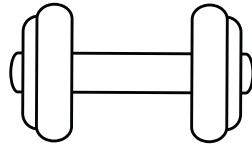
Chest Twist (with elbows up) x5 (count left-right rotation as 1)

Star Jumps (Jumping Jacks) for 30 seconds

Jogging on Spot for 30 seconds



# WEEKS 1-2:



## LOWER BODY AND ABS 1:

### CIRCUIT 1:

Basic Squats- x10 each leg  
Squat Pulses- 30 seconds



Glute Bridge Hold- 30 seconds (R & L leg)



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

### CIRCUIT 2:

Basic Lunges- x10 each leg  
Lunge Pulses- x10 each leg  
Hip Thrusts- 30 seconds



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

### CIRCUIT 3:

Basic Plank Hold- 30-45 seconds



Bicycle Curls- x10 each side

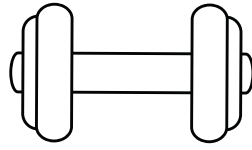


Crunch 'Kicks'- x10 each side



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

# WEEKS 1-2:



## UPPER BODY AND ABS 1:

### CIRCUIT 1:

Basic Push Ups- x10



Side Hip Lifts- x5 each side



Shoulder Pulses- 30 seconds



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

### CIRCUIT 2:

Circle Push Ups- x5 each side



Pike to Walk Out- x10

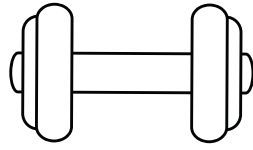


Mountain Climbers- x10 each side



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

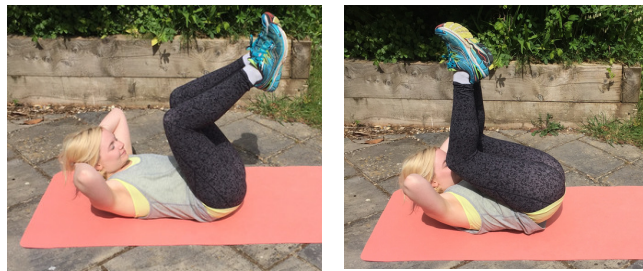
# WEEKS 1-2:



## UPPER BODY AND ABS 1 CONTINUED:

### CIRCUIT 3:

Backwards Crunches- x10



Heel Taps- x10 each side



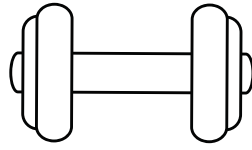
Forwards Crunches- x10



Hoopng- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute



# WEEKS 1-2:



## LOWER BODY AND ABS 2:

### CIRCUIT 1:

Sumo Squats- x10



Crab Walks- x5 each side



Squat Pulses- 30 seconds



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

### CIRCUIT 2:

Leg Lift to Lunge- x5 each side



Backwards Lunges- x10 each side

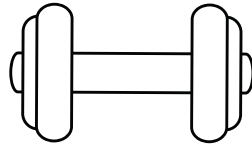


Glute Bridge Pulses- 30 seconds



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

# WEEKS 1-2:



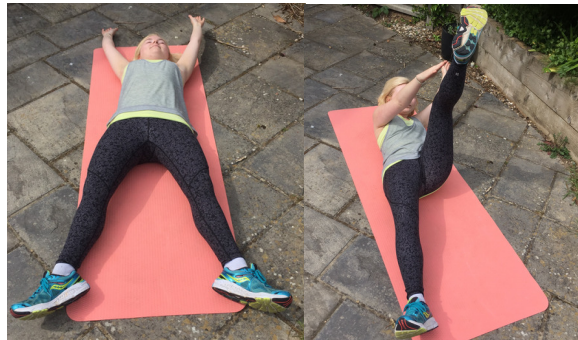
## LOWER BODY AND ABS 2 CONTINUED:

### CIRCUIT 3:

Plank Tilts- x10 each side



Star Crunches- x5 each side

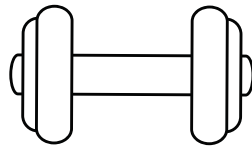


Crunch Pulses- 30 seconds



Hoopng- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

# WEEKS 1-2:



## UPPER BODY AND ABS 2:

### CIRCUIT 1:

Diamond Push Up- x10



Plank to Arm Stretch- x10 each side



Push Up Pulses- 20-30 seconds



Hoopng- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

### CIRCUIT 2:

Crab Arm Stretch- x5 each side



Pike Walk Out- x10



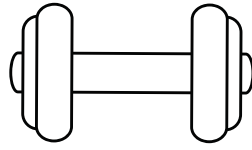
Straight Arm Pulses- 30 seconds



Hoopng- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute



# WEEKS 1-2:



## UPPER BODY AND ABS 2 CONTINUED:

### CIRCUIT 3:

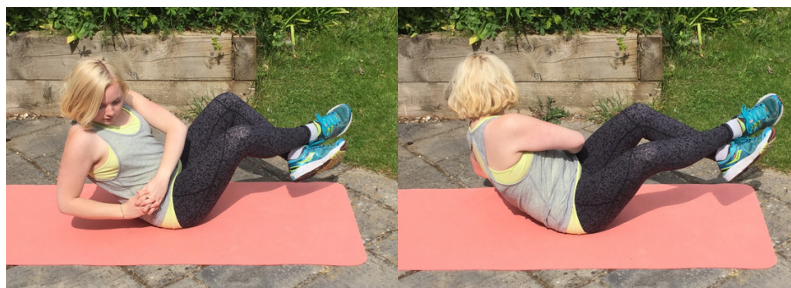
Toe Taps- x10



Leg Lifts- x7-10



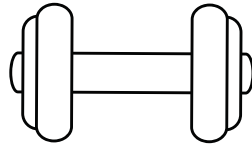
Russian Twists- x5 (count left-right rotation as 1)



Hoopng- 'Best Direction' for 1 minute  
Hula Hoopng- 'Opposite Direction' for 1 minute



# WEEKS 3-4:



## LOWER BODY AND ABS 1:

### CIRCUIT 1:

Squat Pulses- 30-45 seconds



Squat 'Holds'- x5-7



Glute Bridge Hold- 30 seconds



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

### CIRCUIT 2:

Curtsey Lunges- x7 each leg



Backwards Lunges- x12 each leg

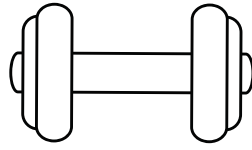


Glute Bridge March- 30 seconds



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

# WEEKS 3-4:



## LOWER BODY AND ABS 1 CONTINUED:

### CIRCUIT 3:

Basic Plank Hold- 45-60 seconds



Plank Tilts- x10 each side



Heel Taps- x10 each side

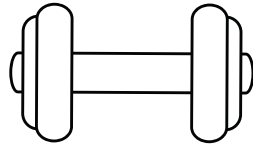


Hoopng- 'Best Direction' for 1 minute  
Hula Hoopng- 'Opposite Direction' for 1 minute





# WEEKS 3-4:



## UPPER BODY AND ABS 1:

### CIRCUIT 1:

Basic Push Ups- x12



Pike Walk Out to Push Up- x5-7



Circle Push Ups x5-7 each side



Hooping- 'Best Direction' for 1 minute

Hula Hooping- 'Opposite Direction' for 1 minute

### CIRCUIT 2:

Crab Arm Stretch- x7 each side



Crab Pulses- 30 seconds



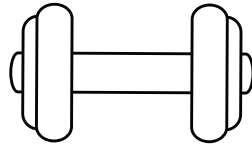
Mountain Climbers- x10-12 each side



Hooping- 'Best Direction' for 1 minute

Hula Hooping- 'Opposite Direction' for 1 minute

# WEEKS 3-4:



## UPPER BODY AND ABS 1 CONTINUED:

### CIRCUIT 3:

Leg Lifts- x10



Star Crunches- x7 each side

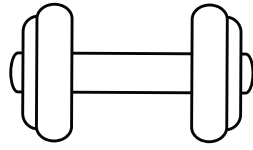


Plank Tilt- x10-12 each side



Hoopng- 'Best Direction' for 1 minute  
Hula Hoopng- 'Opposite Direction' for 1 minute

# WEEKS 3-4:



## LOWER BODY AND ABS 2:

### CIRCUIT 1:

Sumo Squat Pulses- 30 seconds



Side Lunge- x5 each side



Squat Jumps (low)- 30 seconds



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

### CIRCUIT 2:

Leg Lift Jump to Lunge- x7-10 each side



Backwards Lunges- x12 each side



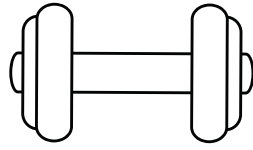
Glute Bridge Pulses- 30-45 seconds



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute



# WEEKS 3-4:



## LOWER BODY AND ABS 2:

### CIRCUIT 3:

Toe Taps- x12



Bicycle Curls- x10-12 each side



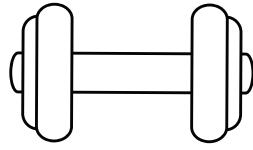
Backwards Crunches- x10-12



Hoopng- 'Best Direction' for 1 minute  
Hula Hoopng- 'Opposite Direction' for 1 minute



# WEEKS 3-4:



## UPPER BODY AND ABS 2:

### CIRCUIT 1:

Diamond Push Up Pulses- 30 seconds



Push Up to Side Plank- 30 seconds



Shoulder Pulses- 30-40 seconds



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

### CIRCUIT 2:

Side Hip Lift- x7 each side



Plank to Arm Stretch- x10-12 each side

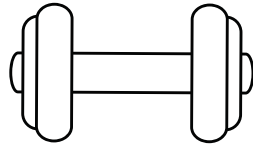


Push Up to Shoulder Tap- x7-10 (alternate shoulders each time)



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

# WEEKS 3-4:



## UPPER BODY AND ABS 2:

### CIRCUIT 3:

Crunch Pulses- 30-40 seconds



Leg Cross-Overs- 30-40 seconds



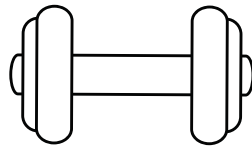
Russian Twists- x7 (count left-right rotation as 1)



Hopping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute



# WEEKS 5-6:



## LOWER BODY AND ABS 1:

### CIRCUIT 1:

Curtsey Lunge x10 each side



### CIRCUIT 2:

Lunge 'swap' Jumps- 30 seconds



Squat Jumps (high)- 30 seconds



Glute Bridge Pulses- 30-45 seconds



Squat Side to Side Jump- 30 seconds



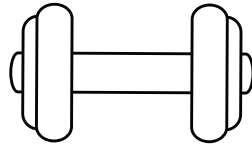
Glute Bridge March- 30-45 seconds



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

# WEEKS 5-6:



## LOWER BODY AND ABS 1:

### CIRCUIT 3:

Basic Plank Hold- 60 seconds+ (if more than 60 seconds go on as long as you can)



Toe Taps- x12-15

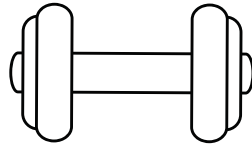


Heel Taps- x12-15 each side



Hoopng- 'Best Direction' for 1 minute  
Hula Hoopng- 'Opposite Direction' for 1 minute

# WEEKS 5-6:



## UPPER BODY AND ABS 1:

### CIRCUIT 1:

Basic Push Ups- x15



Push Up to Side Plank- 35-40 seconds



Crab Pulses-35-45 seconds



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

### CIRCUIT 2:

Pike Walk Out to Push Up- x7-10



Push Up to Shoulder Tap-x10 (alternate shoulders each time)



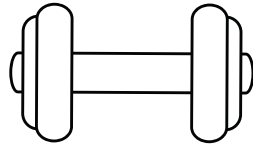
Plank Up-Downs- x10 (alternate arm each time)



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute



# WEEKS 5-6:



## UPPER BODY AND ABS 1:

### CIRCUIT 3:

Leg Lifts to Backwards Crunch- x10



Star Crunches- x7-10 each side



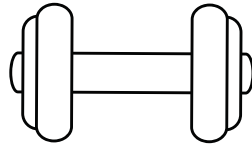
Plank Hold (60 - 120 seconds)



Hoopng- 'Best Direction' for 1 minute  
Hula Hoopng- 'Opposite Direction' for 1 minute



# WEEKS 5-6:



## LOWER BODY AND ABS 2:

### CIRCUIT 1:

Squat Cross Jumps- x10-15



Squat to Curtsey Lunge- x10 each side



Sumo Squat Pulses- 35-45 seconds



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

### CIRCUIT 2:

Lunge Pulses- 40 seconds (20 seconds each leg)



Leg Lift Jump to Lunge- x10 each

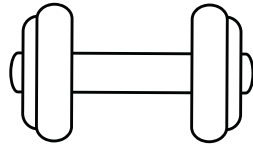


Squat to Forwards Jump to Squat- x10



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

# WEEKS 5-6:



## LOWER BODY AND ABS 2:

### CIRCUIT 3:

Plank Tilts- x12-15 each side



Mountain Climbers x10-12 each side



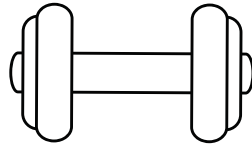
Leg Crossovers- 35-45 seconds



Hoopng- 'Best Direction' for 1 minute  
Hula Hoopng- 'Opposite Direction' for 1 minute



# WEEKS 5-6:



## UPPER BODY AND ABS 2:

### CIRCUIT 1:

Diamond Push Ups x10-15



Circle Push Ups- x7 each side



Shoulder Pulses- 30-40 seconds



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

### CIRCUIT 2:

Plank Up-Downs- x10-12 (alternate arm each side)



Plank to Arm Stretch- x10-12 each side

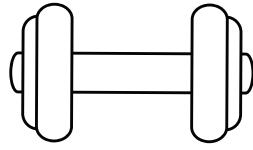


Crab Arm Stretch- x10 each side



Hooping- 'Best Direction' for 1 minute  
Hula Hooping- 'Opposite Direction' for 1 minute

# WEEKS 5-6:



## UPPER BODY AND ABS 2:

### CIRCUIT 3:

Leg Lifts- x10



Bicycle Curls- x12-15 each side



Russian Twists- x10 (count left-right rotation as 1)



Hoopng- 'Best Direction' for 1 minute  
Hula Hoopng- 'Opposite Direction' for 1 minute