



NO GYM NEEDED

Quick & Simple Workouts for Gals on the Go
Get a Toned Body in 30 Minutes or Less

L I S E C A R T W R I G H T

No Gym Needed Hula Hooping

Bonus Workout 1

The next few pages are a guest chapter written by a friend of mine who has had some amazing results from hula hooping! Yep, I know, it's something you probably associate more with kids, but this is an actual exercise that you can have fun with and that many people around the world are having great success with.

I mix up my exercise throughout the week and typically include a hula-hooping session twice a week because it's just so much fun. I actually feel like I'm cheating a bit, because I've always thought that exercise was meant to be painful... Give it a try, you'll love it!

Enough from me. Let's hear from Missy!

Hula hooping has made a comeback in recent years as an excellent whole body workout that gets your heart pumping while working your entire core.

That's right. You no longer have to choose between sweat-inducing cardio and muscle-building body-weight exercises. But even better than that – hula hooping is a freaking blast!

You'll have so much fun hooping, you'll forget you're exercising! And then, almost like magic, your body will transform - leaving your stomach tighter, your back stronger, and your underarms noticeably less flabby.

As your hoop skills progress, your muscles become leaner and stronger, allowing you to perform even more advanced tricks.

For this challenge, I urge you to find value in the progress you *do* see in your body, even if the scale remains the same (or even goes up). Gasp! Because as Lise has already said, muscle is heavier than fat, so initially, the scales might show no change or even an increase, but it won't be by a huge amount.

As [someone who has lost over 60 pounds](#), I know how frustrating it can be to weigh in after a week of feeling awesome, working out, and eating healthy portions, just to see that I've gained a pound (or kilo as the case may be).

But, one of the biggest lessons I've learned is that weighing myself constantly and worrying obsessively leads to stress and a tendency for my body to "hold onto" extra weight. Remember, weight loss isn't about being a "perfect" weight, or wearing the smallest pant size. It's about feeling comfortable in your clothes, enjoying the things you love, and marvelling at the amazing things your body can do.

If you can check off all of those boxes, it doesn't matter what the scale says. [Lise - "damn straight!"]

Why Should You Hula Hoop?

Why is hooping better than any other exercise program or gimmick you've tried in the past? The answer lies in 3 simple factors that determine how easy it is to continue an exercise program.

The problem is that most people overlook these items, thinking, "this time will be different".

1. How much does it cost?

Compared to other exercise programs, hooping has a relatively low startup cost. Many hoopers learn their first tricks by watching YouTube and following along. You don't even have to take a class!

For those hoopers who want to take their skills to the next level, or prefer the community aspect of a group, hoop classes are available through many community centres and dance studios.

Of course, you can always purchase an at-home learn-to-hoop course, if you want the structure and logical sequencing of a paid class, but need the convenience of exercising on your own schedule.

With lots of options, ranging from free to several hundred dollars, there is truly something for everyone, so financial constraints will never stop you from working out. So no excuses!

2. How much time does it take?

Hula hooping is a whole body workout that engages your entire core, so it's effective whether you practice for 5 minutes or an hour. There is minimal setup (just get your hoop out), so you don't spend precious spare minutes getting everything ready only to realise you don't have any time left to actually work out.

You can hula hoop anywhere - at home, in the park, at work, even on vacation. This eliminates travel time to and from the gym and frees you up to get a workout in no matter what your schedule looks like for the day. You don't even have to change out of your work clothes!

During your next 15-minute break, spend 5 minutes inside your hoop. Giving your body a little midday pick-me-up will leave you energised and invigorated, without leaving you exhausted or sweaty.

3. Likelihood of wanting more

One of the unexpected benefits of hooping is that it is much more than a physical workout. There are immense spiritual and emotional benefits of hula hooping that contribute to the likelihood of you wanting to continue.

Many fitness routines focus on repetitive activities that just aren't fun. The long, boring exercises become a chore, and it's easy to find reasons why you can't work out.

The trick, then, is to find an activity that you want to do because it's fun and challenging (not because of its supposed amazing contributions to your future physique).

This is why hula hooping works so well!

When you first start to learn, you are focused on an easy and tangible outcome. (For most people this is learning [how to waist hoop](#).) When people first get the hoop to rotate on their hips for an extended amount of time, they are ecstatic! This is a feeling most people will come back for, and is what's missing from most regular workout routines.

With hooping, the thrill is more mental than physical. Each learned trick is a new stimulus - that little burst of motivation you need to remember why you work out every day.

You don't endure long gruelling workouts so that you can have a nice body. Instead, you purposely challenge yourself mentally and physically because it makes you feel good. Long lean muscles and a toned physique are just an added bonus.

Basics of Hula Hooping

There are 4 things you need to remember when you first start hula hooping.

1. All hoops are not created equal.

If you've been using a cheap plastic hoop, it's time to switch!

Many people mistakenly believe that a small, light hoop is good for a beginner. However, [adult-size hula hoops range in size from 38-42" in diameter](#) and are much heavier than a child's toy hoop.

Think about it like this: If you wear a size 7 adult tennis shoe, you wouldn't try to squeeze into a child's size 7 just because it was the same number, right?

Hoops work the same way. You might be able to make something smaller work, but it won't be easy... or comfortable.

You can see view the how-to images on the [fast-track page](#).

2. The hoop moves where you do.

If you want the hoop to move on your waist, you must move your waist. Think about pushing your belly button or solar plexus in and out in a pulsing motion.

This isn't as easy as it sounds!

Are you sure you're moving your waist? Try watching yourself in a mirror. It's common to see a lot of movement in the neck, shoulders and knees when a person first starts hooping.

Remember to straighten your spine, keeping your head, neck and shoulders in line with your hips and knees. Your abs, back and legs should be engaged and responsive, not rigid.

Now, wind up and push the hoop around your waist, remembering to move where you want the hoop to rotate.

3. This is not a luau.

Although it's called "hula hooping", you don't want to "hula" with your hips (or rotate them in a circle). Instead, push the hoop with your waist, hips or hands as it makes contact with your sides. This "pulsing" motion keeps the hoop spinning.

A strong core is required to move the hoop purposefully, without adding unnecessary movement in the shoulders and knees (which will make your hoop fall). Remember to keep your abs and back tight and engaged too.

4. The hoop wants to be wooed.

If you try to force it, the hoop will fall. Remember, it's already spinning, so all you have to do is keep it going. It doesn't take a lot of movement or effort. Instead of rigour, focus on basics.

- Is your core engaged?
- Is your spine straight?
- Are you pushing where you want the hoop to rotate?

Don't worry if you don't get it right away. Just keep practicing! Hula hooping is a ton of fun, but sometimes it takes a little while to figure out a new trick or combination.

If this happens, set a limit for how long you will practice that technique (ex: 15 minutes) and then give it up for a day or two. When you come back to it later, you will be amazed that it falls right into place.

14-Day Program - Hula Hooping

Day 1: - 23 mins
5 min warm-up
5 min stretch
6 min "pump it up"
2 min cool down
5 min stretch

Day 2: - 23 mins
5 min warm-up
5 min stretch
6 min "pump it up"
2 min cool down
5 min stretch

Day 3: - 23 mins
5 min warm-up
5 min stretch
6 min "pump it up"
2 min cool down
5 min stretch

Day 4: - 23 mins
5 min warm-up
5 min stretch
6 min "pump it up"
2 min cool down
5 min stretch

Day 5: - 23 mins
5 min warm-up
5 min stretch
6 min "pump it up"
2 min cool down
5 min stretch

Day 6: - 23 mins
5 min warm-up
5 min stretch
6 min "pump it up"
2 min cool down
5 min stretch

Day 7: - 23 mins
5 min warm-up
5 min stretch
6 min "pump it up"
2 min cool down
5 min stretch

Day 8: - 23 mins
5 min warm-up
5 min stretch
3 min "pump it up"
3 min hand hooping
2 min cool down
5 min stretch

Day 9: - 23 mins
5 min warm-up
5 min stretch
3 min "pump it up"
3 min hand hooping
2 min cool down
5 min stretch

Day 10: - 23 mins
5 min warm-up
5 min stretch
3 min "pump it up"
3 min hand hooping
2 min cool down
5 min stretch

Day 11: - 23 mins
5 min warm-up
5 min stretch
3 min "pump it up"
3 min hand hooping
2 min cool down
5 min stretch

Day 12: - 23 mins
5 min warm-up
5 min stretch
3 min "pump it up"
3 min hand hooping
2 min cool down
5 min stretch

Day 13: - 23 mins
5 min warm-up
5 min stretch
3 min "pump it up"
3 min hand hooping
2 min cool down
5 min stretch

Day 14: - 23 mins
5 min warm-up
5 min stretch
3 min "pump it up"
3 min hand hooping
2 min cool down
5 min stretch

Created by Missy Cooke - LansingHoops.com

Getting Started

Although hooping is beneficial even if you only have 5 minutes to practice, hooping 20-30 minutes each day gives you a chance to practice new tricks and combinations, and leaves enough time to put it all together into a hoop flow that engages your entire body and gets your heart pumping.

This **14-day program** focuses on hula hoop basics while learning to move, dance and flow with the hoop.

Not sure how to do any of the above? Read on to learn all the details from Missy.

Week 1:

Day 1 - 23 Minutes

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a "flow" or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, hips, and back

6 Minutes: Pump It Up

- Begin waist hooping
- Practice spinning at slow, medium and fast paces
- Practice different foot positions (side to side, front to back)
- Practice different kinds of pulsing (side to side or back and forth)
- After 3 minutes, spin in your opposite direction

2 Minutes: Cool Down

- Slow hooping to a smooth rhythm
- Focus on breathing steadily

5 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 2 - 25 Minutes

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a "flow" or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, hips, and back

6 Minutes: Pump It Up

- Begin waist hooping at slow, medium and fast paces
- Practice different foot positions and kinds of pulsing (side to side or back and forth)
- Move your arms while you are hooping, up and down, side to side. Your arms become an extension of your hoop dance, and your workout. (Plus, this is a great way to make sure your core is really engaged.)
- After 3 minutes, spin in your opposite direction

2 Minutes: Cool Down

- Slow hooping to a smooth rhythm
- Focus on breathing steadily

5 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 3 - 25 Minutes

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a "flow" or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, hips, and back

6 Minutes: Pump It Up

- Begin waist hooping at medium or fast pace
- Move your arms while you are hooping, up and down, side to side
- Practice pivoting in the direction your hoop is flowing - first on your left foot then on your right
- After 3 minutes, spin in your opposite direction

2 Minutes: Cool Down

- Slow hooping to a smooth rhythm

- Focus on breathing steadily
5 Minutes: Stretch
- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 4 - 23 Minutes

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a "flow" or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, hips, and back

6 Minutes: Pump It Up

- Begin waist hoop dancing at medium or fast pace
- Practice pivoting in the direction your hoop is flowing - first on your left foot then on your right
- Practice pivoting in the opposite direction your hoop is flowing - first on your left foot, then on your right
- After 3 minutes, spin in your opposite direction

2 Minutes: Cool Down

- Slow hooping to a smooth rhythm
- Focus on breathing steadily

5 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 5 - 23 Minutes

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a "flow" or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, hips, and back

6 Minutes: Pump It Up

- Begin waist hoop dancing at medium or fast pace
- Practice pivoting in both directions and on both feet
- Practice spinning in the direction your hoop is flowing - moving both feet
- After 3 minutes, spin in your opposite direction

2 Minutes: Cool Down

- Slow hooping to a smooth rhythm
- Focus on breathing steadily

5 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 6 - 23 Minutes

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a "flow" or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, hips, and back

6 Minutes: Pump It Up

- Begin waist hoop dancing at medium or fast pace
- Practice spinning in the direction your hoop is flowing - moving both feet
- Practice spinning in the opposite direction your hoop is flowing - moving both feet
- After 3 minutes, spin in your opposite direction

2 Minutes: Cool Down

- Slow hooping to a smooth rhythm
- Focus on breathing steadily

5 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 7 - 23 Minutes

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a "flow" or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, hips, and back

6 Minutes: Pump It Up

- Begin waist hoop dancing at medium or fast pace
- Practice spinning in both directions - moving both feet

- Practice hooping on your chest or hips instead of your waist (tip: the hoop will rotate wherever you move your body)
 - After 3 minutes, spin in your opposite direction
- 2 Minutes: Cool Down
- Slow hooping to a smooth rhythm
 - Focus on breathing steadily
- 5 Minutes: Stretch
- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Week 2:

Day 1:

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a "flow" or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, hips, and back

3 Minutes: Pump It Up

- Begin waist hoop dancing at medium pace
- Practice hooping on your chest or hips instead of your waist (tip: the hoop will rotate wherever you move your body)

3 Minutes: Hand Hooping

- Practice inward vertical hand hooping
- After 3 minutes, spin in your opposite direction

2 Minutes: Cool Down

- Slow hooping to a smooth rhythm
- Focus on breathing steadily

5 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 2:

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a "flow" or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, hips, and back

3 Minutes: Pump It Up

- Begin waist hoop dancing at medium pace
- Practice spiralling the hoop from your hips to your chest and back down again
- Continue footwork practice

3 Minutes: Hand Hooping

- Practice outward vertical hand hooping

2 Minutes: Cool Down

- Slow hooping to a smooth rhythm
- Focus on breathing steadily

5 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 3:

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a "flow" or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, hips, and back

3 Minutes: Pump It Up

- Begin waist hoop dancing at medium pace
- Practice spiralling the hoop from your hips to your chest and back down again
- Continue footwork practice

3 Minutes: Hand Hooping

- Practice inward and outward vertical hand hooping
- Practice "prayer hands" vertical hand hooping

2 Minutes: Cool Down

- Slow hooping to a smooth rhythm
- Focus on breathing steadily

5 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 4:

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a "flow" or dance
5 Minutes: Stretch
- Thoroughly stretch your neck, shoulders, waist, hips, and back
3 Minutes: Pump It Up
- Begin waist hoop dancing at medium pace
- Practice spiralling the hoop from your hips to your chest and back down again
- Continue footwork practice
3 Minutes: Hand Hooping
- Practice inward and outward vertical hand hooping
- Practice "prayer hands" vertical hand hooping
- Practice switching hands while hoop stays in motion (i.e., right-handed inward vertical hand hooping becomes left-handed outward vertical hand hooping when you switch hands without stopping the hoop)
- After 3 minutes, spin in your opposite direction
2 Minutes: Cool Down
- Slow hooping to a smooth rhythm
- Focus on breathing steadily
5 Minutes: Stretch
- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 5:

- *5 Minutes: Warm-Up*
- Start with a slow hoop warm-up - practice any tricks you know at half pace in a "flow" or dance
5 Minutes: Stretch
- Thoroughly stretch your neck, shoulders, waist, hips, and back
3 Minutes: Pump It Up
- Begin waist hoop dancing at medium pace
- Practice spiralling the hoop from your hips to your chest and back down again
- Continue footwork practice
3 Minutes: Hand Hooping
- Practice switching hands while the hoop stays in motion

- Practice turning your feet away from your spinning arm, so the hoop now spins on the side of your body
 - After 3 minutes, spin in your opposite direction
- 2 Minutes: Cool Down*
- Slow hooping to a smooth rhythm
 - Focus on breathing steadily
- 5 Minutes: Stretch*
- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 6:

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a "flow" or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, hips, and back

3 Minutes: Pump It Up

- Begin waist hoop dancing at medium pace
- Practice spiralling the hoop from your hips to your chest and back down again
- Continue footwork practice

3 Minutes: Hand Hooping

- Practice inward vertical hand hooping with your right hand, turn your feet so the hoop is on the right side of your body, turn your feet back straight so the hoop is in front, switch hands so that you're outward vertical hand hooping with the left hand, turn your feet away from the hoop so you're hooping on your left side, then turn your feet back straight

2 Minutes: Cool Down

- Slow hooping to a smooth rhythm
- Focus on breathing steadily

5 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Day 7:

5 Minutes: Warm-Up

- Start with a slow hoop warm-up - practice any tricks you know at half pace in a "flow" or dance

5 Minutes: Stretch

- Thoroughly stretch your neck, shoulders, waist, hips, and back

3 Minutes: Pump It Up

- Begin waist hoop dancing at medium pace
- Practice spiralling the hoop from your hips to your chest and back down again while maintaining footwork

3 Minutes: Hand Hooping

- Raise your arm above your head holding your thumb out to the side
- Spin the hoop on your hand using the same motion you used to vertical hand hoop in front of your body

2 Minutes: Cool Down

- Slow hooping to a smooth rhythm
- Focus on breathing steadily

5 Minutes: Stretch

- Thoroughly Stretch Neck, Shoulders, Waist, Hips, and Back

Resources:

[What Size Hoop Do I Need?](#)

[How to Waist Hoop](#)

[Inward Vertical Hand Hooping](#)

[Outward Vertical Hand Hooping](#)

Ready for more? [Click here to receive two free tutorials](#) to learn how to transition from waist hooping to hand hooping and back again.

Who is Missy?

Two years ago Missy Cooke was just another miserable corporate employee, out of shape and too exhausted to care. Tired of waiting for "the good life", she traded in the rat race and dedicated her life to helping passionate women live happy, healthy and fulfilled lives at home and in their careers. Today she owns and operates Lansing Hoops, where she teaches kids and adults how to have fun and get healthy through hoop dance. Find out more at

LansingHoops.com.