



# Weighted Fitness Hoop

## CAUTIONS

- Always wear suitable athletic shoes with good traction.
- Warm up for 3-5 minutes before each session.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions in each direction to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

## HOW TO SET UP YOUR WEIGHTED FITNESS HOOP



1. Adjust the length of the Weighted Hoop according to your waist size by adding or removing pieces of the slide rail. Connect the slide rail pieces by clicking the knots securely into place.

2. Insert the weighted ball onto the track of the slide rail.

3. Wrap hoop around waist, connect the ends and lock the magnetic safety closures in place.

DISASSEMBLE: Press/squeeze the piece of the slide rail and twist slightly.

## USING YOUR WEIGHTED FITNESS HOOP



**START:** With the weighted ball in front or back, gently give a starting swing to the ball. As the weight begins to travel around the track, move your hips in a clockwise or counterclockwise motion.



**FINISH:** Continue clockwise or counterclockwise to gain momentum to perform a spinning motion.

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