

Hula Hoop

30-day HARD challenge

DAY 1

5
minutes

DAY 2

5
minutes

DAY 3

5
minutes

DAY 4

5
minutes

DAY 5

5
minutes

DAY 6

rest
day

5 minutes continuous hula hooping – improving your coordination

DAY 7

10
minutes

DAY 8

10
minutes

DAY 9

10
minutes

DAY 10

10
minutes

DAY 11

10
minutes

DAY 12

rest
day

7 minutes continuous hula hooping – improving your coordination

DAY 13

15
minutes

DAY 14

15
minutes

DAY 15

15
minutes

DAY 16

15
minutes

DAY 17

15
minutes

DAY 18

rest
day

10 minutes continuous hula hooping – try doing on your arms

DAY 19

20
minutes

DAY 20

20
minutes

DAY 21

20
minutes

DAY 22

20
minutes

DAY 23

20
minutes

DAY 24

rest
day

15 minutes continuous hula hooping – try doing with your legs

DAY 25

30
minutes

DAY 26

30
minutes

DAY 27

30
minutes

DAY 28

30
minutes

DAY 29

30
minutes

DAY 30

30
minutes

20 minutes continuous hula hooping – include your arms & legs

Target
Achieved!!