

# Hula Hoop

## 30-day MEDIUM 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

7

minutes

DAY 8

7

minutes

DAY 9

7

minutes

DAY 10

7

minutes

DAY 11

7

minutes

DAY 12

rest

day

7 minutes continuous hula hooping – improving your coordination

DAY 13

10

minutes

DAY 14

10

minutes

DAY 15

10

minutes

DAY 16

10

minutes

DAY 17

10

minutes

DAY 18

rest

day

10 minutes continuous hula hooping – try doing on your arms

DAY 19

15

minutes

DAY 20

15

minutes

DAY 21

15

minutes

DAY 22

15

minutes

DAY 23

15

minutes

DAY 24

rest

day

15 minutes continuous hula hooping – try doing with your legs

DAY 25

20

minutes

DAY 26

20

minutes

DAY 27

20

minutes

DAY 28

20

minutes

DAY 29

20

minutes

DAY 30

20

20 minutes continuous hula hooping – include your arms & legs

Target  
Achieved!!