

Hula Hoop

30-day MILD 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

12

minutes

DAY 20

12

minutes

DAY 21

12

minutes

DAY 22

12

minutes

DAY 23

12

minutes

DAY 24

rest
day

12 minutes continuous hula hooping – try doing with your legs

DAY 25

15

minutes

DAY 26

15

minutes

DAY 27

15

minutes

DAY 28

15

minutes

DAY 29

15

minutes

DAY 30

15

15 minutes continuous hula hooping – include your arms & legs

*Target
Achieved!!*