

ABSTRACT

METHOD OF EXERCISING USING A HOOP

A method of body exercises using a hula hoop is disclosed.

The exercises incorporate elements of various Western fitness and wellness teachings and Chinese physical training and healing teachings. The exercises are designed to be a complete and holistic exercise regime offering all types of exercises to tone the body, improved internal well being, improve coordination and flexibility, strengthen the core, massage the lymphatic system, provide acupressure at certain vital meridian points in the body of the user, teaches the user relaxation techniques and handle stress and at the same time promote weight control as well as offer aerobic and anaerobic benefits.

Fig. 1