

Hula Hoop Exercise

3 Easy Routine Suggestions

Do you have a very busy schedule and you can't squeeze some regular exercise routines? Are you looking for a fun way to remove excess fats from your stomach? Whether you are always on the go or you are low on cash and can't afford an expensive piece of equipment or a gym membership, then a hoop is perfect for you! All you need is to devote a few minutes everyday. Whenever you can pause for a break, chop off two minutes from your break time and devote that to a simple hula hoop exercise. You only need to spare two minutes several times in a day to speed up your metabolism to make your waistline smaller by several inches.

Try it. It works!

1. Nonstop hula hoop exercise - How long can you go on one round of exercise twirling a hoop? Push your limits and sway your hips according to the circling rhythm and make the hoop stay on your waist the longest time possible. Thirty minutes is the goal. Don't let that hoop fall down within 30 minutes and you're definitely on your way to a slimmer body.
2. Musical hula hoop exercise - Working out without motivation music is not advisable. What if you dance by twirling your hoop in tune to your favorite upbeat song? This suggestion is for advanced users again. Try spinning with it and integrate some of the tricks that you have learned along the way. Let your whole body move to the rhythm. This way, you'll achieve a full body workout and burn much more calories.
3. Many hoops exercise - You can swing your hips on a single hoop exercise. But definitely, you can use two or more of them to burn more calories. This is best for advanced hula hoop users. If you're tired of using only one of these twirling hoops because of the simplicity of technique involved, challenge yourself to use more than one when exercising. This will definitely take your exercising to the next level.