

## How It Works!

### How it stays up

What is the force that keeps a hula hoop up?  
Here is an explanation how.

You might think that having hips would help, in which case girls ought to be better at this than boys. In fact, your hips *do* help ... but aren't *really* necessary at all. *Anyone* can make it work if they spin it just the right way.

### So what keeps it up!?

To answer that question, let's look first at the force which is trying to make the hoop fall to the ground ... gravity.

The force of gravity acts downwards on the hoop at all times; this force *should* cause the hoop to fall, ... but of course it doesn't.

If the hoop stays at a constant height and does not move downwards, then *there must be another force acting in the opposite direction that balances the force of gravity.*

(Newton's 3rd Law of Gravity—Every action has an equal and opposite reaction.)

### What is this force?

It's **friction**, of course.

The force of friction between your body and the hoop exactly equals the pull of gravity, so the hoop doesn't fall. Here's how it works:

As the hoop spins, your body exerts a force against the hoop, parallel to the ground, and perpendicular to the surface of the hoop.

This is the *equal and opposite force* which creates friction preventing the hoop from falling.

Simple?

*"I promise you it can be easy  
and worth it, and I personally  
test each Hoop"*

**Sue. Exerhoop Hula-Hoops**

**Web: [www.exerhoop.co.nz](http://www.exerhoop.co.nz)**

## ExerHoop Results

Hula hooping has been around for a very long time, it was generally used as a fun recreational toy by the younger ones, now, in many countries it is now fast becoming a fitness workout for all age groups.

When bringing this into your daily routine you will find it:

- Strengthens your core muscles,
- Trims up your waistline
- Helps you lose those unwanted kilo's
- Works on the tummy
- Is an aerobic workout
- Will help burn around 10 calories per minute whilst hoop swinging



**Ph 07 543 3654**  
**Mob: 021 257 2895**  
**E-mail: [orders@exerhoop.co.nz](mailto:orders@exerhoop.co.nz)**

ExerHoop Hoops are Hand Crafted locally  
in Tauranga, New Zealand from  
locally sourced materials.

**Web: [www.exerhoop.co.nz](http://www.exerhoop.co.nz)**

## Want A Fun and Interesting Way To Exercise?

Try Hoop Swinging today and enjoy the results



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## ExerHoop Hula Hoop

You may have thought, "No, I can't!" or "I did this as a child"

Most people think the same thing before learning more about the physics of hula hoops. The truth is hula hoops that are sold in stores are not made for adults. They are not even made for most teens or even little kids. Unless you are a particularly adept hoop spinner, a lightweight, narrow hoop like the ones found in your local toy department will never stay up for long. Here's the good news. Read on, and soon you will be hula hooping like a pro.

### About Exerhoop Hula Hoops

An unweighted hula hoop is reminiscent of the hoops used on school playgrounds. These plastic hoops are usually child-sized and un-weighted. Un-weighted hoops have no "mass" to keep them spinning, conversely heavy hoops have a large "Mass" and gravity takes over and pulls them to the ground. Hand crafted Exerhoop Hula-hoops are approx 1/2Kg in weight and 1 metre dia and are specifically weighted and balanced for Adults to achieve optimum exercise benefits.

### Give your ExerHoop a spin

The friction of the hoop against your body fights the force of gravity to keep the hoop in the air. The tape helps increase the friction. Faster spinning is needed to keep a smaller hoop in contact with your body, your new larger ExerHoop can spin more slowly and still stay in the air. You may not be able to defy gravity with your ExerHoop for long on your first few tries, but the more you practice, the better you will get. Soon, you will be shaping your waist, hips and thighs and strengthening your core with a calorie burning workout that is a whole lot of fun. Don't forget to throw on your favourite music to make your hula hooping experience more fun - The Beach Boys are a cool, retro choice - and enjoy this new workout all year round.

## How to Hula Hoop

### Here's an easy two-step lesson

#### 1. Make sure you have the right size of hula hoop!

If you're using a kid-sized hoop, forget it!  
Most hula hoops that you can buy at stores are designed for children.  
You'll save yourself a lot of heartache (and gain a lot of fun) if you use an adult size hoop to begin with.

Exerhoop Hula-hoops are also being used and enjoyed by children as young as 7+ years old.  
Our own 6 & 9 year old grandchildren enjoy hooping.  
See the photos on the website.

#### 2. Put one foot in front of the other, and shift your weight

Proper technique helps you get the most out of your hooping workout. To begin hooping, stand with one foot in front of the other. Stand in the middle of the hoop and rest the inside of the hoop against your back.  
Hold the hoop in both hands with your arms at your sides. Turn your torso to your right to "wind up" the hoop. Quickly toss the hoop to the left and rock your hips forward and backward to keep the hoop spinning.

If this direction does not work well, try tossing the hoop to the left or changing your lead foot.  
Easier said than done?

Having trouble "keeping it up"?

### Be patient!

It can take a while to get the hang of it don't give up!

#### REMINDER:

If you have any medical condition or are unsure that hooping is for you please consult your Health Professional first

## Hoop Exercises

- **Air Punch** - while hooping alternatively punch your arms in the air vertically and horizontally to the front and sides.
- **Side Step** - while keeping the hoop spinning take a step to the left with your left foot, bring the right foot across to it. Repeat by stepping to your right.
- **Crouch** - maintain the hoop spinning and slowly crouch down, hold for a few seconds and stand up.
- **Skipping** - use the hoop in place of a skipping rope. Hold the hoop across in front of your body holding it with both hands at the 10 past 10 Position. Step thro the hoop and swing it up over your head while jumping through it as it swings under your feet.

**NOTE:** Ensure you warm up before starting any exercise routine and warm down after.

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