

Hula Hoop Challenges

- **Waist Hula Hoop**
 - Start on your back, count to 3 and spin that hoop – try to keep it going as long as you can.
 - I've found that telling kids to move forward and back a pretty helpful cue
 - **Extension:** Try a waist hoop starting on your belly
- **Waist Hoop on Knees**
 - Kneel on the ground and try to start your hula hoop while on your knees
 - **Extension:** Stand up from knees without dropping your hoop
- **Waist Hoop – Touch a Knee**
 - Start hooping on your waist and then try to touch a knee or kneel down to the ground and stand back up without dropping your hoop
- **Neck Hula Hoop – AKA: “The Chicken Neck”**
 - Start the hoop on the back of your neck and then bob your head like a chicken and try to keep it going
 - Be careful not to smack yourself in the face – start slow
- **Arm Hooping**
 - Hold your arm out straight and spin your hoop around your wrist – keep your muscles tight and make small circles
 - **Extension:** Try to switch to another arm without stopping
- **Hula Jumping**
 - Hold your hoop in front of you and jump through it like a jump rope
 - If your hoop keeps hitting the ground – pick up your hands and hold it a little higher
 - **Extension:** Try Hula Jumping Backwards
- **Knees Hula Hooping**
 - Put your knees together and then start the hoop on the back of your legs and then start it spinning and see if you can keep it going on your knees
 - **Extension:** Waist to Knees – start on your waist and see if you can make it all the way down to your knees
- **Hula Hoop Skipping**
 - Put the hoop on your foot with one foot inside the hoop and one foot outside the hoop. Try to spin the hoop around your ankle while hopping over it with your other foot.
- **SUPER HULA CHALLENGE (Professionals ONLY!!!)**
 - Hand – Neck – Waist – Knees – Feet
 - [For a Video Example Click Here](#)