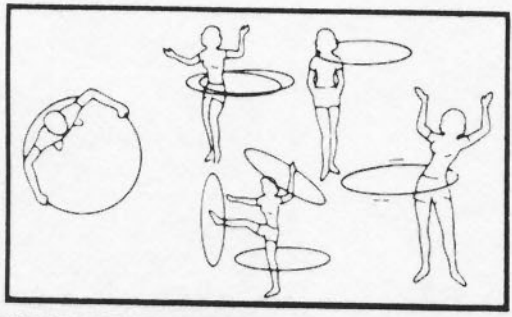




Fun to go around with and great exercise!

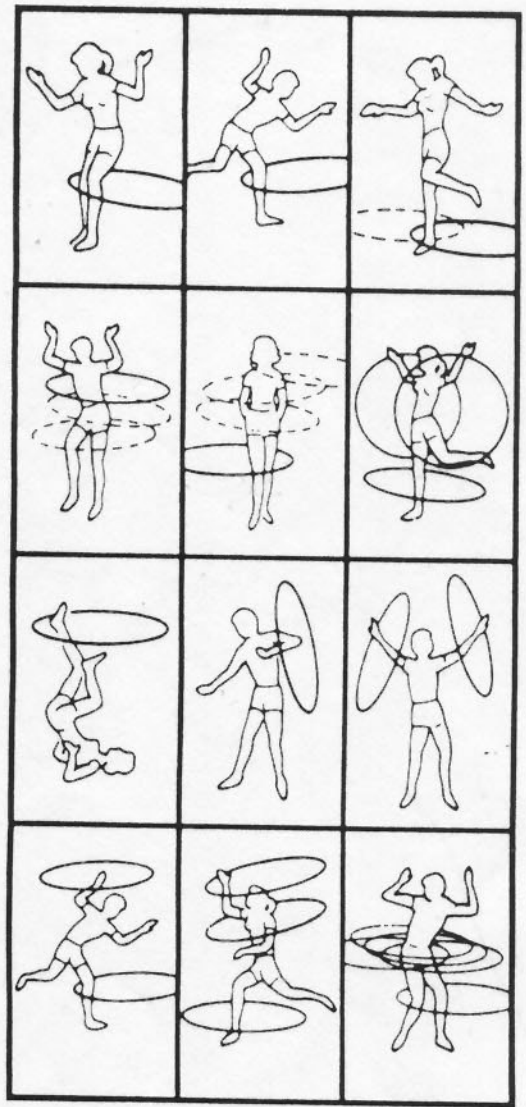
BASIC INSTRUCTIONS

Rotate body in circular motion against Hula Hoop®. Hula Hoop can also be kept in motion by sideways action of body or forward and backward motion.



The Hula Hoop® is great for exercising your waist, back and tummy muscles – plus it's so much fun!

Try some of these Hula Hoop tricks – you'll enjoy them.



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"Shoop Shoop Hula Hoop® with the sound inside"

WHAM-O

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