New User Guidelines

If this is your first time using a Powerhoop, be prepared for a completely new "twist" on an old idea. Fun, fabulous Powerhoops are a great way to slim your waist, tighten your tummy and strengthen your core.

Important information for new users:

Due to the Powerhoop's impact on the abdominal and other core muscles, **some new users may experience muscle soreness or bruising in the first few days of use**. Although mild bruising is not dangerous for a healthy user, it is preferable to avoid discomfort by limiting hooping sessions to 2-3 minutes per day and increasing as your muscles become stronger.

If possible, practice using a Powerhoop before taking classes. This will help you to avoid soreness and become more adept at using the hoop in both your preferred and non-preferred directions. If you start out with 2-3 minute sessions and build up to ten minutes per day, you should be able to participate in a full Powerhoop Class without experiencing soreness. If not, please monitor yourself during your first few classes and be sure to stop hooping at the first sign of discomfort. It's perfectly ok to place your hoop on the floor during a class and go through some of the movements without it.

If you are pregnant, post-partum, trying to conceive, have had recent surgery, are on blood-thinning medications or have any spinal injuries or health problems, do not use a weighted hoop without first consulting your doctor.

How to Hoop:

Most beginners will learn how to use their Powerhoop within a few minutes by following the instructions below:

- Stand with one foot forward and toes pointing straight ahead. Your body should feel relaxed, stable and balanced.

- Start with your Powerhoop pressed against your lower back. Practice swinging the hoop from side to side, keeping it level at all times.

- Standing up straight, give the hoop a firm, level push while moving your body front-to-back.

  Be sure to use your hoop in both directions for an equal amount of time, to maintain balanced training and optimal core stability. A good rule of thumb is to keep the left foot forward while hooping to the left, and the right foot forward while hooping to the right.