



LadyXsize Powerhoop 6 week Toning Challenge						
	Week 1 Hooping Time	Week 2 Hooping Time	Week 3 Hooping Time	Week 4 Hooping Time	Week 5 Hooping Time	Week 6 Hooping Time
Waist						
Hips						
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Waist						
Hips						
Waist/Hips *(WHR)						



Recommended 15 minutes per day 5 days per week

*Waist-to-hip ratio (WHR) is the ratio of the circumference of the waist to that of the hips. Research indicates that the WHR is a significant measure of female attractiveness (women closest to a 0.7 WHR are usually rated more attractive by men, regardless of height and weight). It is calculated by measuring the smallest circumference of the natural waist, usually just above the navel, and dividing by the hip circumference at its widest part of the buttocks

For more workouts go to LadyXsize.com