



JULY 2009
Health & Beauty

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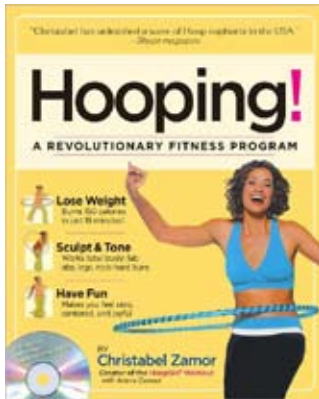
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Hooping!
Zamor and Conrad



203 x 254 mm
200 pages



ISBN 9780761152415 - \$36.95 PB

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From the creator of the HoopGirl Workout, the book promises that you will have fun, get fit and feel sexy through the 50 different step-by-step exercises that work the body's core as well as the upper and lower body while burning more than 600 calories an hour. The book/40-minute instructional DVD package teaches the basic hoop movements to beginners as well as offers a workout routine and an introduction to hoop dancing. Together they provide the perfect combination of visual/auditory learning of a hooping routine.