



Tunturi Hula Hoop Ring



Get in top shape with the Tunturi Hula Hoop Ring! There are a variety of exercise options that make the pounds fall and this at the same time still with a lot of fun! The Hula Hoop Ring is available in three different weights. Hula hoop rings with different weights are usually used to make the workout with the hula hoop more intense and effective.

CHF 24.90

- Tunturi Hula Hoop Ring is made of foam padding with wave design
- divisible ring is easily assembled with 6 mounting points
- diameter 100cm
- hoop thickness is 4cm
- available in 1,2kg, 1,5kg and 1,8kg

Adding weight to the hula hoop increases the load during the workout, which can cause more strain on the muscles. Using a heavier hula hoop ring can help work the abdominal muscles, core muscles and gluteal muscles more intensely. The resistance of the heavier ring requires more muscle strength and endurance to keep it moving. This can lead to increased muscle activity and calorie consumption during the workout. The different weights of hula hoop rings also provide the opportunity to customize the workout. Depending on fitness level and training goals, a lighter or heavier ring can be selected. Beginners can start with a lighter weight and gradually move to heavier rings to increase their progress.