

## Instructions for opening and closing figure-8 collapsible hoops

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### How to open folded Hoops (large or small)

1. Find the joints on the folded hoop. Hold the two ends without joints, so that the joints are facing the floor.
2. Pull apart the two ends you are holding until the hoop forms a figure 8.
3. Grab the joints (at the middle of the figure 8) and pull them away from each other while twisting the hoop into a circle.

### How to correct uneven hoops: What to do when the opened hoop is not an even, round circle.

- a. Look down from the top joint (while the hoop is standing up) to see which way the hoop needs to be twisted to even out the circle.
- b. Place your foot on one side of the bottom joint (floor or ground level) to hold the hoop steady.
- c. On the top of the hoop, put one hands on either side of the top joint
- d. Twist and turn the hoop until the circle is straight and round.
- e. Flip the hoop over and repeat a-c until the hoop looks even. You might have to turn and twist the hoop quite a bit to get it into shape. This will get easier over time.

### 1. Folding Small HoopChi Hoops

- a) Hold hoop parallel in front of the body, one hand on each joint of the hoop, opposite each other, palms facing each other.
- b) Push hands toward each other, making the round hoop a slight oval shape. **Warning:** Hoop joints can break by pushing too hard.
- c) At the same time you are pushing the hoop into an oval shape, twist the hoop by pushing one thumb **away** from the body, the other thumb on the hoop **toward** the body until the hoop twists into a figure 8.
- d) Fold the figure 8 in half by grabbing away from the joints.
- e) Flip one circle into the other so they don't pop apart.

### 2. Folding Large hoops:

- a) Stand hoop up with one joint on top and one on bottom (floor/ground level).
- b) Put one foot on the inside side of the bottom joint.
- c) Grab the top of the hoop with hands on each side of top joint.
- d) Press down with both hands while pushing one hand away from your body, and the other hand pulling toward your body, twisting the hoop until hoop is in the shape of a figure 8 and both joints come together on the ground/floor.
- e) Grap the hoop at the 2 joints and stand the figure-8 up in front of your body holding the joints at your belly button. The top of the figure 8 is at your head level, the bottom of the 8 is below your waist.
- f) With your free hand, fold the top of the figure-8 in half (forward and down) until the figure-8 is now two small circles.
- g) Flip one circle into the other so they don't pop apart.

### Hoop Care Tips:

- a. Store your hoop in its large round shape unless you are traveling.
- b. Open hoops slowly, the connectors are plastic and can snap in half.
- c. Do not force open or close the hoop quickly, especially if the hoop is extremely cold.
- d. Keep hoops dry, the tape can become discolored and sticky when wet.
- e. Dry grass, wooden floors, carpets and sand are gentle on hoops, asphalt will tear tape.