

How to make your own weighted Hula Hoops

THINGS YOU WILL NEED:

- **Tape:** Most common is duct tape because it's easy to get and they have so many fun colors!
- **Tubing Size To Purchase:**
Your local hardware warehouse store should be able to direct you to a comparable product. To make large adult hoops in the U.S. start with Flexible PVC 160 psi (pounds per square inch), 3/4 inch.
- **Plumbing Pipe Coils:**
 - 3/4 inch, 160 psi X 100 foot coil, for large adult hoops
 - 3/4 inch, 100 psi X 100 foot coil for lighter hoops
 - 1/2 inch, 125 psi X 100 foot coil for even lighter hoops
- **Connectors**
 - 3/4 inch, plastic connector for both 160 and 100 psi
 - 1/2 inch, plastic connector for the 1/2 inch piping
- Pipe Cutter (recommended) This can be found at your local Home Depot, like the one [here](#). A saw or other sharp instrument could be used but not recommended.
- Portable Hair Dryer or
- Boiling Water

INSTRUCTIONS:

1. Buy Tubing

Flexible PVC pipe or tubing, found in plumbing departments of large hardware stores. Most large stores offer coils of 100 feet. You can make approx 8-10 hoops from one coil.

2. Measure and Cut

Measure and cut the tubing with a pipe cutter to the size you prefer the hoop to be. Your hula hoop should measure vertically from the floor approximately to your navel or the top of your hip bone. If you have a larger body size you will want a slightly bigger hoop. If you have a smaller body size you will want a slightly smaller hoop.

3. Heat

Heat one end of the pipe at a time with boiling water, or use a portable hair dryer to heat each end. If you use water, dip the end of the pipe into the boiling water for 30-60 seconds. If you use a portable hair dryer, hold the dryer on full heat close to the end of the connector for 30- 60 seconds. The air should blow inside the pipe. This will soften the end of the pipe enough to slip the connector. inside the pipe.

3. Add more weight: Fill with water if you'd like to add more weight to the hoop

4. Add Connector

Insert a plastic connector into one end of the pipe at a time, (the connector must be the same size as the pipe 3/4 or 1/2 in) then heat and connect the other end until the ends of the pipe meet together.

5. Cover Connector

Cover the connection with tape by wrapping it around the connection point. This is just to cover the connecting point.

6. Decorate the whole hoop!