

## DO IT | Beach Limbo vs Garden Hula

Grab a pole or hoop and show off your skills this summer! Get family and friends to give you a score out of 10 using the downloadable score cards and get everyone involved. Share your scores on Instagram, Facebook or Twitter using **#TridayFriday**

### Beach Limbo

Put some music on and get ready to limbo! Get two people to hold each end of the pole. Then take it in turns to dance up to the pole and bend backwards as you pass under. Only your feet are allowed to touch the floor and you can't touch the pole. Friends and family can award points for each person's limbo performance using the score cards.

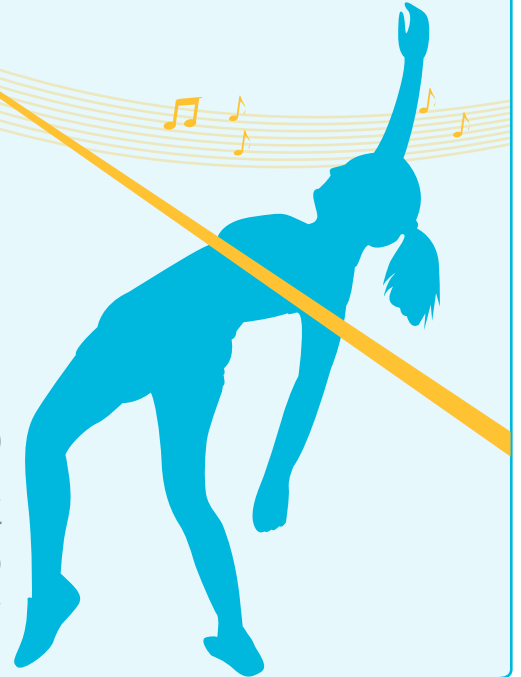
Name

Score

Name	Score

#### Top Tip

Use a garden cane, mop, broom or washing line prop for your limbo pole.



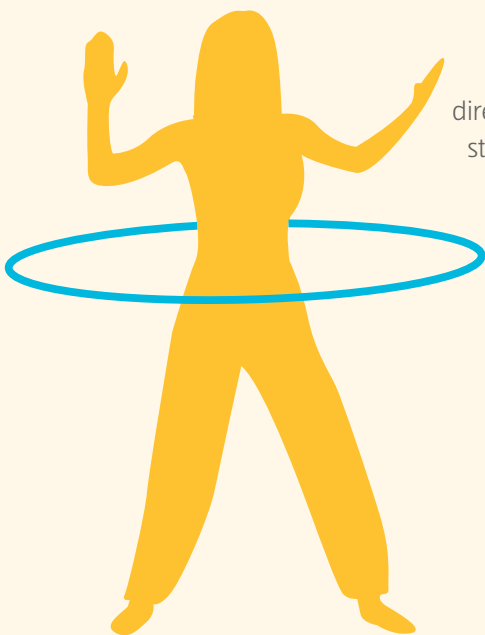
### Garden Hula

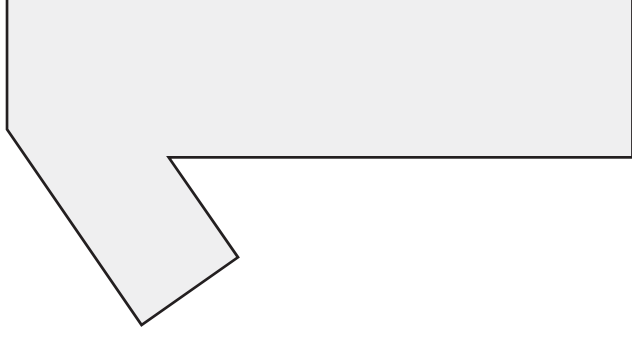
Take it in turns to hold the hoop around your waist, resting it against one side of your body. Now spin the hoop and start to move your waist in the same direction, in a circular motion. When the hoop is moving across your stomach, your stomach should be pushing forwards. Practice makes perfect! Friends and family can award points for each person's hula performance using the score cards.

Name

Score

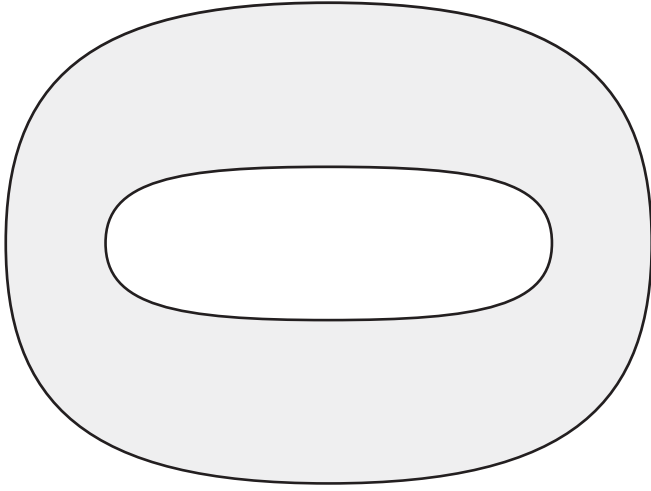
Name	Score





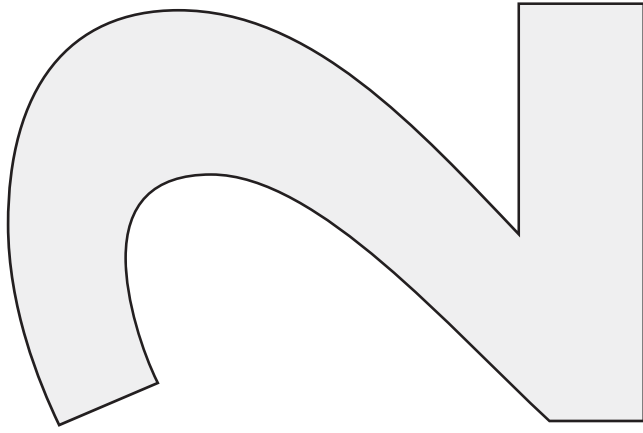
Everyday Amazing.

#TridayFriday



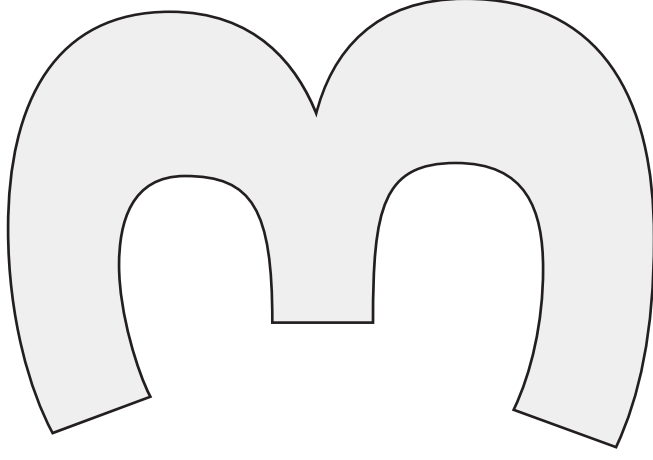
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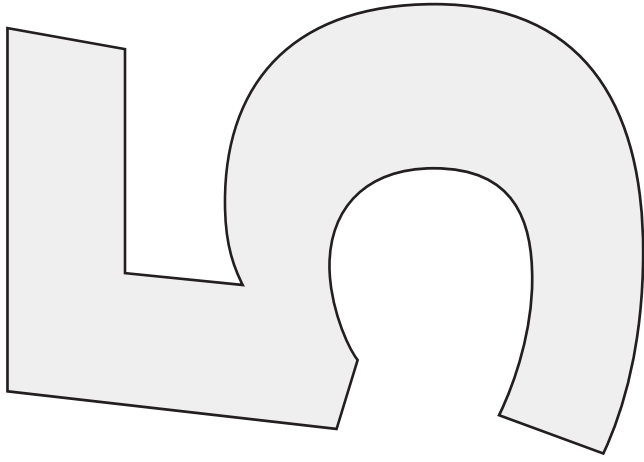
Everyday Amazing.

#FridayFriday



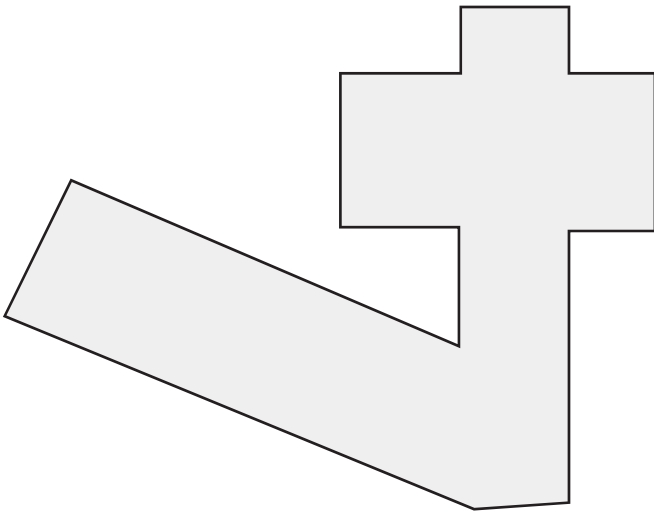
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#FridayFriday



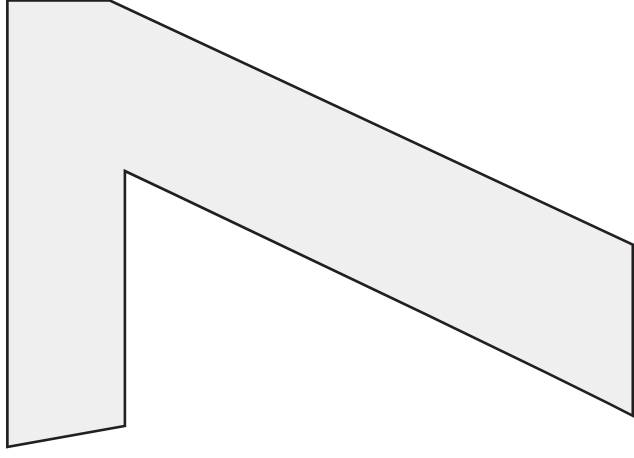
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#FridayFriday



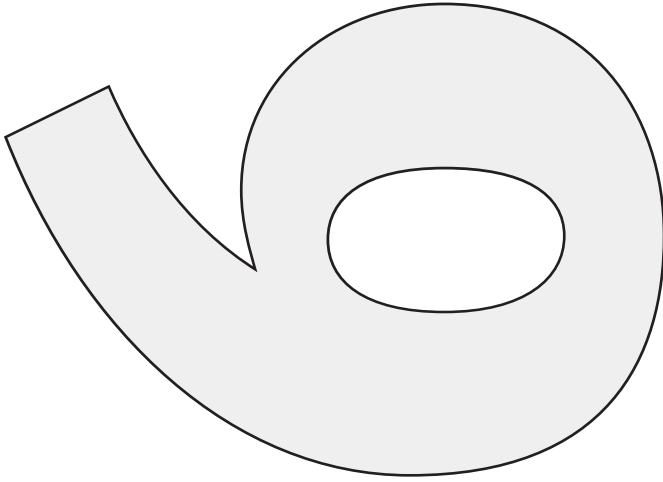
Everyday Amazing.

#FridayFriday



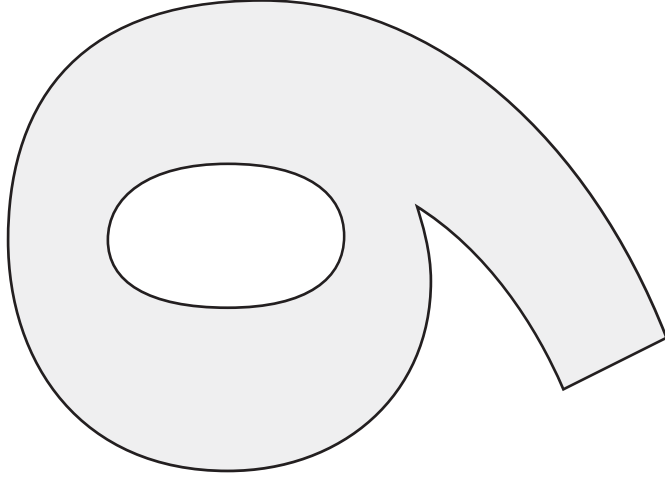
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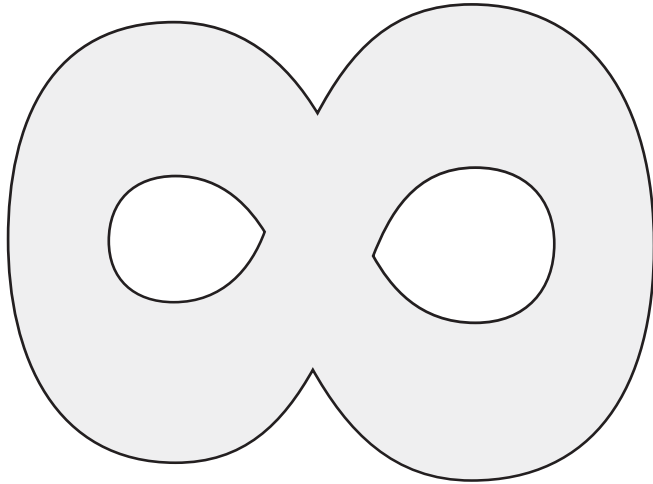
Everyday Amazing.

#FridayFriday



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#FridayFriday



Everyday Amazing.

#FridayFriday