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Burn 300 to 1000 calories an hour with HOT HULA Fitness & HOT HULA Sculpt.

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□ Lakesha Yvette Walker
[LA Dance Fitness Examiner](#)
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October 6, 2013

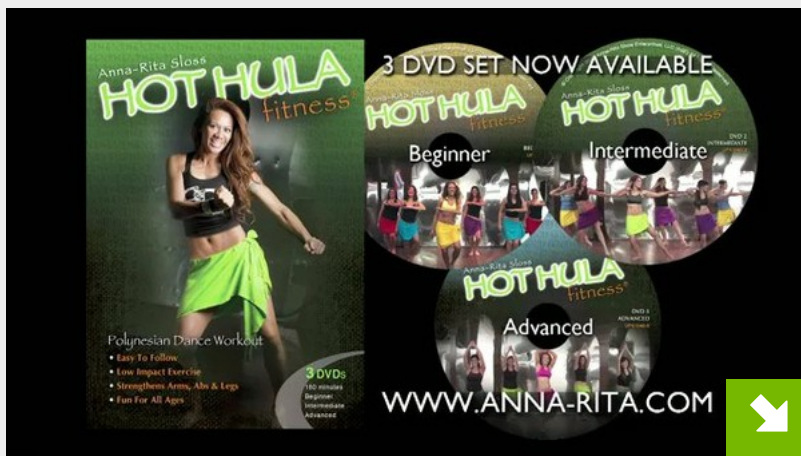
If you want a home workout that will make you dance, pop and sweat helping you burn anywhere from 300 to 1000 calories an hour, it's time to

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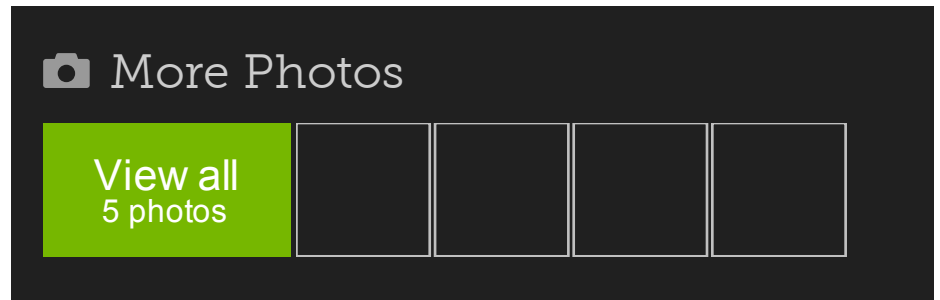
Youtube/Anna-Rita Sloss

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Two Belles Fitness

check out [HOT HULA Fitness](#).



Now available in two releases, [HOT HULA Fitness 3 DVD Set \(\\$39.99\)](#) and [HOT HULA Sculpt \(\\$19.99\)](#), both feature the dynamic energy and motivating powers of fitness leader and workout creator Anna-Rita Sloss.

And if you're new to HOT HULA Fitness or Anna-Rita's workout style, here's what you should know.

[HOT HULA Fitness](#), is a full body workout that isolates large muscle groups, increases strength and adds definition to your core with a specific emphasis on abs, glutes, quads and arms.

[Fans](#) say it has helped them lose weight, correct

back pain and kick off a lifetime of healthy living as well as avoid the boredom that comes with traditional day to day workouts.

To keep you motivated, HOT HULA Fitness blends dance movements from the Pacific Islands with hip hop, reggae and Polynesian drum beats, which means you won't get bored and it will lift your mind, body and spirit, making you feel good about the work you've done today.

The moves are easy to follow and beginners can burn anywhere from 300 to 1000 calories an hour and advanced and intermediate users may see numbers in the 400 to 1000 calorie an hour range.

It makes for a great workout to do with family and friends and you can add props like a sarong, small arm weights or a weighted belt.

And now that you know you have 2 great in home options for fitness, aren't you ready to check out HOT HULA Fitness and HOT HULA Sculpt?

HOT HULA Fitness

HOT HULA Sculpt, \$19.99

HOT HULA Fitness 3 DVD Set, \$39.99

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