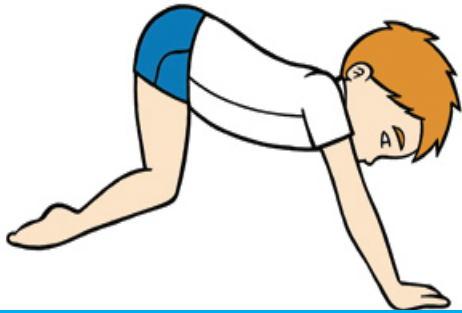
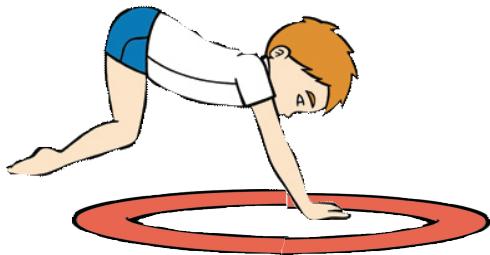


Bunny Hops

Stage 1- Static

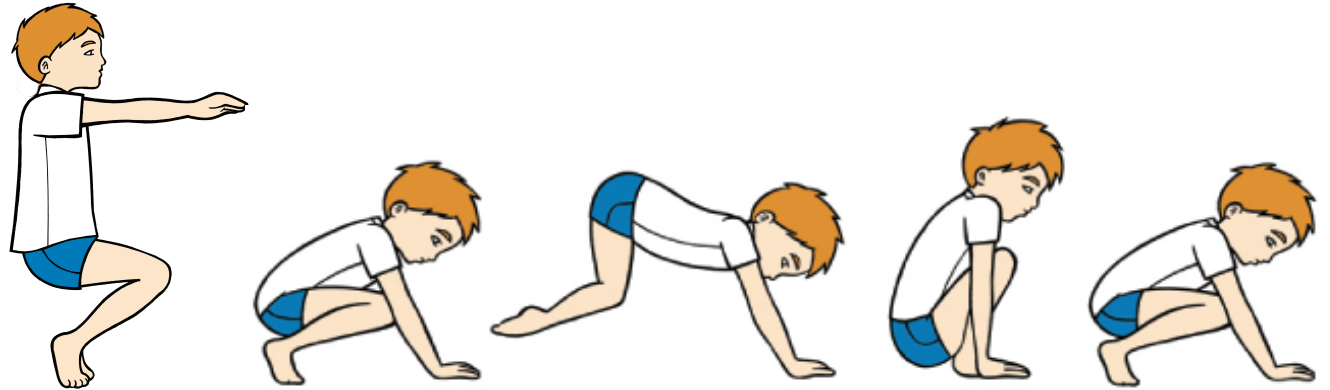


Static bunny hop - hands on spot, look forward, chin up, jump feet up



Make it easier: Bunny Hops into hoop
this encourages **hands first, then feet**

Stage 2 – Bunny Hops across mat



Start in a Squat shape.

Lean forward to place hands on the mat. Keep chin up and look forward

Use toes to push off. Hips up high, arms straight

Bring knees into chest

Position ready to start again.