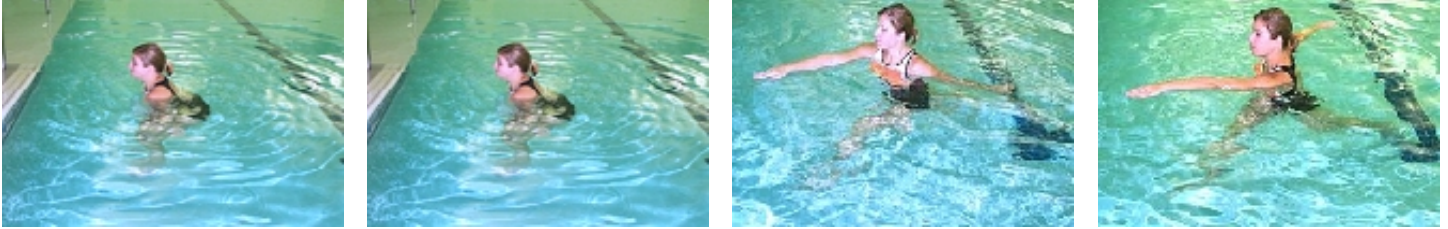


## Bunny Hop Bunny Hop Ski Ski

Categories: Abs, Active Head to Toe, Arms, Cardio, Flexibility & Range of Motion, Legs, Strength



From a standing position, jump straight up as high as you can. Bend your knees upon landing and touch your heels to the floor. Jump again and bend your knees upon landing and touch your heels to the floor. Jump up and land with your left leg forward and your right leg behind you. Your right arm extends forward and your left arm extends behind you. Bend your knees upon landing and touch your heels to the floor. Jump up and extend your right leg forward and your left leg behind you. Your left arm extends forward and your right arm extends behind you. Upon landing, bend your knees and place your heels on the floor. Continue the pattern of two Bunny Hops, Ski, Ski for 60 seconds.

### ***Variations***

Travel forward, backward or to the sides.

Resistance equipment such as barbells, gloves or noodles may be used to assist with balance or to create a more difficult workout.

Bunny Hop on one leg (switch legs).

Bunny Hop with your feet wide.

Hold your arms motionless and allow your legs to do all the work.

Perform this exercise with slow speed, normal speed, or double time speed.

Add a pause at each landing.

Place your hands palm side up, thumb side up or thumb side down.

Alternate your hand placement as you move your arms from stance to stance.