BUNNY HOP

The Bunny Hop is similar to the Frog Jump but in this case the knees are inside the arms and tight together and not outside the arms.

Technical points:

Begin with the feet hip width apart, lower yourself into a full squat, rock onto your toes, and place your hands on the ground in front of you at a comfortable distance where you don't need to transfer your body weight forward at all. If your body moves forward your hands are placed too far in front. Your knees are inside your arms and squeezed together, toes and knees pointing forward. Knees are inside the arms.

When you're ready to execute the exercise, shift your body weight on your arms until your shoulders are aligned with your wrists, lock-in your abdominal muscles and gently and controlled lift your feet off the ground, as opposed to pushing against the ground or jumping. Land slightly forward from the original place, as close as possible to your hands. Squeeze the knees under your chest. As you land place your feet softly back down, as opposed to dropping back on the ground without control. Keep the knees touching as much as possible, it will make body activate the core.



[Fig 67: Bunny Hop]

Fig 67: Bunny Hop shows the exact sequence, including the bodyweight transfer in the 3rd picture of each row, from the front and side.

Aim to stay in the air for a fraction of a second and then use your abdominal muscles to place your feet back down. Focus is not on how high you jump but on how soft and controlled you land and on keeping the knees together throughout the movement.

Landing should be graceful, without a sound, just like a Ninja. You will jump higher with time and practice. The focus is to learn to use your core muscles. To jump, leap, move and run from your core.

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Benefits:

Toning and strengthening arms, legs and core.

Strengthening and mobilising wrists, hip, back, knees and ankles.

Strengthening stability muscles in your feet, ankles, knees and hips.

Common errors and/or weaknesses to be aware of:

- Knees outside the arms.
- Knees are not held together throughout the hop.

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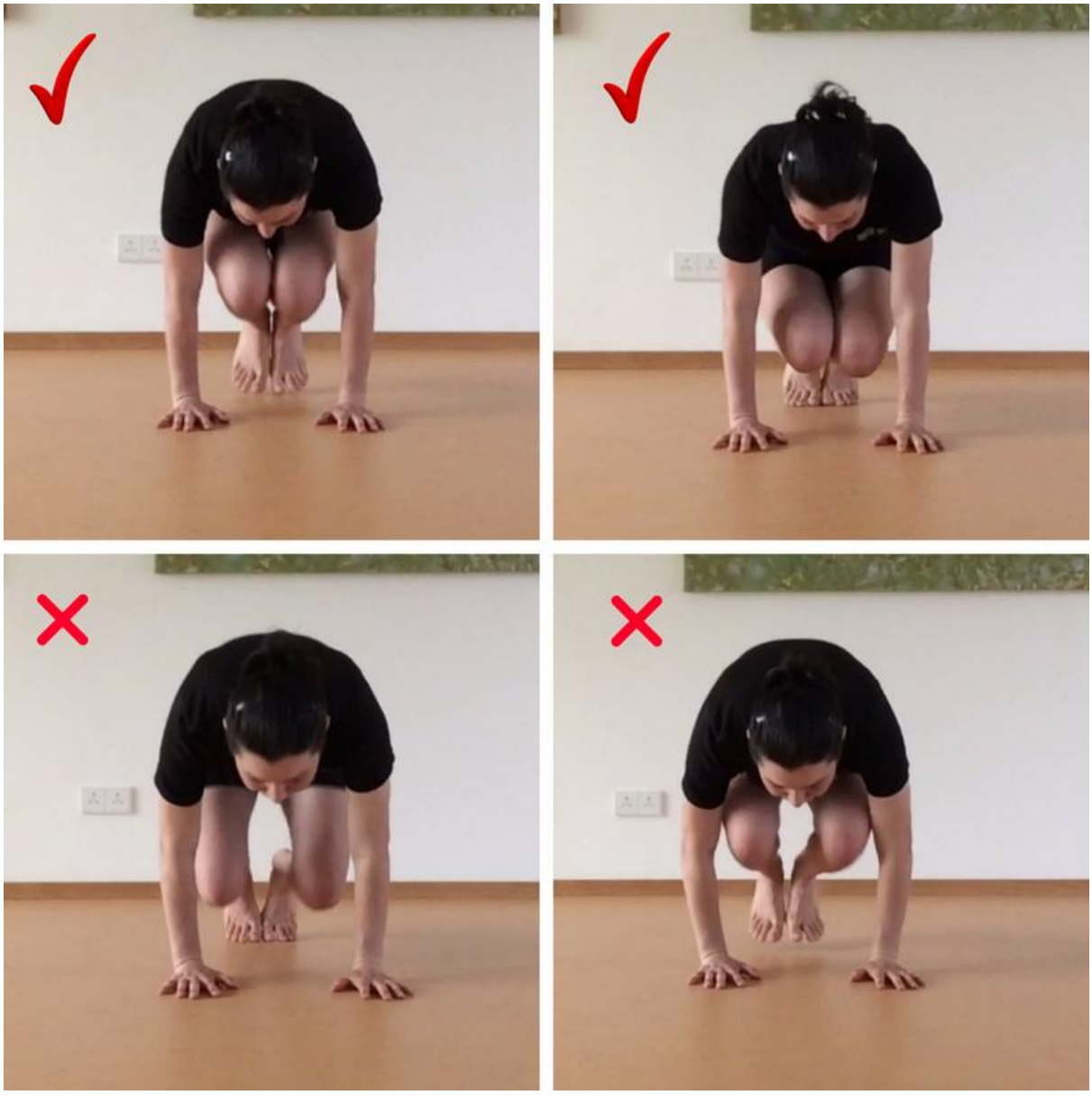

[Fig 68: Bunny Hop]

- Not transferring the body weight over the arms enough to unlock the legs which makes it difficult to lift the feet off the floor.

- Landing heavily. The upper body may not be able to support the weight yet or the core is not strong enough yet.

- Placing hands too far forward which causes un uncontrolled body weight transfer. Hands should be placed as far forward as possible without needs to transfer the body weight until it is intended to do so.

- Placing only half of the hand, the fingers. The whole palm should be placed on the ground in front.

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Notes:

The Bunny Hop is particularly good for abdominal muscles strength. Try to squeeze the knees as far forward as possible, aiming to get the feet in between the arms and crunching the abdominal muscles.

Place a sheet of paper between the knees and try to keep it from falling. This will help you keep your knees together throughout the movement.

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