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# Rabbit

My fitness name is *Bunny hops*



## How we do it

Place your hands and knees on the floor, lift off your knees and stay on your tiptoes as you hop from side to side. Come back onto your knees and sit on your heels, now see if you can twitch your nose like a bunny rabbit until your breath calms down.

## Why it's good for me

It increases my strength and flexibility and builds muscle in my lower body and arms.

## Ideas

Increase the speed of bunny hops, role a dice to see how many you have to do on your turn. Try moving around, hopping from side to side.

Find out more at  
[www.yoginisyoga.co.uk](http://www.yoginisyoga.co.uk)

