



**Blairvadach
Bytes**

How to do a Bunny Hop

The bunny hop is a really useful skill when mountain biking. It can be used to hop over obstacles that you may come across when riding.



Three main steps to a bunny hop:

1. Set up

Start off rolling at a steady speed. Stand up on your bike with your pedals in the horizontal position. You want to keep your arms and knees loose and bent at the hips

2. Lift the front wheel first

To do so, you want to crouch into the bike with your weight forward over the handlebars and into the pedals. Once you are in this position lift your front wheel with your arms and push your feet into the pedals. Your arms should be straight at this point with your weight over the back wheel.

3. Finish and follow through

As your front wheel comes up, lean your weight forward by moving your hips forward. When see your front wheel clear the obstacle, push your handlebar forward (away) and down as you lift your legs up towards your body at the same time to bring the back wheel over the obstacle. This is sometimes referred to as “scooping backward with your feet” as you are lifting the bike up underneath you.

