

BIKESCHOOL | ACTION PLAN

Things to remember

- Hop by throwing your chest UP
- Start small
- Pick an object and try to hop on or over it.
- Use the L shape motion from the video to get the front wheel up.

Film Your Attempt

Prop up your phone and film your attempts. Watch your attempts and compare them to what we do in the video. Answer the questions below.

- Are you compressing your body before the hop?
- Are you making the L shape when you reach the reference point?
- Are you expanding your legs and throwing your chest up?
- Are you sucking your knees up?
- Are you pushing your arms forward?
- Have you practiced this trick 10 times per day?

Homework

Film your best bunnyhop attempt and upload it to the Facebook group. We are waiting to see if you turn it in.