

How to “Bunny Hop” a Mountain Bike



What is a “Bunny Hop”?

A bunny hop on a bicycle is when both wheels come off the ground at once!

How to complete a “Bunny Hop”

- (1) Start out by trying to hop over a marking on the ground and/or thin stick.
- (2) Be sure to keep your cranks horizontal.
- (3) Angle the toes of your back foot toward the ground and keep your knees bent.
- (4) Be sure to keep your weight centered on the bike and lean your upper body over the handlebars.
- (5) Roll up to the object at jogging speed and at a perpendicular angle.
- (6) Focus on pushing your feet down, back, then up in one constant motion.
- (7) Crouch down on the bike just before reaching the marking and/or stick.
- (8) Use the footwork and compression of your tires to help you lift upward.
- (9) Absorb your landing in your arms and legs.