

Editor's Note

It's almost Easter, so of course we need a bunny theme for our workplace fitness exercise! It's too bad we didn't have a video camera in the Sift Media offices today as several of us practiced bunny hopping around the office! However, if you have a picture or video that you want to send us of you or your colleagues doing the bunny hop, I'll be happy to send you a [fitness tension band](#).

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Day 66: April 5, 2012**Day 66: Bunny Hop**

We've taken an exercise suggested by Marcus Minier, exercise physiologist at The Gym in New York City, and completely revamped it for spring. This hopping exercise will target your thighs and calves to build muscle and it will strengthen your ankles. It will also give you a light aerobic workout as you bunny hop around the office.



Step 1: Stand with your hands on your hips, feet together. Bend your knees slightly.

Step 2: Hopping on both feet, hop ten times to the left.

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