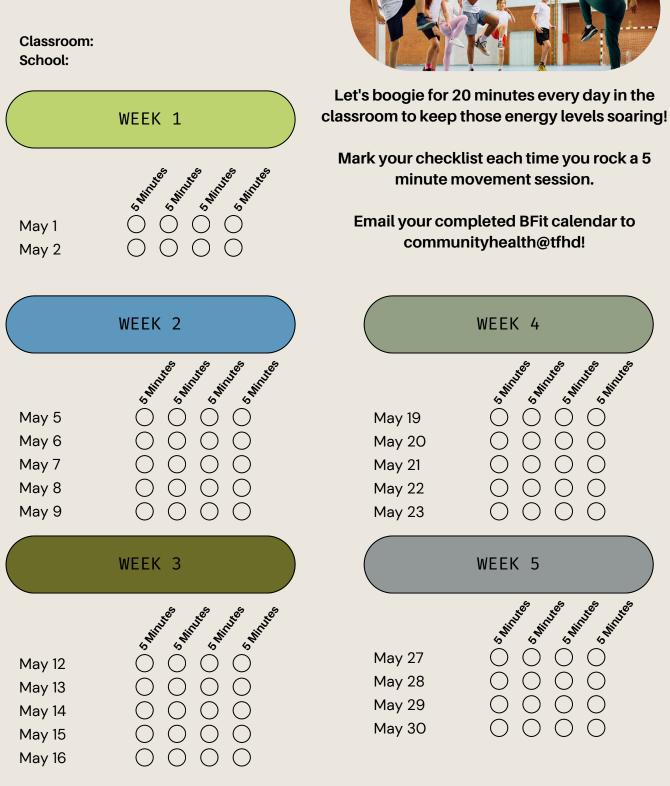
## **ONE LEG HOPPING**

## **MAY BFIT**



Hopping trains your muscles to react quickly.
This is especially beneficial for sports and activities that require rapid changes in direction or bursts of speed.

Scan the QR Code to hop along with a new challenge that gets more fun each week!

