```
#Block all except bitbucket and github. Also your own for testing
order deny,allow
deny from all
#local ip for you own
allow from 127.0.0.1
#bitbucket ips
allow from 131.103.20.160/27
allow from 165.254.145.0/26
allow from 104.192.143.0/24
#github ips
allow from 192.30.252.0/22
```