

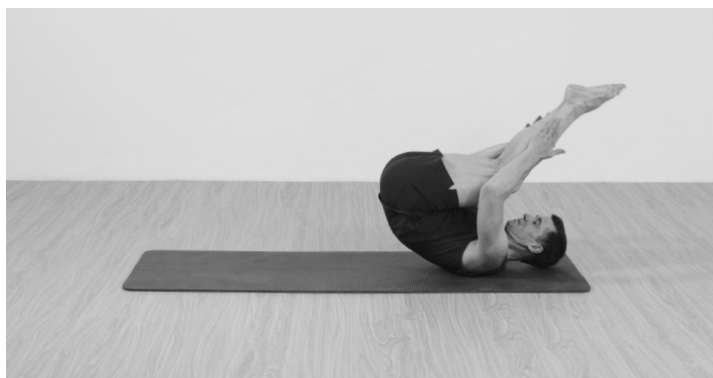
# Sit Bone Sit: Level 1

## Why we do it:

To stretch and extend your spine a little further with each variation. It is important to do each movement with control - back and forth. Only extend as far as is comfortable, but try to go a bit further with each new movement.

## Functional Benefit:

Stability  
Mobility



Sit on your sit bones with straight back, knees bent, ankles together.

Holding your calves, roll back until only your head and shoulders are touching the mat.



Come back up into your sit bone, keeping your knees bent and back straight.



Bring both arms to the side at shoulder height and balance on your sit bone.

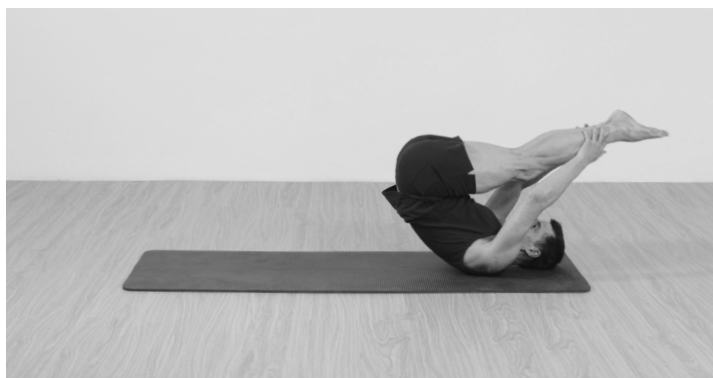
# Sit Bone Sit: Level 2

## Why we do it:

To stretch and extend your spine a little further with each variation. It is important to do each movement with control - back and forth. Only extend as far as is comfortable, but try to go a bit further with each new movement.

## Functional Benefit:

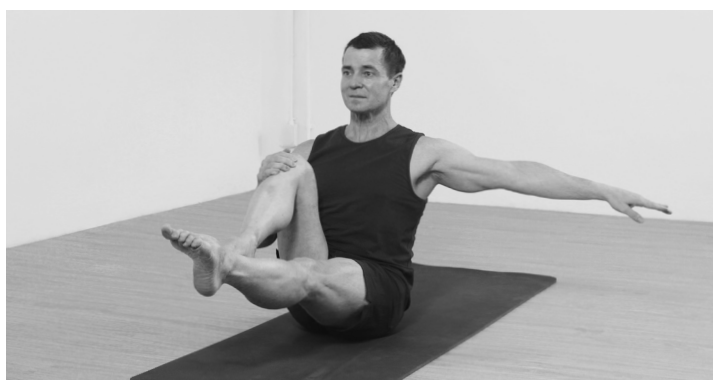
Stability  
Mobility



Repeat the roll, extending your legs as straight as you can. Touch your ankles.



As you come back extend the left leg, bend and hold your right knee.



Extend your left arm to shoulder height for balance.

Bring your feet to the floor. Repeat on the opposite side.

# Sit Bone Sit: Level 3

## Why we do it:

To stretch and extend your spine a little further with each variation. It is important to do each movement with control - back and forth. Only extend as far as is comfortable, but try to go a bit further with each new movement.

## Functional Benefit:

Stability  
Mobility



Repeat the roll, extending your legs as straight as you can. Touch your ankles.



Come back up, keeping both legs extended.

Bring both arms to the side shoulder height for balance.



Keeping your legs extended, move them outwards then bring them back together again.

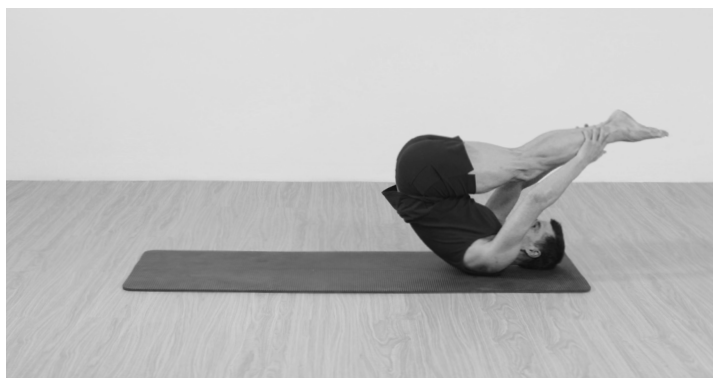
# Sit Bone Sit: Level 4

## Why we do it:

To stretch and extend your spine a little further with each variation. It is important to do each movement with control - back and forth. Only extend as far as is comfortable, but try to go a bit further with each new movement.

## Functional Benefit:

Stability  
Mobility



Repeat the roll, extending your legs as straight as you can. Touch your ankles.



As you come up, keep the left leg extended and grab your right ankle.

Straighten the right leg, keeping the left leg off the floor.



Bring your left arm out to shoulder height for balance.

Bring your knees together and place your feet on the floor.