

Leg Sit Rotation

Why we do it:

Balance and core strength.
Stretch the shoulders and muscles throughout the trunk.

Functional Benefit:

Stability
Mobility
Flexibility



Begin in a seated position, straight back and legs extended in front of you.

Rotate your torso to the right, extending right arm behind you, head following your hand.

Return to centre and repeat on opposite side.



Rotate your torso diagonally reaching back taking shoulders to the floor with hips, legs and feet following.

Return to centre and repeat on opposite side.



Repeat previous movement, this time, extending your left leg up and away as your shoulders rotate to the floor.

Return to centre and repeat on opposite side.