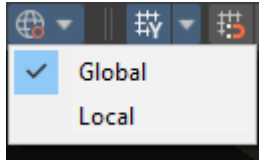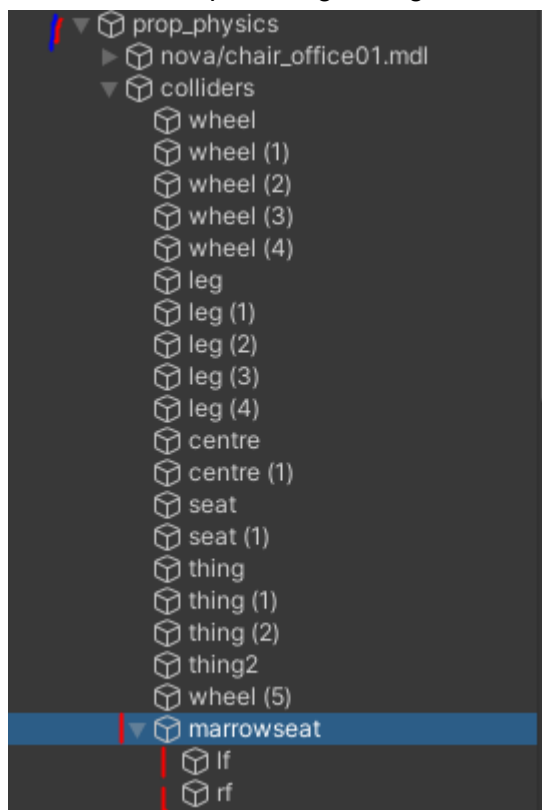# Ultimate sitting guide!

you need ext sdk

Click on the little globe icon at the top of the screen and select local





the second picture is correct

For moving stuff:
make a hierarchy something like this. All stuff in red is needed for the seat. you need at least a collider to keep it falling through the floor. Don't put it in marrowseat, lf or rf.



put a rigid body on your root (in my case props_physiscs)

put your mesh under it or in it just don't touch the seat stuff

marrow seat should look kinda like this (I have no idea how seat bounds work, those are from the mine dive level and usually work fine)
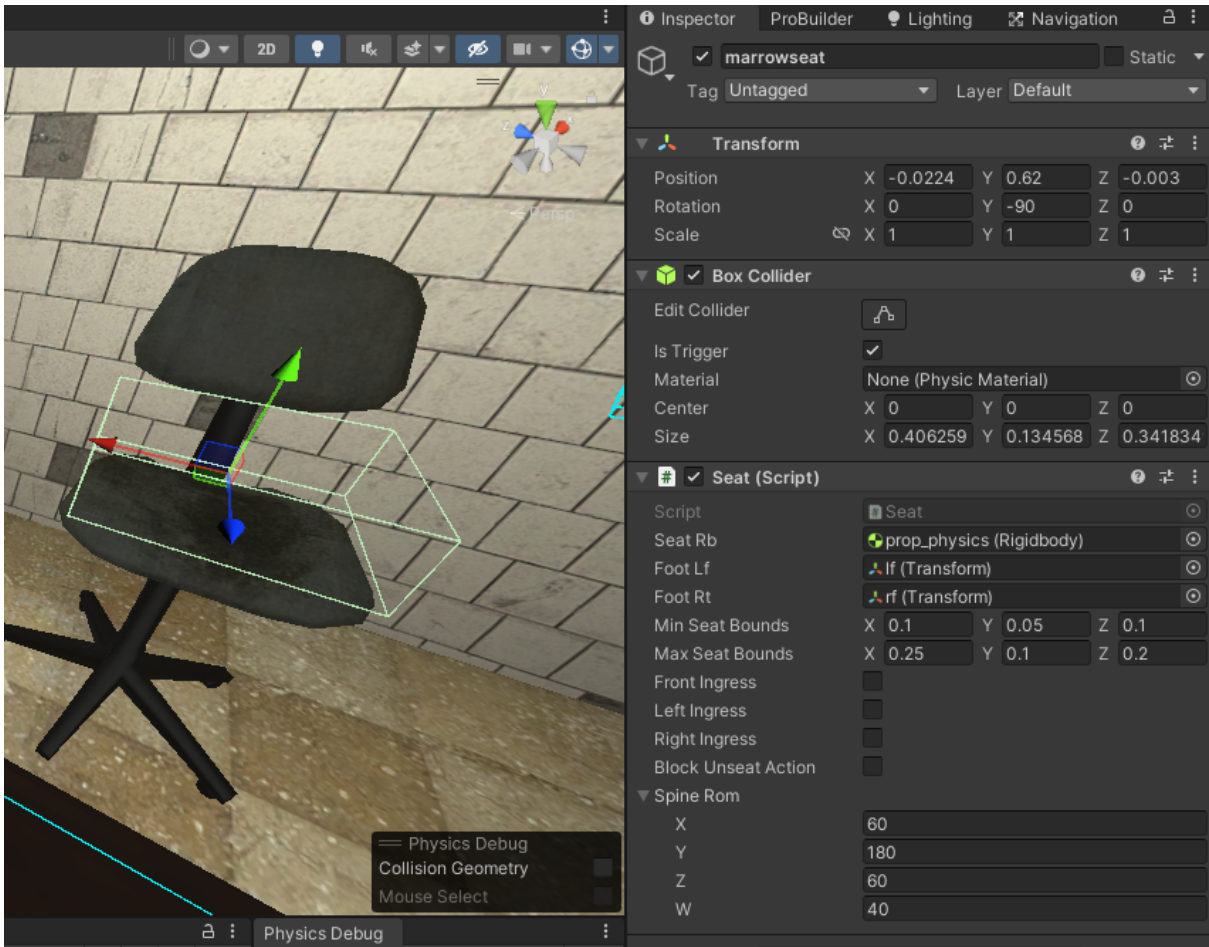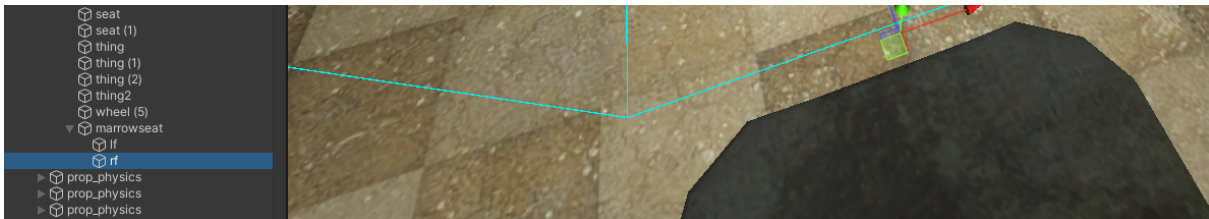


If and rf are where your feet go, the rb is the rigid body we made earlier, no idea what spine rom is, again that's copied from mine dive and works
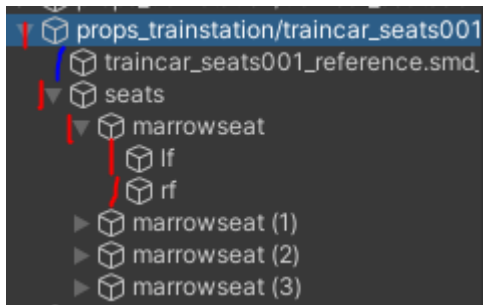
left foot
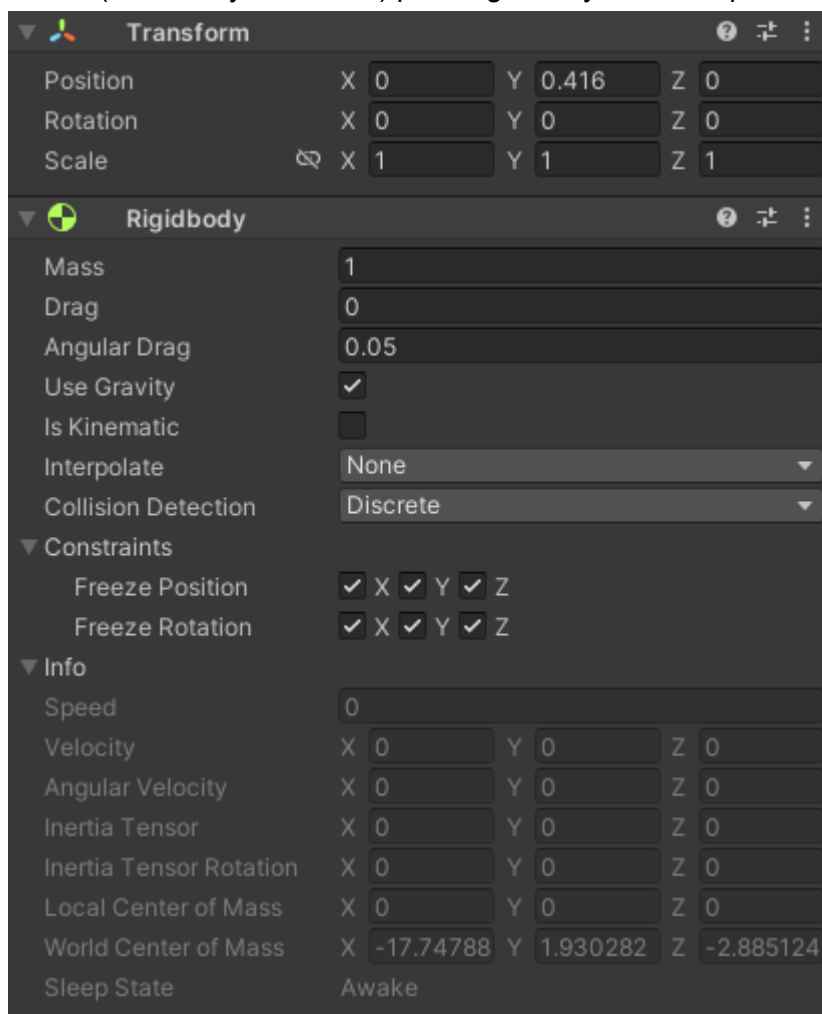


right foot



ok You're done now

For static stuff
have a hierarchy like this blue is my mesh, you can put it in the root (the top object) if you want, red is necessary stuff
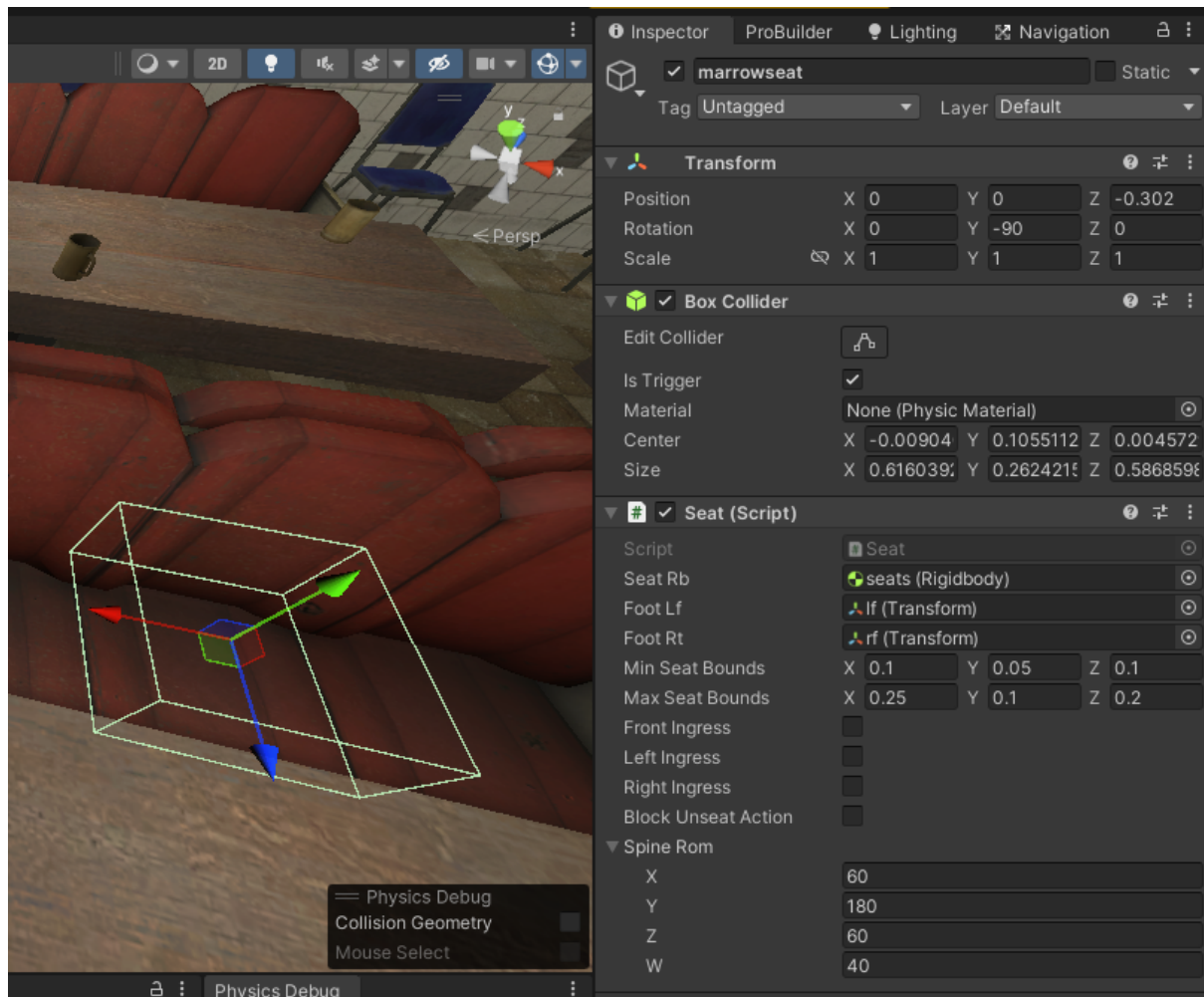


make your mesh static, you can use a mesh collider with it since it's static lol

in seat (or seats, your choice) put a rigid body locked in position like this

marrow seat should look kinda like this (I have no idea how seat bounds work, those are from the mine dive level and usually work fine)



If and rf are where your feet go, the rb is the rigid body we made earlier, no idea what spine rom is, again that's copied from mine dive and works

left foot

right foot



ok done, for any issues ask everythingonarm#0081 on discord