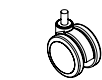


Intuition Ergonomic Chair

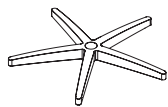
SKU: CHR472

UPLIFT DESK

Package Contents



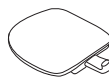
Casters (qty 5)



Base



Cylinder



Seat



Back



Arms



Headrest



M6x17mm Screw (qty 2)



M8x20mm Screw (qty 3)



M8x32mm Screw (qty 2)



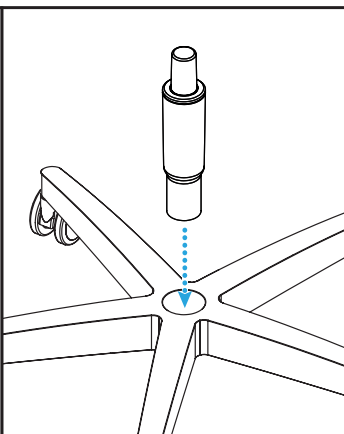
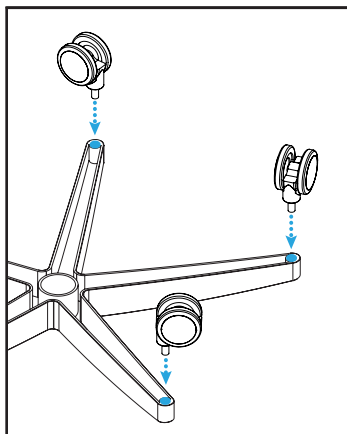
Split Lock Washer (qty 5)



Screw Cover

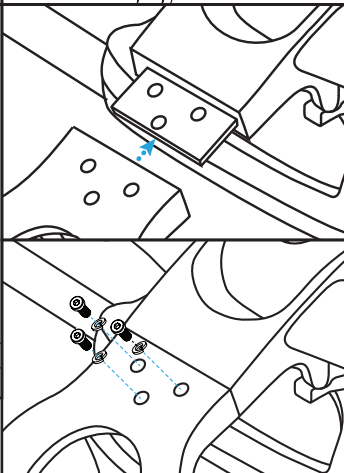
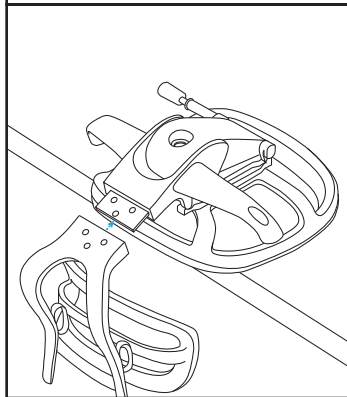


Allen Wrench



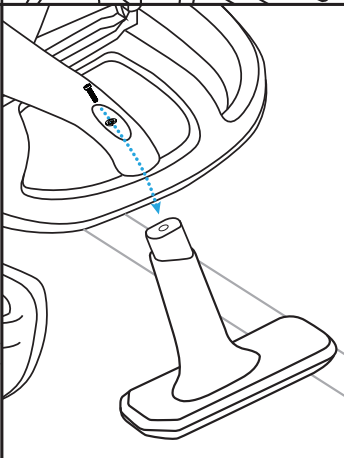
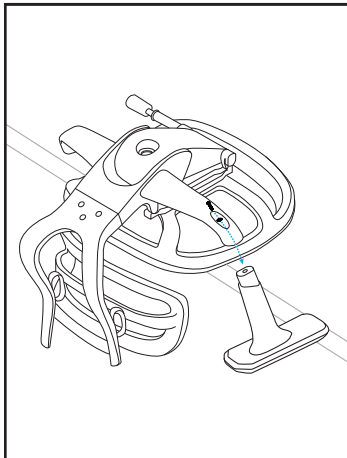
STEP 1

- Be cautious around the small end of the Cylinder to avoid getting grease on you or your clothes.
- With the Base turned upside down, insert the Caster stems into the holes in the Base, and press them firmly to secure them in place.
- Flip the Base, so the Casters are on the floor, and insert the Cylinder into the Base in the orientation shown with the smaller diameter end up.



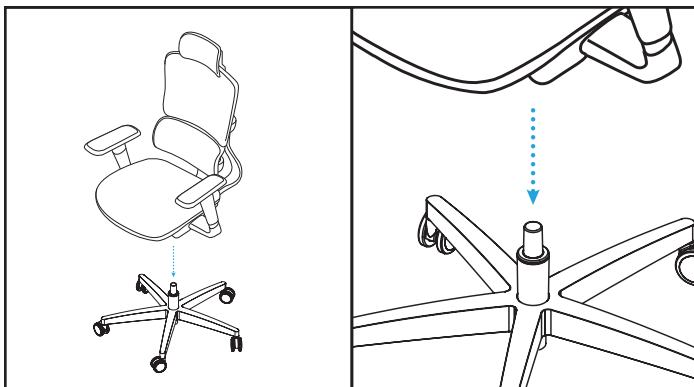
STEP 2

- Place the Seat upside down on the edge of a stable surface, such as a table.
- Insert the tab on the Seat into the slot on the Back and line up the holes on each. Have a friend help keep the Seat steady while you attach the Back to the Seat with three M8x20mm Screws and three Split Lock Washers. Start all screws loosely, then tighten them all using the Allen wrench.



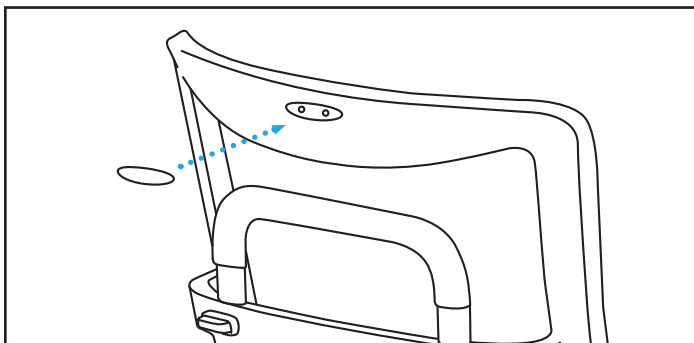
STEP 3

- Insert the Right Arm into the arm receiver on the Seat as shown. The arms should angle towards the front of the chair when installed with the height adjustment points facing outward.
- With one M8x32mm Machine Screw and one Split Lock Washer, fasten the Arm to the Seat through the opening at the bottom of the Arm using the Allen Wrench to tighten the Screw. Repeat this process for attaching the Left Arm.



STEP 4

- A. Flip the chair assembly from Steps 2 and 3 right-side up and lower it onto the Cylinder.
- B. Press down on the seat (or sit on it) to secure it in place on the Cylinder.

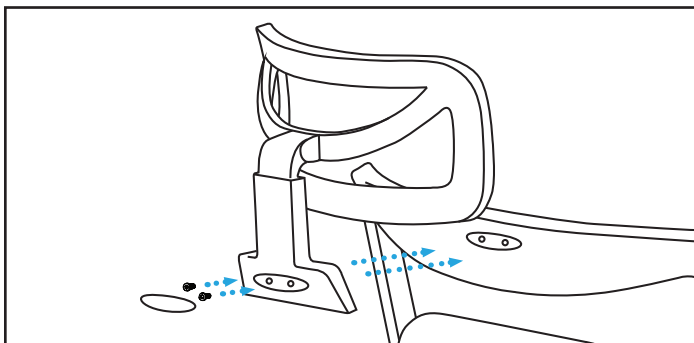


STEP 5

Note: If you don't want to install the Headrest, peel off the paper backing on the Screw Cover and align it with the oval shape in the top of the chair Back. Press firmly along the entire length of the Screw Cover for 10 to 20 seconds to secure it in place

If you would like to install the Headrest, follow the instructions below:

- A. Line up the headrest with the screw holes at the top of the Back and attach it with the two M6x17mm Screws. Start both Screws loosely, then tighten them using the Allen Wrench.
- B. Peel off the paper backing on the Screw Cover and align it with the oval shape in the back of the Headrest. Press firmly along the entire length of the Screw Cover for 10 to 20 seconds to secure it in place.



Adjustment Guide

SEAT HEIGHT ADJUSTMENT

While Seated, adjust by pulling UP on the lever on the right-hand side of the Seat labeled "LIFT". Stand up to raise the chair higher or sit down, to lower it.

Ergo Tip: For proper ergonomics, your feet should be flat on the floor and your thighs should be horizontal. To find your optimal settings, refer to our Ergonomic Calculator:

<https://www.upliftdesk.com/ergonomic-calculator/>

SEAT DEPTH ADJUSTMENT

To change your Seat Depth, find the lever on the right-hand side of the Seat labeled "SLIDE" and pull UP to slide the seat forward or backward to your desired position and release the lever to lock the Seat.

To return the Seat to the back position, pull the lever UP and lift yourself off of the Seat. The Seat will slide back on its own.

BACK HEIGHT ADJUSTMENT

To raise or lower the chair Back, press the two metallic buttons found along the Back. While pressing the buttons, raise or lower the Back to your desired height and release the buttons to lock the Back in place. There are four height adjustment positions to choose from. Find the one that positions the chair's lumbar support to best support your lower back.

Ergo Tip: Supporting your lumbar curve is very important when sitting for long durations.

HEADREST HEIGHT & ANGLE ADJUSTMENT

Height- Hold the Headrest firmly and lift or lower it to your desired height.

Tilt- Hold the Headrest firmly and adjust it at an upward or downward angle to the position where it's most comfortable.

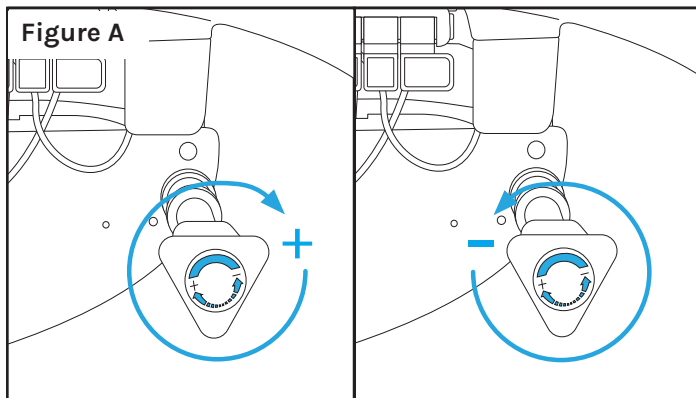
ARMREST ADJUSTMENTS

Height- Pull up on the lever on the side of the Arm to raise or lower the armrest.

Depth- Grasp arm pads and push forwards or backwards to desired placement.

Angle- Grasp arm pads and rotate them inwards or outwards to adjust angle.

Ergo Tip: The arm pad should be positioned to support as much of the forearm as possible while keeping your shoulder in a neutral position.

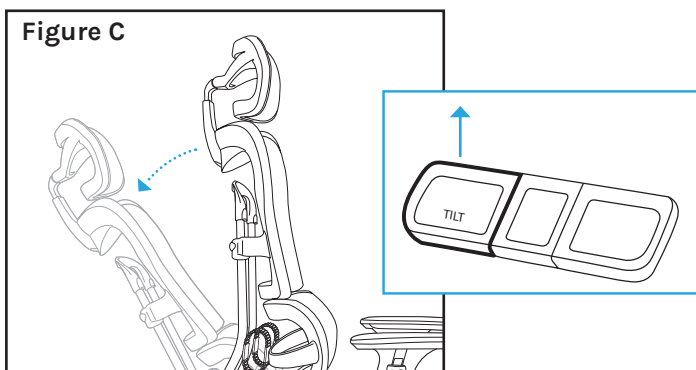
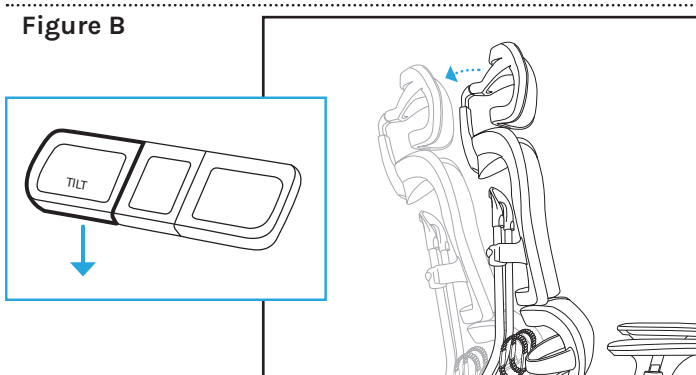


RECLINE ADJUSTMENT

There are two types of recline adjustment, recline tension control and recline position lock.

To adjust the recline tension, rotate the crank clockwise to increase tension, and counterclockwise to decrease tension. (see **figure A**).

To lock the Back in a desired position, find the lever on the right-hand side of the Seat labeled “TILT”. Push **DOWN** on the lever to allow the chair Back to recline freely. To lock the chair Back, lean back until it is in the desired position and pull **UP** on the “TILT” lever (see **figure B**). To return the chair Back to its original position, push the “TILT” lever **DOWN** and lean back slightly. You will hear/feel a “click” which will then allow the chair Back to return to its original position. (see **figure C**).



Fabric Care Guide

– a note about fabric care –

Normal- Vacuum your fabric seat as needed. Vacuuming picks up dust and reduces the need for professional cleaning.

Ink Stains- Apply a small amount of isopropyl alcohol to a clean and damp absorbent cloth. Start at the outside of the ink stain and work toward the center. Apply pressure, but do not rub too vigorously. As you work and your cloth soaks up the ink from the fabric stain, it's important to use a clean section of the cloth or the stain will spread. Apply more isopropyl alcohol to the cloth as needed. If the ink stain persists, try using acetone. Note: This procedure is not intended for day-to-day cleaning.

Spot Cleaning- Immediately soak up the stain with a soft, absorbent cloth. Do not dry the stain completely, as this may set it in the fabric permanently. The longer a stain is allowed to remain on the fabric, the more difficult it is to remove.

Oil-based Stains- Use a dry cleaning solution applied with a damp clean cloth or sponge. Test the cleaning solution on a small, concealed spot on the fabric first before attempting on a larger area. If there is no spotting, ringing, or damage to the fabric or its dyes, apply the cleaning solution to the soiled area with light, quick strokes. Begin at the outside of the stain and work toward the middle, making sure you use a clean part of the cloth as you work.

Water-based Stains- Use a water-based fabric cleaner (specifically made for cleaning fabric) or a solution of mild, alkaline, warm soapy water. Make sure that the soap and water mixture is not overly soapy. Test on a small, concealed section of the fabric first before applying to the main area. Work the cleaner or soap/water mixture into the stain on the fabric, starting from the outside of the fabric and working your way to the middle.

CAUTIONS & WARNINGS

- ⚠ CAUTION:** Read all instructions before assembly. Failure to assemble or operate properly may result in damage or personal injury. Retain manual for future reference.
- ⚠ WARNING:** This product's maximum weight capacity is 300 lbs (136 kg). DO NOT exceed the maximum weight capacity.
- ⚠ WARNING:** Do not use this chair as a step stool or ladder.

This image shows a full page of blank, lined paper. It features approximately 30 evenly spaced horizontal grey lines across its entire width, typical of standard notebook paper. The lines are thin and light grey, set against a plain white background. There are no margins, text, or other markings on the page.



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SAVE THE INSTRUCTIONS

Study this manual carefully. If this product is sold, please provide this manual to the buyer, installers, or support personnel operating the product.



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