

vesby



user guide



vesby



KEY CALIBRATIONS

Calibrate to your body for maximum ergonomic comfort

V1.0_240417

comfort begins here.

This booklet provides instructions for ErgoTune Vesby's 14 DynaSync adjustment points.
Calibrate them to fit your body by following the Ideal Position on the following page.



Ideal Position

Good posture and comfort isn't complex. It happens naturally when a chair is calibrated to your body's unique shape.

See below to adjust the ErgoTune for a perfect ergonomic fit and start to feel your aches melt away.

- 1 Seated at an angle of approx. 90°** [See Page 2](#)
This takes away pressure from your hips and prevents upper back aches.
- 2 Feet flat on the ground** [See Page 2](#)
This relieves pressure in your knee joints and prevents any misalignments.
- 3 Back of knees at 2-3 fingers' width away from seat pan** [See Page 3](#)
This guards against weakened abdominal and pelvic muscles, among other issues.
- 4 Lumbar Spine Fully Supported** [See Page 5](#)
This maintains your lower back's natural c-shaped curve and eliminates other problems.
- 5 Forearms & Wrists flushed with desk, Elbows flexed to ~90°** [See Page 9](#)
This minimises any strain on your wrist and counters other ailments like carpal tunnel syndrome.
- 6 Neckrest angled to fit your neck and lower half of your head** [See Page 12](#)
This cushions your upper spinal columns and rids you of neck aches.



Seat Height

– with feet firmly on the ground



To lower the seat's height:

- 1. Place your weight on the seat, then pull the Seat Height Lever* upwards. (↑🔵)
- 2. Release the tab when you're at the right height.

To raise the seat's height:

- 1. Remove your weight from the seat, then pull the Seat Height Lever* upwards. (↑🔵)
- 2. Release the tab when you're at the right height.

* The Seat Height Lever is the first lever on the Control Lever Hub, closest to edge of the seat pan.

IDEAL POSITION

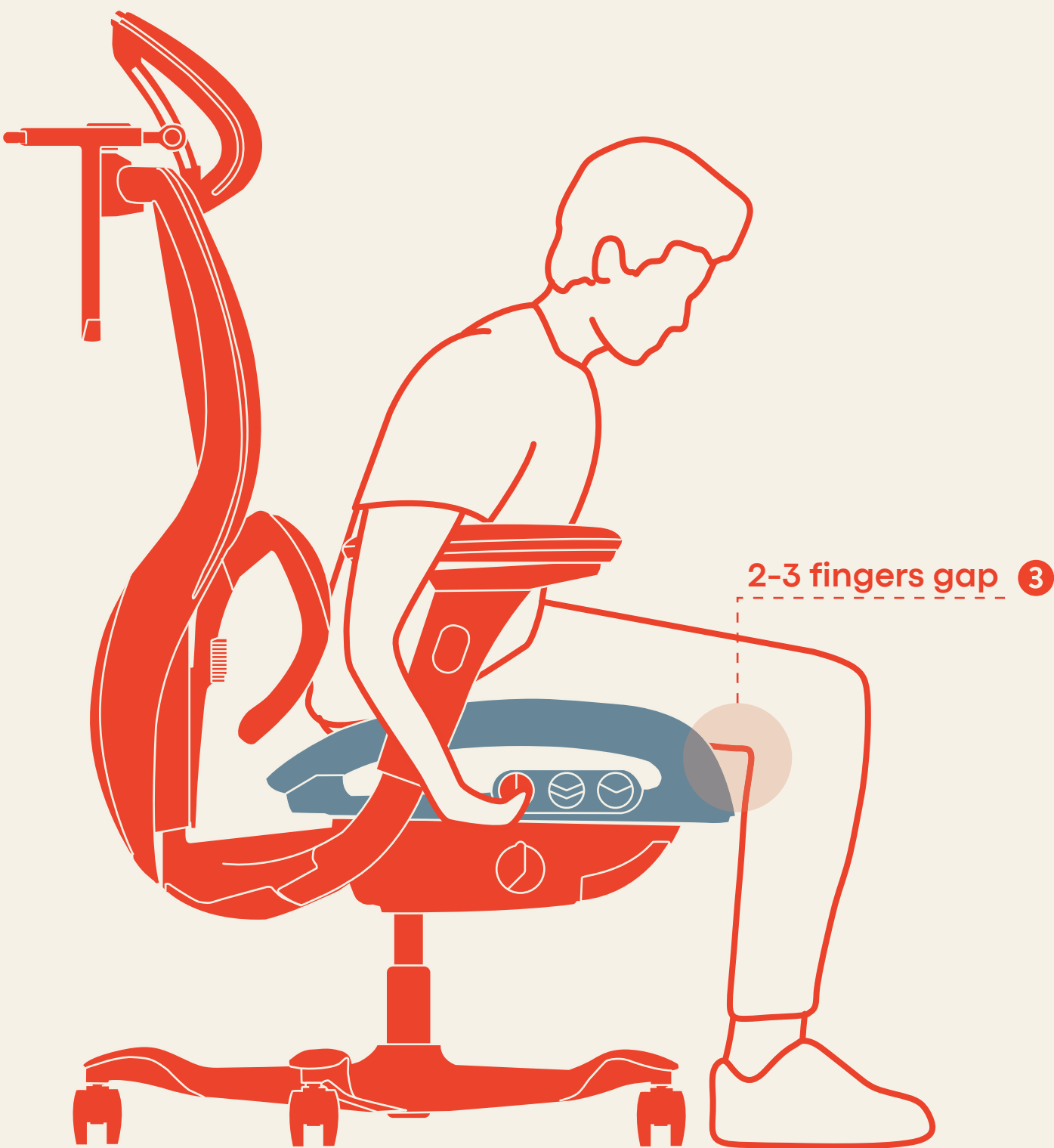
1 2

Your knees should be bent to approximately 90° and feet firmly planted on the ground.

This position prevents any spinal or knee misalignments, and relieves undue pressure on joints.

Seat Depth

– say farewell to backaches



To adjust the seat pan's depth:

- 1. Leaning forward slightly, pull the Seat Depth Lever* backward. (◀▶)
- 2. Slide seat forwards/backwards.
- 3. Once you're at your desired position, stop moving. You'll hear the seat pan lock in place.

* The Seat Depth Lever is the last lever on the Control Lever Hub, furthest from edge of the seat pan.

IDEAL POSITION

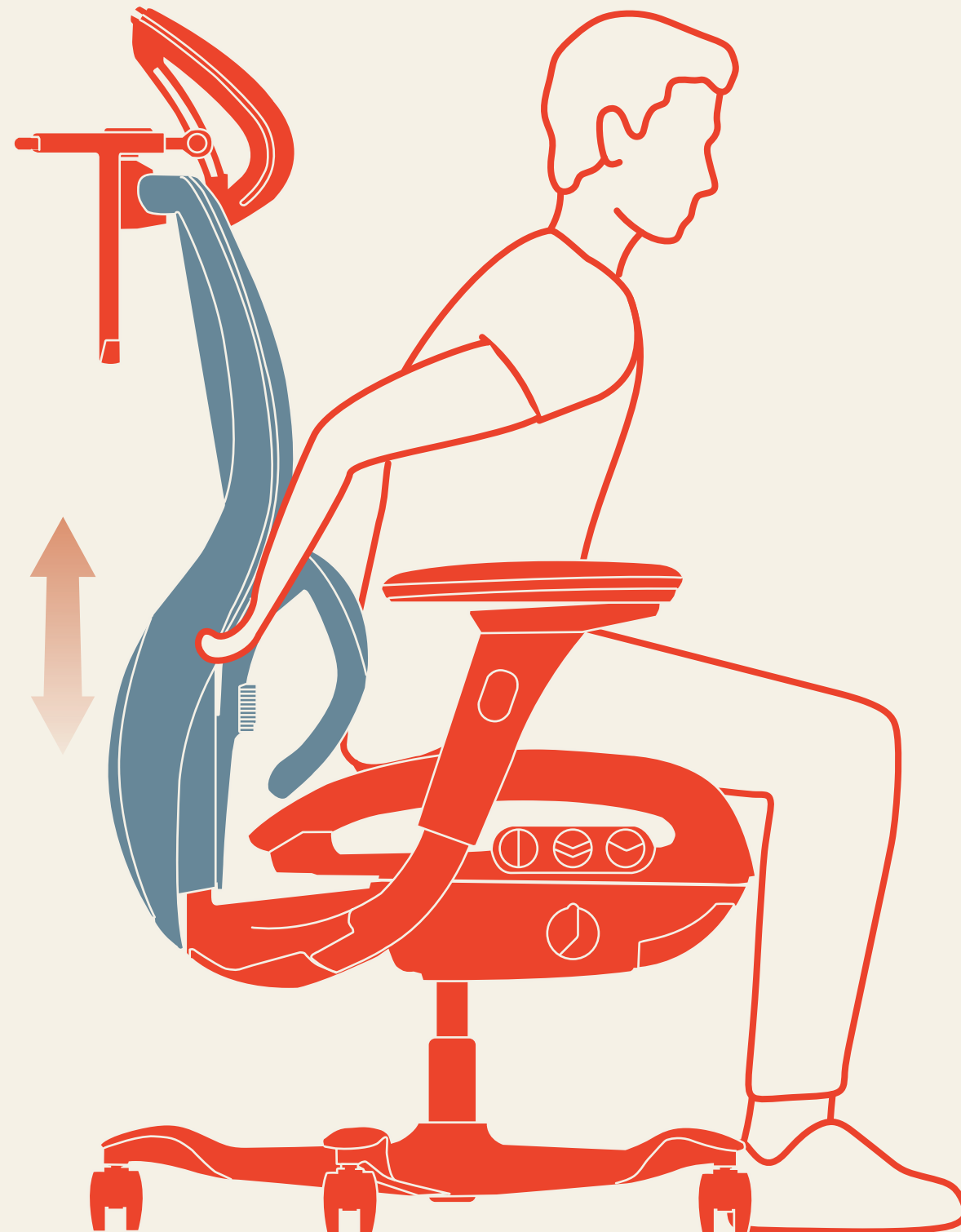
3

The back of your knees should be 2-3 fingers' width away from the seat pan's edge.

This position prevents upper back aches and more serious problems like weakened abdominal and pelvic floor muscles.

Backrest Height

– complete support
for your spine



To increase the backrest's height:

1. Lean forward in your seat. Then, grip the side of the backrest and raise it upwards.
2. There are 6 height adjustment levels. Lean against the backrest periodically to determine if you've reached the ideal height.
3. To reset the backrest, raise it up beyond its maximum height, then lower it gently to its minimum height.

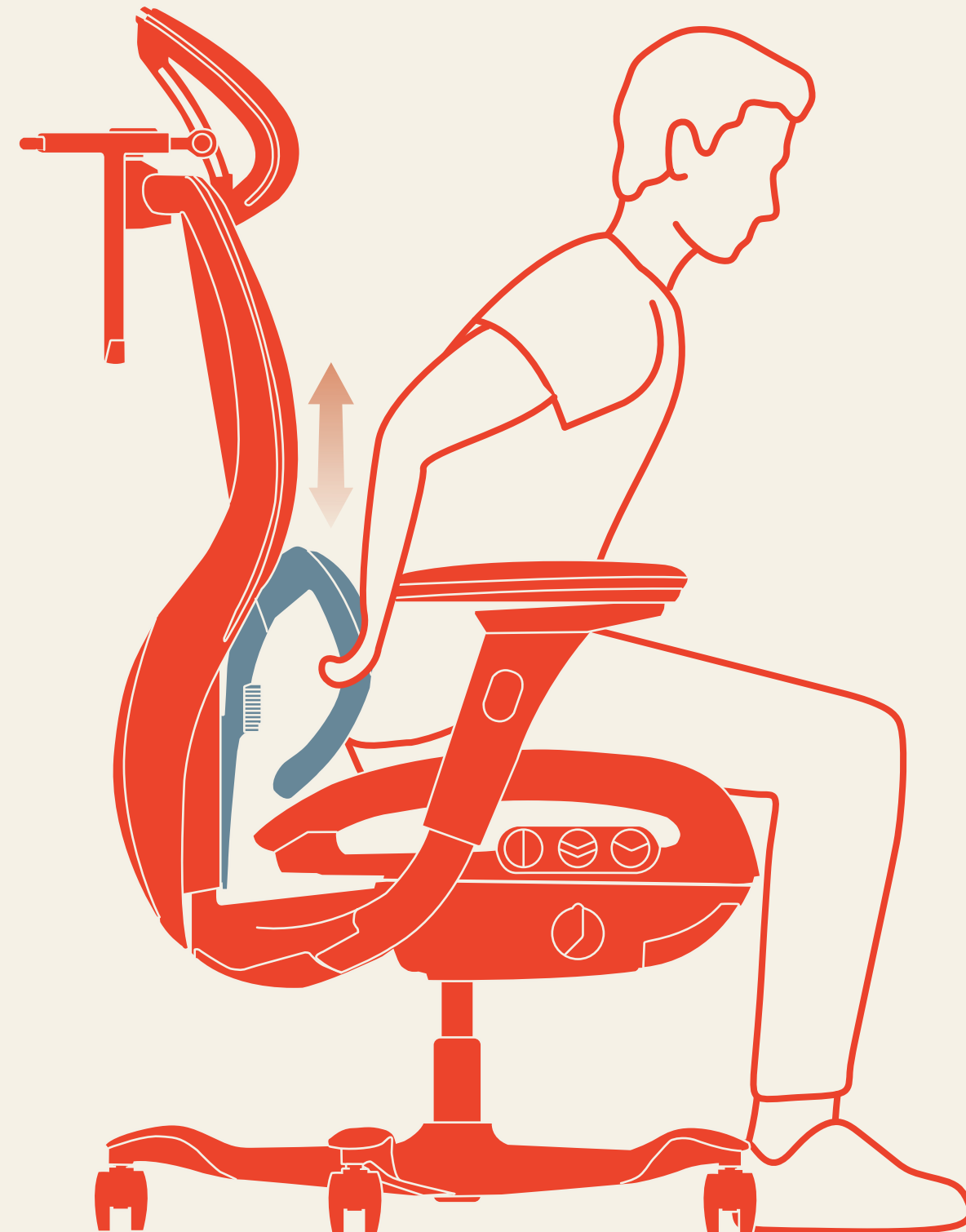
OPTIMISATION TIP:

The backrest should align with your spine, reaching up from the top of your hips to the bottom of your shoulder blades.

This keeps your upper body in a neutral position, preventing undue stress on your spine and allowing your muscles to relax.

Lumbar Height Adjustment

– support for your lumbar, always



To adjust your Lumbar Support Height:

1. Lean forward so that your back is just touching the backrest.
2. Reach back and grip the sides of the lumbar support firmly, then pull it upwards.
3. There are 4 lumbar height settings. As you switch setting, lean your weight against the backrest to see if it suits you.
4. To reset the lumbar support, raise it up beyond its maximum height, then lower it gently to its minimum height.

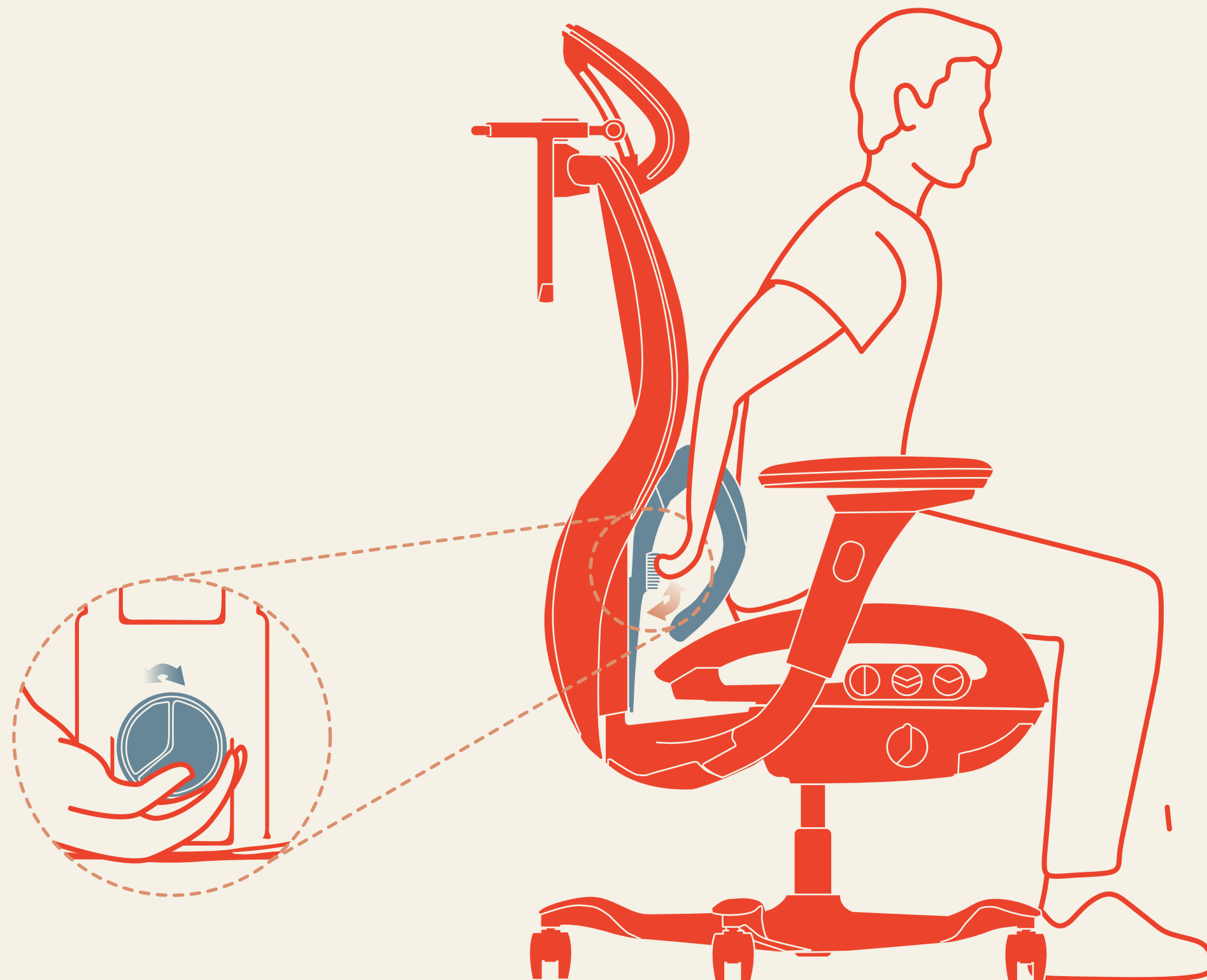
IDEAL POSITION 4

Your lower back's natural c-shaped curve should fit snugly against the lumbar support.

This position lowers the chances of potential spinal deformities from occurring and prevents your back muscles from being overworked.

Lumbar Tension Adjustment

– support for your lumbar, always



To adjust your Lumbar Support Tension:

1. Reach back with your hand and turn the knob located just behind the lumbar support.
 - Turning it clockwise increases the resistance against your lumbar. (🕒)
 - Turning it anticlockwise lessens it. (🕒)
2. The lumbar tension knob gradually tightens or loosens the lumbar support. As you adjust the knob, lean your weight against the backrest to see if the lumbar position suits you.

IDEAL POSITION ④

Your lower back's natural c-shaped curve should fit snugly against the lumbar support.

This position lowers the chances of potential spinal deformities from occurring and prevents your back muscles from being overworked.

Seat Recline Tension

– work or rest;
you decide



The Recline Tension Knob* calibrates the backrest's resistance when you lean against it (while recline is unlocked):

- 1. Each turn Clockwise (forwards) increases the recline tension by one level. (🔴➡)
- 2. Each turn Anticlockwise (backwards) decreases the recline tension by one level. (⬅🔴)

**The Recline Tension Knob located below the knob hub.
The knob can be pulled outwards or retracted for easy access.*

OPTIMISATION TIP:

The ideal seat recline tension depends on how comfortable you feel when rocking back and forth.

You should not feel like the backrest is actively resisting your attempts to lean back, neither should you sink into the chair too quickly.

Seat Recline Lock

– stay straight, or remain reclined



To Lock or Unlock your Seat Recline function.

1. Turn the Recline Lock Knob anticlockwise (🔒➡️🔓) to lock the recline in place.
2. Turn the it clockwise (🔓➡️🔒) to unlock the recline.

Here are some positions you can set:

1. Backrest kept upright: Take your weight off it before locking it.
2. Backrest locked at a specific angle: Unlock it, then lean back.
3. When you're at the desired angle, lock it again. Reset backrest after locking it at a specific angle: Unlock it, then put your weight against the backrest.

OPTIMISATION TIP:

Being able to lock and unlock the seat's recline on the fly gives you maximum control.

Easily switch between sitting up straight to finish that report in double quick time, and fully reclined with your favourite novel in hand.

Armrest Height

– to suit
any desk



To adjust the armrest height:

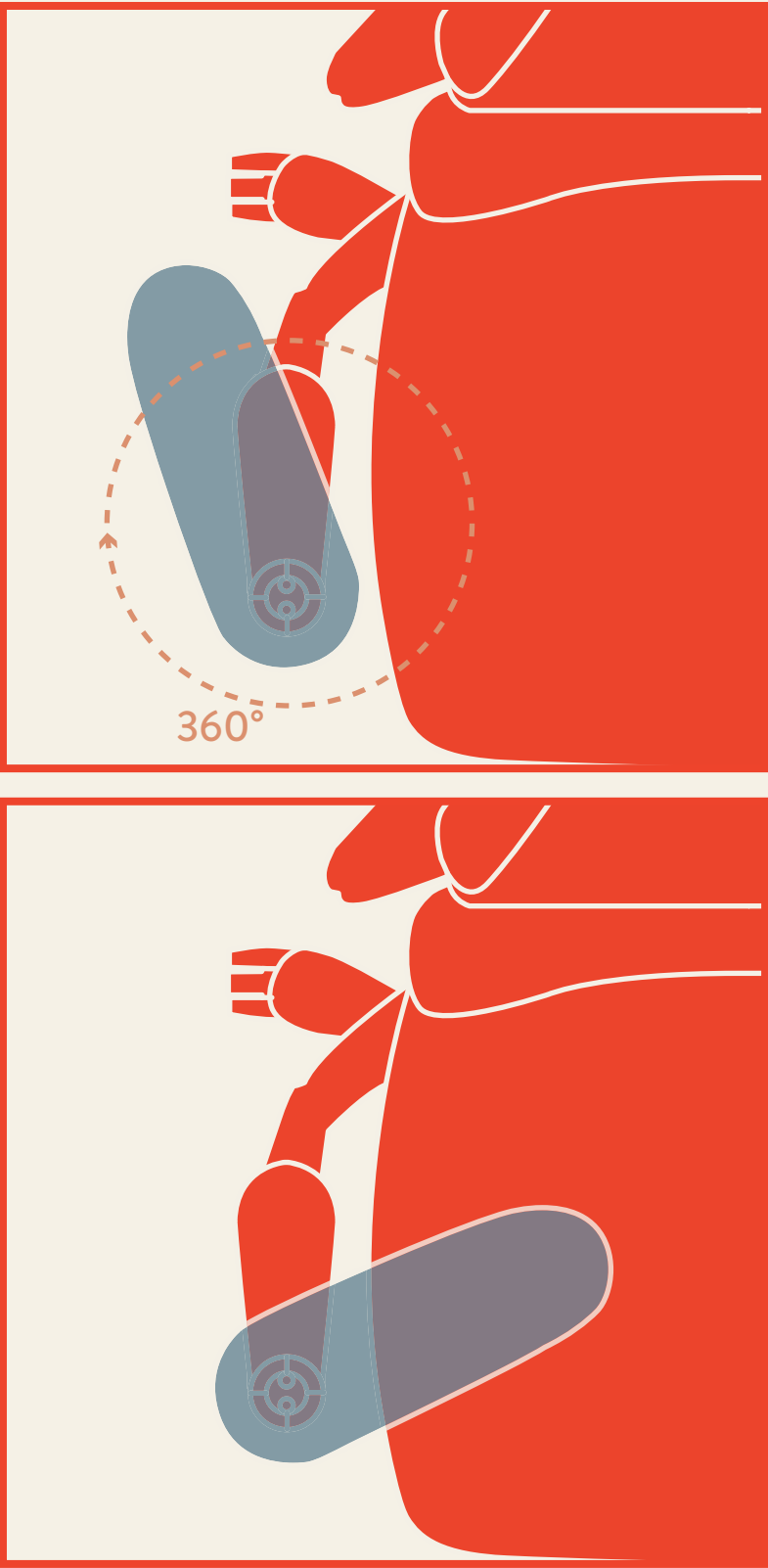
1. Press and hold the buttons located on the side of each armrest.
2. Raise or lower the armrest.
3. Once you're at the right height, release the button to lock the armrest in place.

IDEAL POSITION 5

The armrest should be flushed with your desk's tabletop, and your elbows should be flexed to an L-shape posture (80°-100°).

Having your armrest height flushed against your desk's surface minimises the pressure and strain on your wrist.

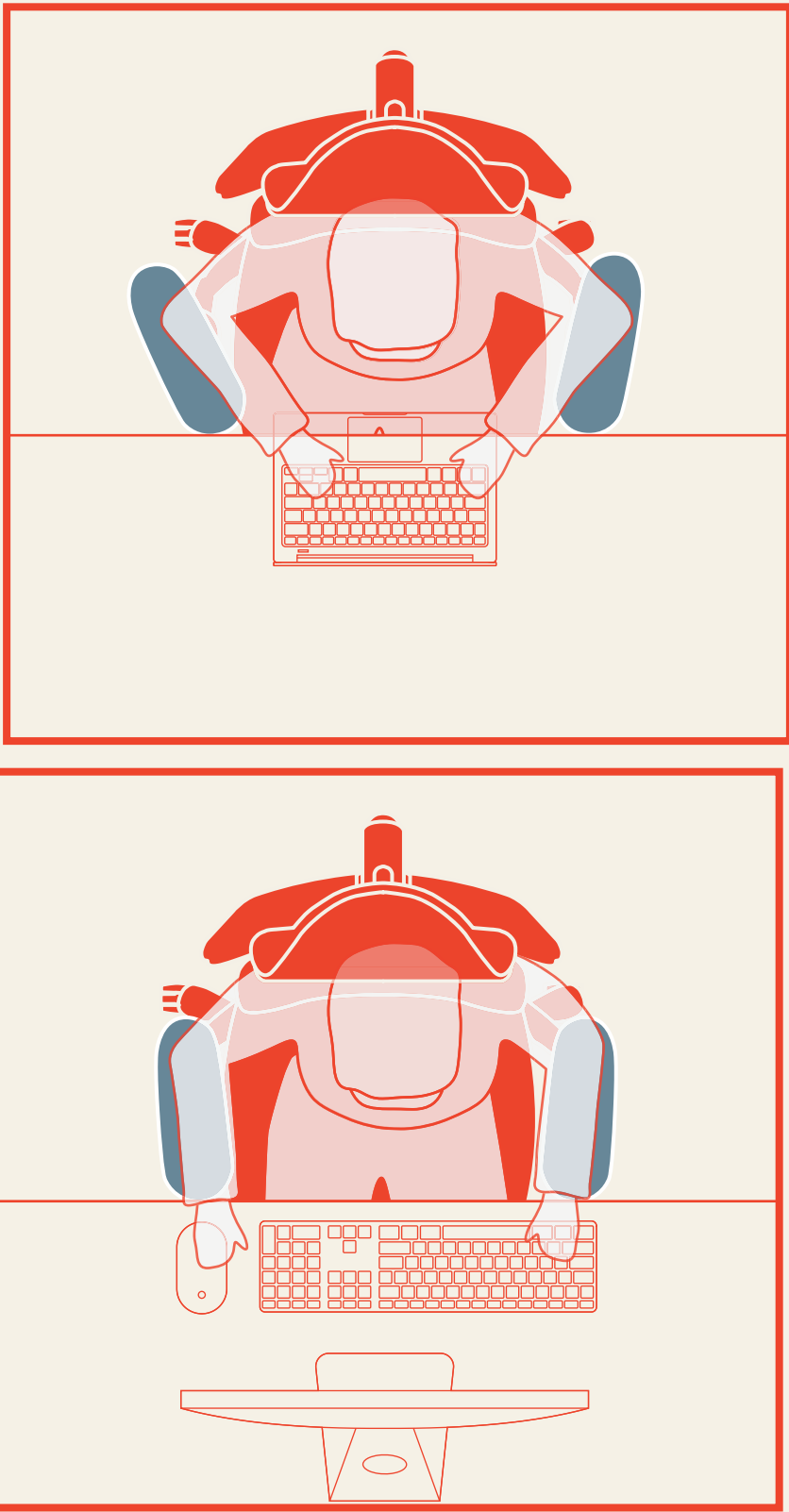
Armrest Angle



- To adjust the armrest angle:**
- 1. Grip the front of the armrest and its neck joint.
 - 2. Shift it inward or outward to your desired angle.



– full arm support,
for all activities

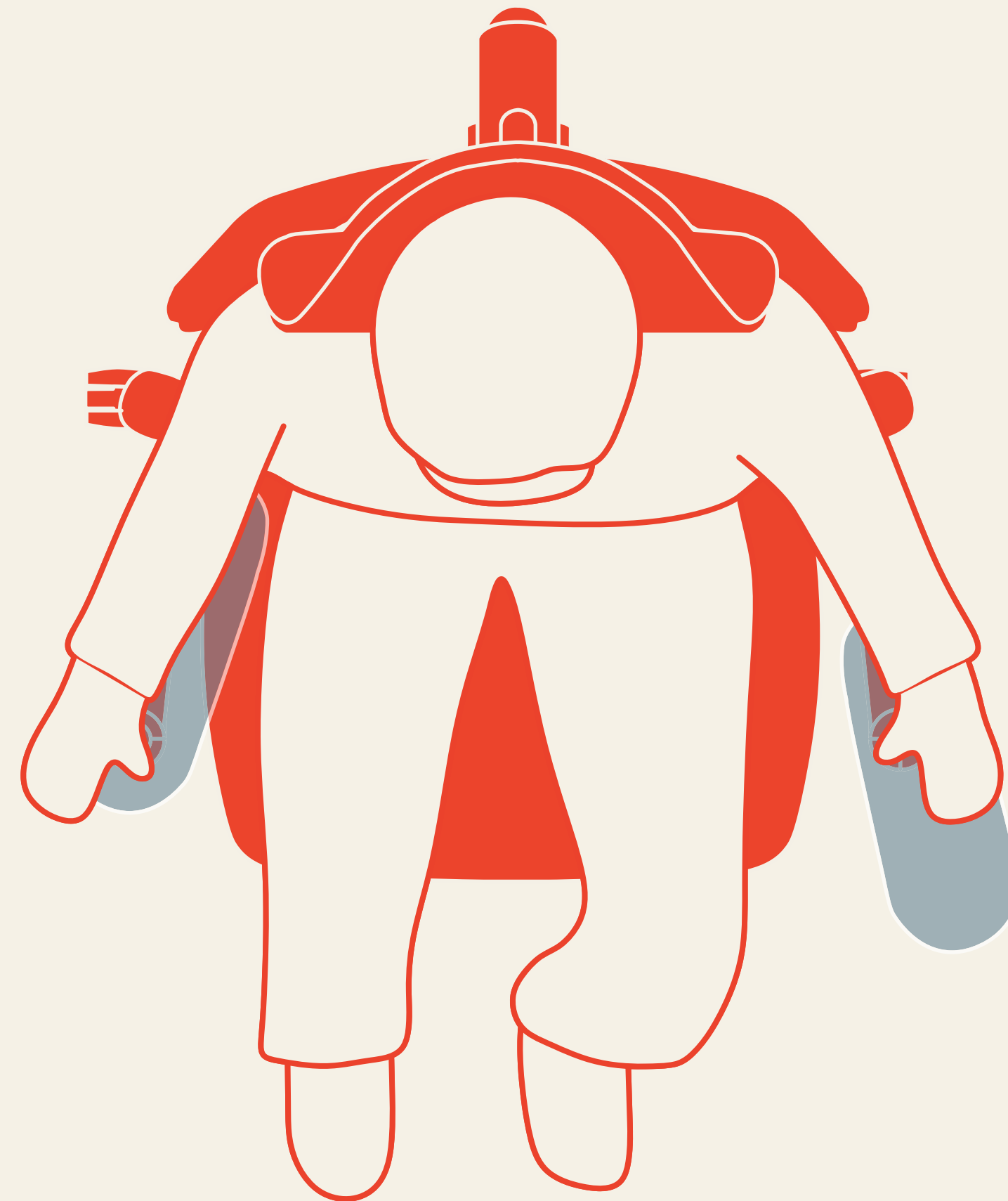
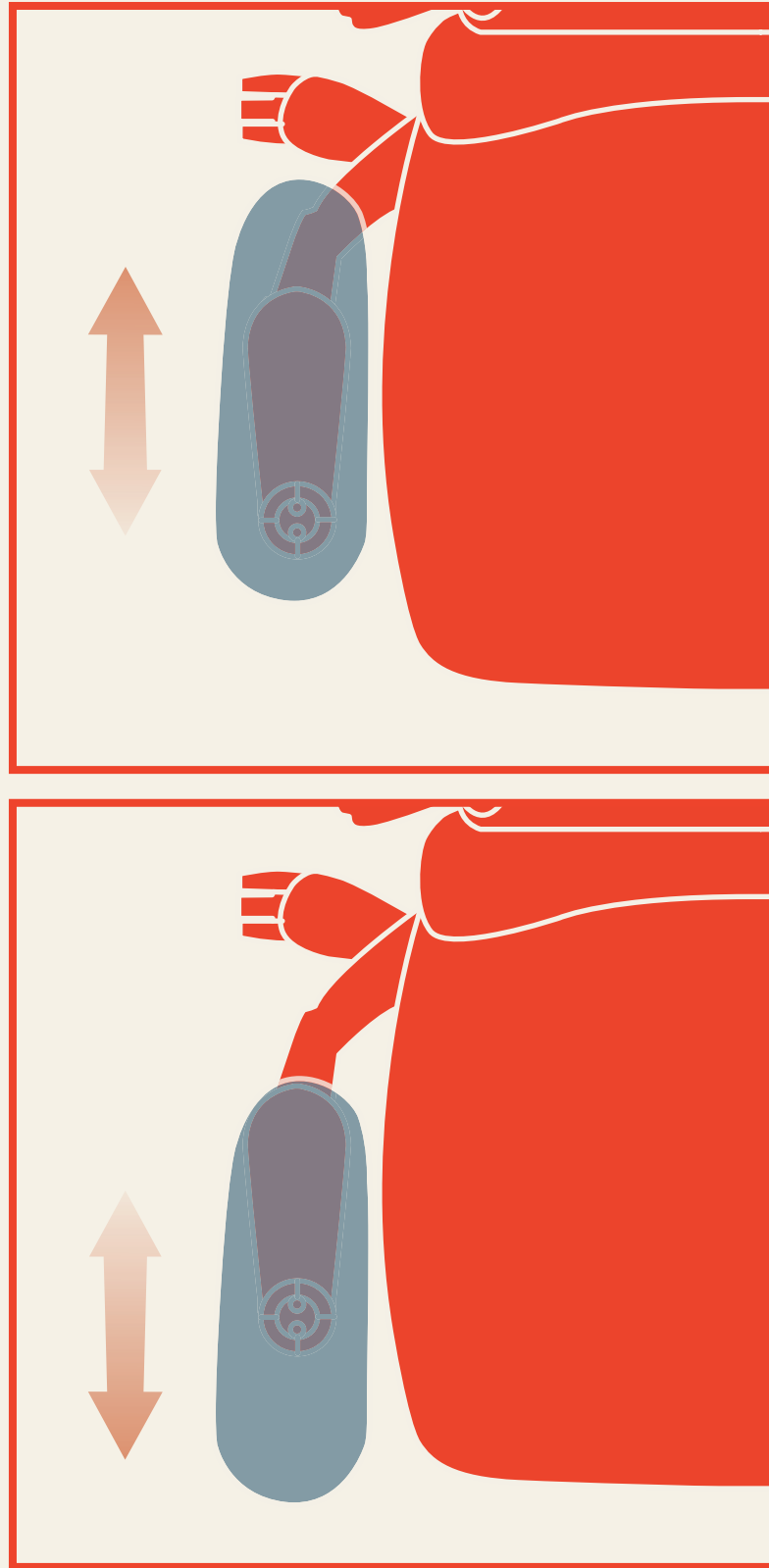


OPTIMISATION TIP:

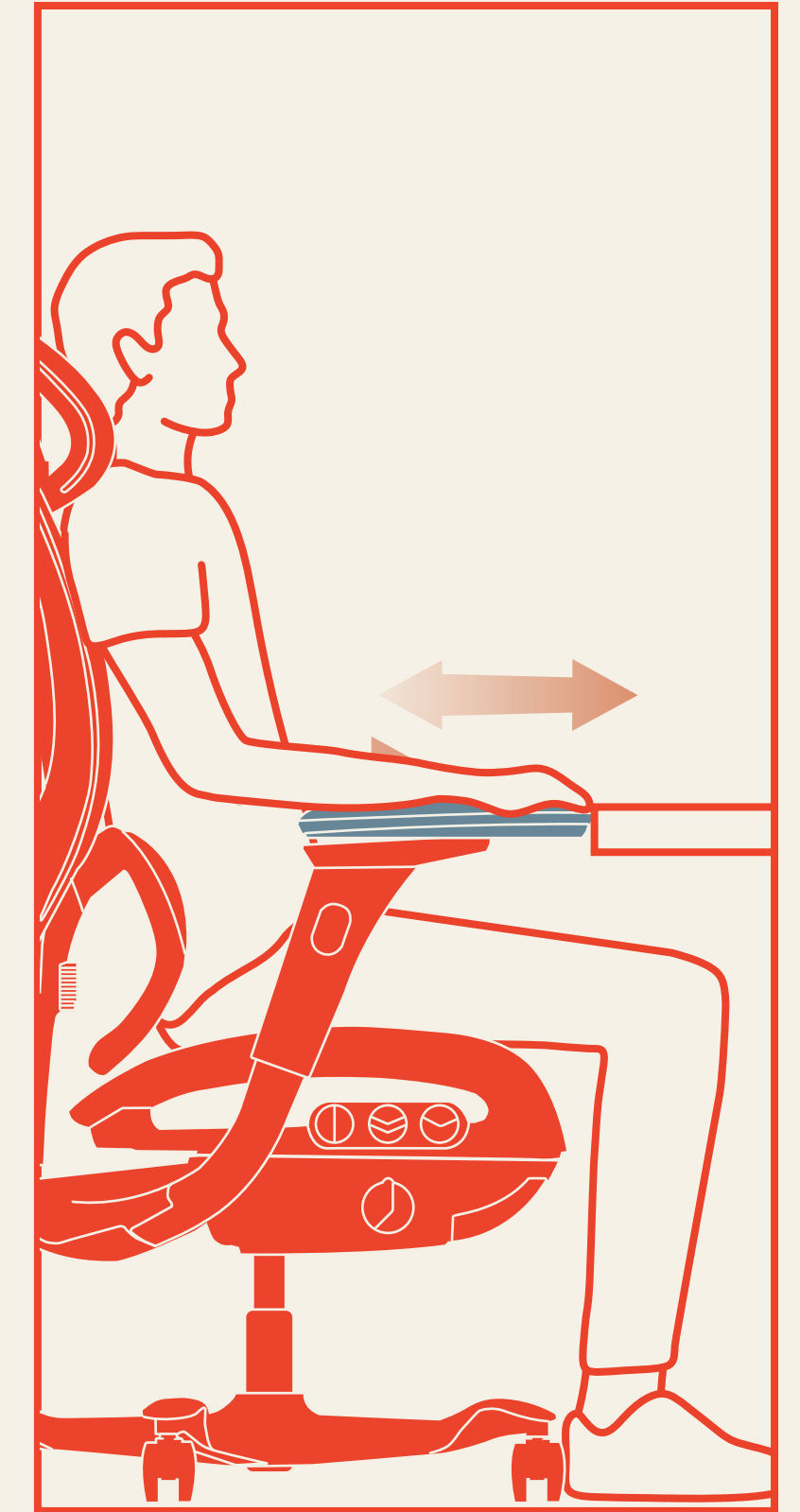
The ideal angle depends on what you're doing.

Angle it inwards when you need more support for your elbows and arms while reading or using your phone. Straighten it when you're writing or typing on your keyboard at your desk.

Armrest Length



– adapts to what you're doing



The armrest can be lengthened and shortened:

1. Simply slide the armrest forward or backwards to adjust the armrest length.

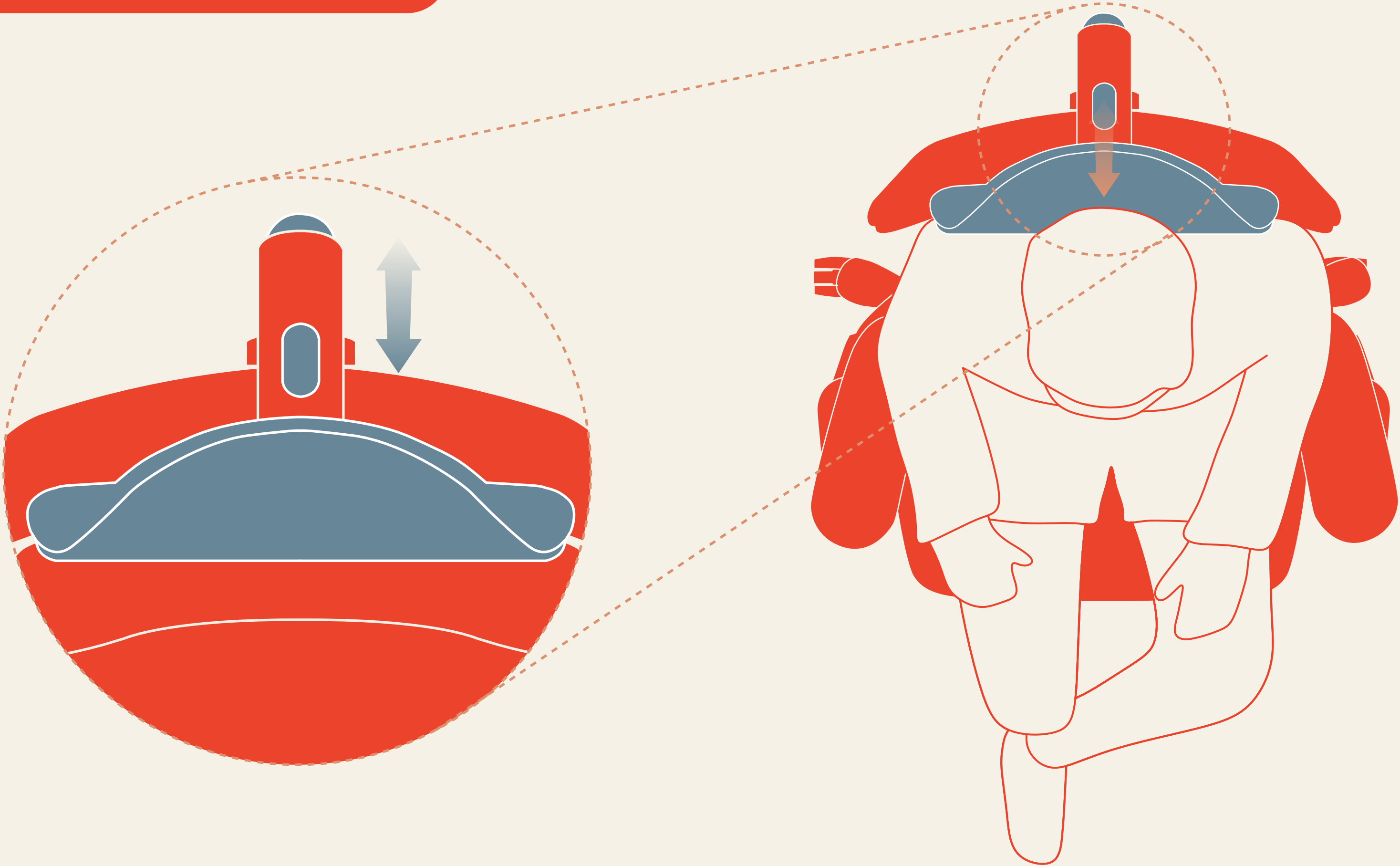
OPTIMISATION TIP:

The ideal armrest length depends on the desk area you are interacting with.

Set it to its maximum length when you are interacting with a smaller area on your desk. For example, sketching or note-taking. Set it to its minimum length when you need to sit closer to your desk and interact with a larger desk area. For example, typing on your laptop or desktop PC.

Headrest Position

– bracing your neck
across three dimensions



To adjust the Headrest's angle:

- Hold either side of the headrest and tilt it to your preference.

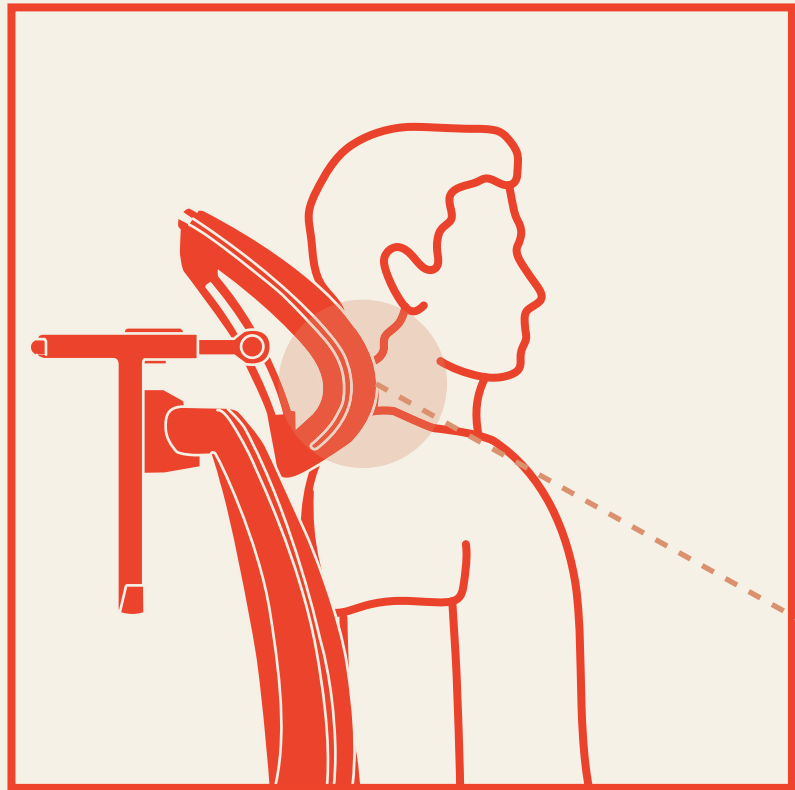
To adjust the depth:

- Press down on the button with one hand and push the depth adjustment joint outwards or inwards.

To adjust the Headrest's height:

- hold both sides and pull upwards or push downwards.

For futher height adjustments, simply hold the base of the neckrest and slide it to your desired height.



neck and lower half
of head fully braced 6

IDEAL POSITION 6

The neckrest should brace the whole height of your neck and lower half of your head.

This prevents neck strains, tension headaches, and muscle guarding.

activity adjustments

Switch it up based on your activities through the day.

Focus

For the professionals, video editors, and accountants. Focus mode helps you be at your most productive while sitting upright and working on your PC or laptop. You'll never feel battered after a long day typing away again.

- a** Set the backrest's recline angle at an upright position, then keep the recline locked.

This provides your back with maximum support while you sit straight and focus on your screen.

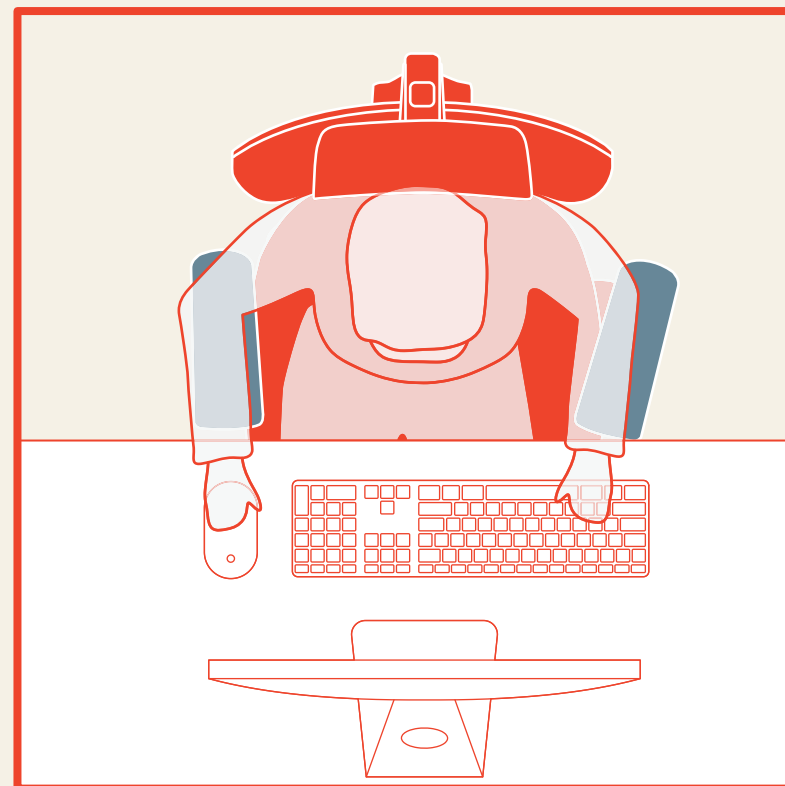
- b** Toggle the armrest to its minimum length. Move your seat in until it's flushed with the edge of your desk.

This gives your arms access to your desk's full zone of engagement, ensuring that you can reach everything you need easily.

- c** Adjust the armrest's angle based on your input device's width. This ensures that your forearms and elbows are fully supported by the armrest, regardless of device width.



If you're typing on a laptop or tablet, you might want to angle the armrest inwards.



If you're using a full-sized keyboard and mouse, you might want to straighten the armrest or even angle it outwards.



Compose

For the artists, writers, and the students. Compose mode is perfect for drawing, writing, and formulating your thoughts. When your eureka moment arrives while you're leaning back, lean forward and spring to action quickly.

- a** Unlock the seat's recline and set the recline tension to your preferred resistance level.

Now, you can sit upright while writing or rocking back on your seat and pondering.

- b** Set the armrest to its maximum length. Move your seat in until it's flushed with the edge of your desk.

This allows you to comfortably interact with the zone of engagement without forcing your body to curl up.



Relax

Convert from day to night to relax after a hard day's work. Relax mode lets you zone out after clocking out. Whether you're watching a movie on your PC or lounging with your favourite novel in hand, the ErgoTune's got your back. Careful, you might even end up falling asleep in it.

- a** Recline to your preferred angle, then lock it. This allows you to sit back and relax while you watch a movie or read a book.
- b** Angle the armrest to fit your resting style or until you're comfortable. Just make sure that your forearms and elbows are fully supported.

If you're resting your arms while watching a movie, you might want to straighten the armrest.

If you're reading a book, you could angle the armrest inwards instead.



