

Assembly Parts

- A. Base x1
- B. Wheel x5
- C. Gas Lift x1
- D. Armrests x2
- E. Seat Pan x1
- F. Backrest x1
- G. Backrest Cover x1
- H. Headrest x1

Hardware Parts

- I. Backrest Screws x6
- J. Armrest Screws x4
- K. Headrest Screws x2
(pre-installed on backrest)
- Ergotune Tool x1

All hardware parts can be found inside the Seatpan Hatch (except for Headrest Screws.)



Digital Resources



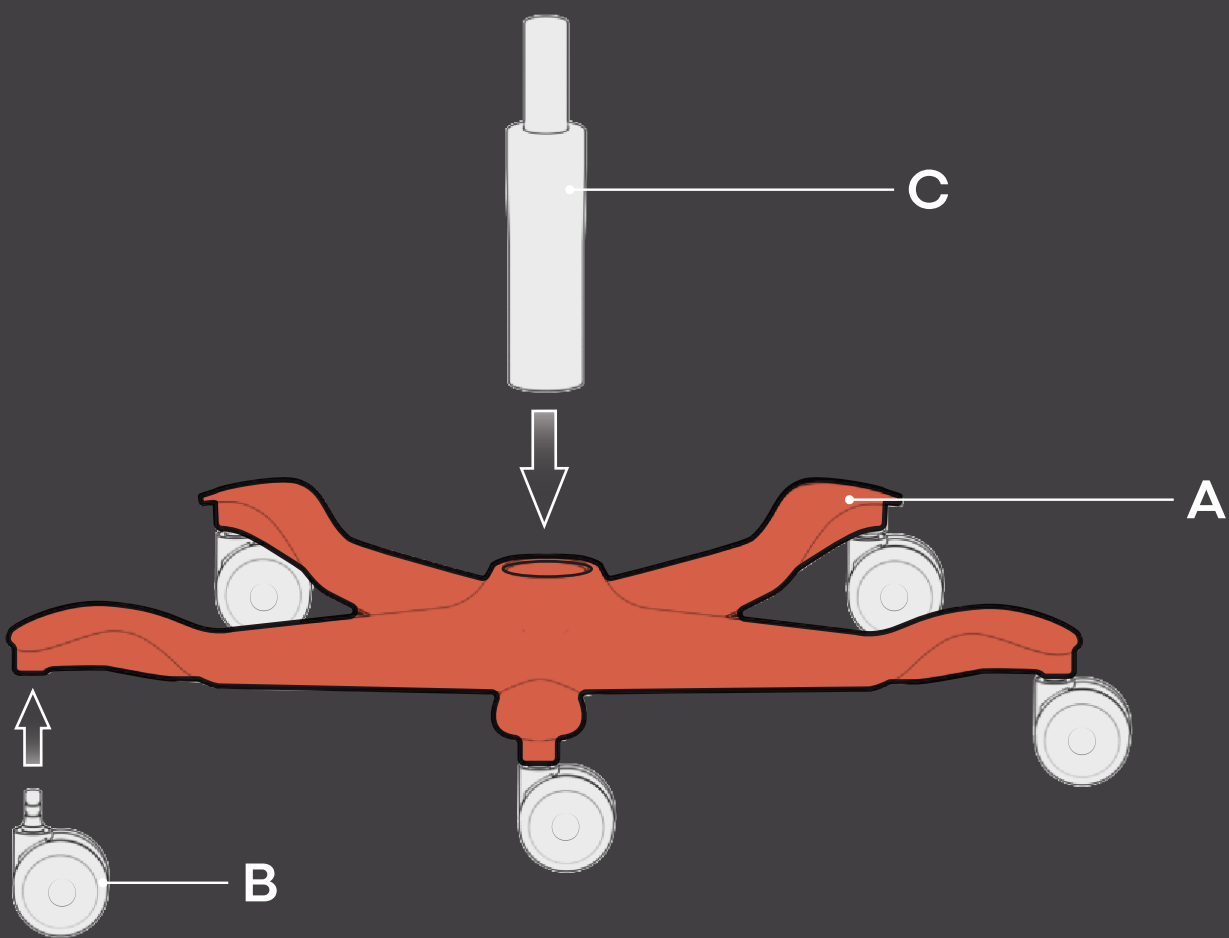
Scan the QR Code to access our user guides and assembly manuals



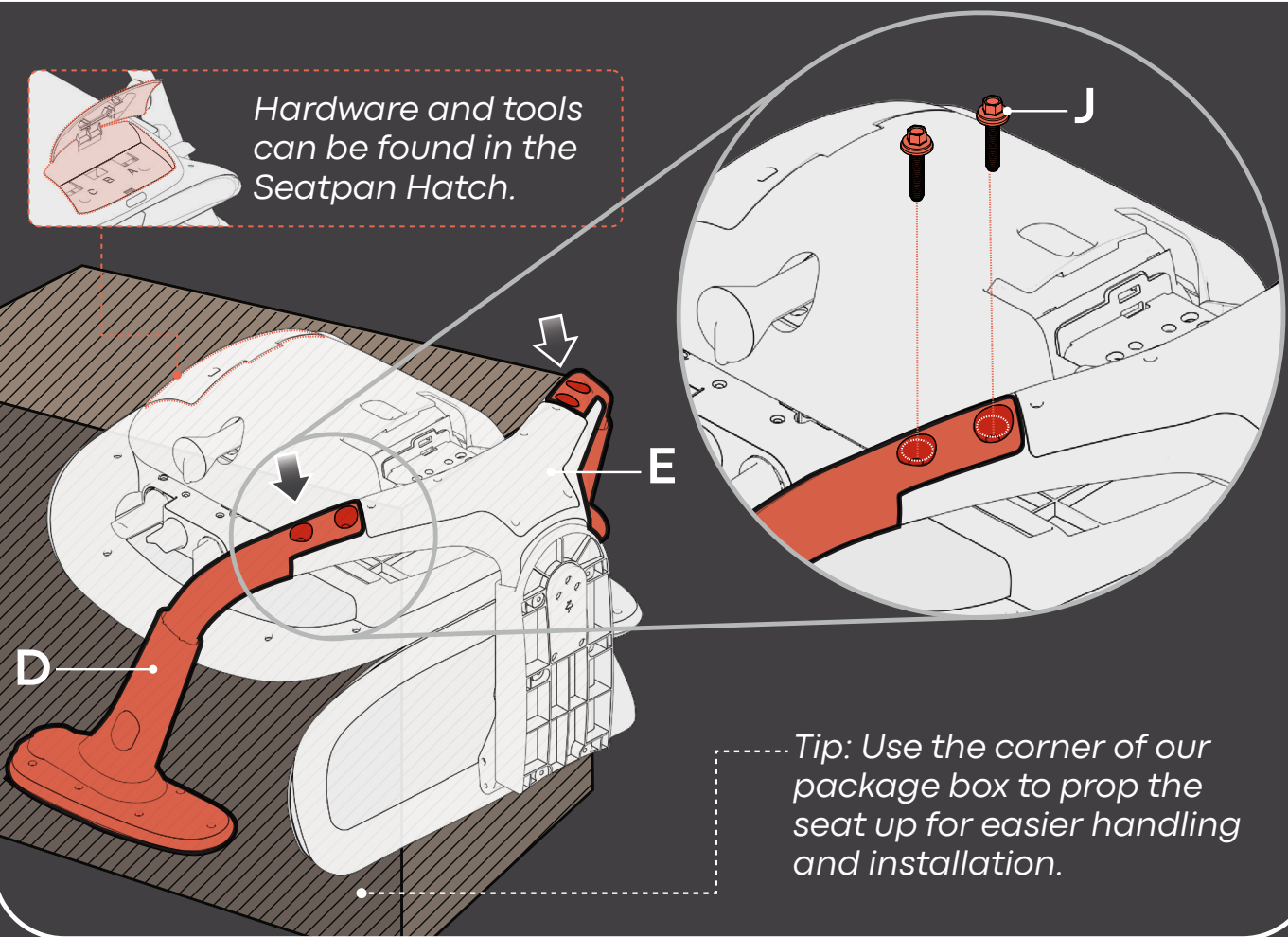
Failure to follow these instructions may result in serious injury.

1. This chair is designed to seat one person at any one time. Do not stand on this product or use it as a step ladder.
2. Do not use this product unless all bolts and parts are firmly tightened.
3. Check regularly that all bolts and fastenings are properly tightened and retighten when necessary.
4. Do not use if any parts are missing, damaged or worn.
5. Do not sit on the armrests.
6. Adult supervision is advised when used for children under the age of 10.

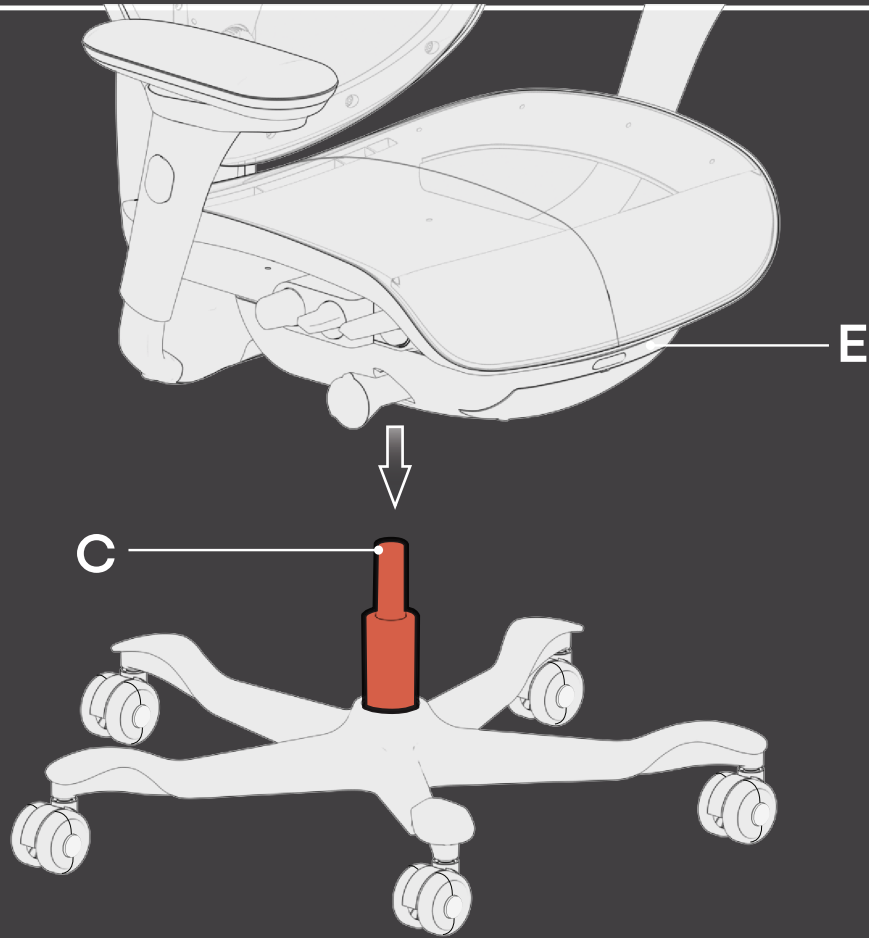
- 1 Align Wheel (B) to each leg and press firmly into Base (A). Fit Gas Lift (C) into Base.



- 2 Align Armrest (D) to Seatpan (E) and secure with Armrest Screws (J).

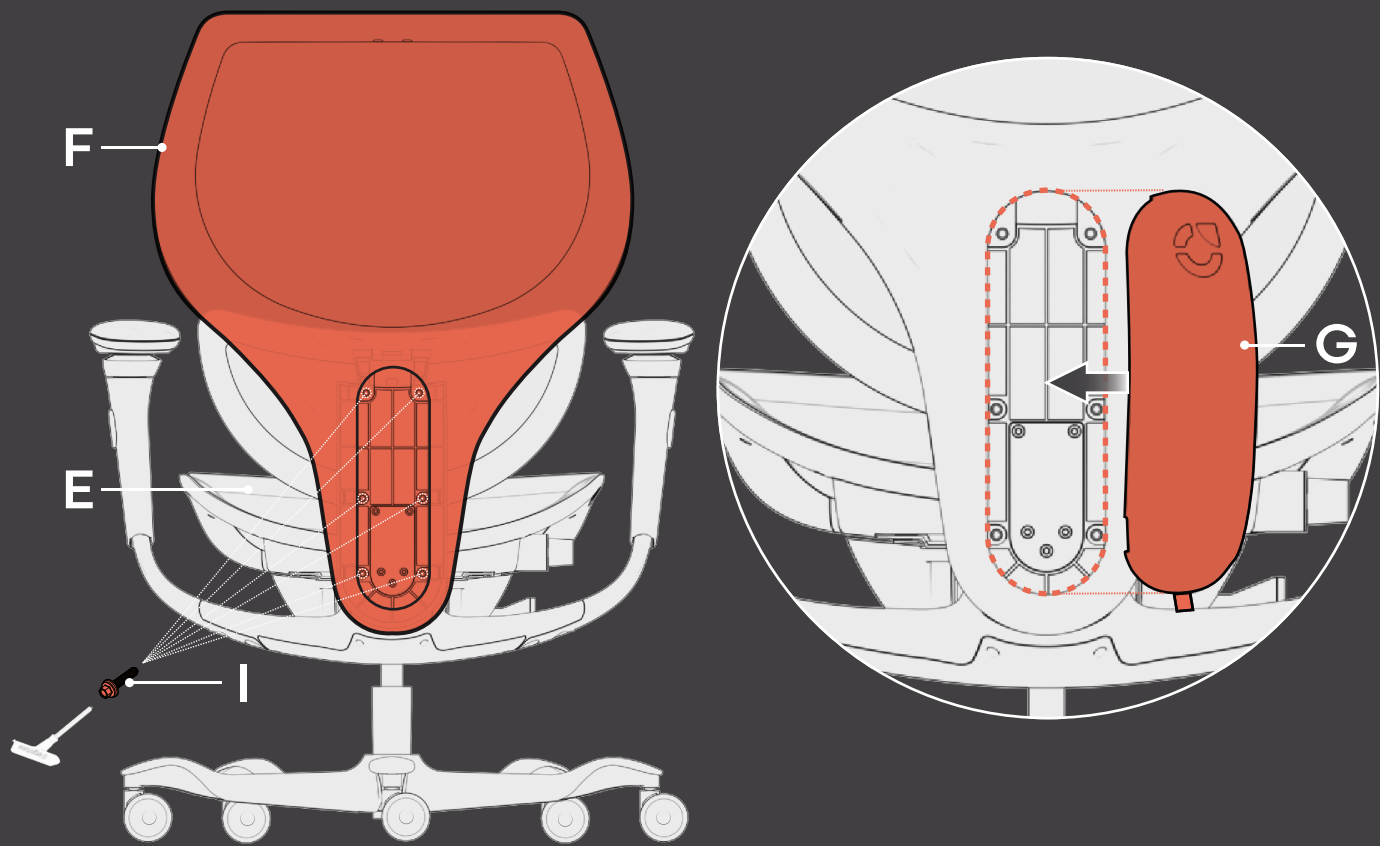


- 3 Align* the opening on the bottom of the Seatpan (E) onto the Gas Lift (C), and hold it down firmly until tight.

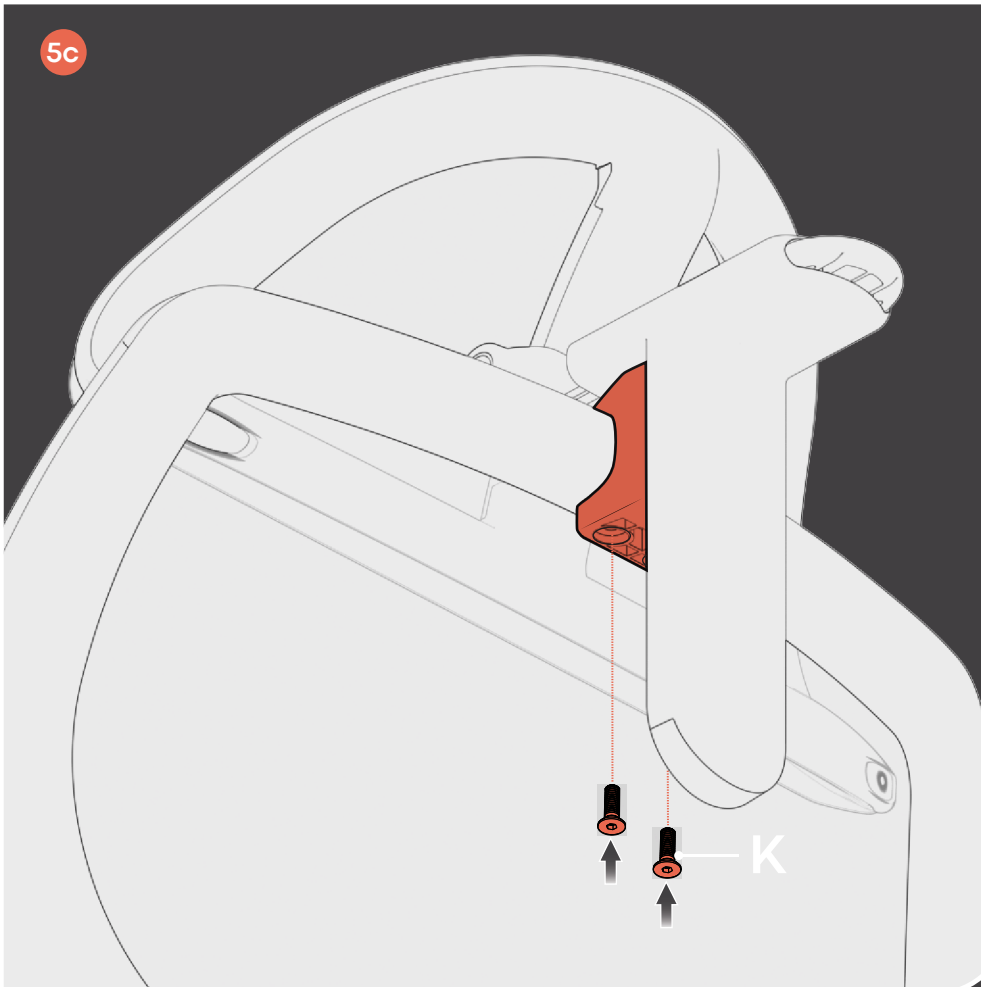
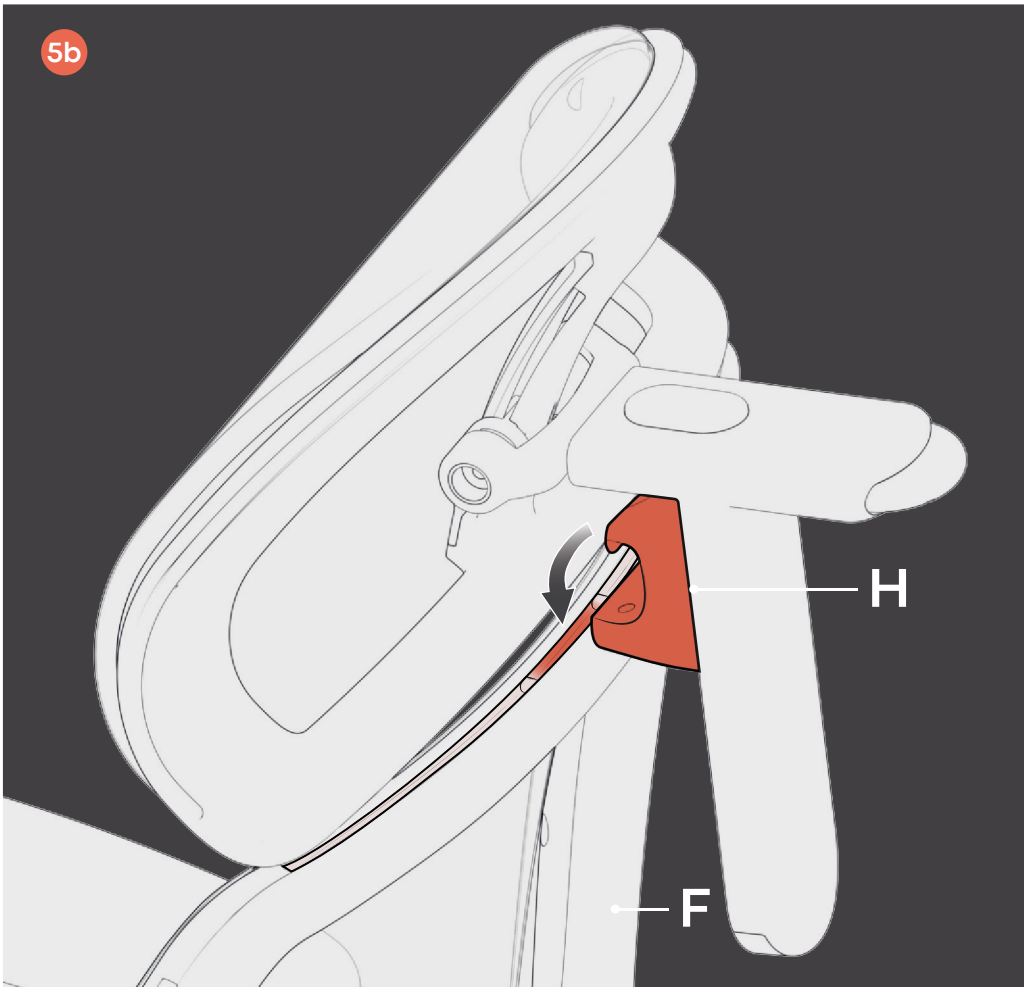
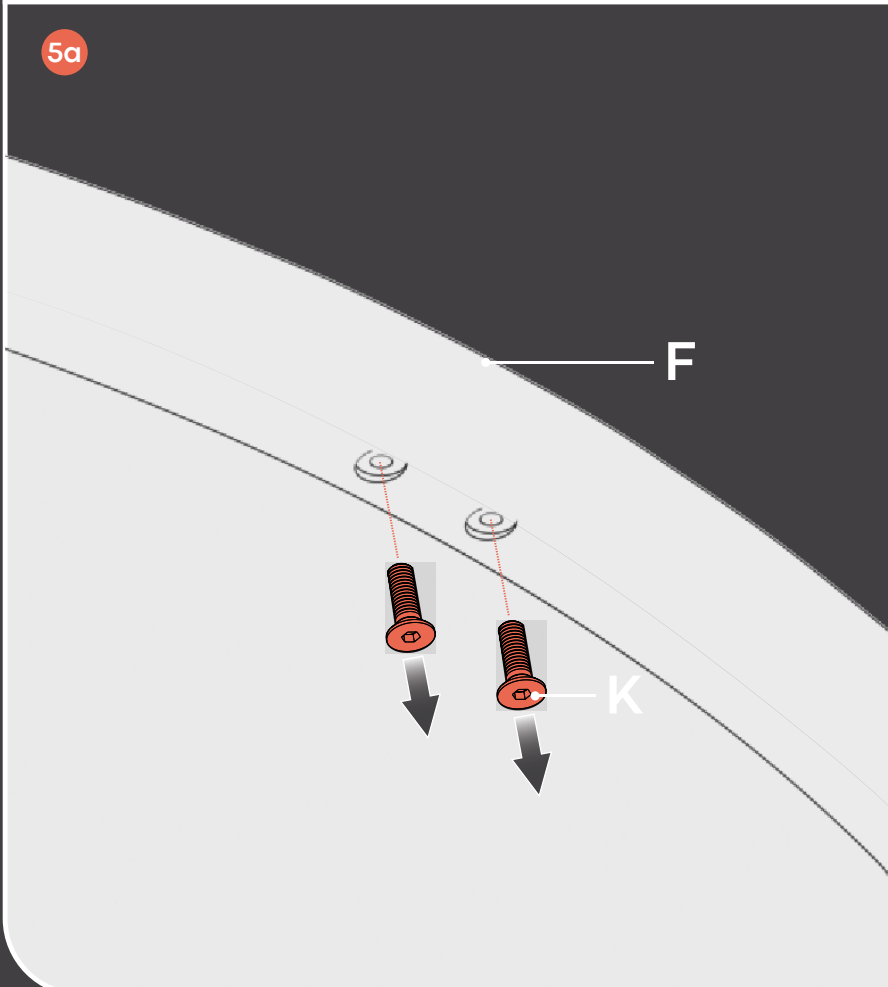


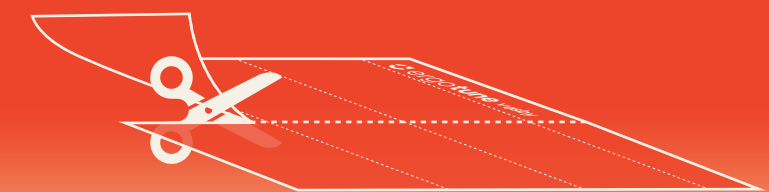
*This step is easier completed with two people.

- 4 Align and secure the Backrest (F) to the back of the Seat Pan (E) with the Backrest screws (I), then snap the Backrest Cover (G) over the area.



- 5 5a. Remove the preinstalled Headrest screws (K) from the Backrest (F).
5b. Hook the clamp of the Headrest (H) onto the track on the top edge of the Backrest (F).
5c. Fasten the Headrest (H) to the Backrest (F) using the Headrest Screws (K)



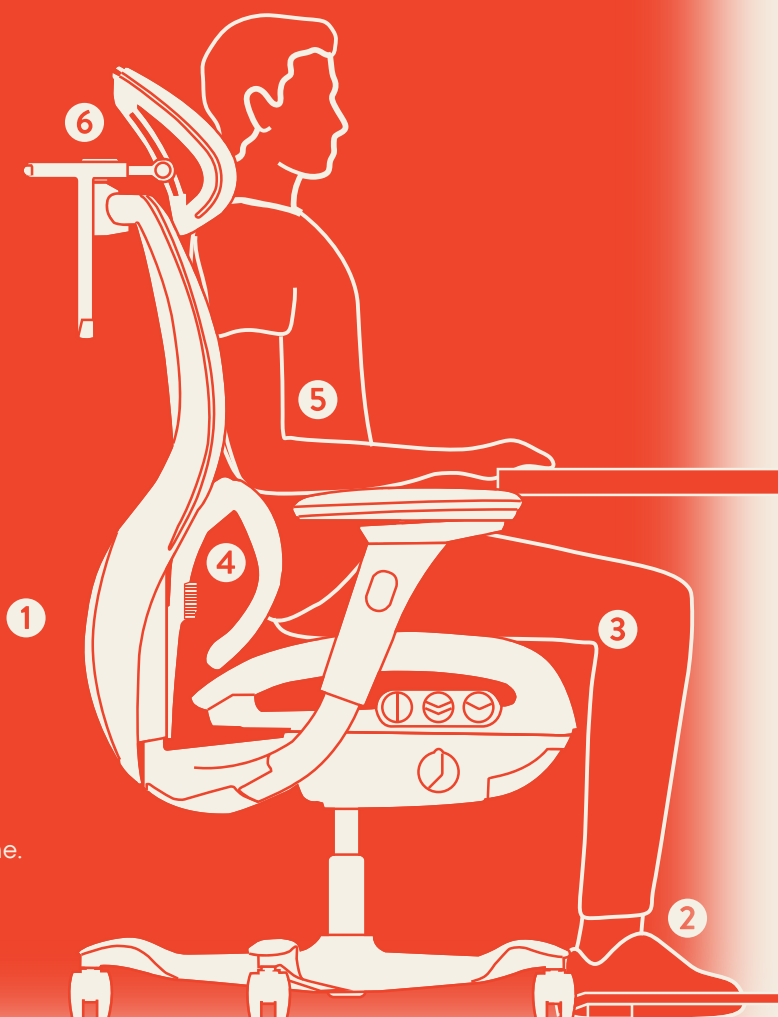


Ideal Position

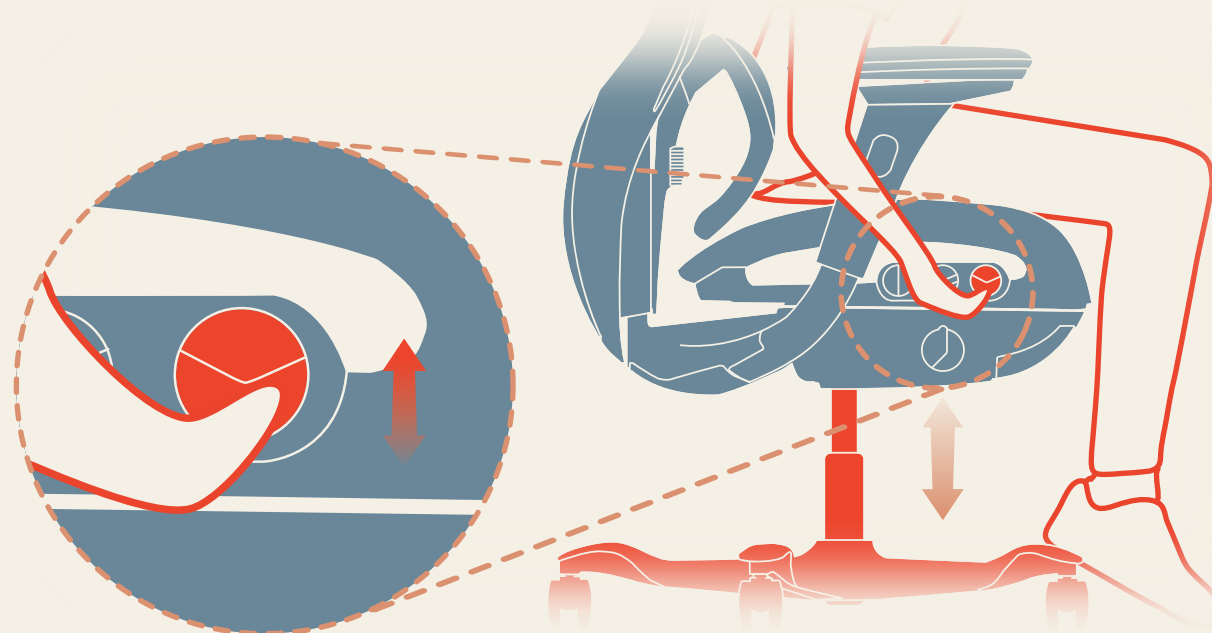
Good posture and comfort isn't complex. It happens naturally when a chair is calibrated to your body's unique shape.

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°**
This takes away pressure from your hips and prevents upper back aches.
- 2 Feet flat on the ground**
This relieves pressure in your knee joints and prevents any misalignments.
- 3 Back of knees at 2-3 fingers' width away from seat pan**
This guards against weakened abdominal and pelvic muscles, among other issues.
- 4 Lumbar Spine Fully Supported**
This maintains your lower back's natural c-shaped curve and eliminates other problems.
- 5 Forearms & Wrists flushed with desk, Elbows flexed to ~90°**
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**
This cushions your upper spinal columns and rids you of neck aches.



Seat Height



To lower the seat's height:

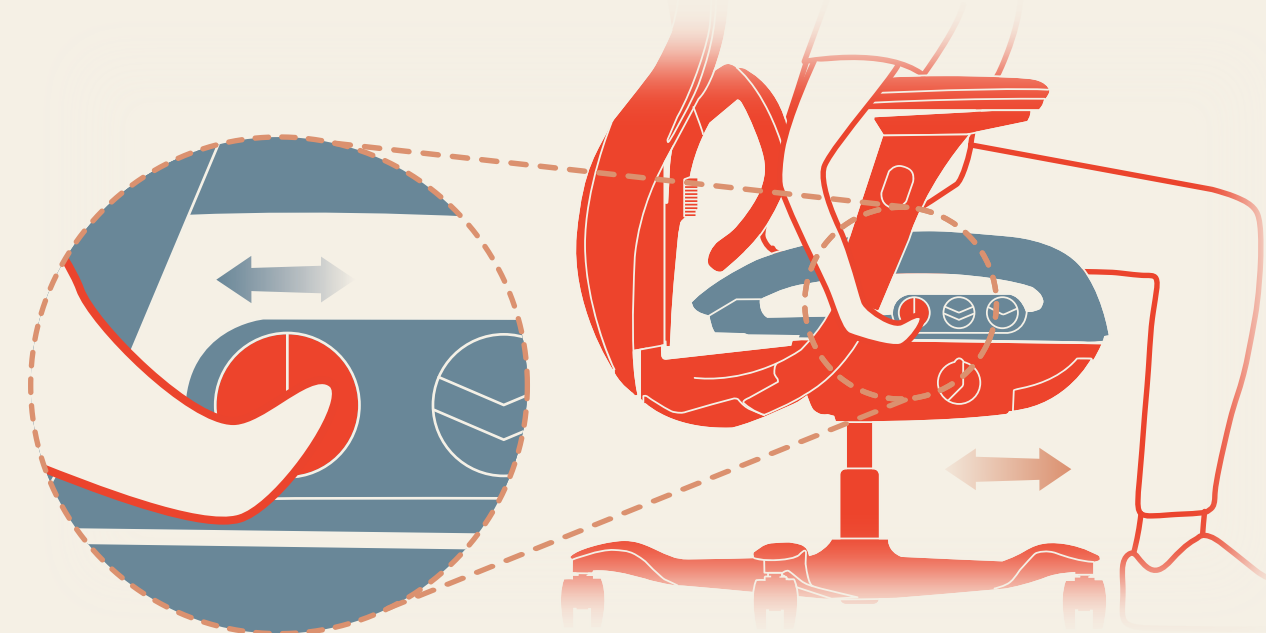
1. Place your weight on the seat, then pull the Seat Height Lever* upwards. (⬆️)
2. Release the tab when you're at the right height.

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.

Seat Depth

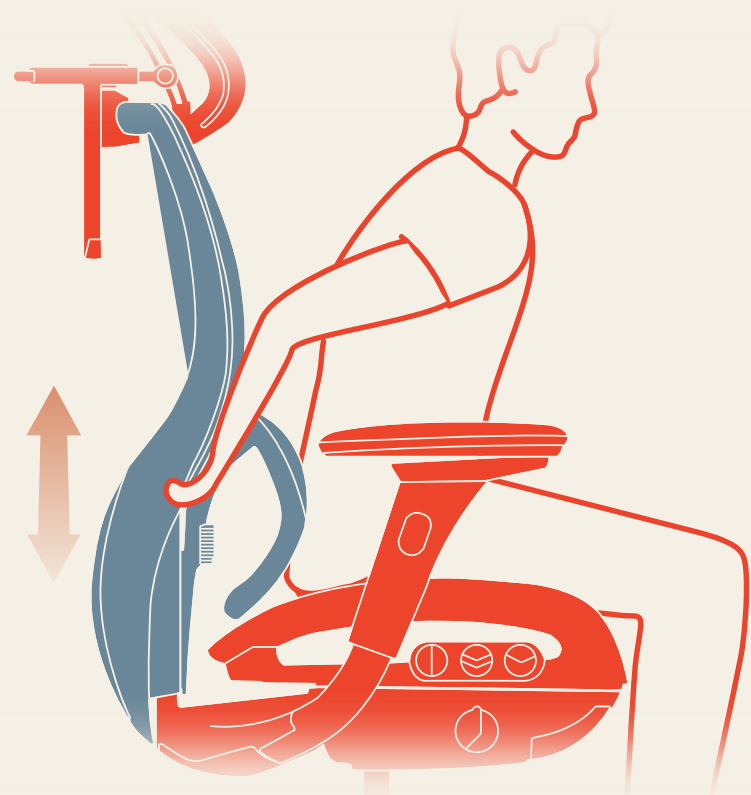


To adjust the seat pan's depth:

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 the edge of the seat pan.

Backrest Height



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.

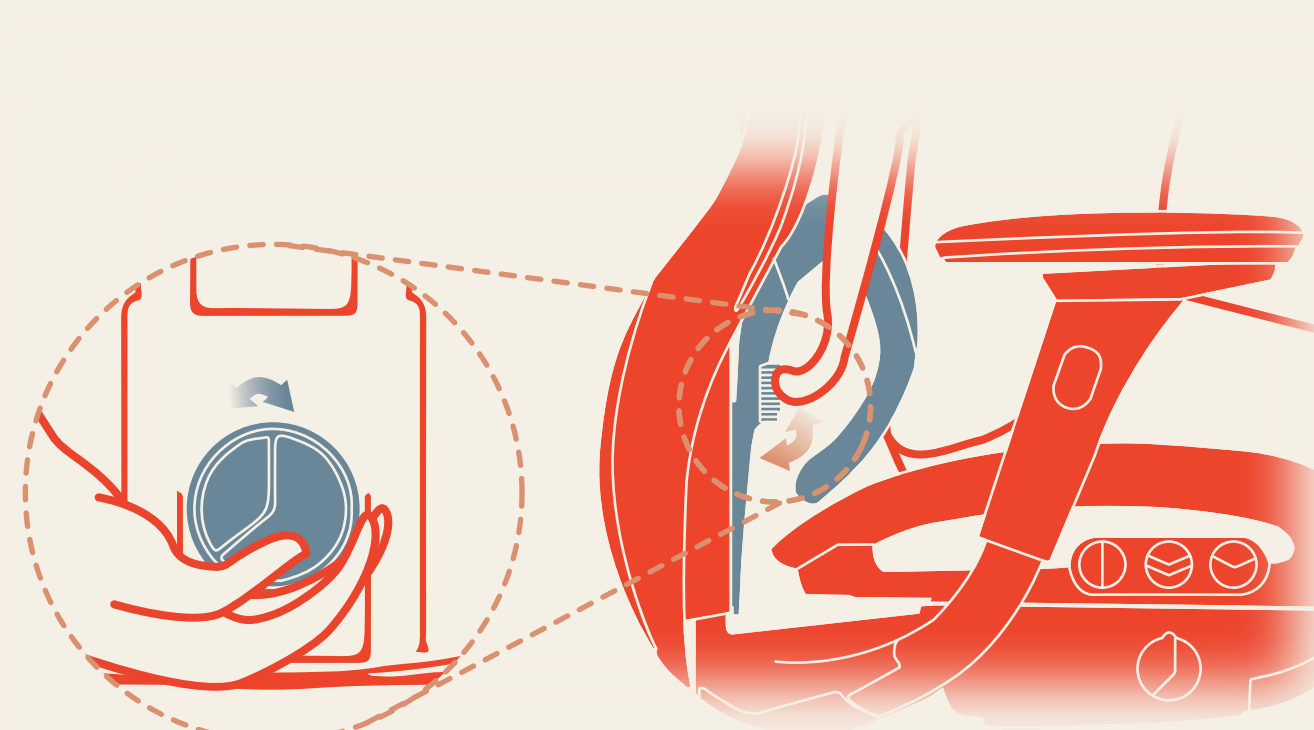
Lumbar Support Height



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.

Lumbar Support Tension



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.

Seat Recline Tension



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.

Seat Recline Lock



To Lock or Unlock your Seat Recline function.

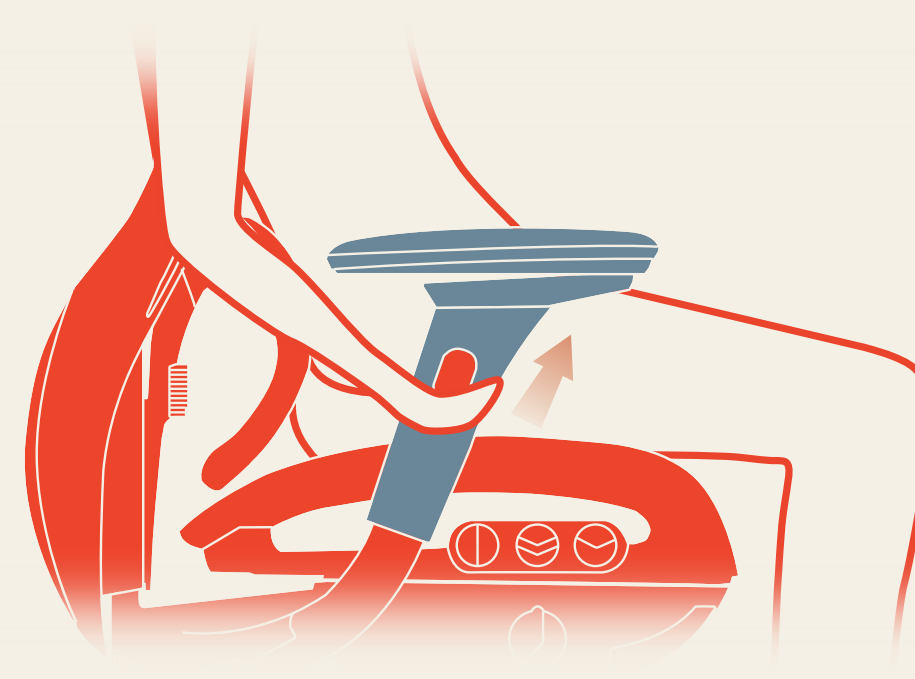
1. Turn the Recline Lock Knob* anticlockwise (🔒→🔒) to lock the recline in place.
2. Turn the it clockwise (🔒→🔒) to unlock the recline.

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.

* The Recline Lock Knob is the second knob on the Control Lever Hub, between the seat height and seat depth levers.

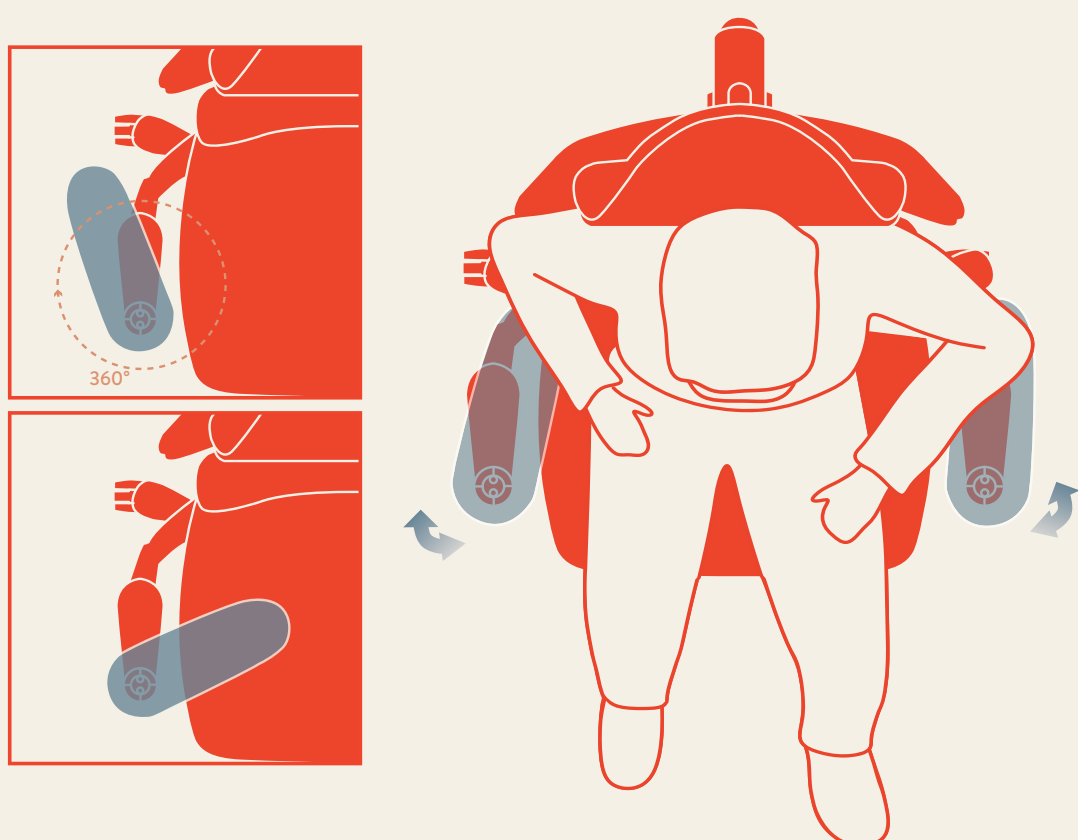
Armrest Height



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.

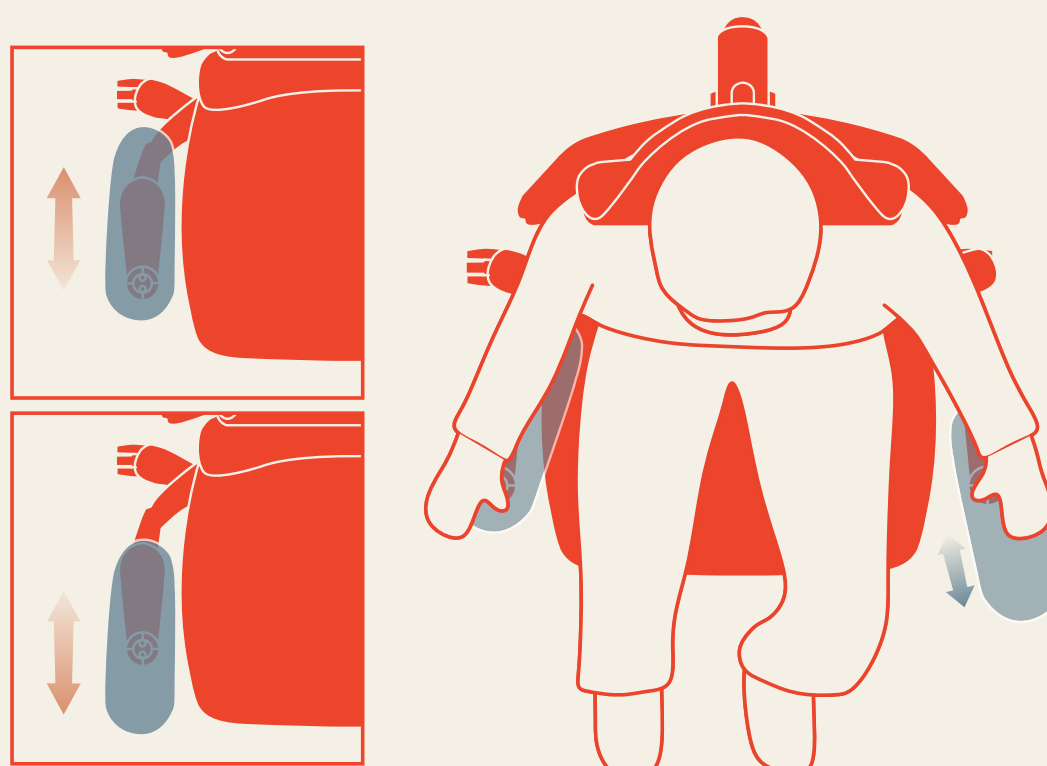
Armrest Angle



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.

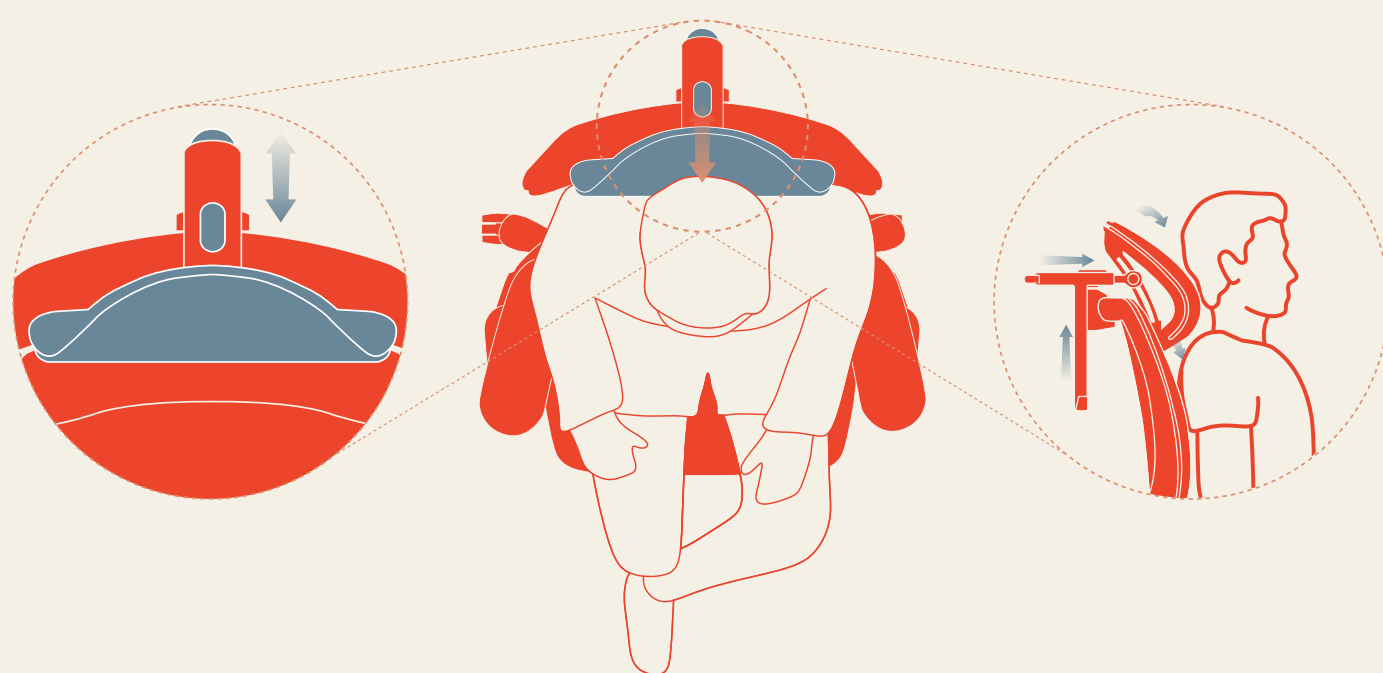
Armrest Length



Lengthen or shorten Vesby's armrest pad to your preference:

- Simply slide the armrest pad forward or backwards to adjust the armrest length.
- The armrest pad can also be fully rotated forward for an even more extended length.

Headrest Position



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