



# jooobie

## *lite*



### KEY CALIBRATIONS

Calibrate to your body for maximum ergonomic comfort

Version 1.0\_250513

# comfort begins here.

This booklet provides instructions for all of ergotune Joobie Lite's adjustment points. Calibrate them to fit your body by following the Ideal Positions 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 1](#)  
This takes away pressure from your hips and prevents upper back aches.
- 2 Feet flat on the ground** [See Page 1](#)  
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 2](#)  
This guards against weakened abdominal and pelvic muscles, among other issues.
- 4 Lumbar Spine Fully Supported** [See Page 4](#)  
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 6](#)  
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 9](#)  
This cushions your upper spinal columns and rids you of neck aches.



# Seat Height

– with feet firmly on the ground

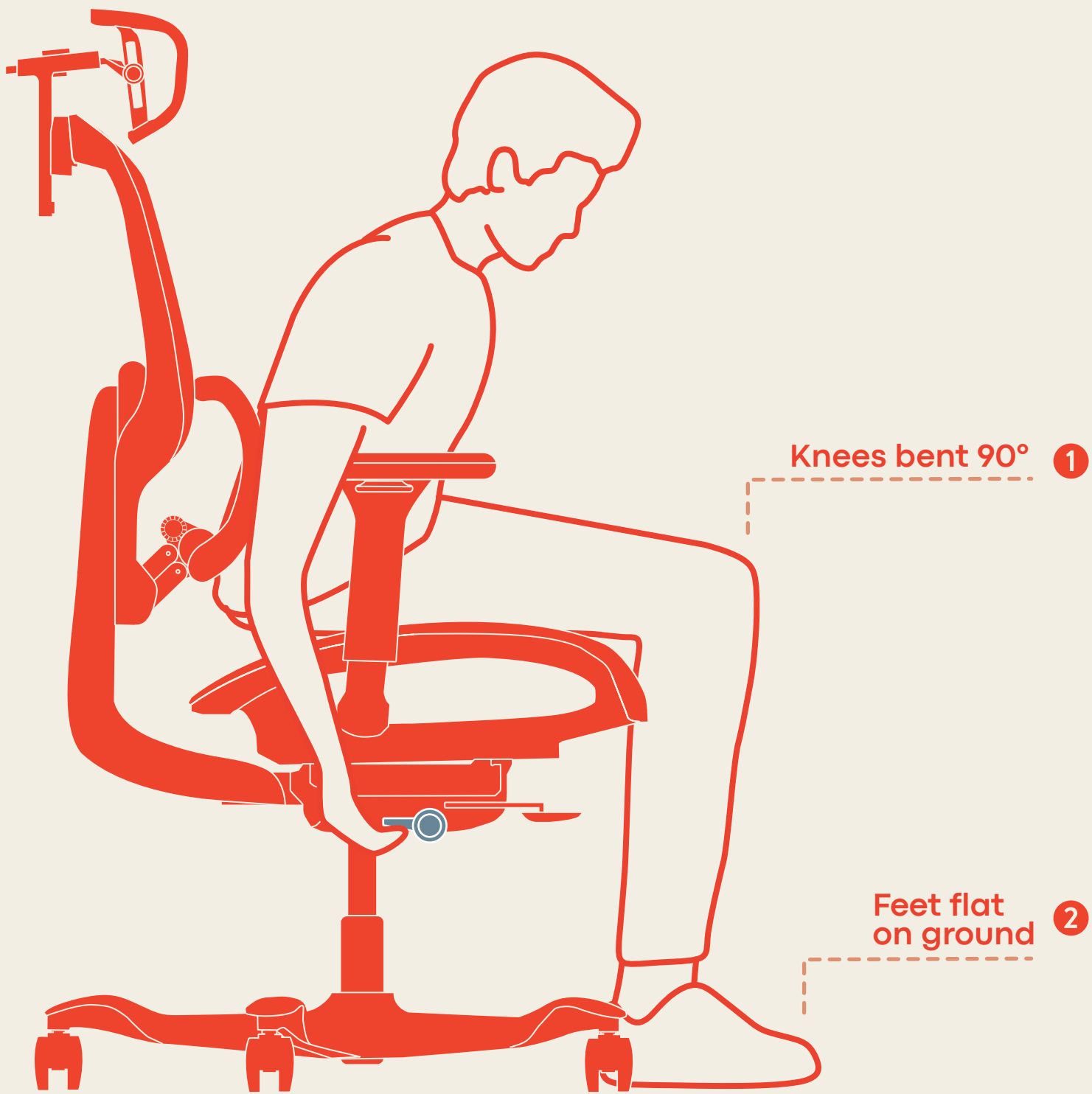


## To lower the seat's height:

- 1. Place your weight on the seat, then pull the rear flip lever.
- 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 flip lever.
- 2. Release the tab when you're at the right height.



 **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.

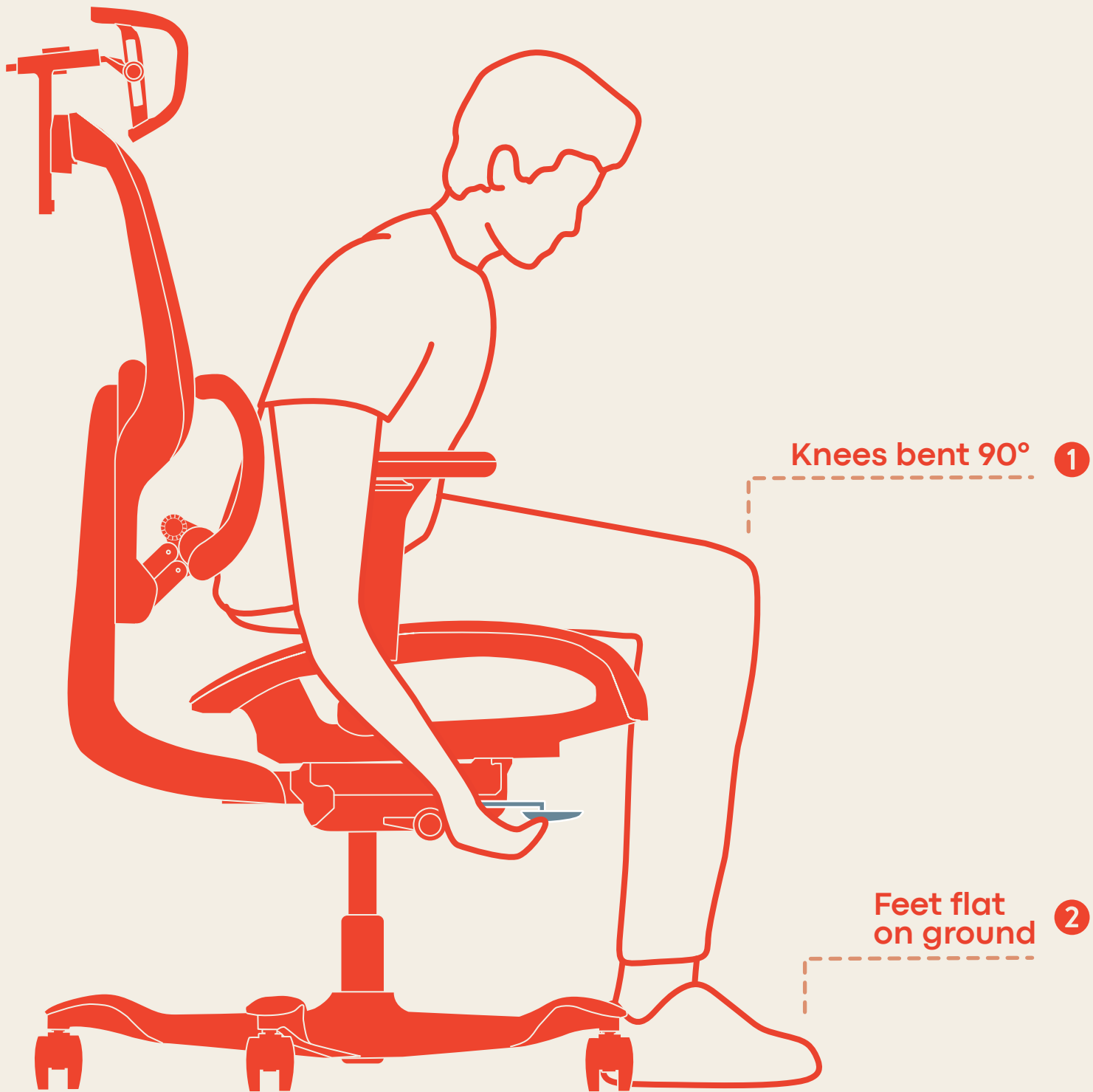
# Seat Depth

– say farewell to backaches



## To adjust the seat pan's depth:

- 1. Sit and slouch forward slightly. Then, pull and hold the front flip lever.
- 2. Slide seat forwards/backwards.
- 3. Once you're at your desired position, stop moving.  
You'll hear the seat pan lock in place.



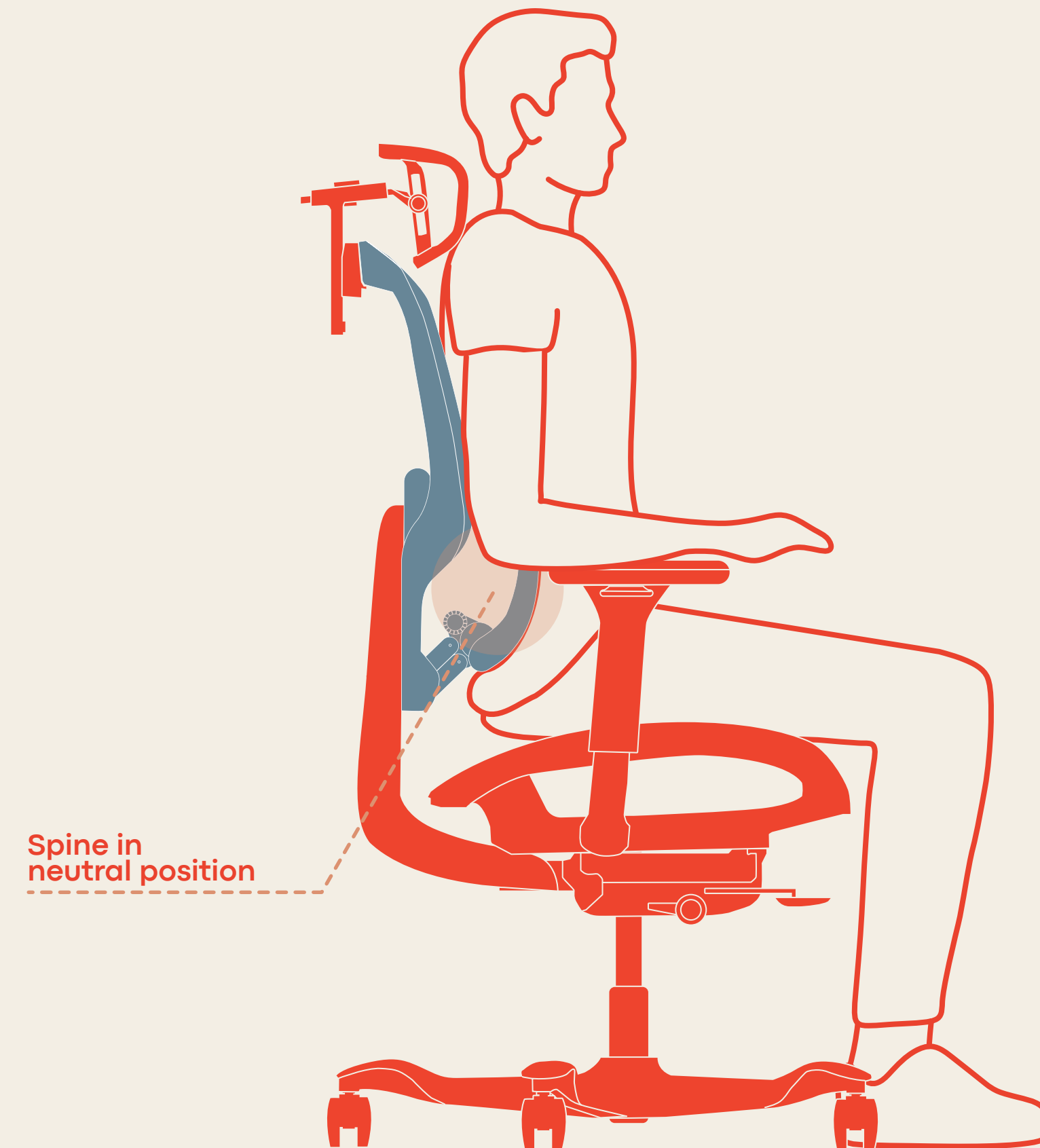
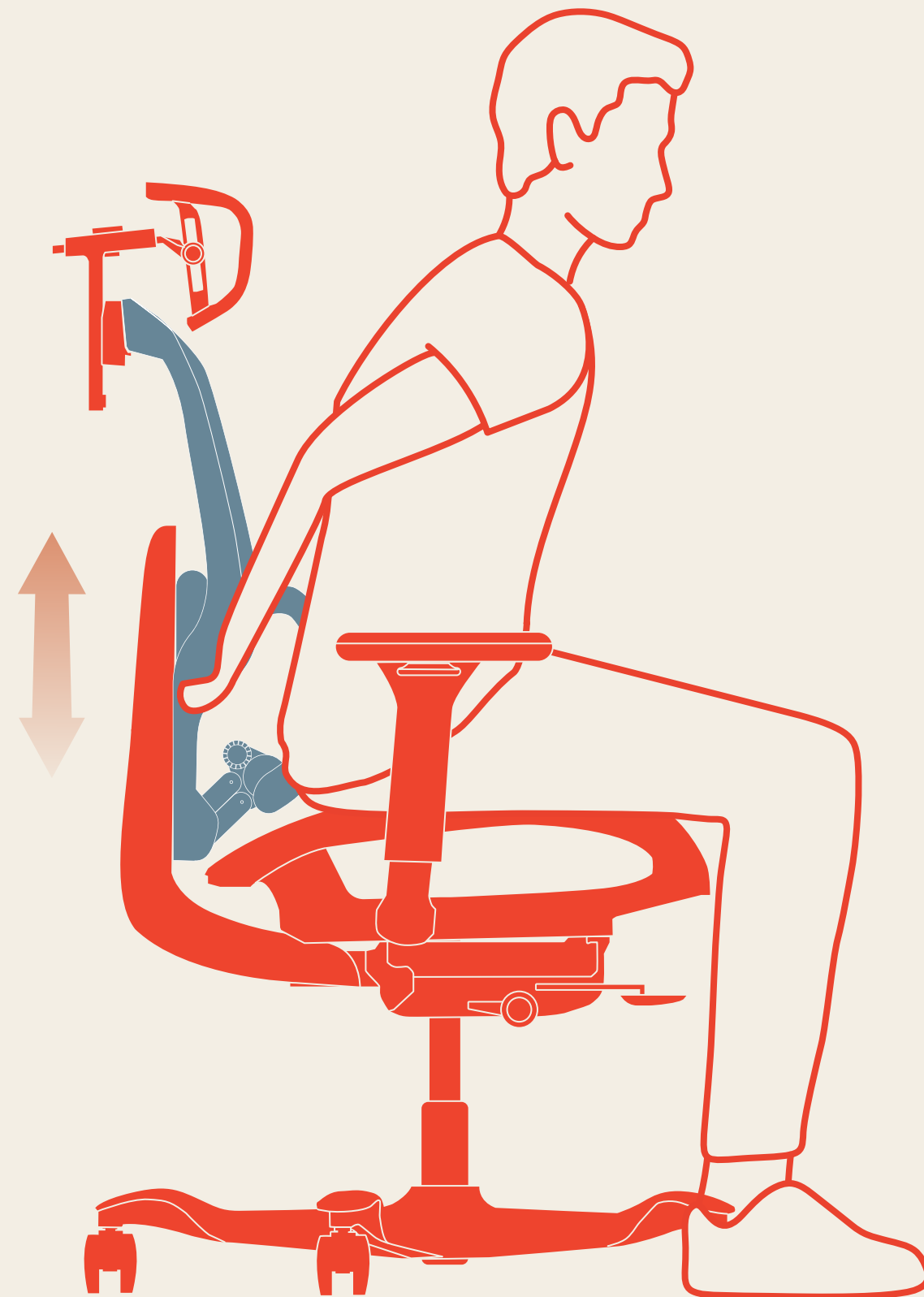
## IDEAL POSITION

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 push it upwards.
2. There are 5 height adjustment levels. Lean against the backrest periodically to determine if you've reached the ideal height.
3. To reset the backrest, raise it 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 Tension

– support for your lumbar, always



## To adjust your Lumbar Support Tension:

Joobie Lite's Lumbar Support is mostly Auto-Adjusting - Sit back to feel how the mechanism automatically shifts to cradle your Lumbar area.

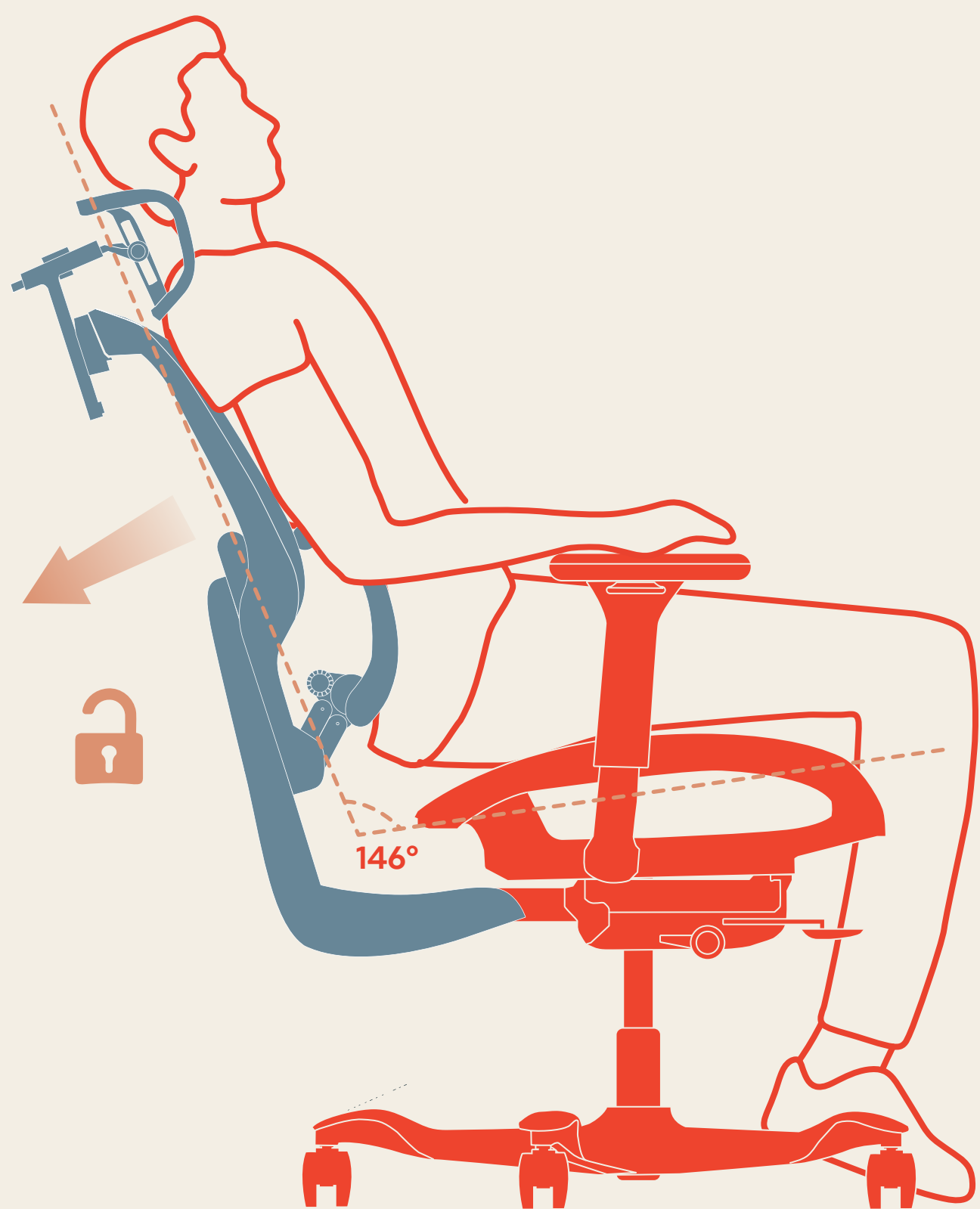
To tailor it more to your comfort, the tension and angle of the Lumbar support can also be finely adjusted by turning the knob on the right side of the Lumbar mechanism.

## IDEAL POSITION

The lumbar support should provide just enough tension to keep you comfortable on an ergotune chair. Ensure that your lumbar spine feels fully supported and that you do not slouch into the chair while seated.

# Seat Recline Lock

– stay straight, or remain reclined



To Unlock the Seat Recline, simply pull the rear lever outwards (away from the chair).

This is the same lever used to control the seat height - pulling it outward unlocks the recline while pushing it inwards (back towards the chair) locks the recline in place.

## OPTIMISATION TIP:

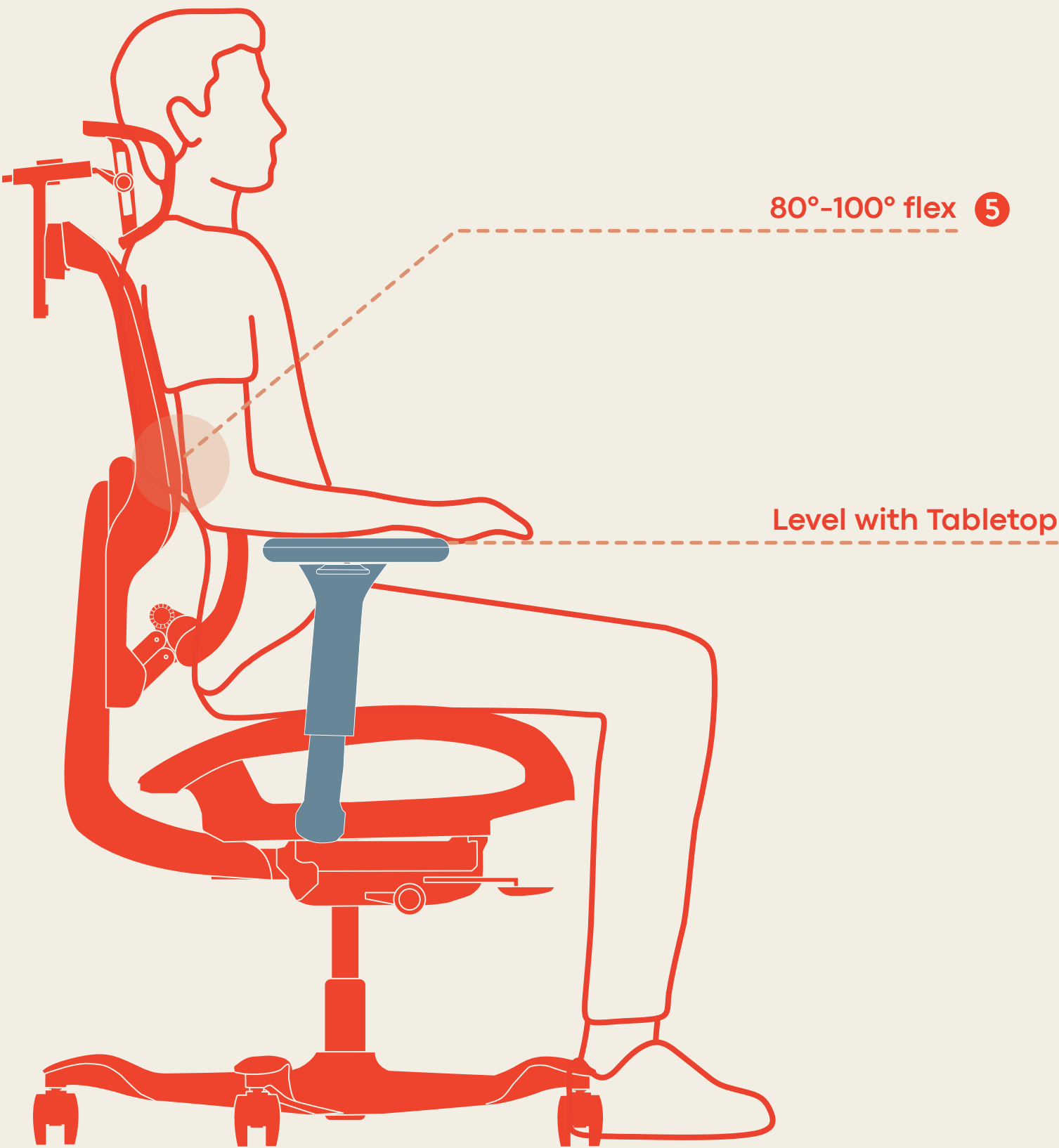
The ideal seat recline tension depends on how comfortable you feel when rocking back and forth.

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



# Armrest Height

– to suit  
any desk



## To adjust the armrest's height:

1. Press and hold the trigger 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 it in place.

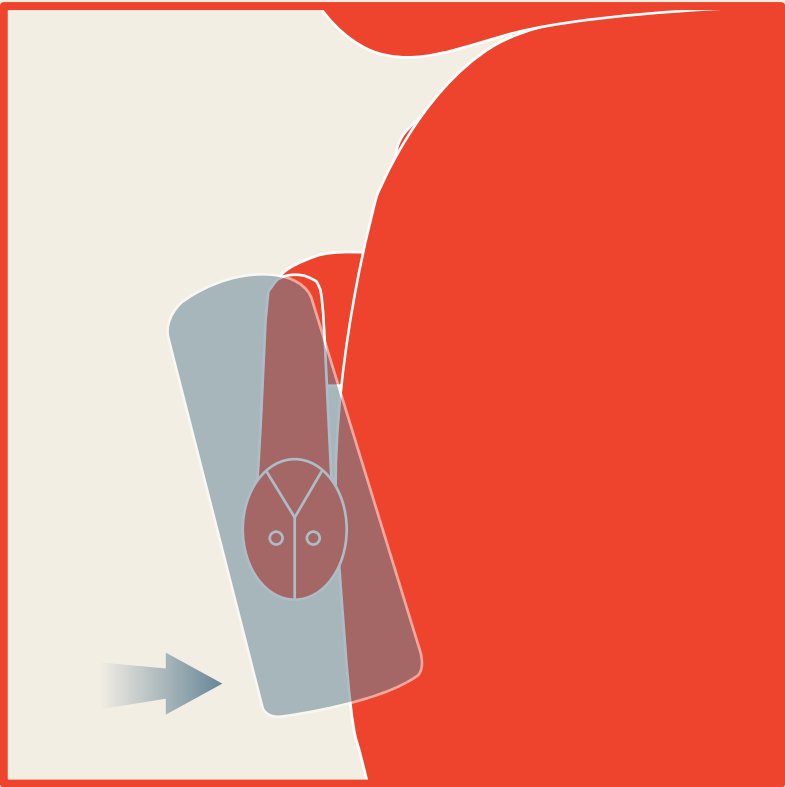
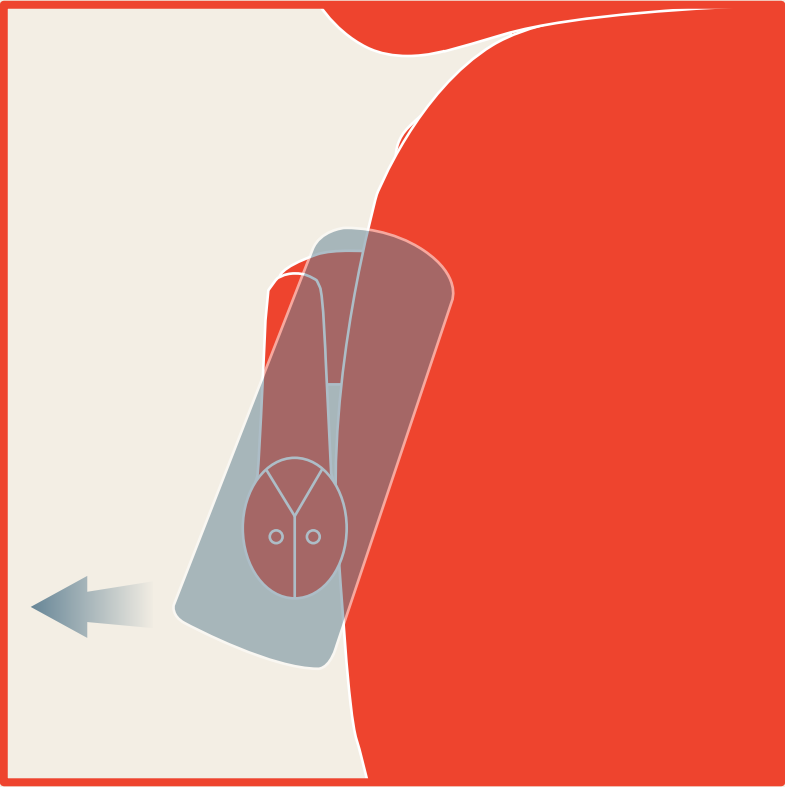
## IDEAL POSITION

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

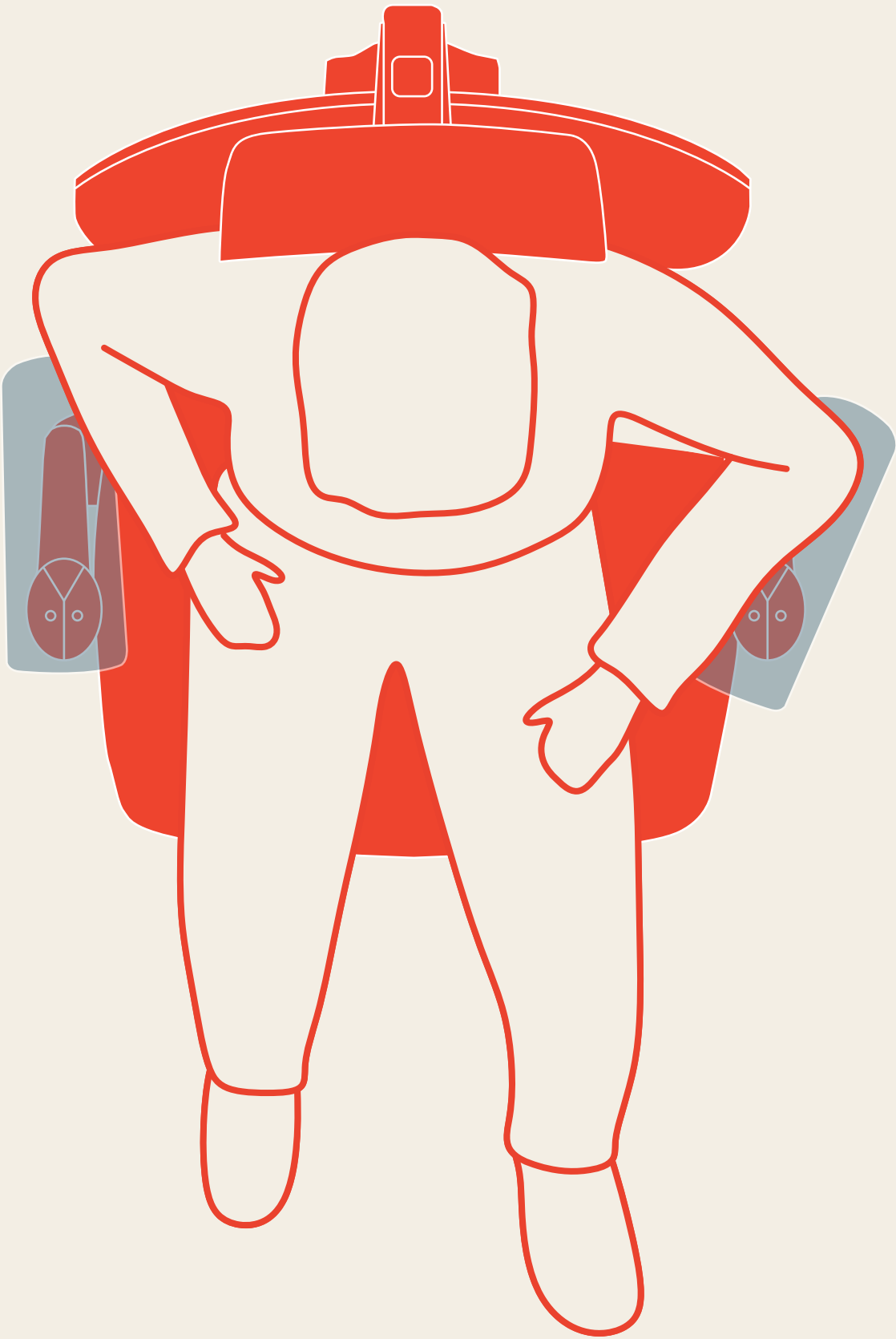
Having your armrest height flushed against your desk's surface minimises the pressure and strain on your wrist.

# 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



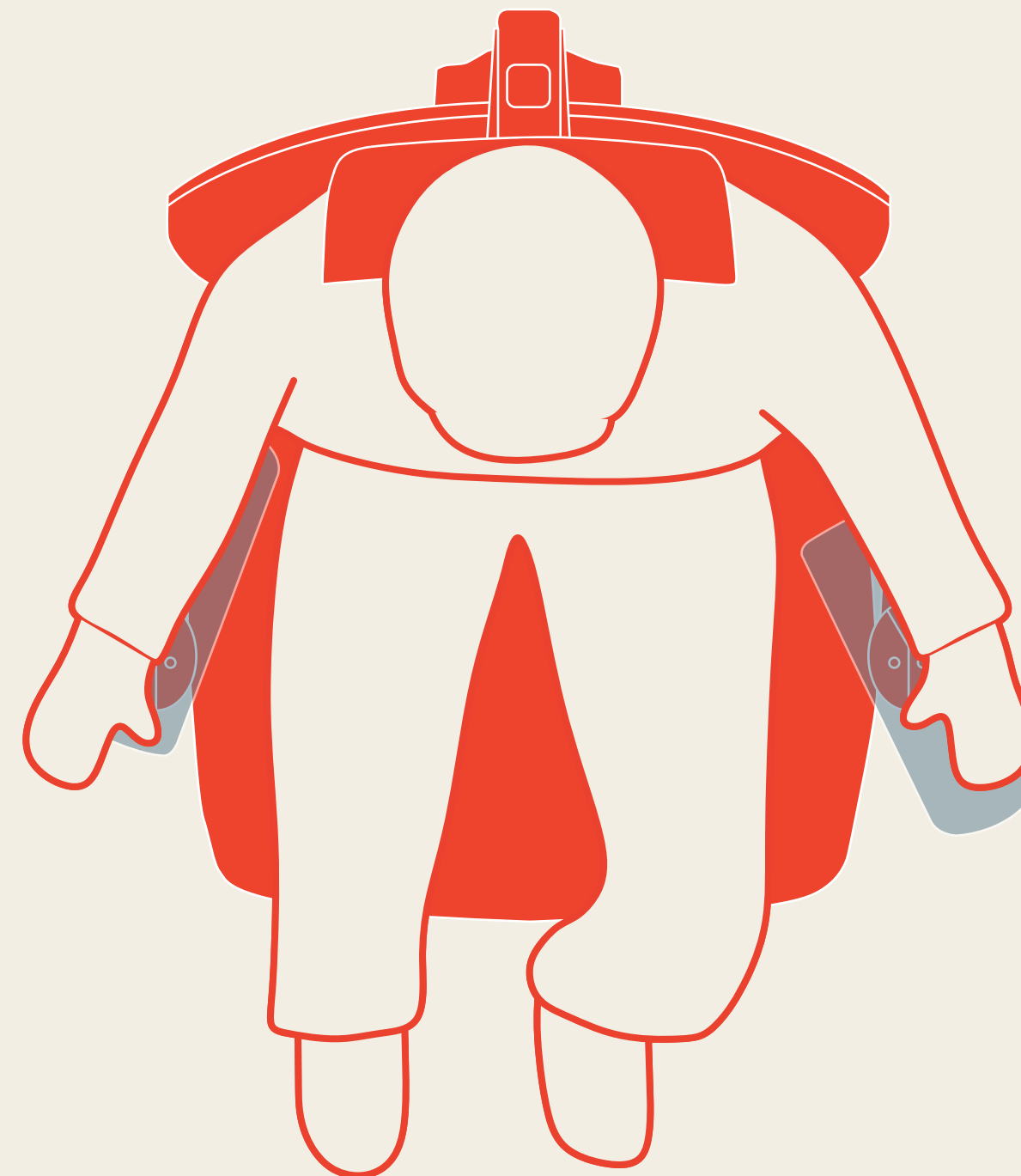
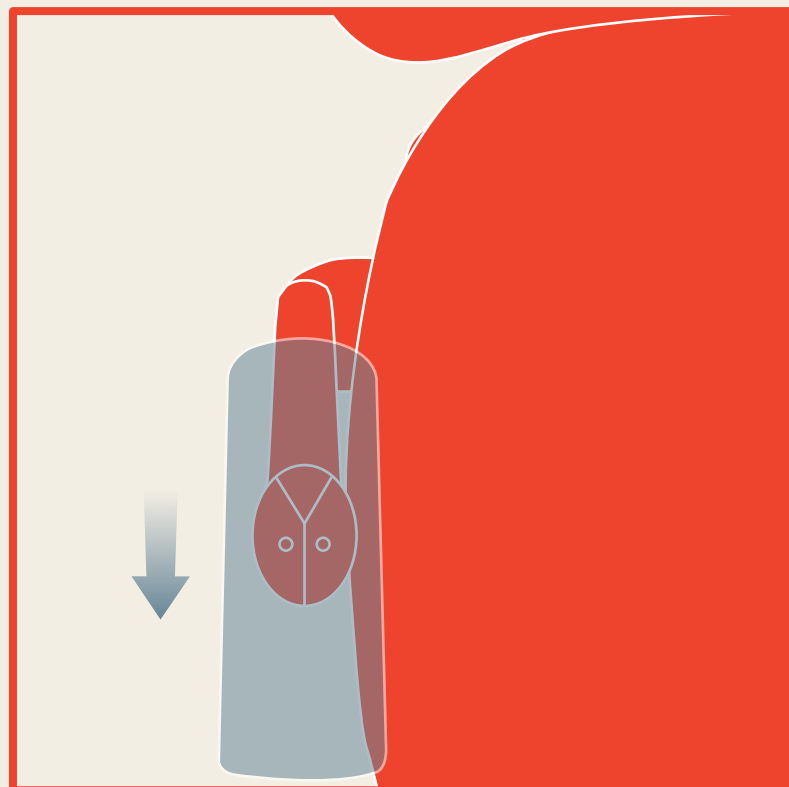
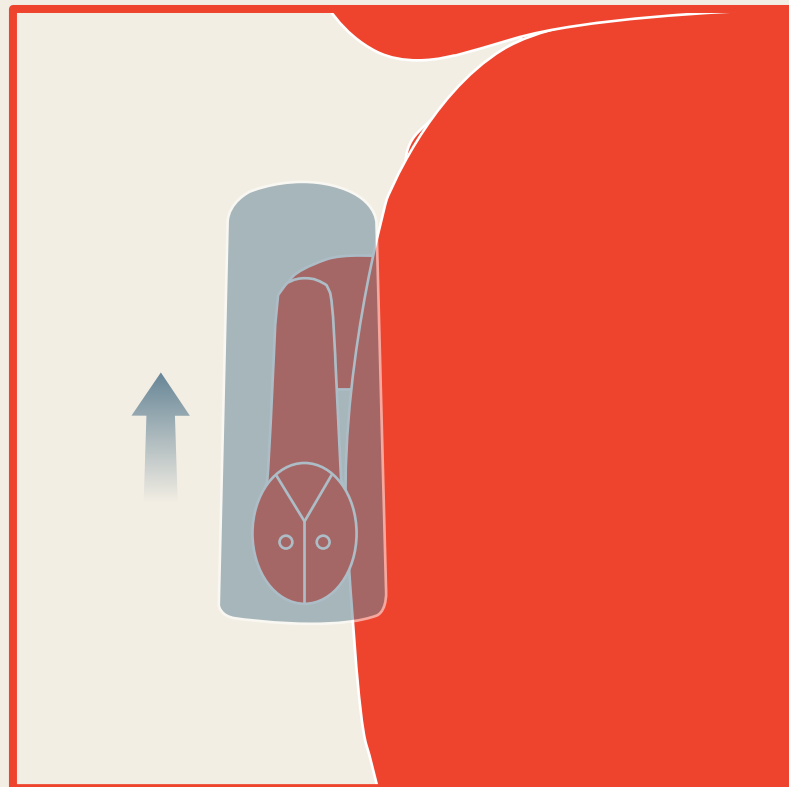
## OPTIMISATION TIP:

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.

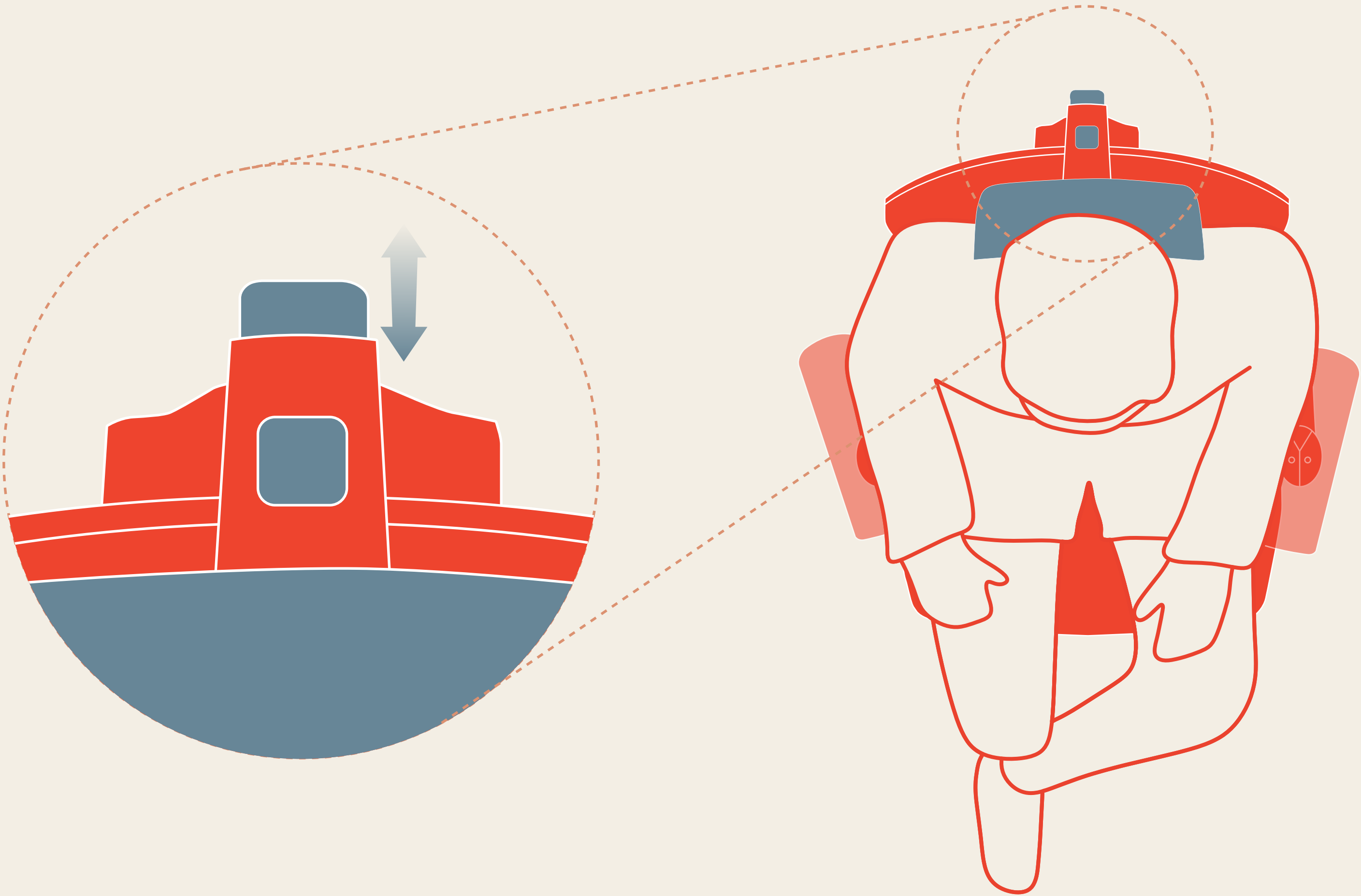
### OPTIMISATION TIP:

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.

# Head & Neck Rest Position

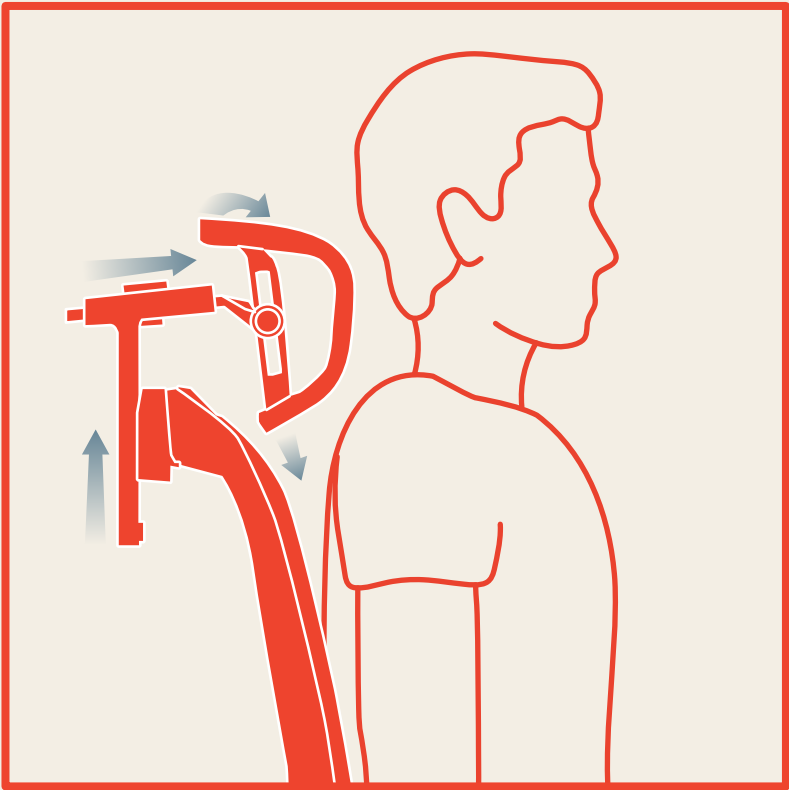


To adjust the neckrest's angle, hold either side and tilt it to your preference.



To adjust the depth, press down on the button with one hand and push the depth adjustment joint outwards or inwards.

To adjust the neckrest'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.

– bracing your neck across three dimensions



neck and lower half of head fully braced 6

 **IDEAL POSITION** 

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

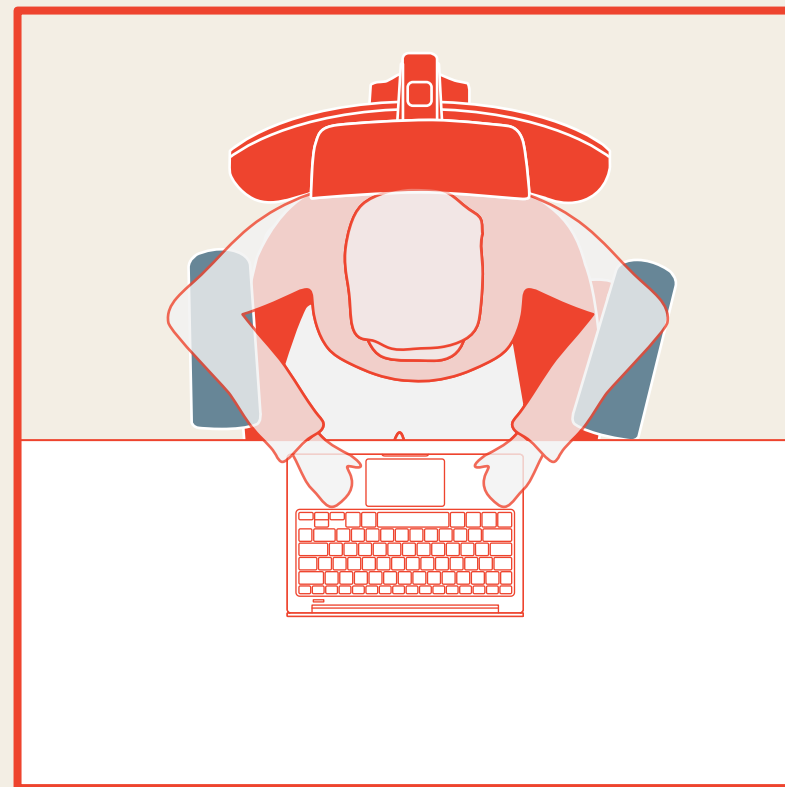
This prevents neck strains, tension headaches, and muscle guarding.



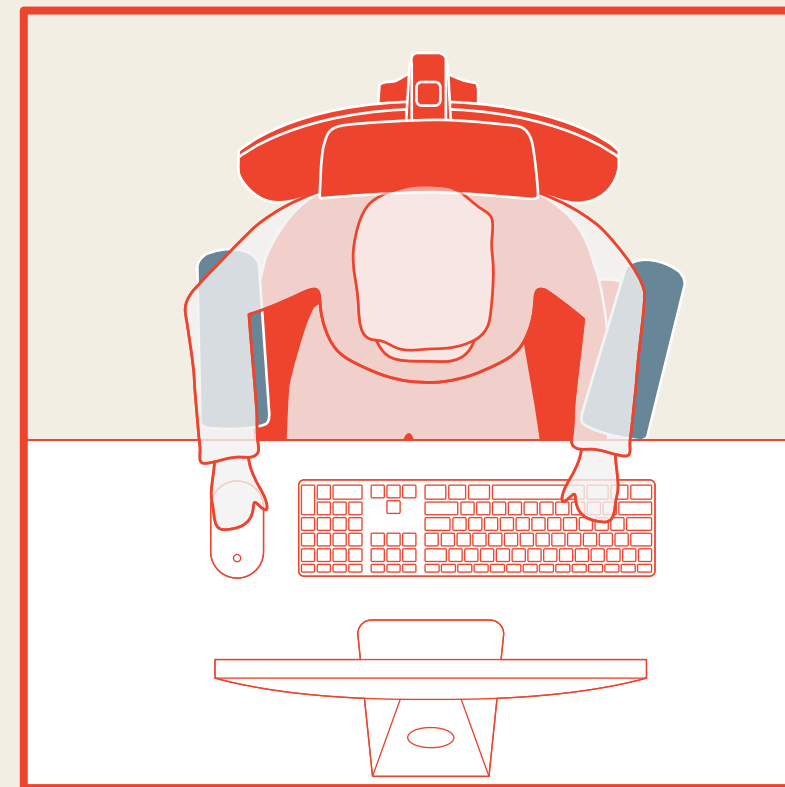
# Joobie Lite: Focus Mode

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

