



KEY CALIBRATIONS

Calibrate to your body for maximum ergonomic comfort

Version 1.0_240204

comfort begins here.

This booklet provides instructions for ergotune Joobie's 15 DynaSync 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 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

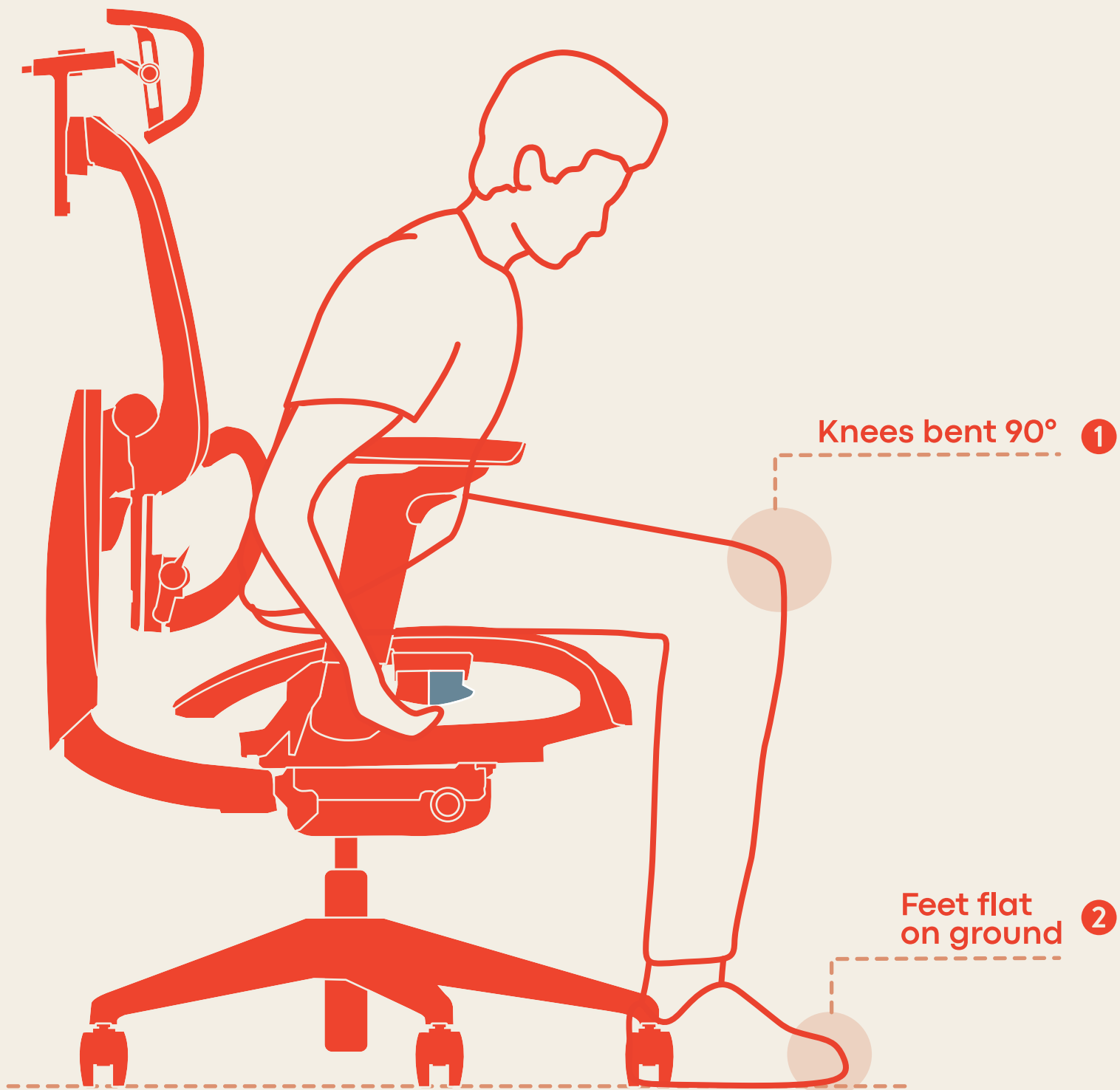


To lower the seat's height:

1. Place your weight on the seat, then pull the first 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 second 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.

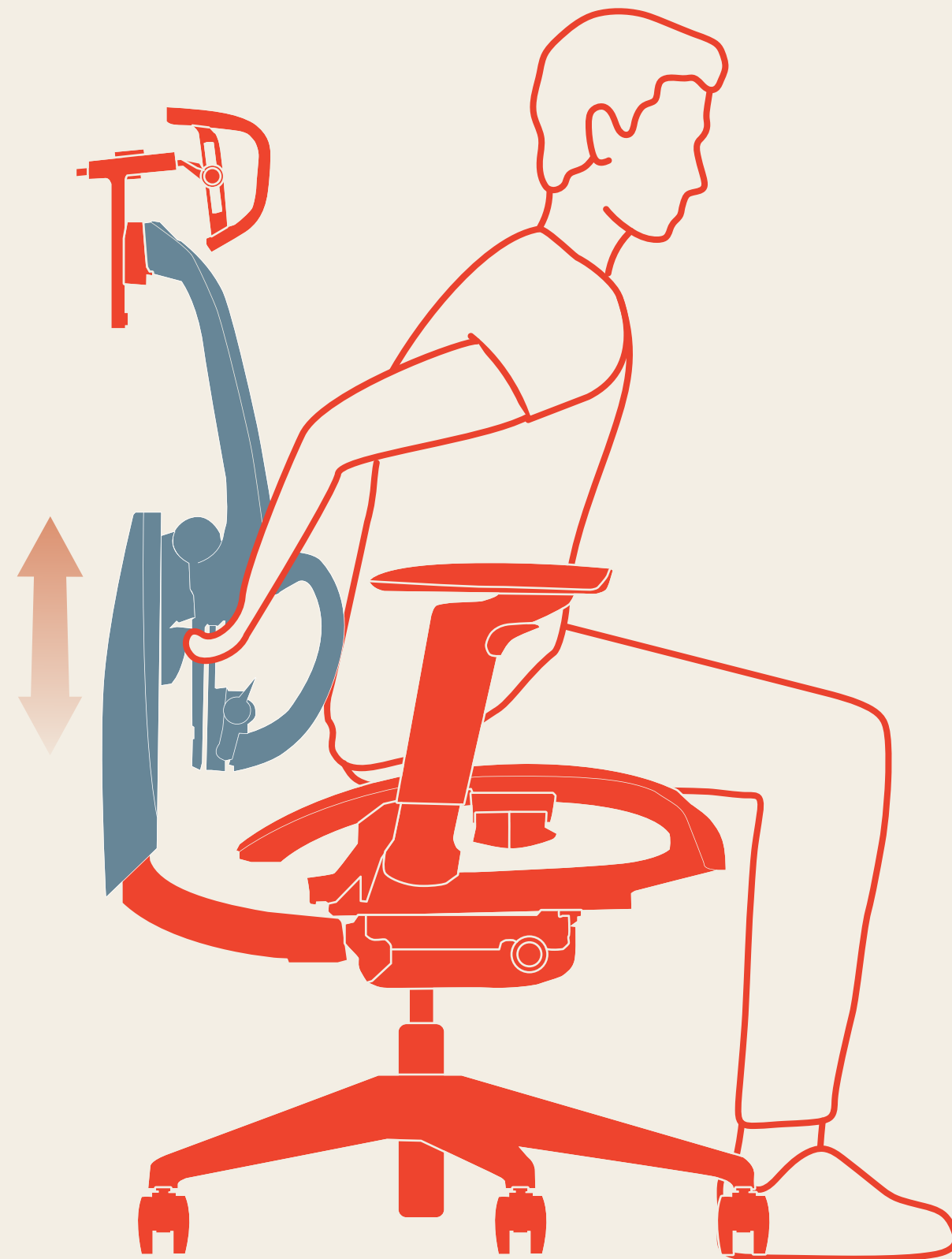
 **IDEAL POSITION** 3

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:

Lean forward in your seat. Then, grip the side of the backrest and push it upwards.
There are 4 height adjustment levels. Lean against the backrest periodically to determine if you've reached the ideal height.
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 & Height

– support for your lumbar, always



To adjust your Lumbar Support Tension:

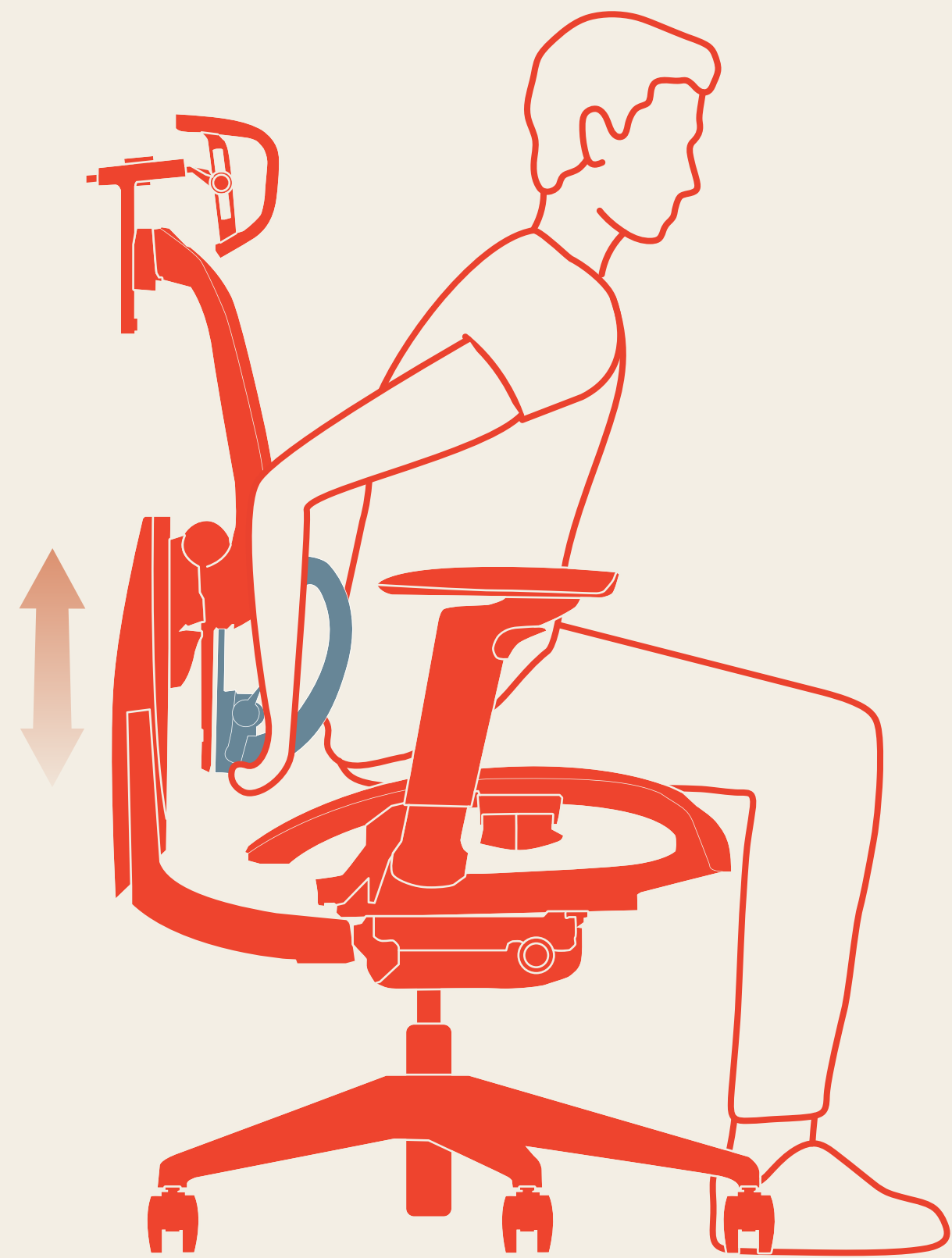
1. Tailor comfort by selecting between the locked and unlocked positions
 - a.Locked position: delivers increased tensile support to the spine
 - b.Unlocked position: molds more freely to the natural curvature of the spine
2. Lean forward, ensuring a gentle contact with the backrest
3. With a backward reach, use your hand to effortlessly toggle the lumbar support
- 4.Rotate the switch forward for heightened support, and backward for a more relaxed feel

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.

Lumbar Tension & Height

– support for your lumbar, always



4 Lumbar support fits curve of spine

To adjust your Lumbar Support Height:

Identify the centre of your lower spine.
Adjust the height of the SmartFlex lumbar support by grabbing hold of the sides and pulling upwards.
There are 3 adjustment levels.
The lumbar support should sit comfortably at the centre of your lower spine to provide optimal back support.

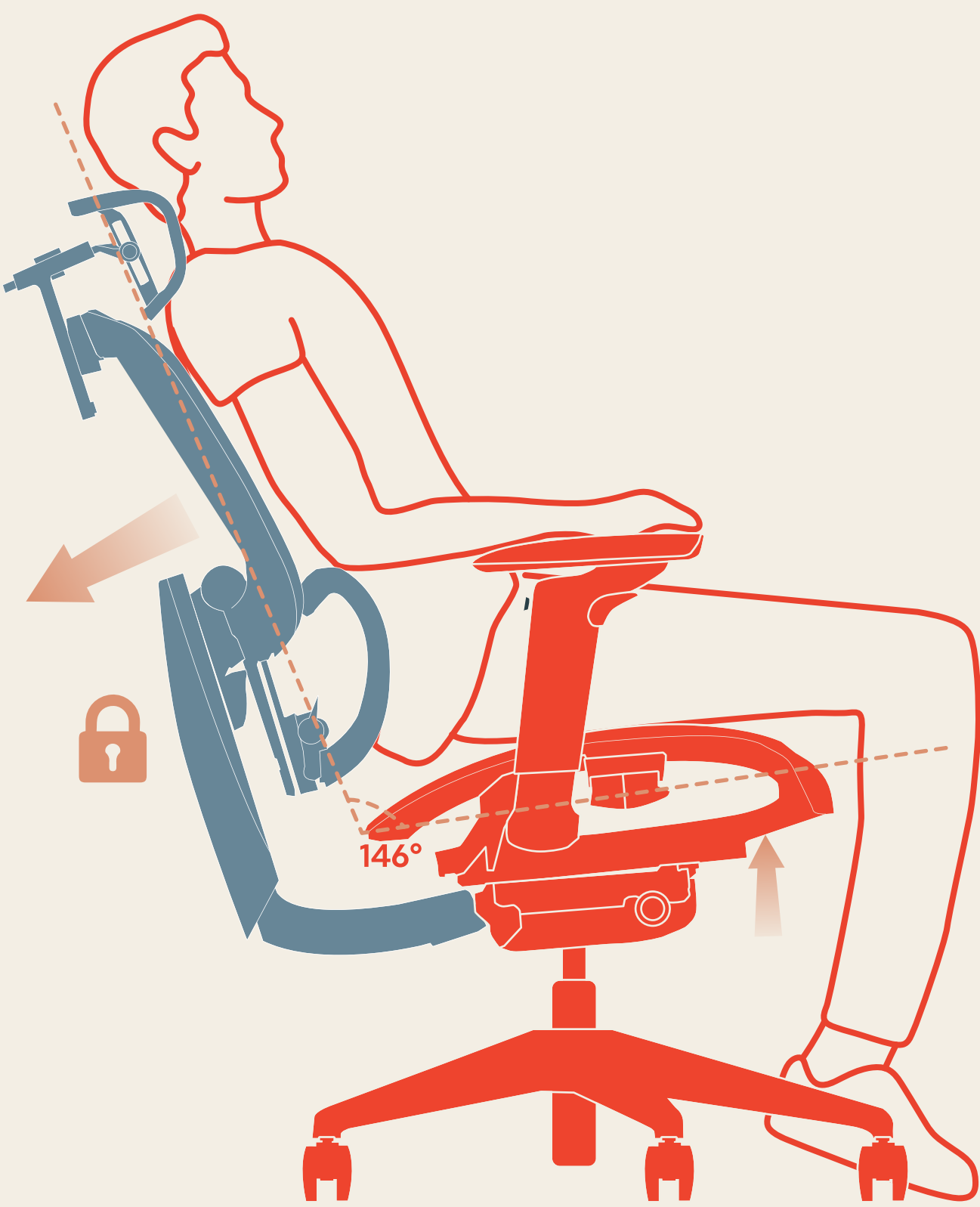
IDEAL POSITION

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 right knob calibrates the backrest's resistance when you lean against it (while recline is unlocked):

Each turn forwards increases the resistance by one level.
Each turn backwards decreases the resistance by one level.

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



The left flip lever controls the backrest's ability to recline.

- Flip it up to lock the recline.
- Flip it down to unlock the recline.

Here are some positions you can set:

Backrest kept upright: Take your weight off it before locking it.

Backrest locked at a specific angle: Unlock it, then lean back. 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.

VerteSync Recline

– work or rest;
you decide



The lever located on the right of the lumbar support controls the new VerteSync recline feature on our Joobie chairs:

Push the lever downwards to unlock the VerteSync Recline, this provides a new seating optimisation option when reclining.

The VerteSync Recline function can be locked in max recline, similar to the Backrest recline (See Page 6)

OPTIMISATION TIP:

This feature introduces an extended range of motion meticulously designed to enhance your comfort while in a reclined position.

The thoughtful engineering behind this functionality aims to tailor the chair's dynamics to optimize your ergonomic experience, ensuring a heightened level of relaxation and support during reclining moments.

Armrest Height

– to suit
any desk



To adjust the armrest's height:

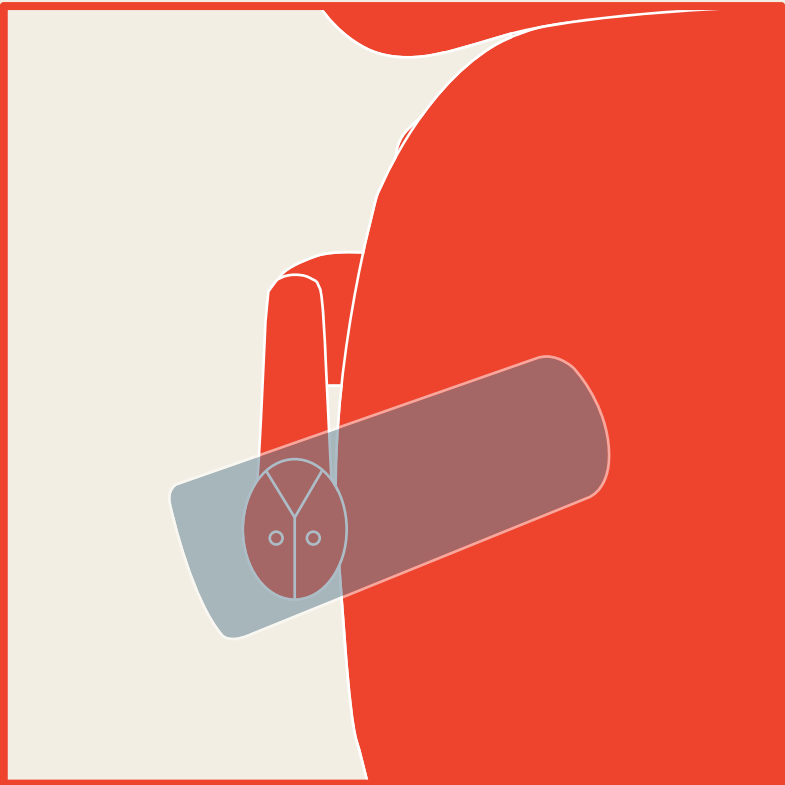
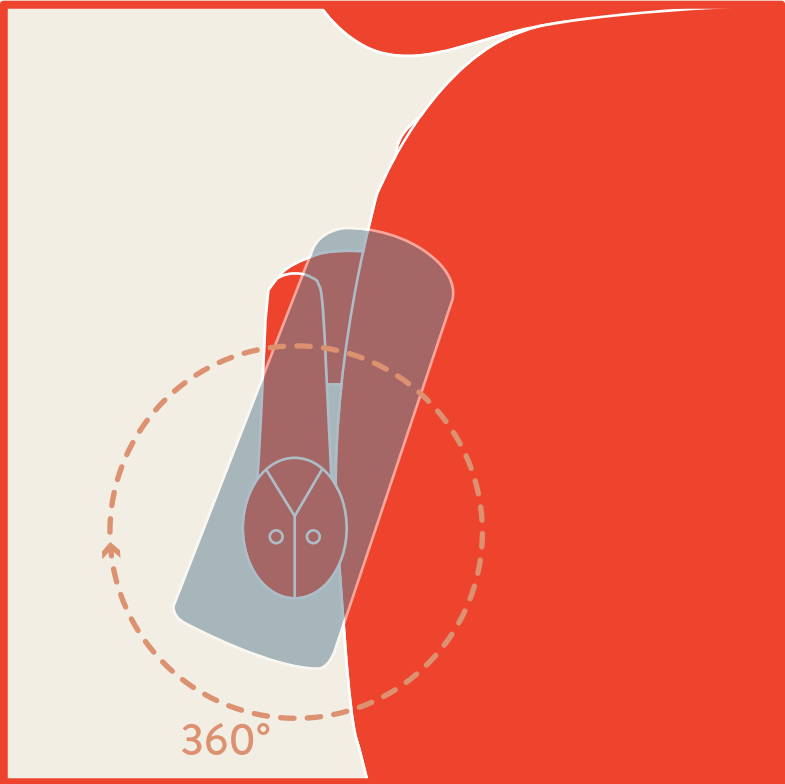
Press and hold the trigger buttons located right below each armrest. Raise or lower the armrest. There are 5 height adjustment levels. Once you're at the right height, release the button to lock them in place.

IDEAL POSITION

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

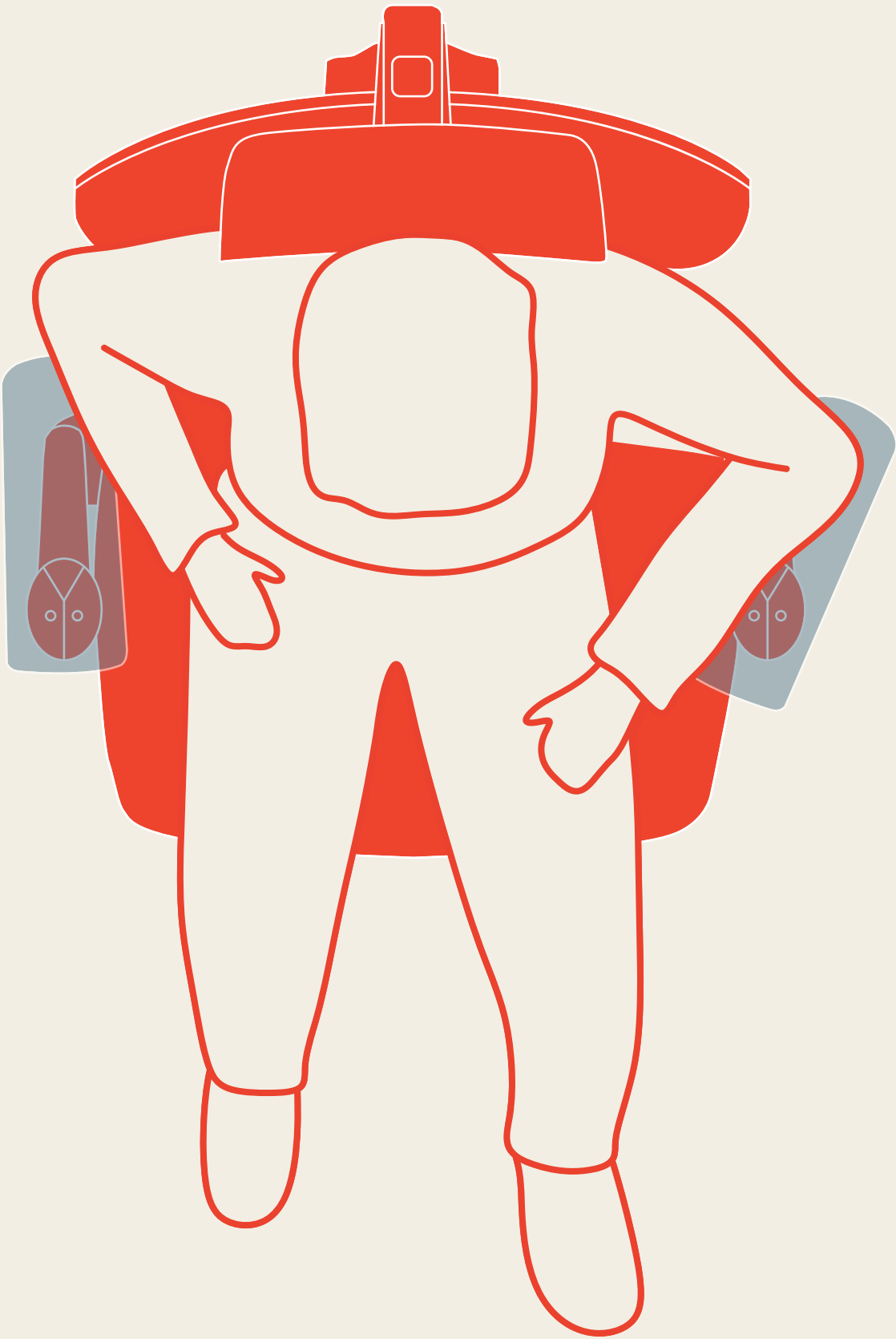
Having your armrest height flushed against your desk's surface minimises the pressure and strain on your wrist.

Armrest Angle

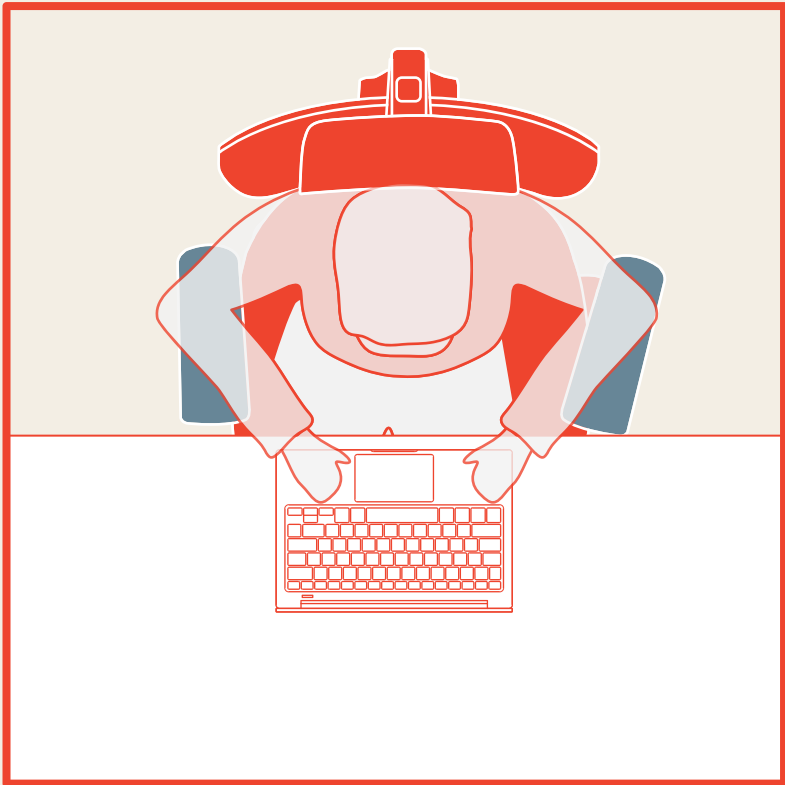
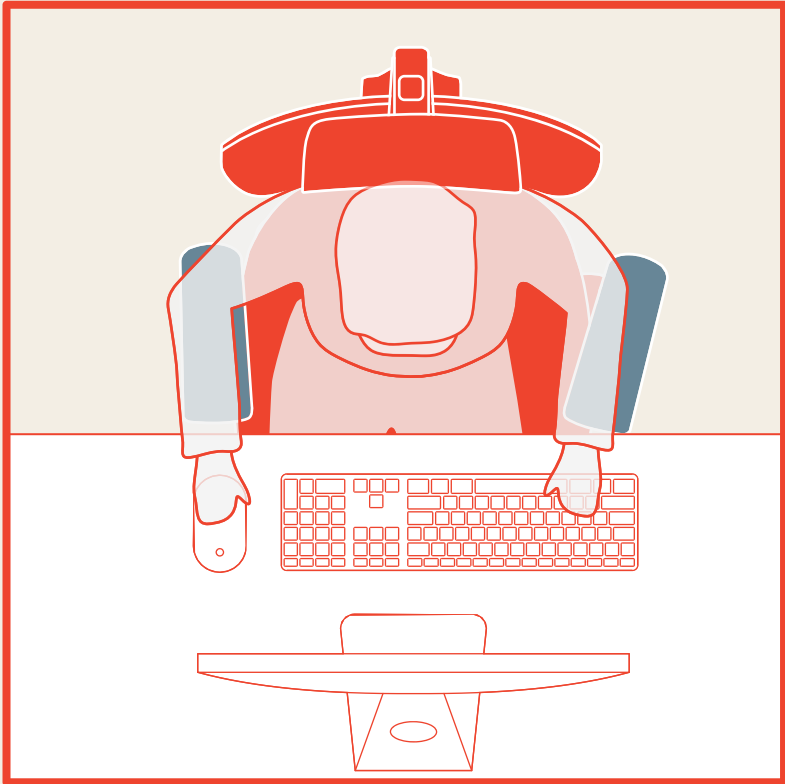


To adjust the armrest angle:

- 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



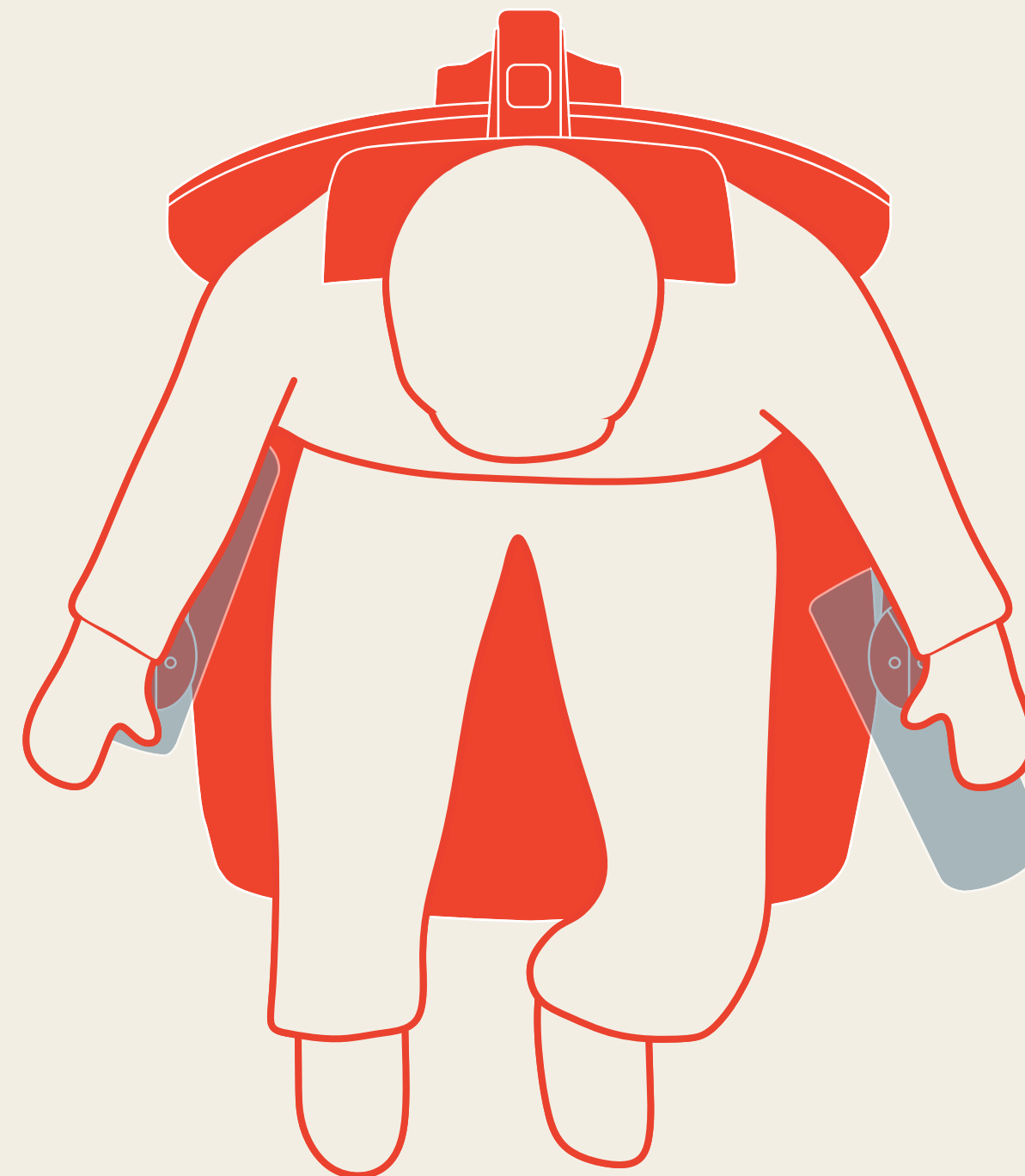
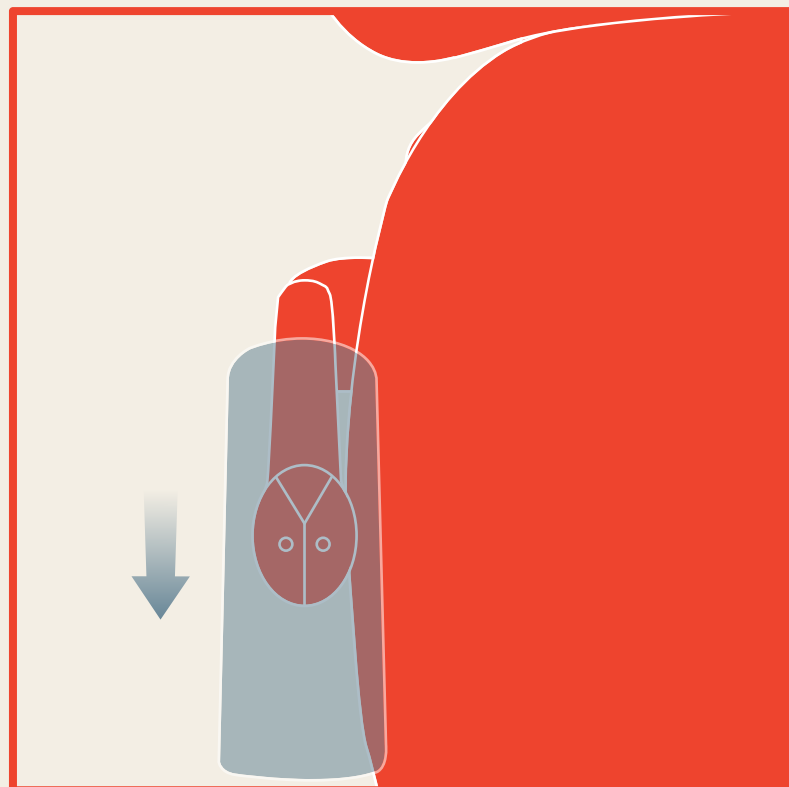
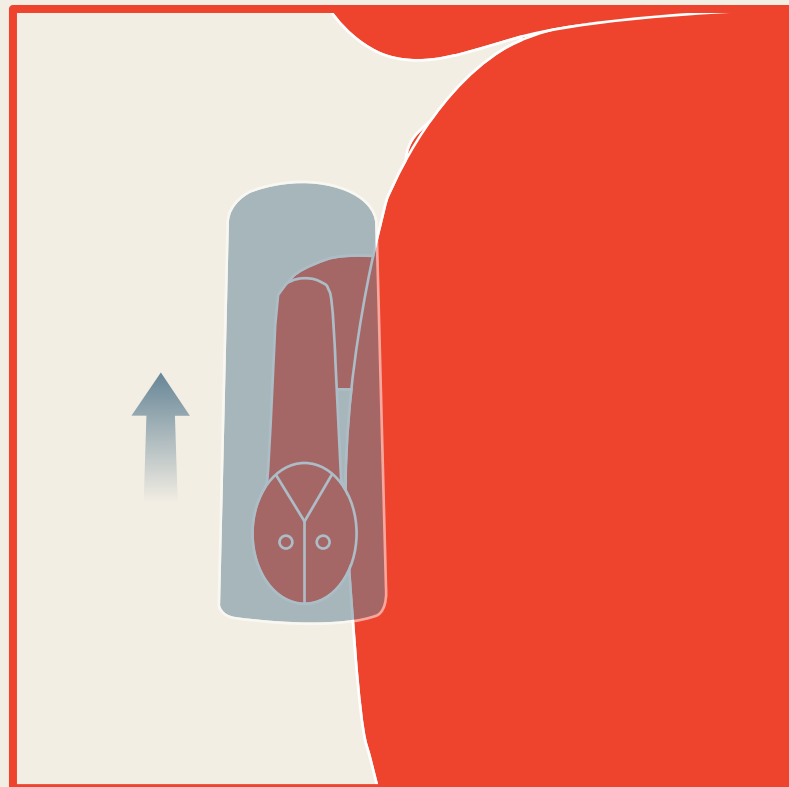
OPTIMISATION TIP:

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:

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

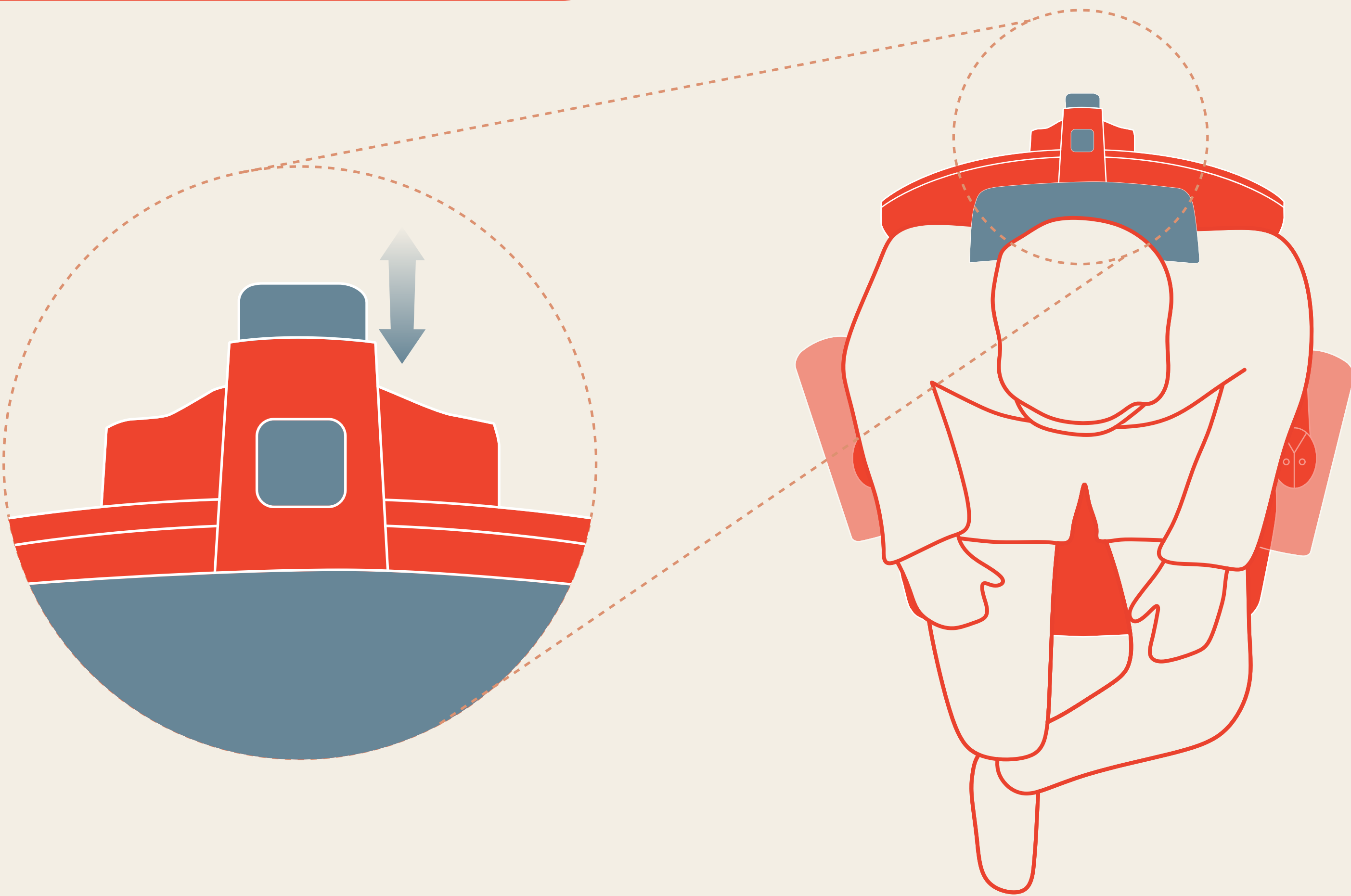
OPTIMISATION TIP:

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

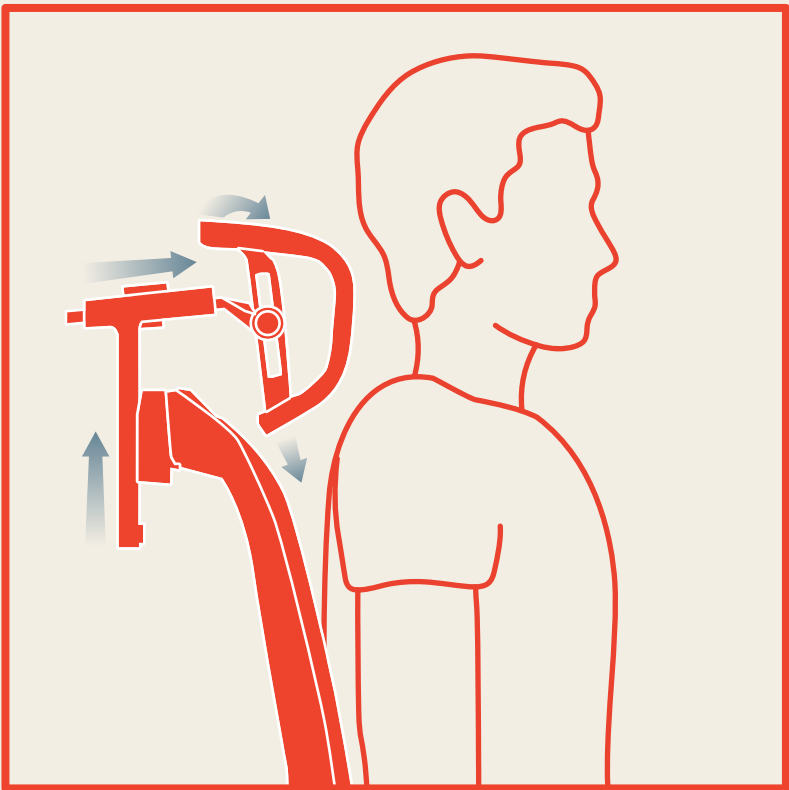


To adjust the neckrest's angle, hold either side and tilt it to your preference.



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.

Footpad (when applicable)

– lean back and kick your feet up



Using the Joobie footpad:

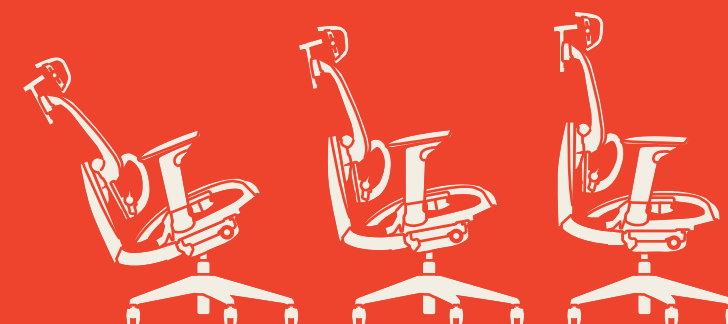
Extend the footpad by pulling it forward from beneath your seat.
Hold down the lock button located on the right side of the footpad.
Swing the pad outward to achieve full extension.

OPTIMISATION TIP:

Rest your legs in alignment with your personal comfort preferences—position the pad under your ankle, on your calves, or sit cross-legged.

activity modes

Utilize the various DynaSync Adjustment Points to engage distinct activity modes – whether you aim to concentrate on work or create a conducive environment for contemplation, let *joobie* offer optimal support tailored to your needs.



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.

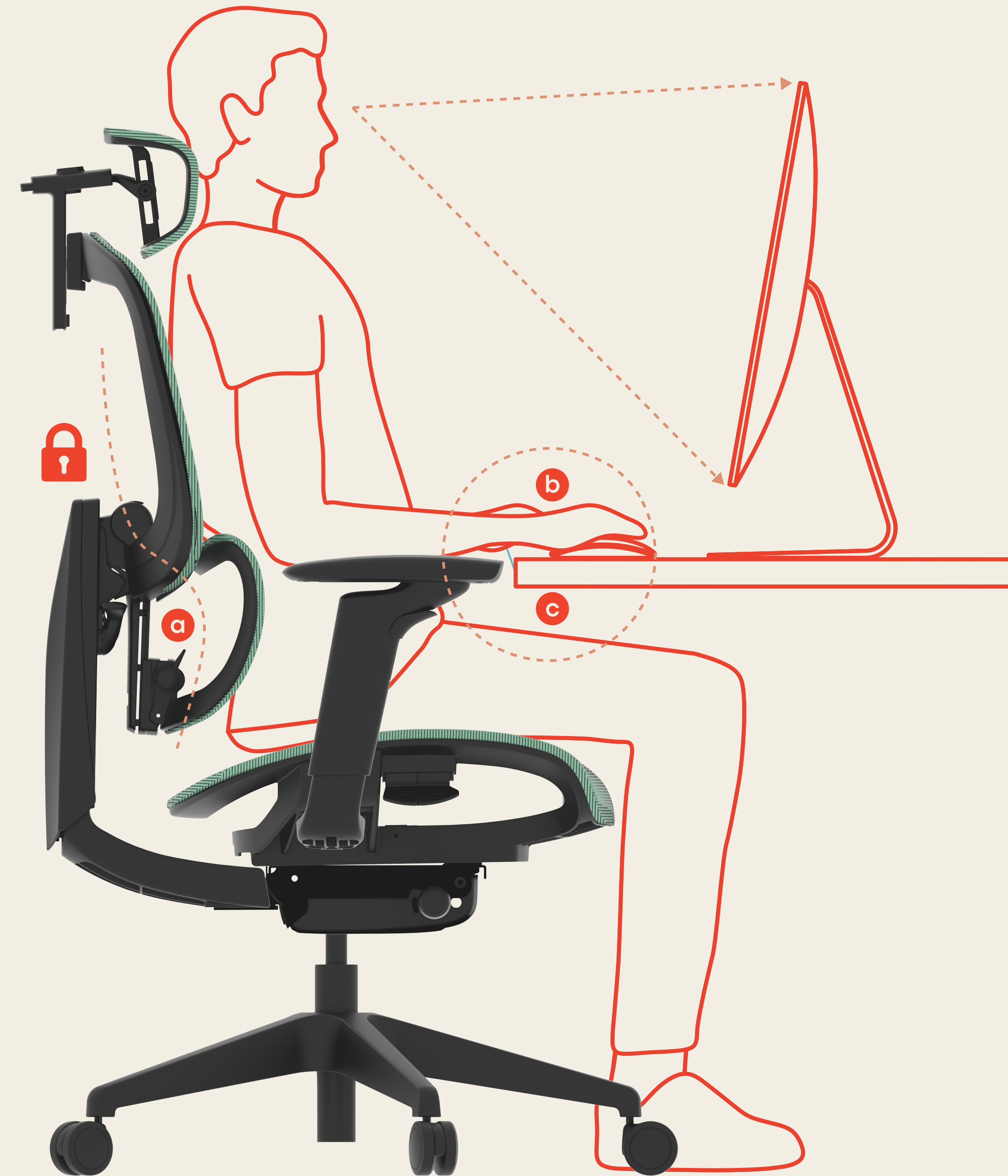
- a** Set the backrest's recline angle at an upright position, then keep the recline locked. This provides your back with maximum support while you sit straight and focus on your screen.
- b** Toggle the armrest to its minimum length. Move your seat in until it's flushed with the edge of your desk. This 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.



