



User Guide

Congratulations on
the purchase of your new

Zenki[®] SitStand.

All Zenki products are designed to help
users achieve stress free working postures.

Spending just a few minutes getting to know your
new chair and thinking about the way you sit
will make a huge difference to how much
you will enjoy this product.

That's why we've written this
short guide to help you achieve
the very best experience.

Zenki[®]

Good ergonomics at work

Setting your chair up ...

In order to achieve the very best performance from your Zenki Chair please follow the Set Up instructions in the order published.

1. Seat Height
2. Automatic Brake
3. Seat Depth
4. Back Angle
5. Back Height
6. Seat Pivot / Free-Float
7. Body Weight Tensioner
8. Lumbar Support

Options:

9. Multiway Arms

If you have any questions please do not hesitate to contact your supplier or contact us



1. Seat Height

When sitting your hips should be slightly higher than your knees in order to promote good posture.

When your shoulders are relaxed and elbows are at right angles, your forearms should be just above the surface of the desktop, parallel to the floor.

To alter the seat height lift the lever at the front right side as shown and release when at desired height.

When perching you may also find an extended seat position beneficial (*see: seat slide*)

2. Automatic Brake

When the seat is raised above 650mm, an automatic brake engages at the moment a users weight is applied.

This has the effect of stabilising the chair, making it safe to work in an elevated or perching position.

An optional footring is available for users wishing to work at a raised level.





LIFT

3. Seat Depth

Your bottom should be at the back of the seat with roughly three fingers' gap between the front of the seat and the back of your knees.

This will ensure adequate thigh support without obstructing leg movement or lower leg circulation.

To alter the depth, lift the lever at the rear left side as shown and slide seat to desired position.

Release lever to lock in position.

4. Backrest Angle Adjustment

To fix the back rest angle, rotate the knob by one click to unlock then move the backrest to your desired angle.

You can lock the back position by rotating the knob one more click.

If you require the chair to operate in Free-Float mode leave the back rest unlocked (in the first position).

The tension is automatically set by the weight of the user.

For the very best effect when sitting, use together with the seat tilt also in Free-Float mode. *(See: seat pivot)*



(Please note the knob rotates in both directions and alternates the lock/unlock function).



5. Back Height

Lock the back rest in a vertical position. When seated, grasp the sides of the backrest and raise one click at a time until comfortable.

The Zenki Sit Stand features a 7- position ratchet system.

To reposition the back, lift fully to the top, lower to the bottom to re-engage ratchet and raise again to the desired height.

The lumbar curve of the back rest should fit into the small of your back to help maintain the natural 'S' shape of the spine.

6. Seat Pivot (& Free Float)

The seat is locked/unlocked by rotating the knob with alternating clicks - as with the back rest (step 3).

Having both the seat and back rest unlocked together will provide the full Free-Float experience.

The chair reacts to your centre of gravity and helps promote stress-free neutral posture combined with continuous movement.

If you prefer you may lock the seat when the desired angle is achieved.

- Seat only unlocked
- Seat & back rest unlocked together



(Please note the knob rotates in both directions and alternates the lock/unlock function).



7. Body Weight Tension

The resistance of the mechanism in the Free-Float mode is automatically set by the weight of the user.

The resistance can be increased to give a more controlled feel if desired.

The tension adjustment handle is located at the front right side of the seat.

Twist clockwise to increase tension and anti-clockwise to reduce.

8. Lumbar Support

You can adjust the level of support for the **lumbar** area of the spine by pumping the inflator bulb located on the outer back rest.

The air cell helps support your natural spinal curve.

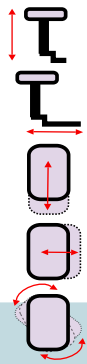
If necessary reposition the backrest height to maximise comfort.

To deflate the air cell press the valve button on the neck of the the pump bulb. To lock twist the button on the neck of the valve.



PRESS





Height Adjustable Arms

Width Adjustable Arms

Depth Adjustable Pad

Width Adjustable Pad

Twist Top Pad



9. Multiway Armrests (Optional)

The armrests should touch the underside of your forearms when your shoulders are relaxed and elbows are at right angles.

This will avoid stress in the neck, shoulders and upper limbs.

To adjust the height, press the trigger on the underside of the arm.

For width adjustment loosen the handle, slide arm to the desired width then re-tighten the handle to set.

The arm pads are free float and can be moved in/out to/fro and also turned inwards (*see graphic*)



Zenki[®]
Good ergonomics at work

01639 844500

sales@healthyworkstations.com

www.healthyworkstations.com