



We Are Sleekform.
We've Got Your Back.

THE TOKYO. ASSEMBLY GUIDE.

Have Questions? Email us!
hello@sleekform.com

Check out our assembly videos on
www.sleekform.com

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#SITDIFFERENT

The Parts.



Front Frame
x1



Back Frame
x1



Handle Bars
x2



Back Connector
x1



Plastic Cap
x1



Metal Plate
x1



Seat Cushion
x1



Knee Cushion
x1



Back Rest
x1



Wheels
x4



Long Bolt
x2



Short Bolt
x1



Adjustment
Bar
x1



Screws
x4
1.7"



Screws
x8
1.4"



Screws
x6
1.2"



Screws
x4
0.6"



Nuts
x12



Allen Keys
x2



Wrench
x1

Spare Parts:
Nx2 Ox2
Px2 Qx2 Rx2

If you are missing any parts please
contact us at hello@sleekform.com

The Steps.

1

A

Connect frame 'A' + frame 'B' with long bolt 'K' + secure with the screw removed from bolt 'K'.

B

Attach part 'M' to frame 'A' with short bolt 'L'. Secure with the screw removed from bolt 'L'.

C

Attach frame 'B' with long bolt 'K'. Secure with screw removed from bolt 'K'.

2

Attach the handlebars 'C' to the metal plate on frame 'A' by threading four 'O' screws through the bottom of the bars. Secure the bars to the frame using the four 'R' nuts at the top.

3

Attach the backrest connector bar 'D' to frame 'A' by threading four 'Q' screws through the top of the frame. Secure the bar to the frame with four 'R' nuts at the bottom.

4

Attach the knee cushion 'G' to the frame 'B' using four 'N' screws. Attach the seat cushion 'H' to frame 'A' using four 'P' screws.

5

Attach the backrest 'I' to the metal plate 'F' + cap 'E' with two 'P' screws.

Be sure to check out our assembly
videos at www.sleekform.com

1



2



3



4



5



Thank you for choosing
S L E E K F O R M .

If you're new to the world of kneeling chairs... welcome! You've made an excellent choice! If you're a kneeling chair veteran, we are so excited you chose Sleekform!

Changing over from a regular right angle chair to a kneeling chair can sometimes be a bit of a confusing experience for the body.

Here are our top three tips for making the transition as smooth as possible.

1

We suggest only using the kneeling chair for short periods of time at first until your body is used to it. Tenderness in the shins and knees is completely normal. Remember your body is re-learning how to sit. Be patient. It will pay off!

2

The goal is to have your pelvis forward and your thighs at an oblique angle in relation to your spine, This will make sitting up right feel almost effortless and is why our chairs don't require a chair back for you to feel supported.

3

There are no rules to sitting in your kneeling chair, so if you find yourself craving a new posture we encourage you to move around. Stick your feet out, sit on it backwards, it's up to you! We are strong believers that the best posture is the next posture.

SPREAD THE LOVE!

We are a small, female run company and we value your comments. As you know shoppers on Amazon rely on reviews to get a deeper understanding about what they are buying. So, if you are happy with your kneeling chair we'd be very appreciative if you would share your thoughts by submitting a review. A little bit of your time goes a long way for us and for others.

If you are unhappy with your product we'd love the opportunity to make it right.

Please send us an email at hello@sleekform.com and we'll help you out right away.



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questions you have or just say hey!
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