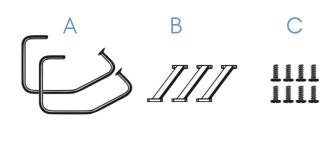


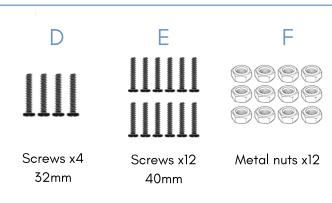
Hi.
I'm the Amsterdam.
I'm about to improve your posture,
but first, you must assemble me.

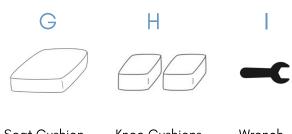
If you need any help email us at helloesleekform.com

Everything You'll Need.



Frames Support Bars x2 Screws x8 20mm





Seat Cushion Knee Cushions Wrench



We Are Sleekform. We've Got Your Back.



THE AMSTERDAM. ASSEMBLY GUIDE.

Have Questions? Email us! hello@sleekform.com

Follow, Share, Double Tap!

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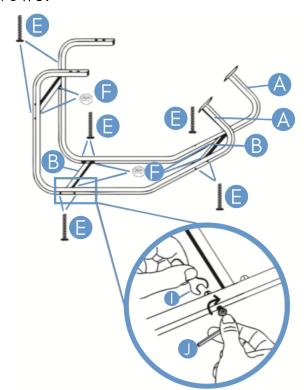
How To Assemble.

1

Attach the "B" support bars to both frames "A" using the "E" screws + "F" nuts. Thread the screws into the holes from the outside of the frame to connect the bars with the nut on the inside of the frame.

Tip

Use the wrench "I" to hold the nuts into place while you use the Allen key "J" to tighten the screws.



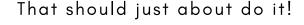
2

Attach **seat cushion** "**G**" to the top of the frame using four **screws** "**D**".

3

Attach the **knee cushions** "H" to the frame using **screws** "C".

Fully tighten all the screws into place to ensure the chair is secure. Enjoy your new
Amsterdam chair!



If you have any questions about how to best use your new chair please reach out to us at hello@sleekform.com



Thank you for choosing

SLEEKFORM.

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 your 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 has adjusted 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 correctly 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.



like us on facebook.

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follow us on instagram.

tag us in your pictures esleekform and use
the hashtag #sitdifferent



say hello!

our inbox is always open. send us any questions you have or just say hey!

hello@sleekform.com