



Hi.

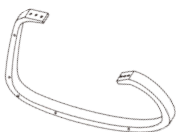
I'm the Austin.

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

If you need any help email us at  
[hello@sleekform.com](mailto:hello@sleekform.com)

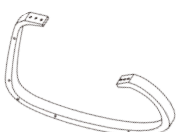
# Everything You'll Need.

A



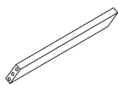
Right Frame

B



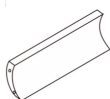
Left Frame

C



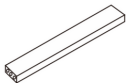
Small Bar

D



Curved Bar

E



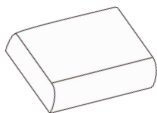
Medium Bar

F



Long Bar

G



Seat Cushion

H



Knee Cushions

I



Small Screws x6  
(for the knee pads)

J



Wooden Pegs x12

K



Big Screws x10  
(for the bars)

L



Metal Nuts x10

M



Allen Wrench

Missing something?  
Reach out to us at  
**hello@sleekform.com**  
and we will ship it  
out to you right away.



We Are Sleekform.  
We've Got Your Back.

## THE AUSTIN. ASSEMBLY GUIDE.

Have Questions? Email us!  
[hello@sleekform.com](mailto:hello@sleekform.com)

Follow, Share, Double Tap!

@sleekform  

#SITDIFFERENT

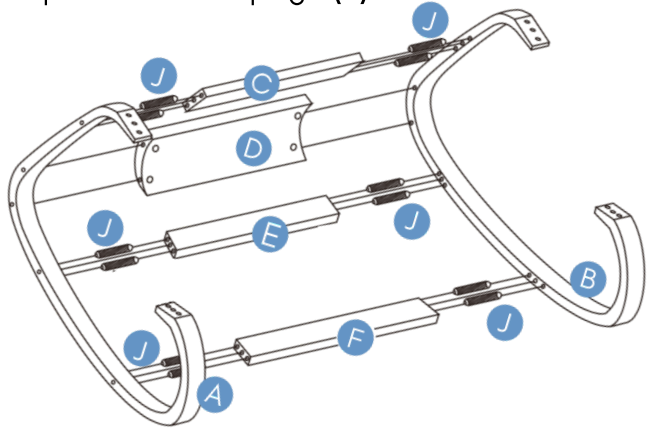


# How To Assemble:

**1.**  
Place the wooden pegs (**J**) into the support bars **C,E,F**.

Starting with the smallest bar and working your way down (**C,D,E,F**) attach the bars to the frames.

**Hot Tip:** The curved bar (**D**) DOES NOT require wooden pegs (**J**).

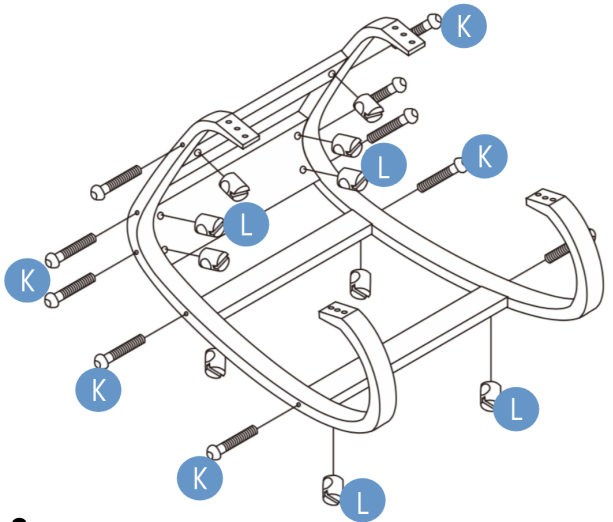


**2.**  
Insert one nut (**L**) into each hole in the bars. Line the nut up, and insert the biggest screw (**K**) to secure the bar to the frame. Don't fully tighten the screws until the chair is fully assembled

The holes on support bars **E + F** should be facing down toward the floor and the longest edges are facing forward.

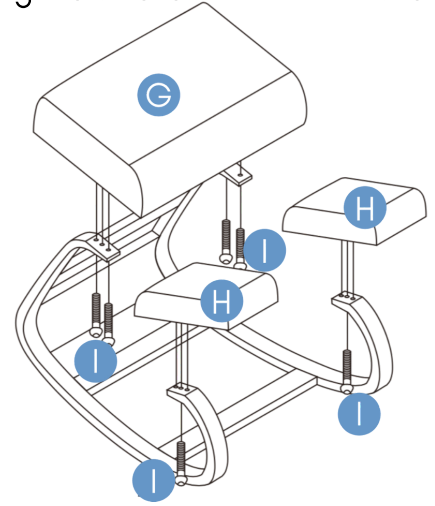
Repeat until both frames (**A+B**) are fully attached.

**Hot Tip:** Flip the chair onto its side in order to screw bars **E+F** into place easily.



**3.**  
Fix the seat cushion (**G**) and knee cushions (**H**) to the top of the assembled frame with the smallest screws (**I**).

**Hot Tip:** The seat cushion has a sticker that says "Front" + "Back". The front of the cushion goes closest to the knee cushion.



**4.**  
We've sent you some felt for the bottom of your chair to give you the option to apply if you have floors you need to protect.

We recommend placing the felt on each of the side panels starting where support bar 'D' is and pressing it forward.



That should just about do it!

If you have any questions about how to best use your new chair please reach out to us at [hello@leekform.com](mailto:hello@leekform.com)

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 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](mailto:hello@sleekform.com) and we'll help you out right away.



like us on facebook.

to keep up to date with our blog, promotions and general updates!



follow us on instagram.

tag us in your pictures @sleekform 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](mailto:hello@sleekform.com)