

Hi.
I'm the Tokyo.
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. Front Frame **Back Frame** Handle Bars x2 Back Connector Plastic Cap Metal Plate Seat Cushion Knee Cushion Back Rest Wheels x4 Long Bolt x2 Short Bolt x1 Screws x4 Screws x8 Adjustment Bar 1.7" 1 4" Screws x4 Screws x2 Screws x 10 1.0" 1.5" 0.6" Nuts x12 Allen Keys x2 Wrench x1



THE TOKYO. ASSEMBLY GUIDE.

Have Questions? Email us! helloesleekform.com

Check out our assembly videos on www.sleekform.com

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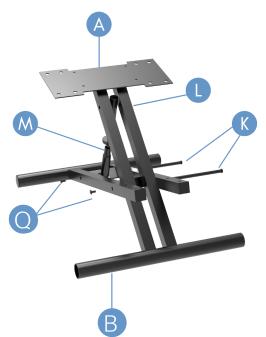
How To Assemble.

The Frame.

Remove the "Q" screws from long bolts
"K" using the Allen key. Connect the front
of frames "A" and "B" by threading one
bolt "K" through both frames and securing
with the previously removed screw "Q"

Remove the "Q" screw from short bolt
"L". Connect part "M" to frame "A" by
threading bolt "L" through frame "A" and
bar "M" and securing it with the previously
removed screw "Q".

Connect part "M" to frame "B" by threading the second bolt "K" through frame "B" and bar "M" and securing it with the previously removed screw "Q".



The Handlebars.

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 four "S" **nuts** at the top.



The Backrest Connector.

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 **"S" nuts** at the bottom.



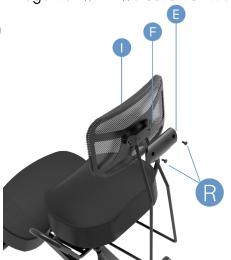
The Cushions.

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



The Backrest.

Attach backrest "I" to back connector "D" by placing backrest "I" in front of connector "D". Place metal part "F" behind "D". Place plastic cap "E" on metal part "F". Secure it together with two screws "R".



As you begin to assemble your new Sleekform chair you'll notice that the front frame 'A' has a series of six holes on two of the bars.

Choosing the correct hole is essential for helping you to optimize the sizing of the chair and have it **fit your body** as best as possible.

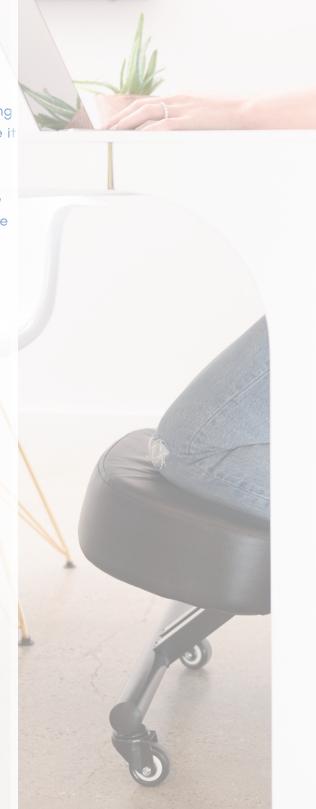
Before you begin the assembly of your chair we urge you to reference this sizing chart and make sure you are getting the most out of your chair.

If you have any other questions or concerns, please don't hesitate to reach out to us at hello@sleekform.com.

Note that Hole #1 is the hole farthest from the wheels and hole #6 is the closest to the wheel.



Height	Hole #
5'0" + 5'3"	#1
5'3"-5'5"	#2
5'6"-5'8"	#3
5'9"-6'0"	#4
6'0''- 6'3''	#5
6'3"- 6'6"	#6





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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the hashtag #sitdifferent



say hello!

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