

The LeanRite™

Product Usage Guide



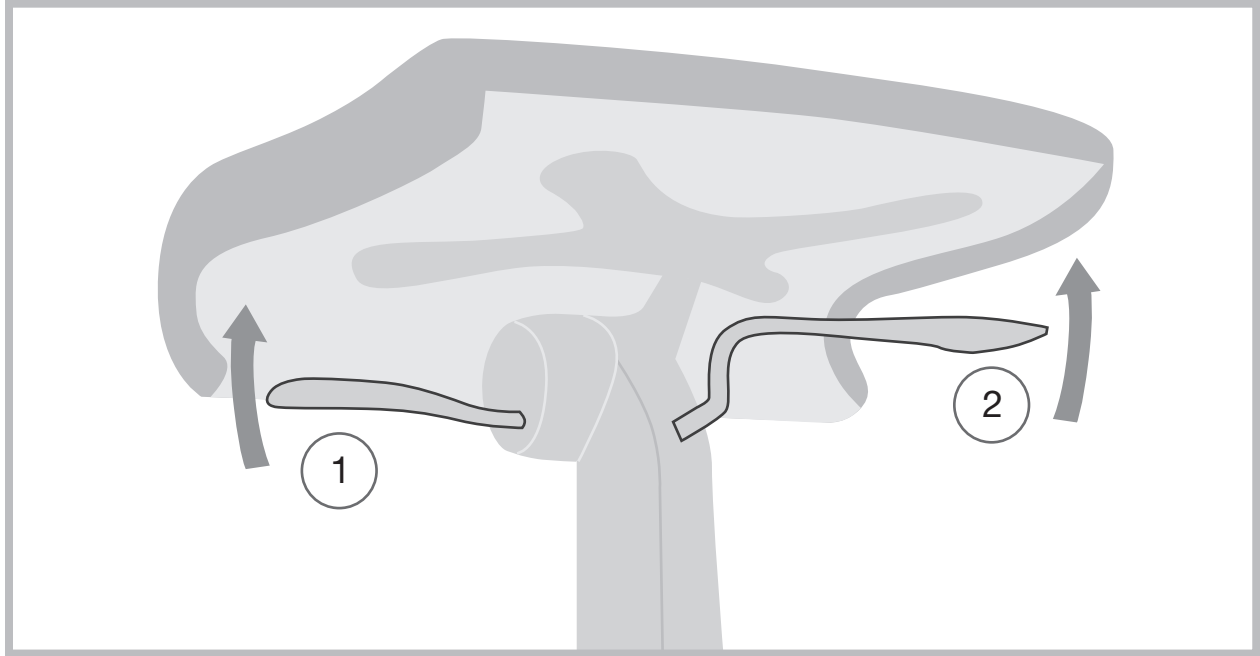
Postures | Contact Points | Stretches

The LeanRite™

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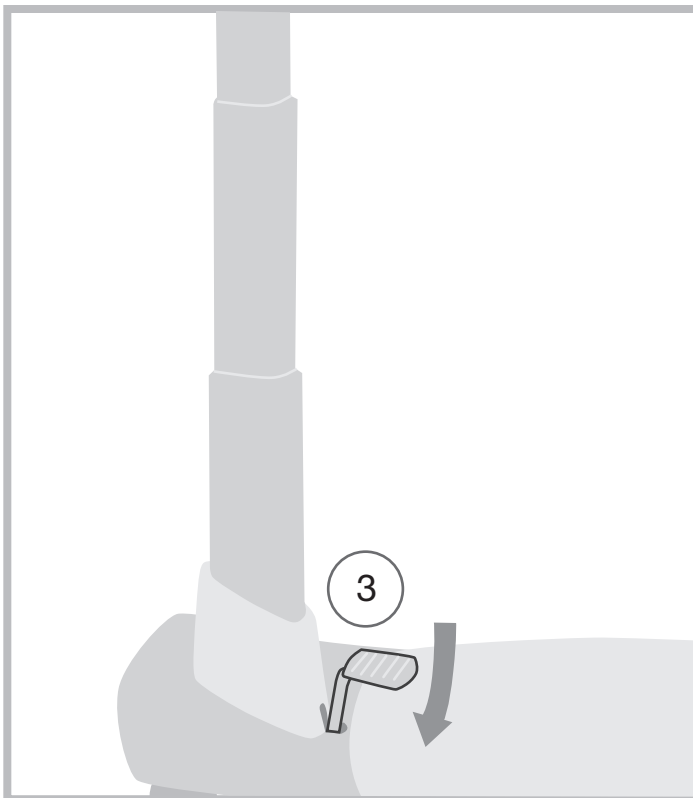
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Directions: Adjustment & Levers



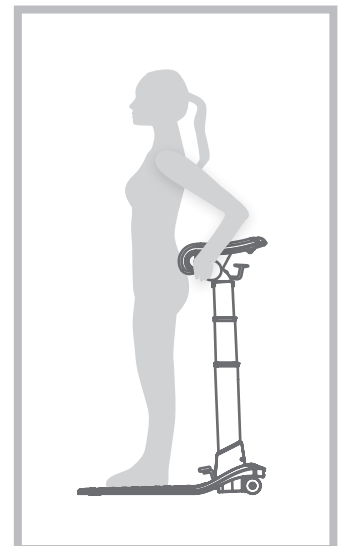
1 Seat Rotation Lever:
Located under the left side of the seat. Pull lever up to tilt seat angle.

2 Height Adjustment Lever:
Located under the right side of the seat. Pull up to raise or lower seat.

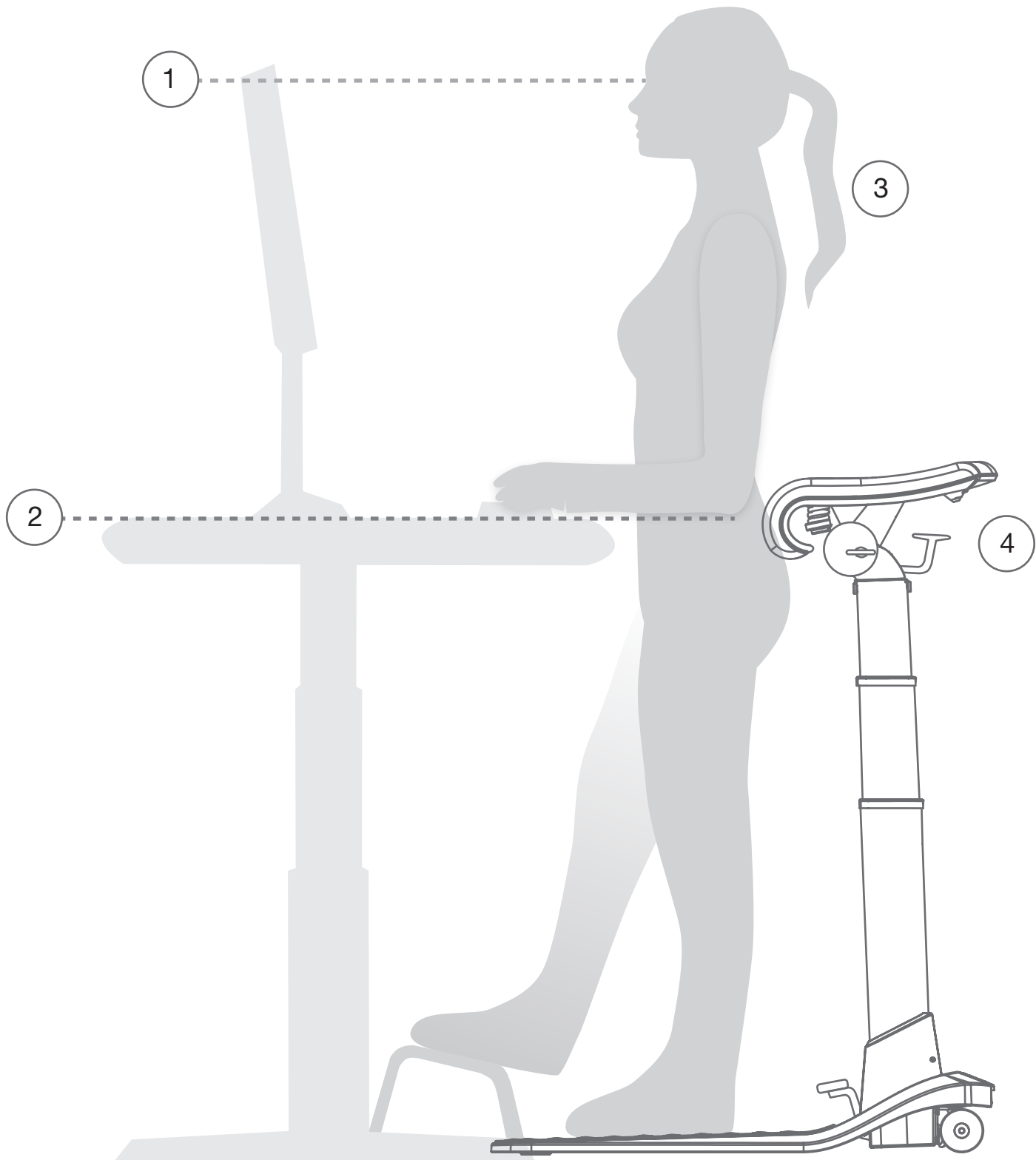


3 Height Adjustment Pedal:
Located near feet on the base of the post. Press down with feet to adjust seat height.

*Tip:
Adjust
while
facing
forward*



Posture Guide: Standing Position



Tip: Try a footstool

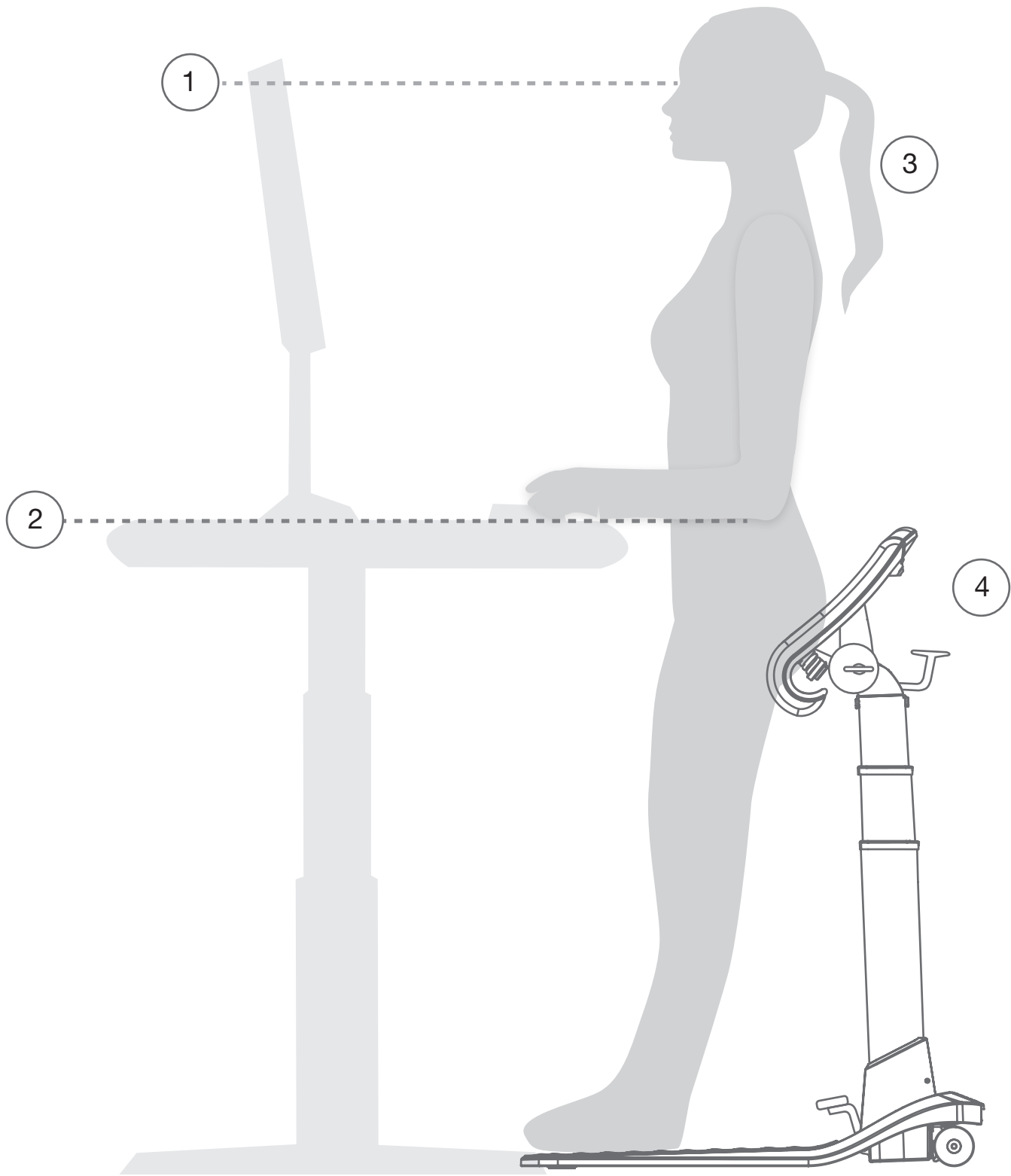
1 Top of Screen at Eye Level

2 Elbow at Desktop Level

3 Maintain Upright Back and Neck

4 Seat in Flat Position

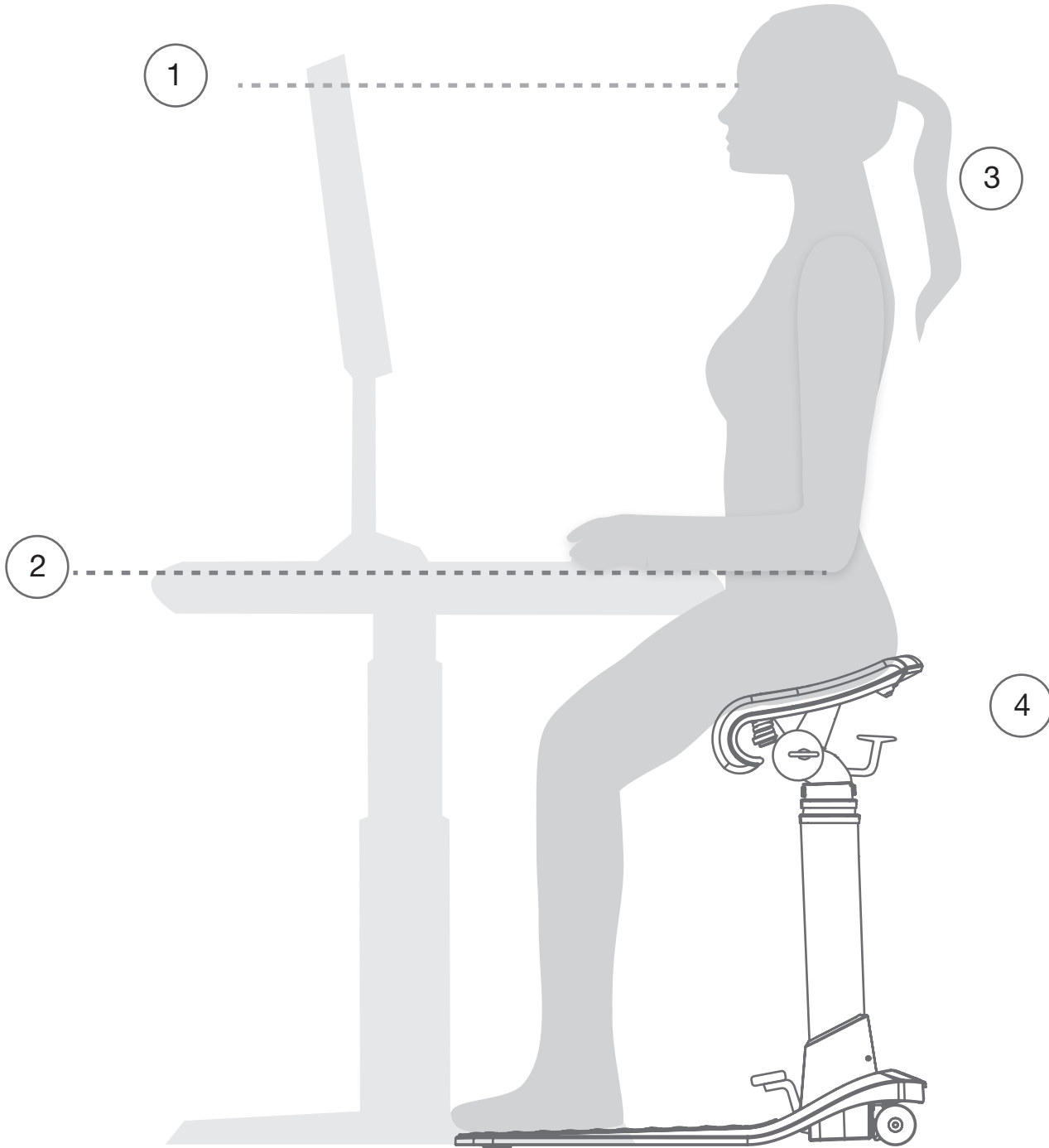
Posture Guide: Angled Perch Position



Tip: For full support in this position, allow end of seat to provide upward lift instead of leaning further up on the seat pad.

- 1 Top of Screen at Eye Level
- 2 Elbow at Desktop Level
- 3 Maintain Upright Back and Neck
- 4 Seat at 45° Angle

Posture Guide: Full Sitting Position



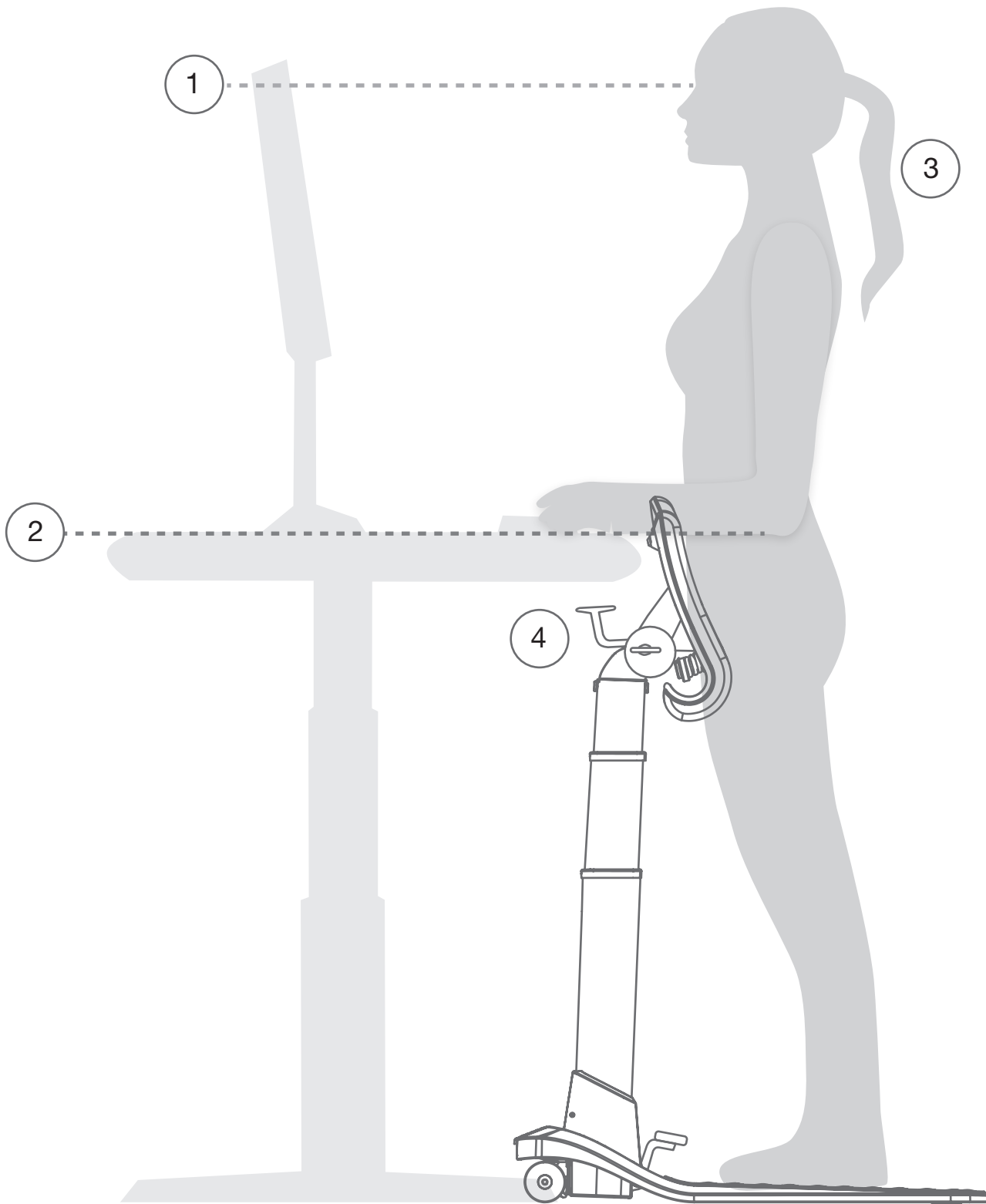
1 Top of Screen at Eye Level

2 Elbow at Desktop Level

3 Maintain Upright Back and Neck

4 Seat at 15° Angle

Posture Guide: Forward Lean



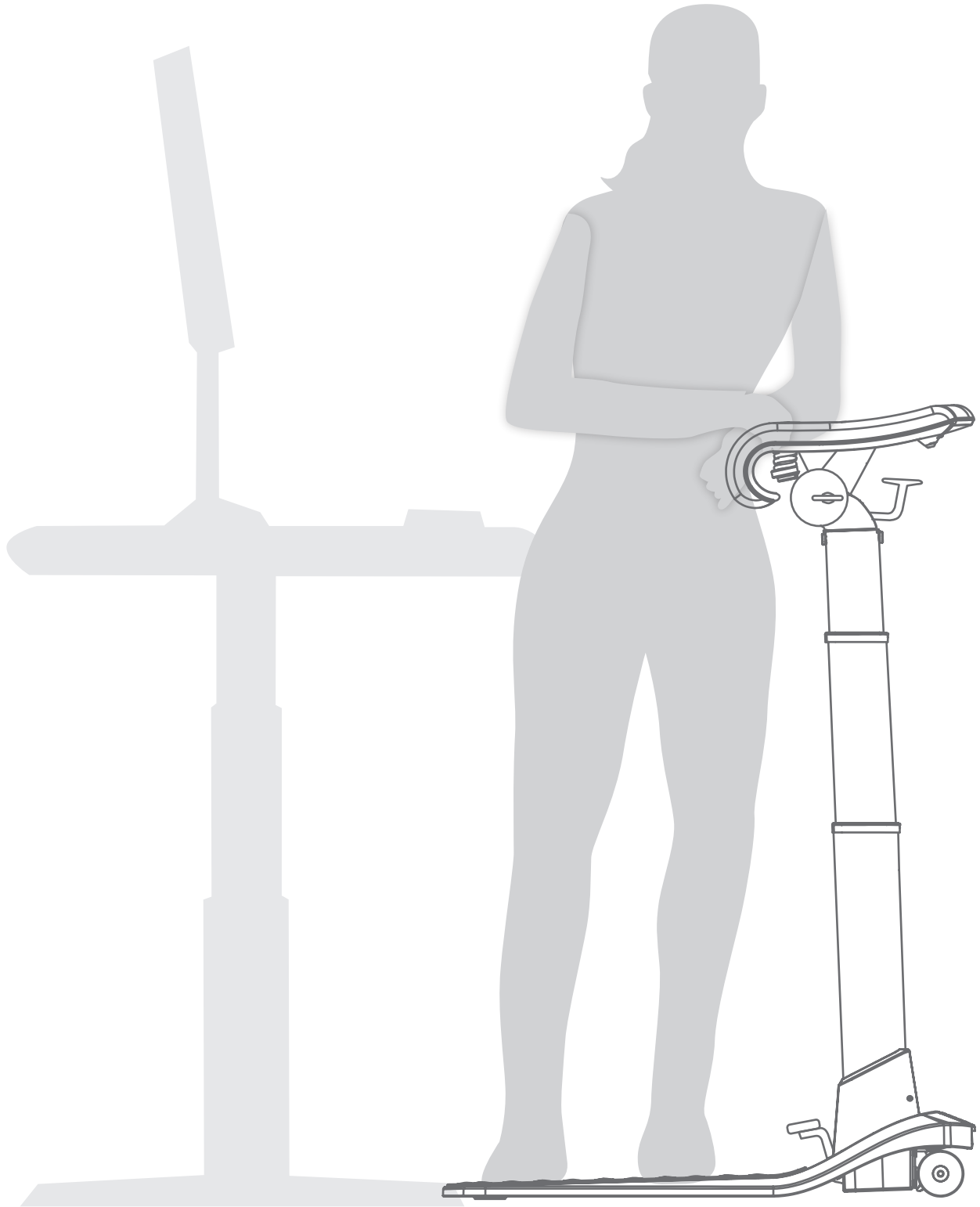
1 Top of Screen at Eye Level

2 Elbow at Desktop Level

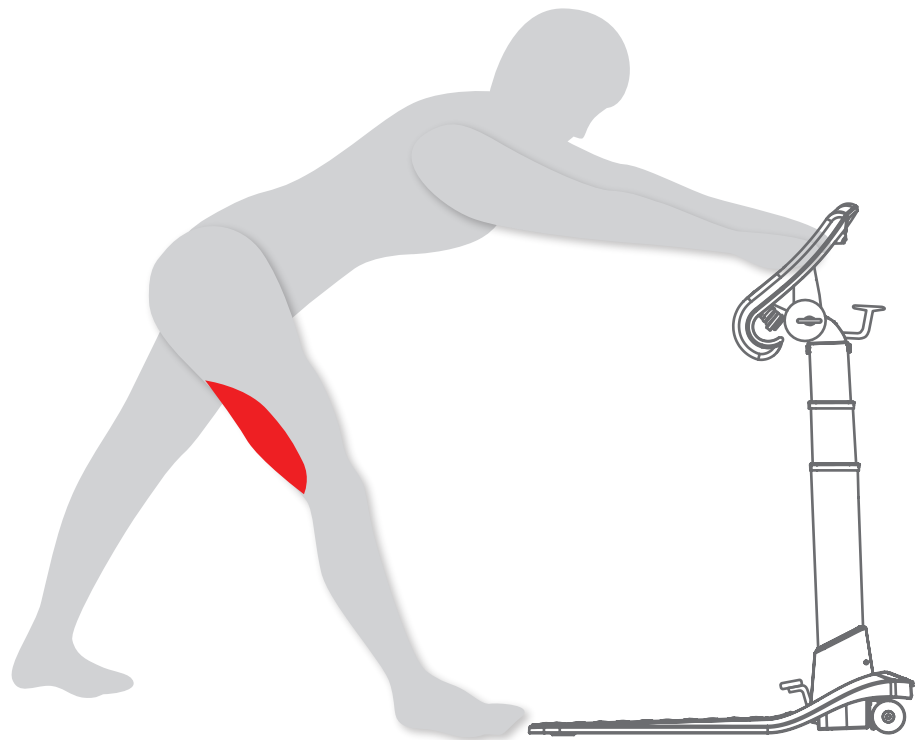
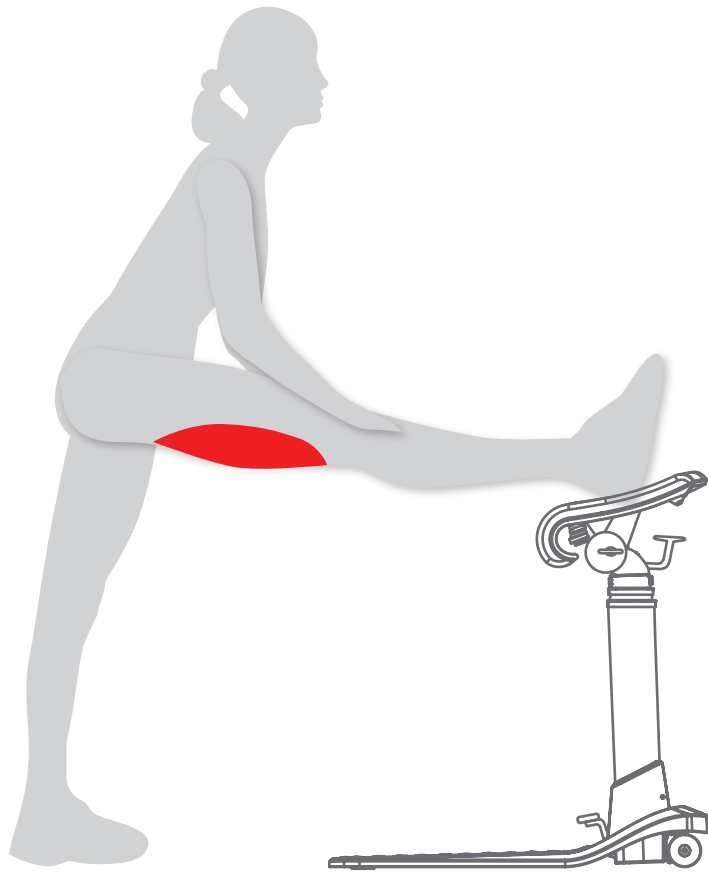
3 Maintain Upright Back and Neck

4 Seat Nearly Vertical

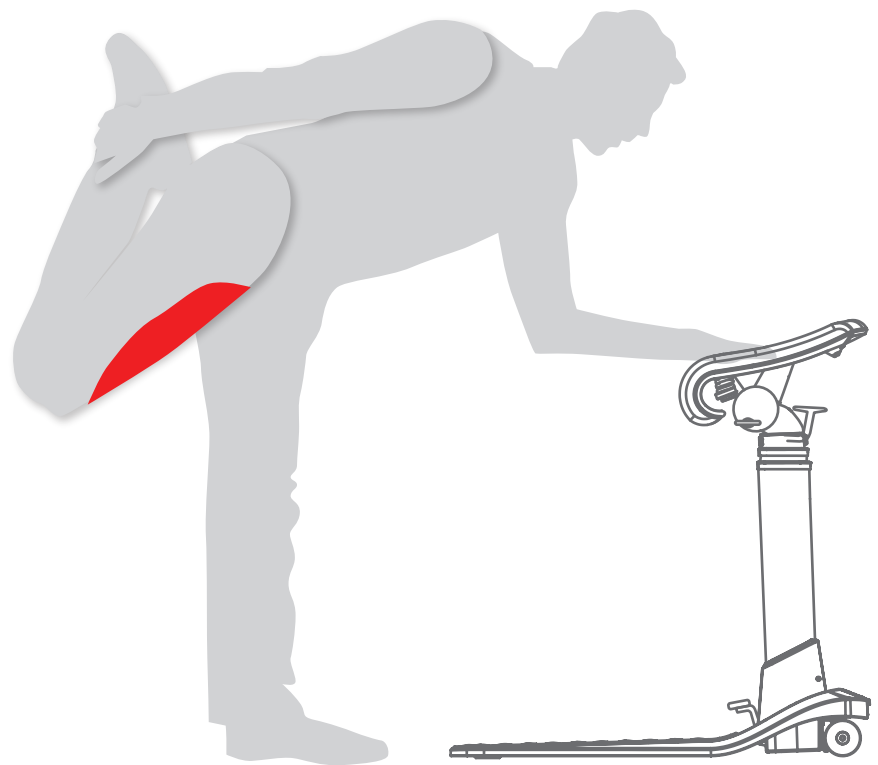
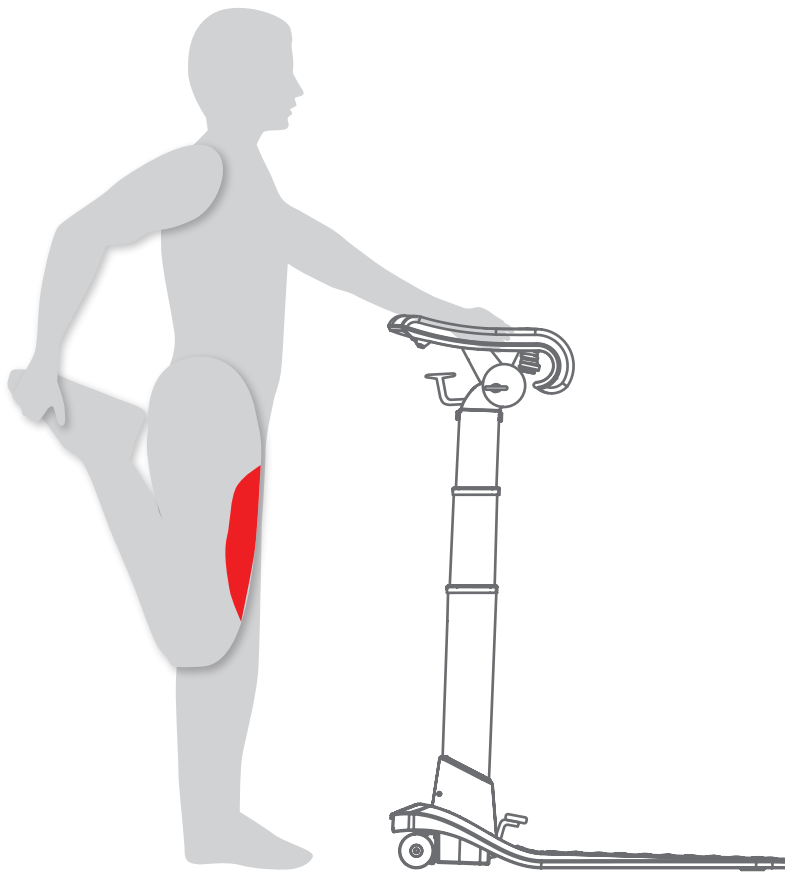
Posture Guide: Break Time



Stretching Guide: Hamstring Muscles



Stretching Guide: Quad Muscles



How Not to Use the Product

