



## CALIBRATIONS TO START WITH....

This booklet provides instructions for the ErgoTune's 11 adjustment points.

Calibrate them to fit your body by following the Ideal Position on the following page. Once done, refer to the Activity Adjustments booklet to fine-tune it based on your activities through the day.

# IDEAL POSITION

Good posture and comfort isn't complex. It happens naturally when a chair is calibrated to your body's unique shape.

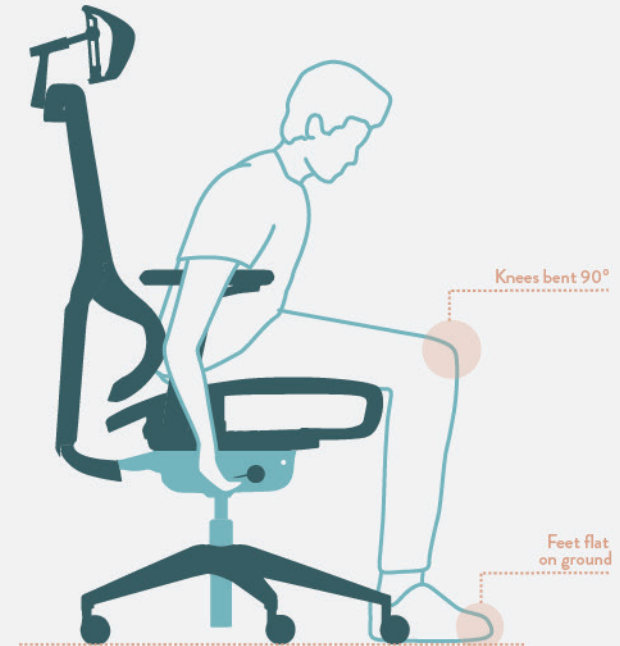
See below to adjust the ErgoTune for a perfect ergonomic fit and start to feel your aches melt away.

- 1 Seated at an angle of approx. 90°**  
This takes away pressure from your hips and prevents upper back aches. [See Page 1](#)
- 2 Feet flat on the ground**  
This relieves pressure in your knee joints and prevents any misalignments. [See Page 1](#)
- 3 Back of knees at 2-3 fingers' width away from seat pan**  
This guards against weakened abdominal and pelvic muscles, among other issues. [See Page 3](#)
- 4 Lumbar Spine Fully Supported**  
This maintains your lower back's natural c-shaped curve and eliminates other problems. [See Page 5](#)
- 5 Forearms & Wrists flushed with desk, Elbows flexed to ~90°**  
This minimises any strain on your wrist and counters other ailments like carpal tunnel syndrome. [See Page 11 and 15](#)
- 6 Headrest angled to fit your neck and lower half of your head**  
This cushions your upper spinal columns and rids you of neck aches. [See Page 21](#)



# SEAT HEIGHT

– with feet firmly on the ground



## To lower the seat's height:

1. Place your weight on the seat, then push the square tab.
2. Release the tab when you're at the right height.

## To raise the seat's height:

1. Remove your weight from the seat, then push the square tab.
2. Release the tab when you're at the right height.

## IDEAL POSITION ① ②

Your knees should be bent to approximately 90° and feet firmly planted on the ground.

This position prevents any spinal or knee misalignments, and relieves undue pressure on joints.



# SEAT DEPTH

– say farewell to backaches



To adjust the seat pan's depth:

1. Sit and slouch forward slightly. Then, press and hold the square tab.
2. Slide seat forwards/backwards.
3. Once you're at your desired position, stop moving. You'll hear the seat pan lock in place.

**IDEAL POSITION ③**

The back of your knees should be 2-3 fingers' width away from the seat pan's edge.

This position prevents upper back aches and more serious problems like weakened abdominal and pelvic floor muscles.

# BACKREST HEIGHT

– support for your lumbar, always



To increase the backrest's height:

1. Lean forward in your seat. Then, grip the side of the backrest and push it upwards.
2. There are 9 height adjustment levels. Lean against the backrest periodically to determine if you've reached the ideal height.
3. To reset the backrest, raise it beyond its maximum height, then lower it gently to its minimum height.

## IDEAL POSITION ④

Your lower back's natural c-shaped curve should fit snugly against the lumbar support.

This position inhibits potential spinal deformities from occurring and prevents your back muscles from being overworked.

# SEAT RECLINE TENSION

– work or rest;  
you decide



The right knob calibrates the backrest's resistance when you lean against it (while recline is unlocked):

1. Each turn forwards increases the resistance by one level.
2. Each turn backwards decreases the resistance by one level.



The ideal seat recline tension depends on how comfortable you feel when rocking back and forth.

You should not feel like the backrest is actively resisting your attempts to lean back, neither should you sink into the chair too quickly.

*Refer to Activity Adjustments booklet for more info.*

# SEAT RECLINE LOCK

– stay straight, or remain reclined



The left knob controls the backrest's ability to recline.

- Turn it forward to lock the recline.
- Turn it backward to unlock the recline.

Here are some positions you can set:

1. Backrest kept upright: Take your weight off it before locking it.
2. Backrest locked at a specific angle: Unlock it, then lean back. When you're at the desired angle, lock it again.
3. Reset backrest after locking it at a specific angle: Unlock it, then put your weight against the backrest.



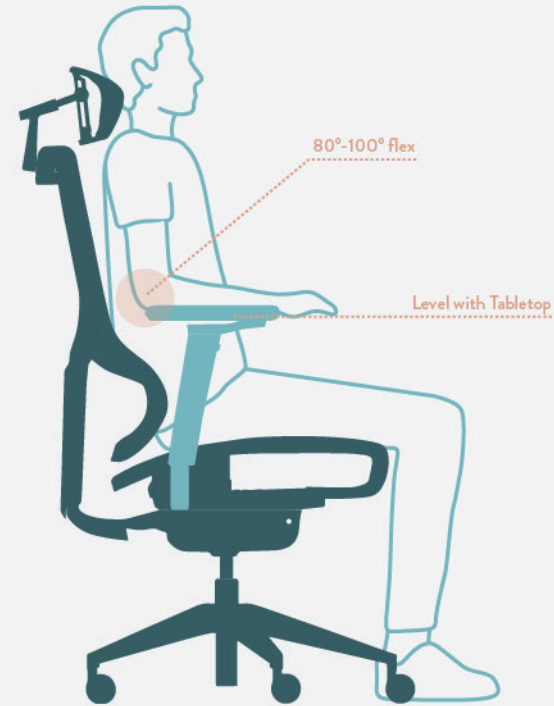
Being able to lock and unlock the seat's recline on the fly gives you maximum control.

Easily switch between sitting up straight to finish that report in double quick time, and fully reclined with your favourite novel in hand.

*Refer to Activity Adjustments booklet for more info.*

# ARMREST HEIGHT

– to suit any desk



To adjust the armrest's height:

1. Press and hold the buttons located right below each armrest.
2. Raise or lower the armrest.
3. There are 5 height adjustment levels. Once you're at the right height, release the button to lock them in place.

## IDEAL POSITION 5

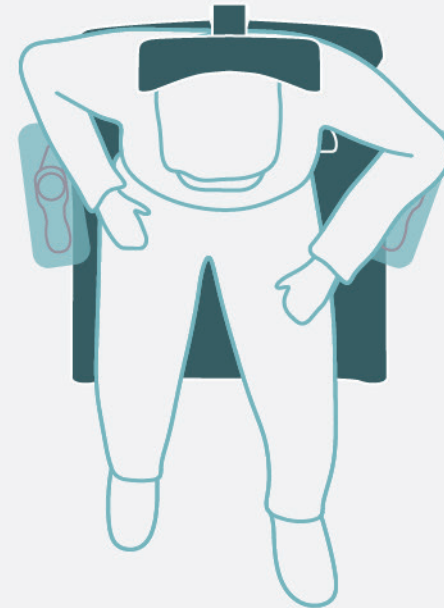
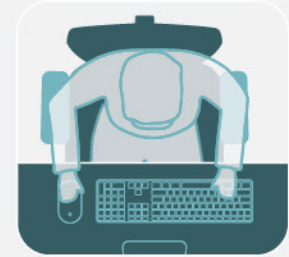
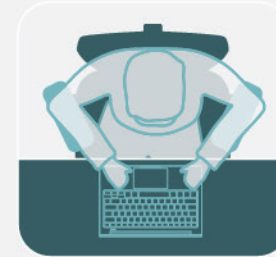
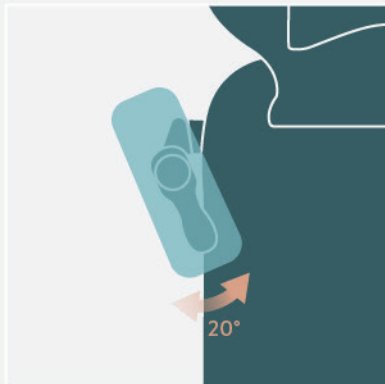
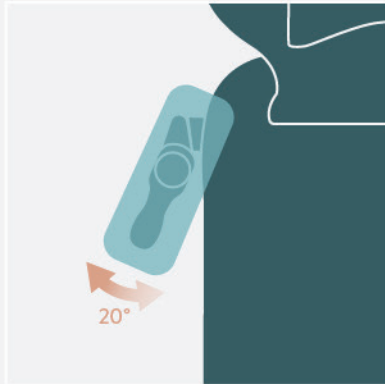
The armrest should be flushed with your desk's tabletop, and your elbows should be flexed to an L-shape posture (80°-100°).

Having your armrest height flushed against your desk's surface minimises the pressure and strain on your wrist.



# ARMREST ANGLE

– full arm support,  
for all activities



To adjust the armrest angle:

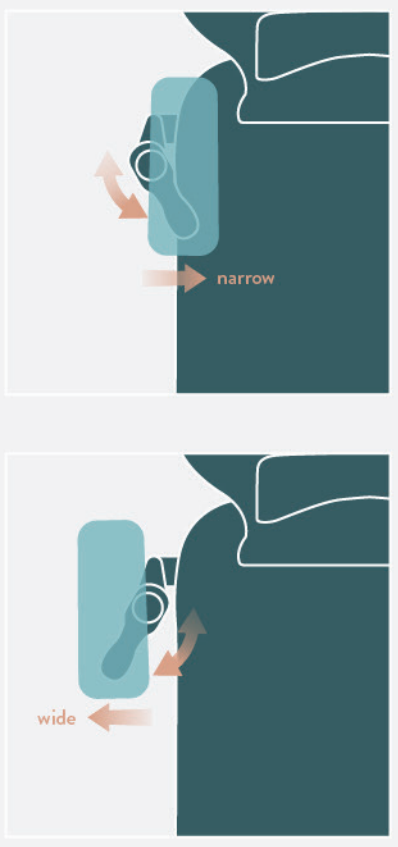
1. Grip the front of the armrest and its neck joint.
2. Shift it inward or outward to your desired angle.

The ideal angle depends on what you're doing.

Angle it inwards when you need more support for your elbows and arms while reading or using your phone. Straighten it when you're writing or typing on your keyboard at your desk.

*Refer to Activity Adjustments booklet for more info.*

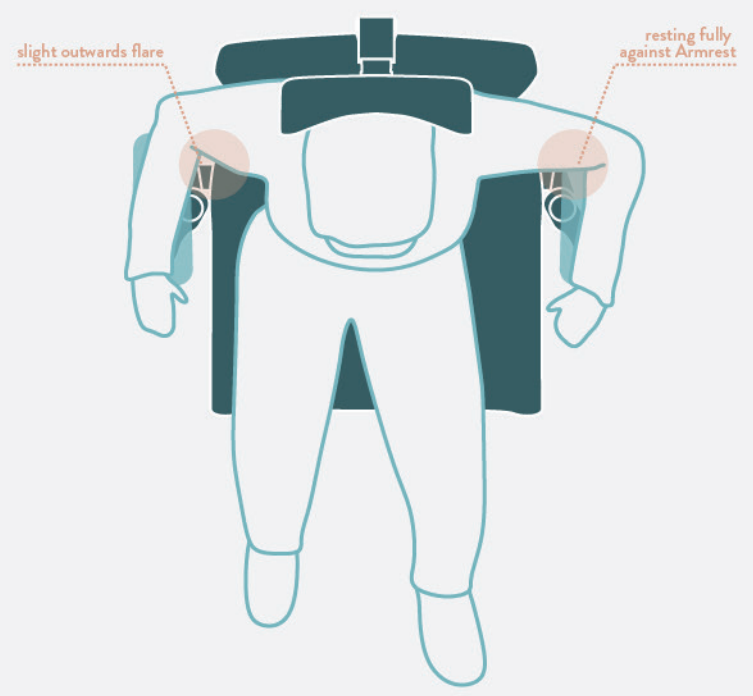
# ARMREST WIDTH



To adjust the armrest's width:

1. Grip the front of the armrest and its neck joint.
2. Shift it left or right to your desired width.

– no more tense shoulders



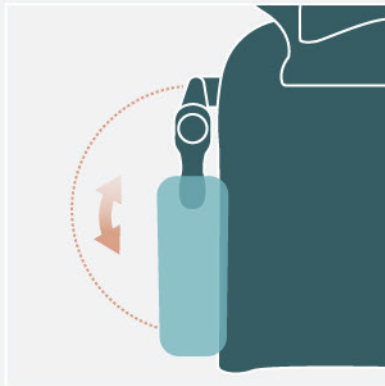
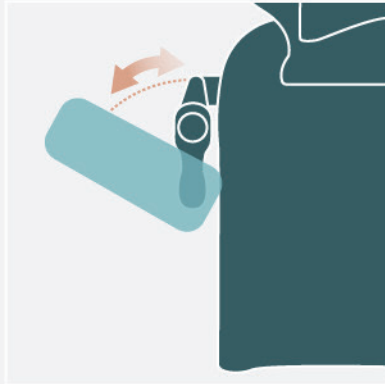
**IDEAL POSITION 5**

Your arms and elbows should be flared outwards slightly, while fully resting against the armrest.

This guards against tense shoulders, muscle fatigue, and carpal tunnel syndrome.

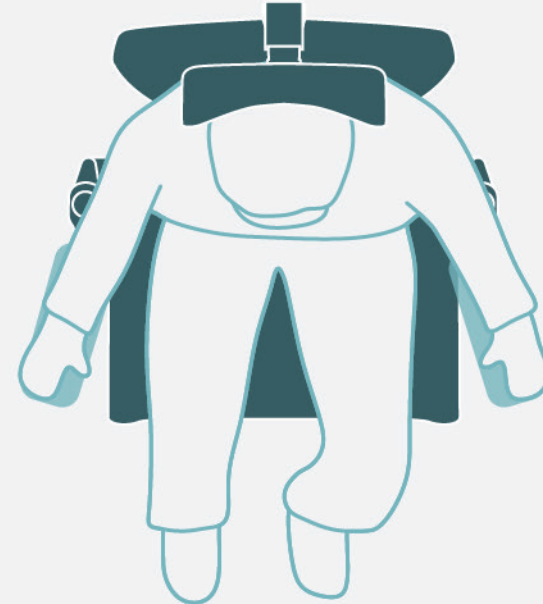
# ARMREST LENGTH

– adapts to what you're doing



The armrest has two length settings:

1. Maximum length. To convert the armrest to its maximum length, swivel the left armrest outwards clockwise, and the right armrest outwards anti-clockwise.
2. Minimum length. To convert the armrest back to its minimum length, swivel the left armrest inwards anti-clockwise, and the right armrest inwards clockwise.



The ideal armrest length depends on the desk area you are interacting with.

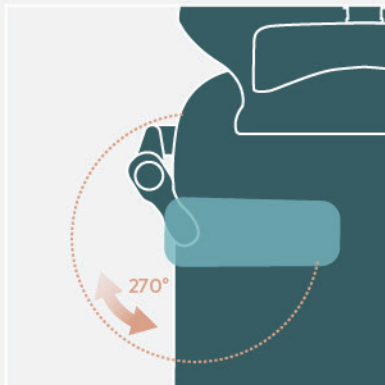
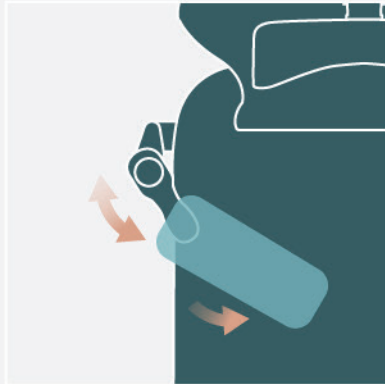
Set it to its maximum length when you are interacting with a smaller area on your desk. For example, sketching or note-taking.

Set it to its minimum length when you need to sit closer to your desk and interact with a larger desk area. For example, typing on your laptop or desktop PC.

*Refer to Activity Adjustments booklet for more info.*

# ARMREST EXTEND IN

– for the  
mobile warriors



To extend the armrest inwards, grip the front at its maximum length and angle it towards you.

It can be swerved inwards to a maximum of 270° by angling its neck joint toward you too.

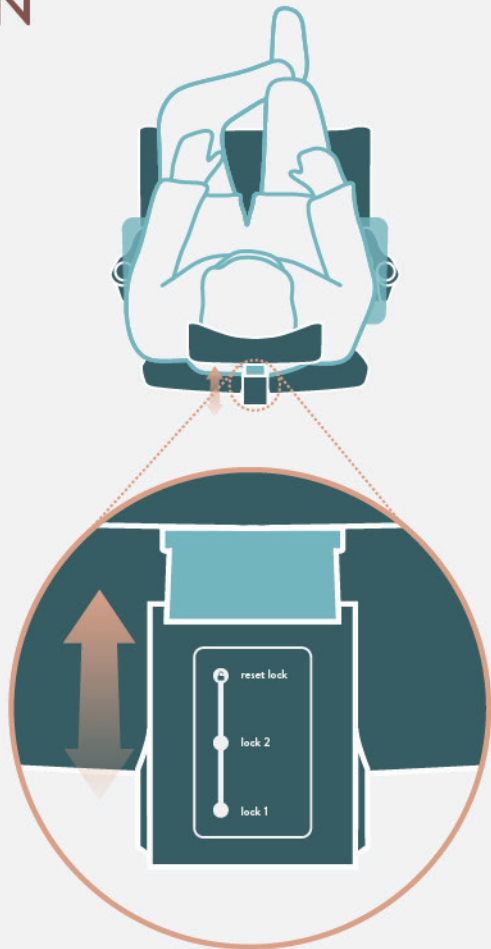


When you need to spend a long amount of time on your mobile devices (smartphone, tablet, etc), swerve the armrests inwards fully.

This provides maximum support for your elbows.

*Refer to Activity Adjustments booklet for more info.*

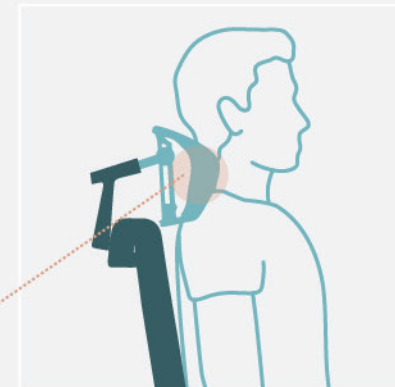
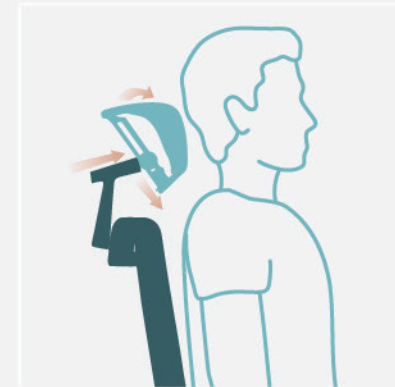
# NECKREST POSITION



To adjust the headrest's tilt, hold either side and angle it to your preference. To adjust its height, hold both sides. Then, pull upwards or downwards.

To increase the headrest's depth, grip the depth adjustment joint with both hands. Push outwards to your desired depth. To reset, pull it to the reset position before pushing back to its default depth.

– bracing your neck across three dimensions



neck and lower half of head fully braced

## IDEAL POSITION 6

The headrest should brace the whole height of your neck and lower half of your head.

This prevents neck strains, tension headaches, and muscle guarding.

