

vilno.

Hi!

I am a NOBEL Kneeling Chair by VILNO.CO

I will give back pain relief for you, using
the core principle of Active Sitting.

Please, assemble me :)



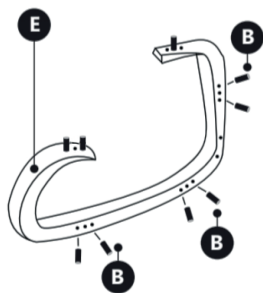
If you have questions, you are welcome to email
support@vilno.co or watch a video-guide



www.vilno.co/pages/instruction

At VILNO we are a family-run company. We value your ideas and comments. We all rely on the feedback. If you are happy with your NOBEL Chair, we kindly ask you to **leave a review with a picture on our shop** www.vilno.co or publish a story on Instagram and tag @vilno.co. **We will send you a present!**

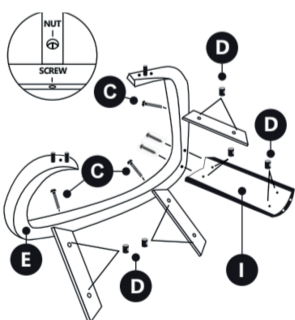
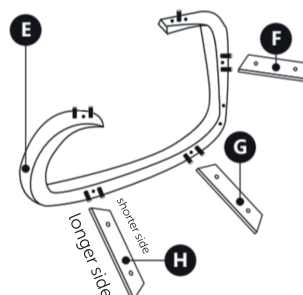
If you are unhappy, please allow us to solve the problem ASAP! We will help you right away!



1 Insert wooden peg "B" into the holes on the inside of both side panels "E", as in the picture. Use a blunt hammer to gently guide the pegs in if necessary.

2 Attach cross bars "F", "G" and "H" to one side panel "E". Please, note that the longer side of the trapezoid crossbars, which face forwards "L" labeled end of crossbars attaches to the "I" labeled side panel.

Note: place parts "H" & "G" longer side to the knee pads.

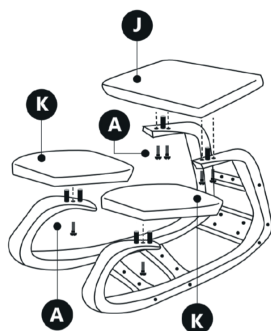
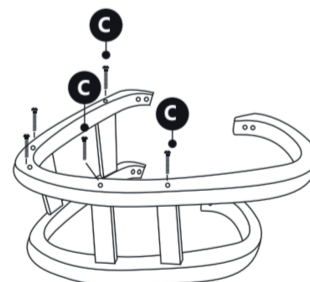


3.1 Insert the metal nut "D" into the holes on crossbars "F", "G", "H", and "I". Align the nut hole to the screw hole.

3.2 Securely attach "F", "G" & "H" crossbars to the side panel using screws "C".

Note: you may need to hold the "D" nut in place with one hand while turning the "C" screws with the other hand. Use the "M" wrench to tighten all screws securely.

4 Place the previously assembled side panel flat on the floor and repeat step 3 to attach the other side panel "E" to the crossbars. Use the "M" wrench to tighten all the screws securely.



5.1 Fix the seat cushion "J" to the top of the assembled frame with four "A" screws.

5.2 Fix the kneeling cushion "K" to the frame with two "A" screws. Use the "M" wrench to tighten all screws securely.

