

# The Ergo Chair

## Assembly and User Guide

---



**RECESS**

Make work happen from anywhere

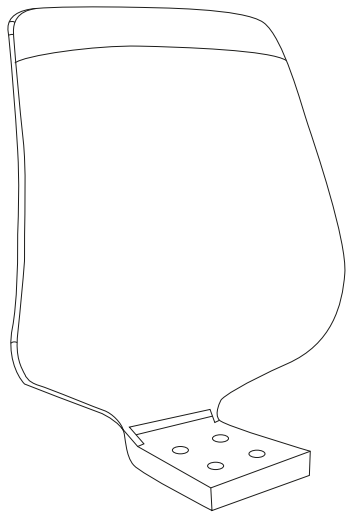
# Congrats

You are now the proud owner of your very own Recess Ergo Chair.

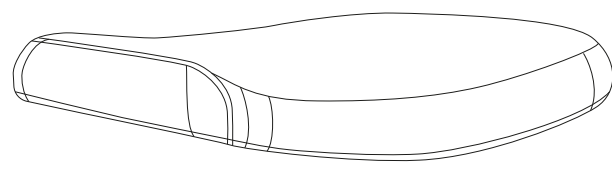
Now let's get cracking with assembly- it shouldn't take you much longer than 30mins!

**RECESS**

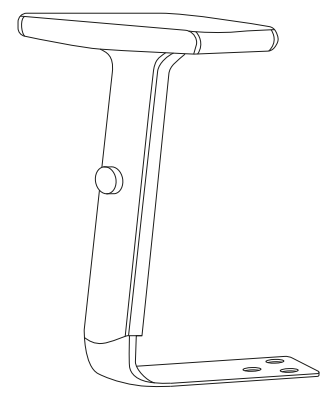
# In the Box



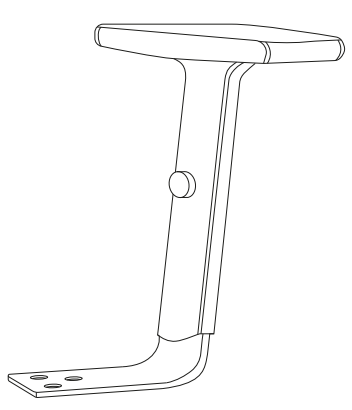
Backrest x1



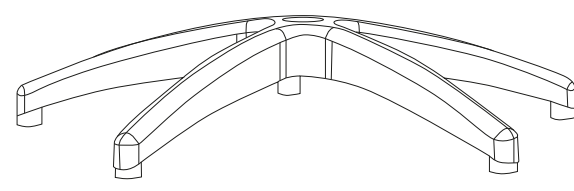
Seat Cushion x 1



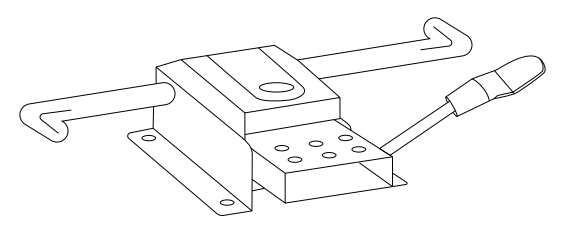
Armrest (R) x 1



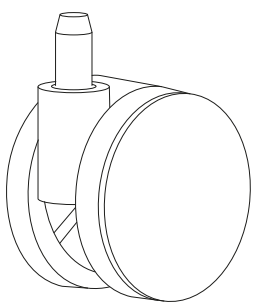
Armrest (L) x 1



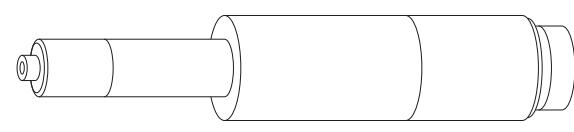
Star Base



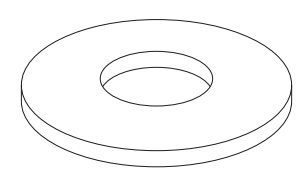
Mechanism x 1



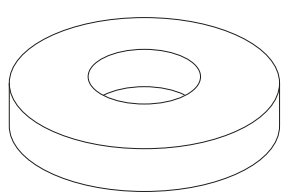
Caster x 5



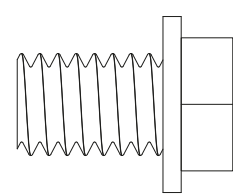
Seat Post x 1



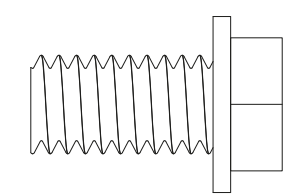
Regular Washers  
x 10



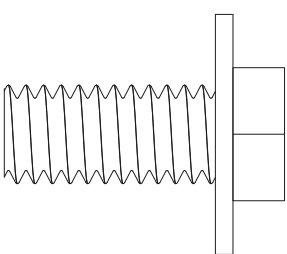
Mechanism Washers  
x 2



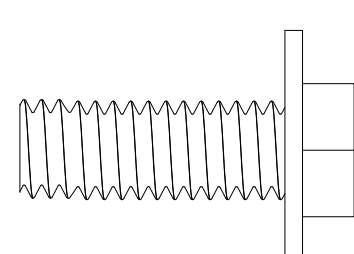
Short Bolts  
x 2



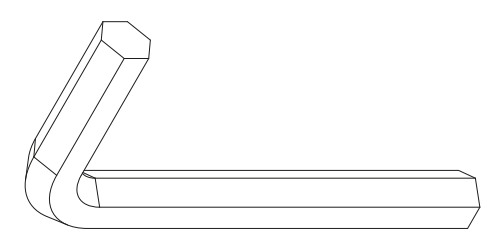
Medium Bolts  
x 2



Long Bolts  
x 8



Longest Bolt  
x 1



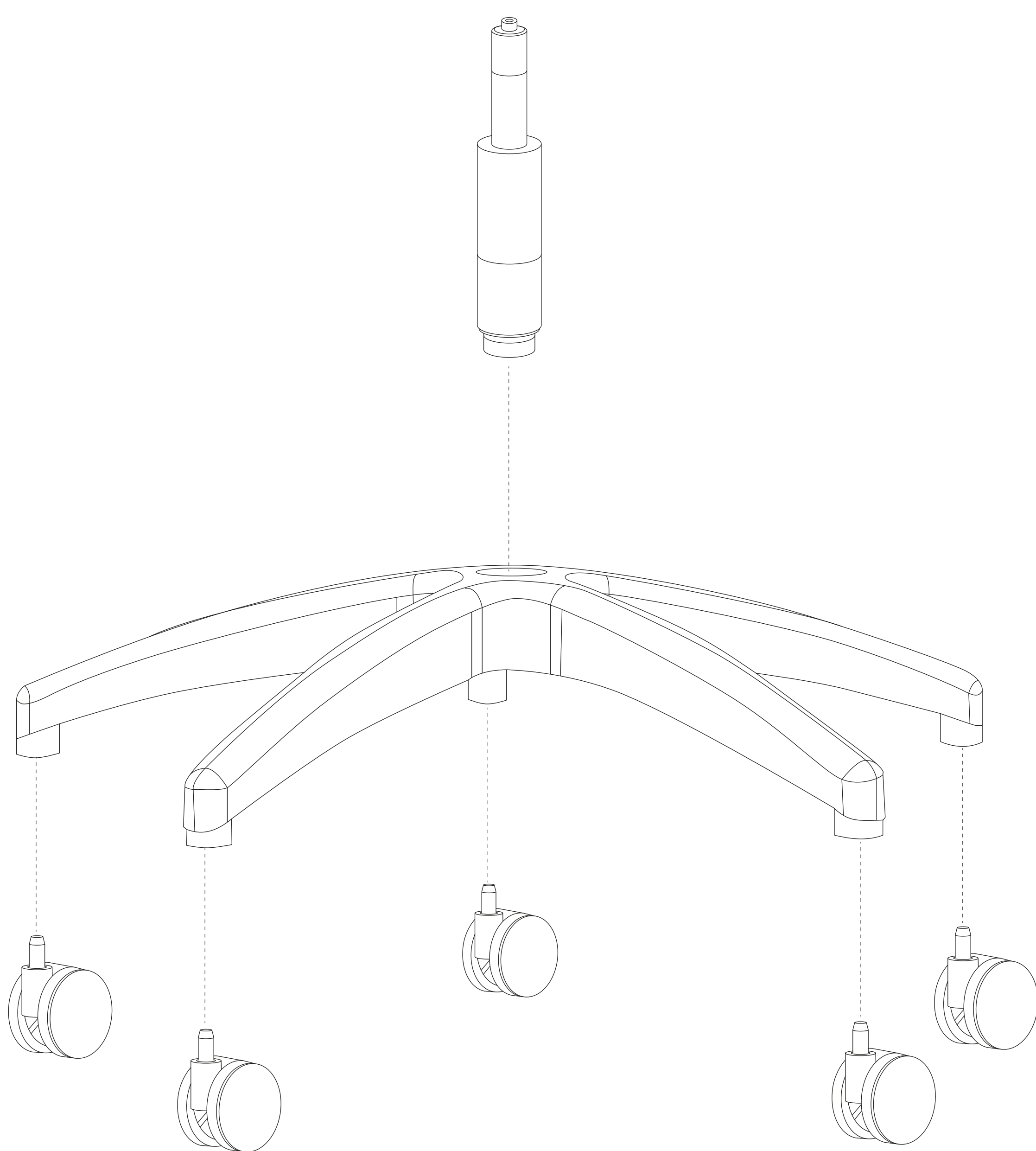
**Allen key**

**TIP:** The Short and Longest Bolts have pre-attached washers on them already

**RECESS**

# 1

Push the **Casters** into the holes at the end of each leg on the **Star Base**. Next, insert the bottom end of the **Seat Post** into the center hole of the star base, as shown in the diagram below

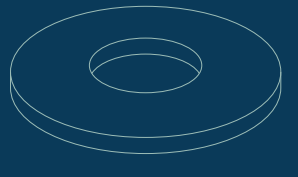


**TIP:** Be sure to use a bit of elbow grease for pushing those casters into place!

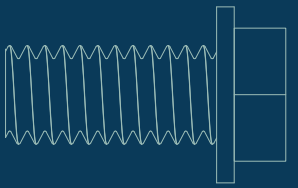


**RECESS**

# 2

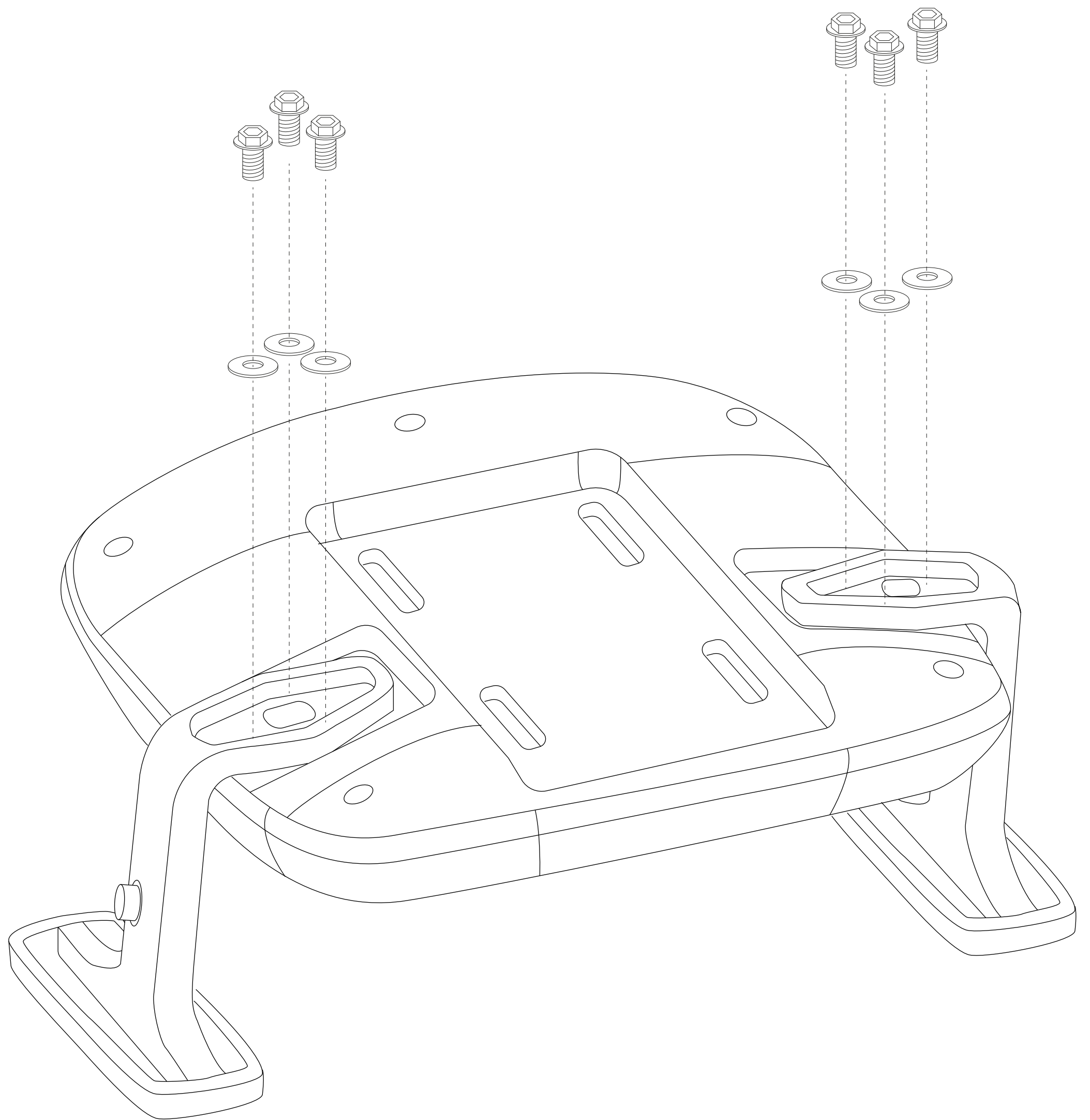


Regular Washers x 6



Long Bolts x 6

Attach the **Armrests** to the **Seat Cushion**, using 3 x **Long Bolts** and **Regular Washers** per Armrest, into the predrilled holes as shown in the diagram below (longer sections of the Armrests directed toward the front of the seat cushion). Tighten securely with the Allen Key.

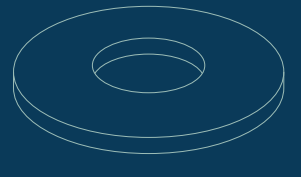


**TIP:** The armrest are marked on the underside with an L and R to determine which is left and right.

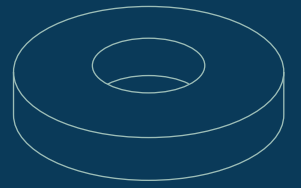


**RECESS**

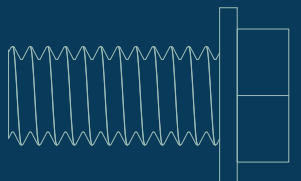
# 3



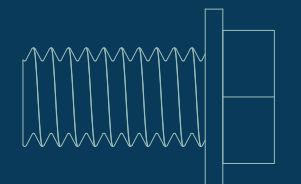
Regular Washers x 4



Mechanism Washers x 2

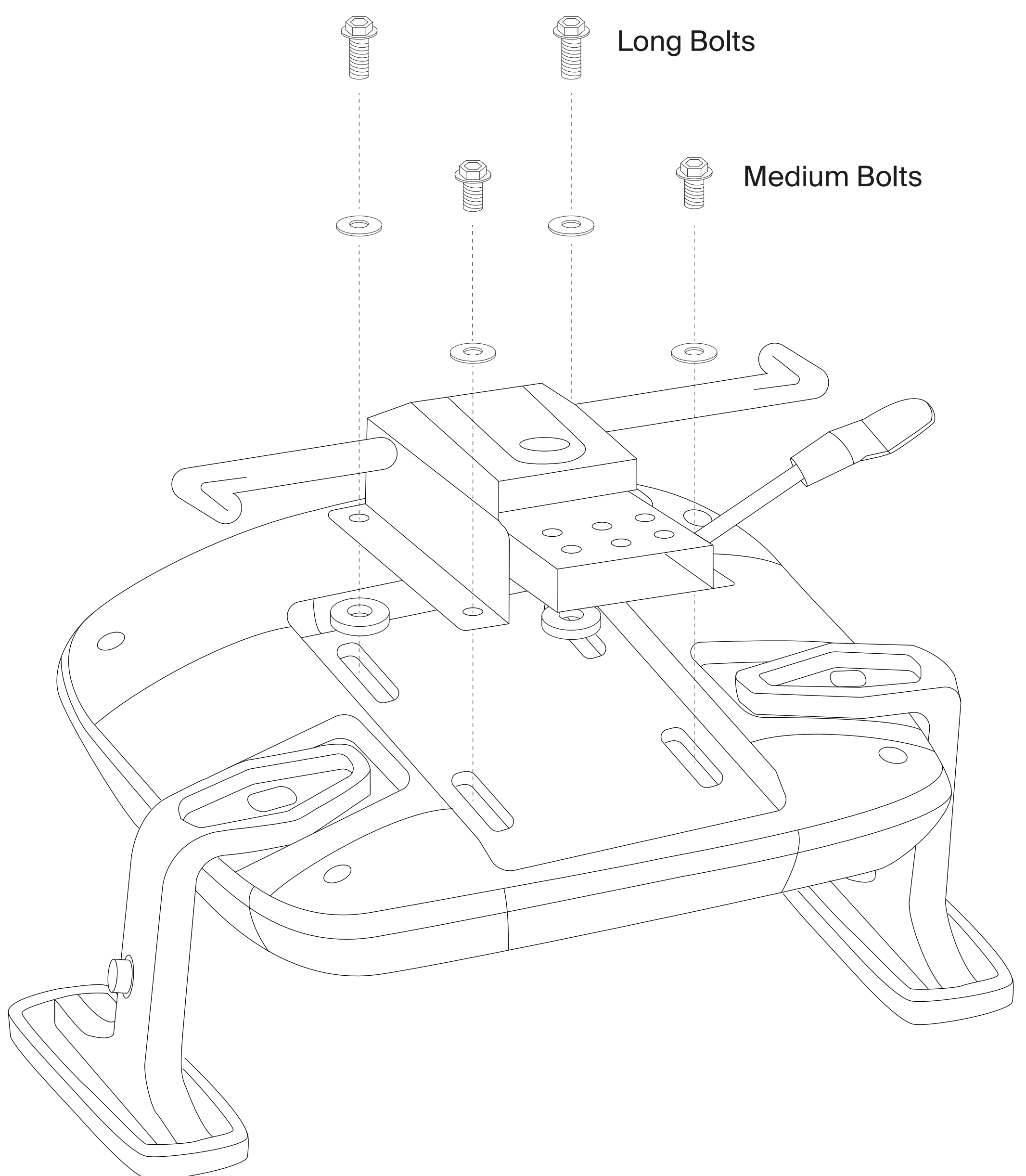


Long Bolts x 2



Medium Bolts x 2

Place the seat cushion upside down, so the Armrests are on the floor and propping the seat cushion up. Attach the **Mechanism** to the seat cushion, using 2 x **Medium Bolts** and **Long Bolts** into the predrilled holes as shown in the diagram below. 2 x **Mechanism Washers** should be paired with the Long Bolts as shown in the diagram.



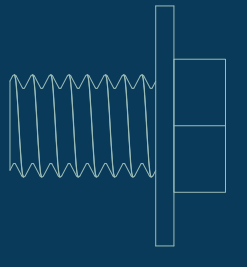
**TIP:** The mechanism should be faced in the direction so that the opening for the backrest to slide into is toward the back of the seat cushion.



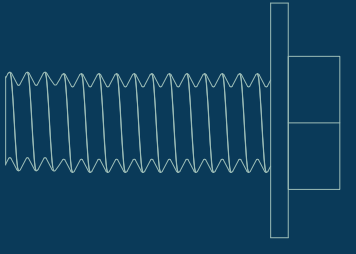
**RECESS**

# 4

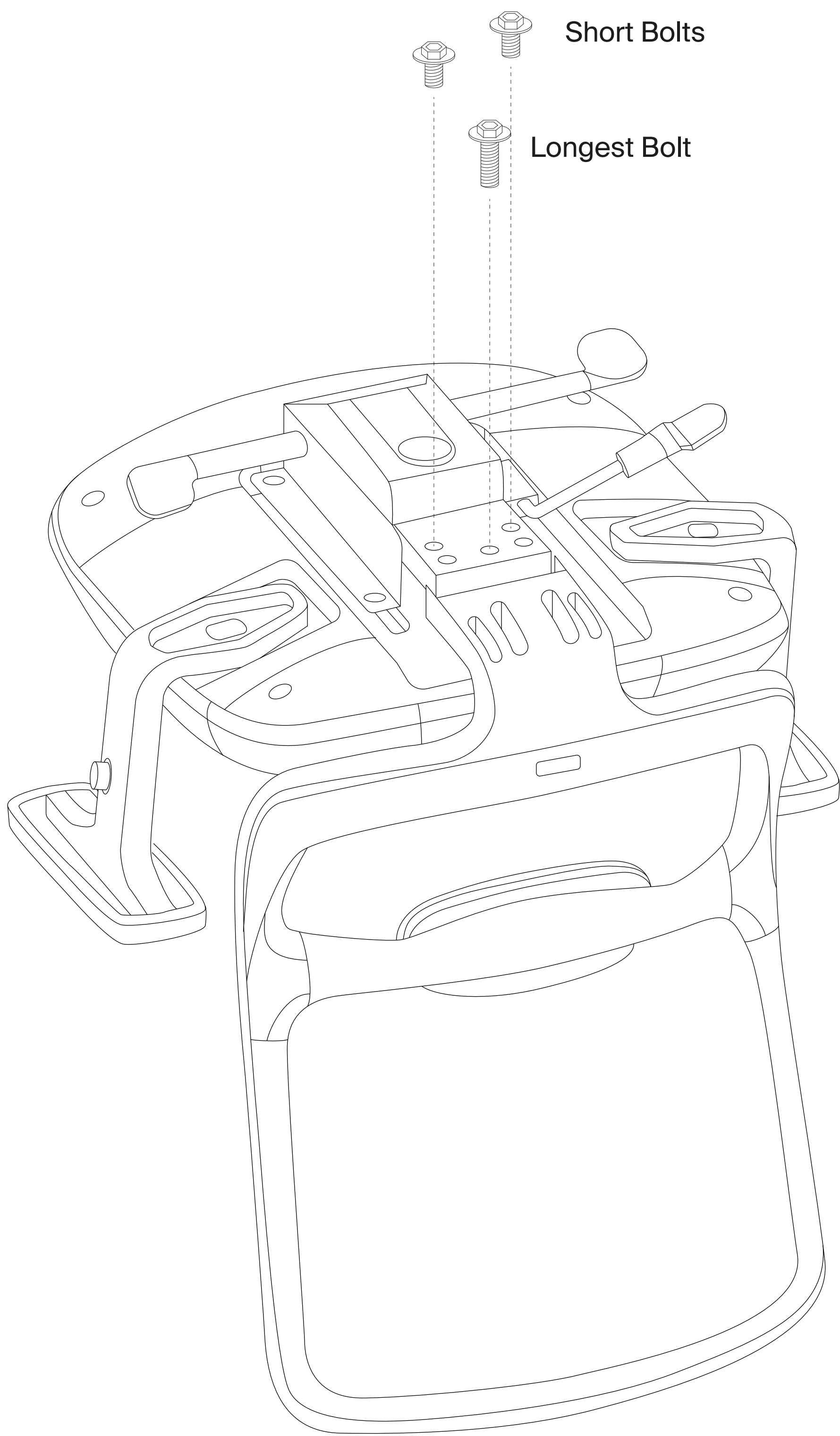
Using 2 x **Short Bolts** and 1 x **Longest Bolt**, attach the **Backrest** to the Seat Cushion into the predrilled holes as shown in the diagram below. Tightly secure with the Allen Key.



Short Bolts  
x 2



Longest Bolt  
x 1

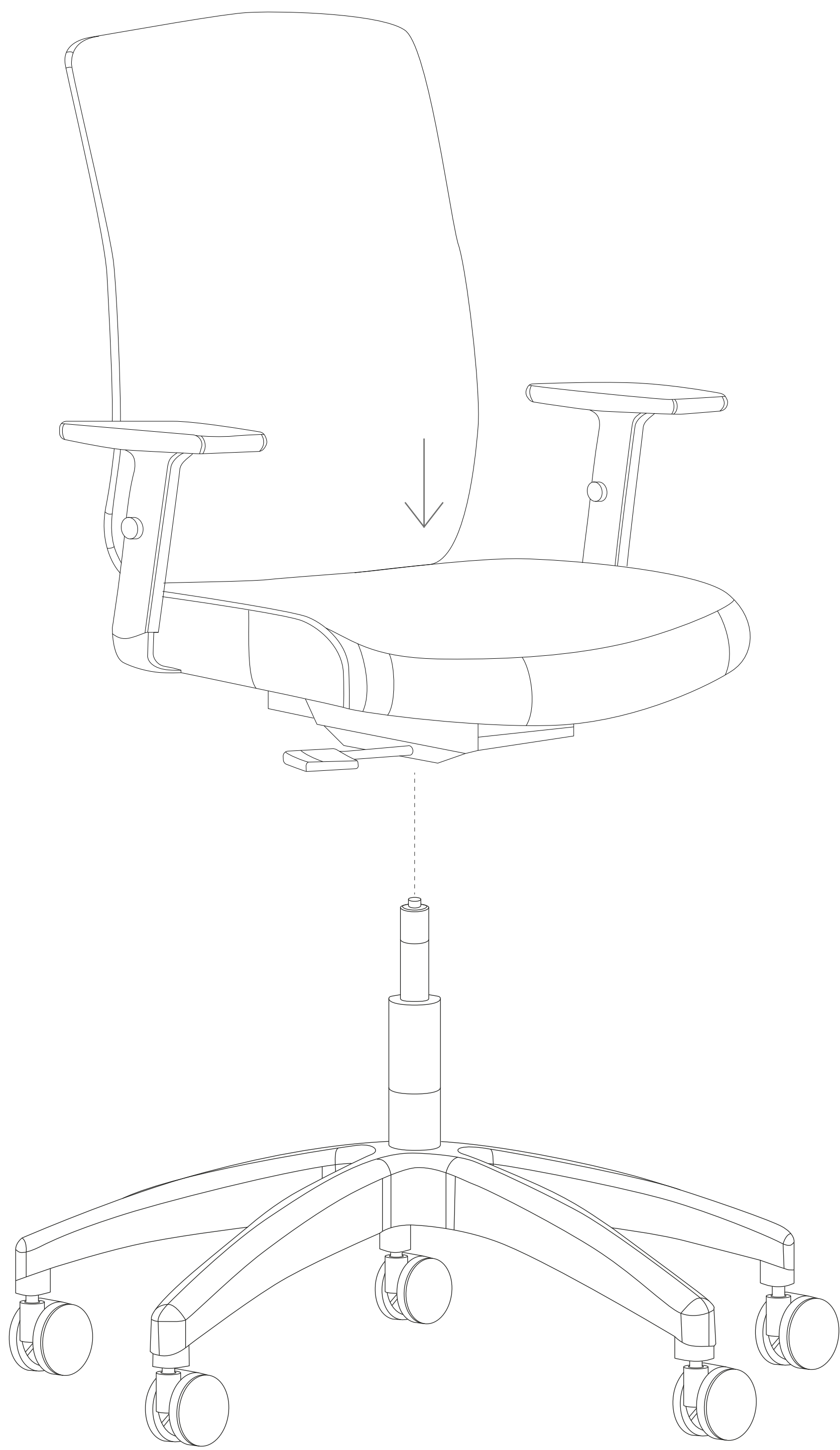


**TIP:** Keep your Allen Key somewhere safe just in case those bolts loosen over the years.



# 5

Last step! Flip the assembled seat upright and slide the center hole of the **Mechanism** over the top of the **Seat Post**. Push down firmly until the connection is secure.



**TIP:** Head to the pub for a bevvv - you've earned it!



**RECESS**



# All done!

Whether you're shipping code for the next great Aussie startup, leverage trading on crypto or just having a gander on the web, we hope your new Ergo Chair keeps you working healthy and happy, giving you time for some Recess and play!

Now don't be shy. Show us how it looks!

**@recess.au**

**#myrecessoffice**

**Contact:**

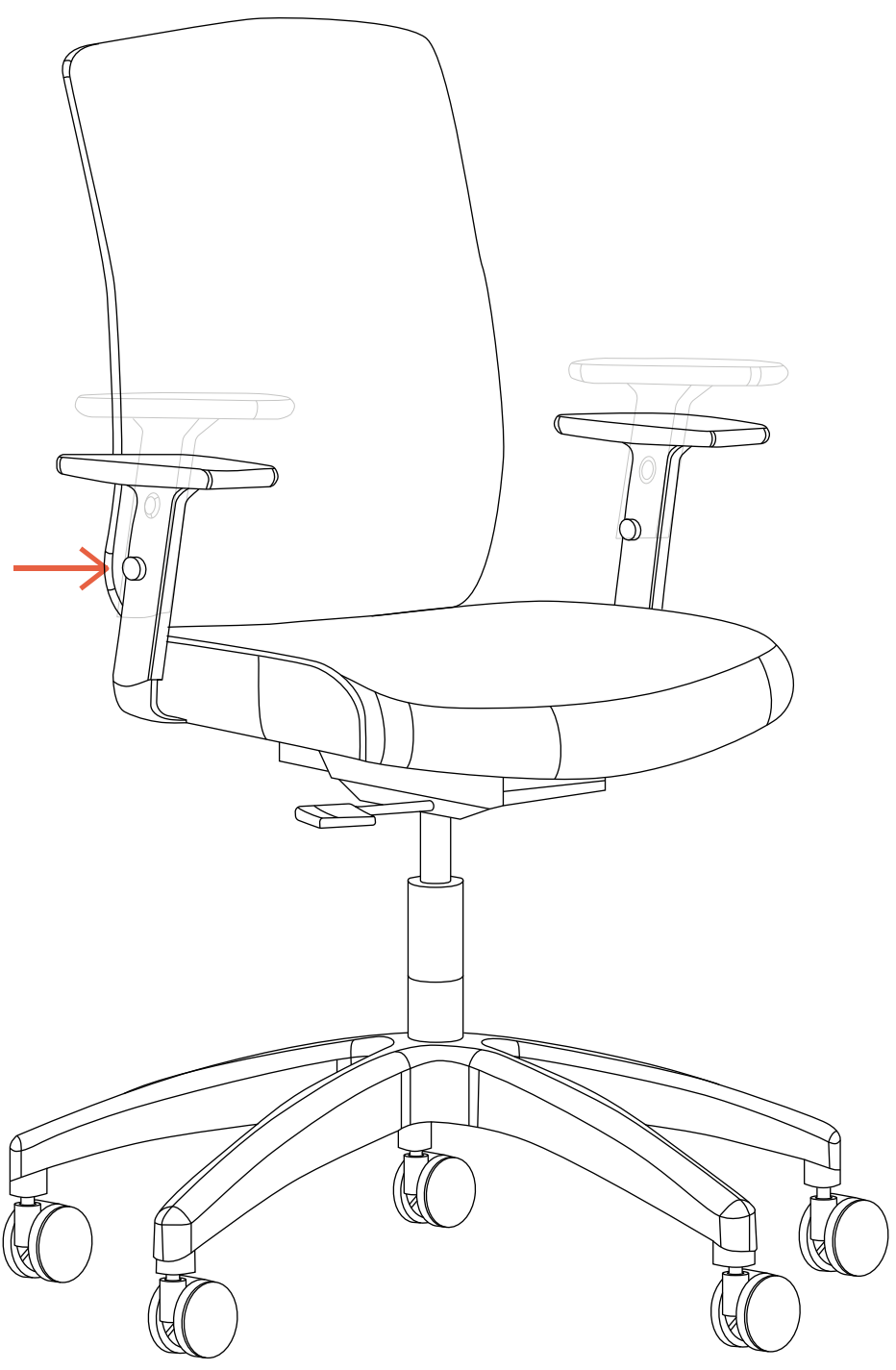
Have a question, comment or suggestion?  
hello@recess.com.au

**RECESS**

# Operating Instruction

Here's a quick run down on how to adjust your Ergo Chair to your desired comfort.

## Arm Height Adjustment



To adjust arm height, push the button on the outside of each arm and move the arm up or down. Release the button to set the height.

## Seat Height Adjustment

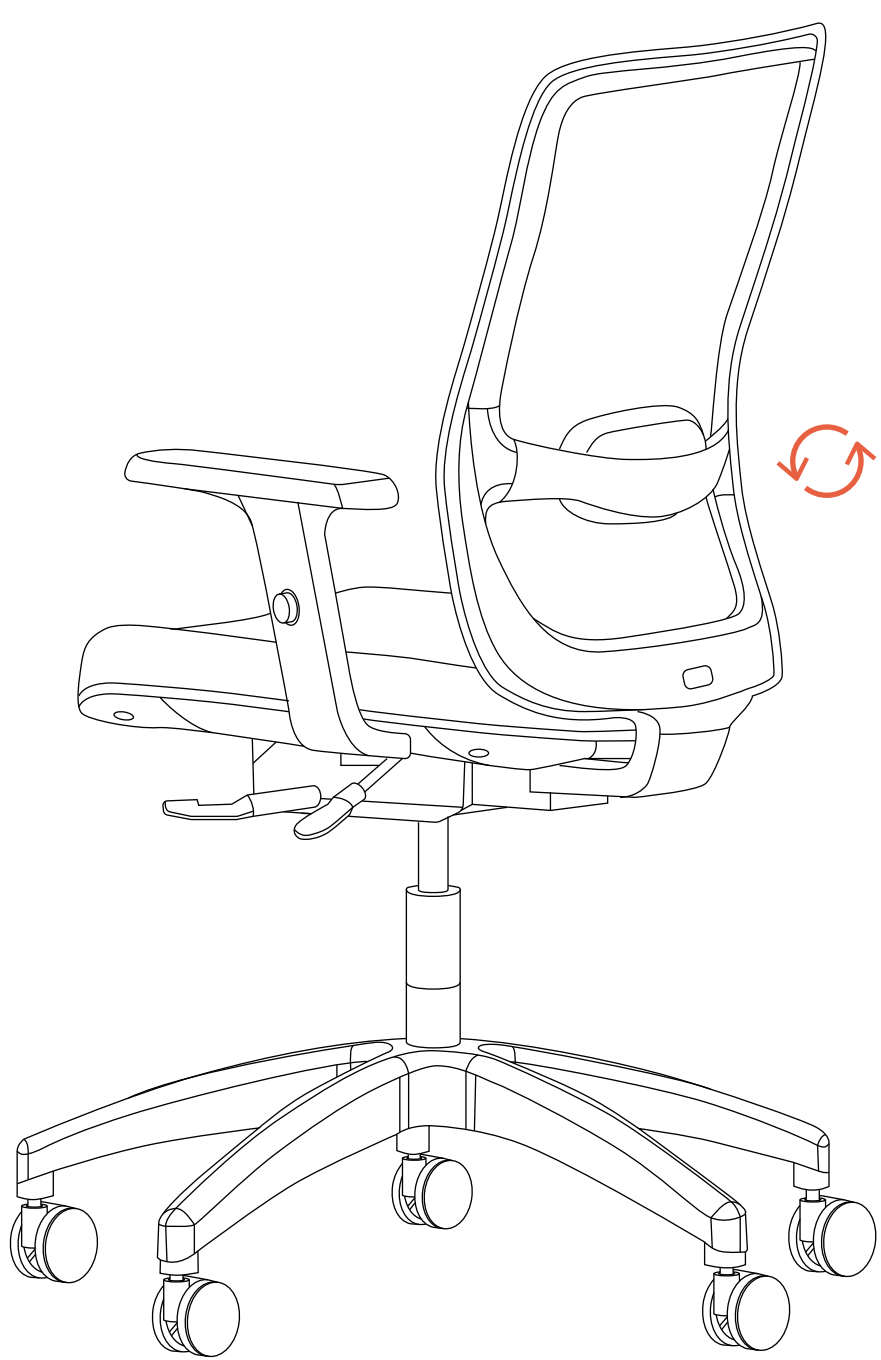


While seated, pull the lever on the right side of the seat up and hold it while raising or lowering the seat to change the seat height (stand up when raising the height). When the lever is released, the seat height is locked.

**RECESS**

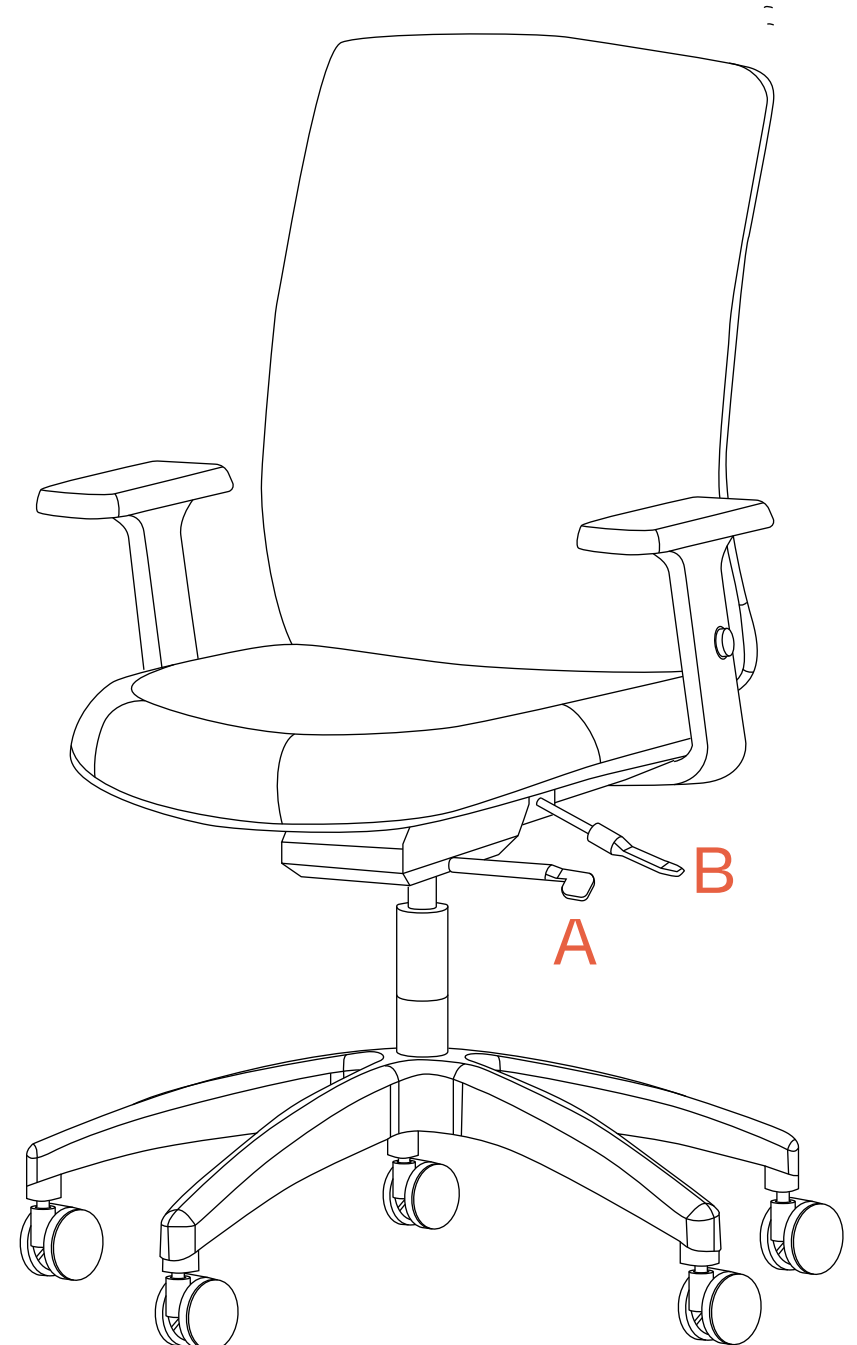
# Operating Instruction

## Lumbar Support Adjustment



Rotate the lumbar support upward or downward to adjust it to an appropriate position.

## Tilting and Locking Adjustment



Adjust lever A for synchronized tilting operation. 4 positions can be locked. Pull lever B to slide the seat cushion in and out to an appropriate position.



And yes your Ergo Chair can rotate 360°

**RECESS**

RECESS