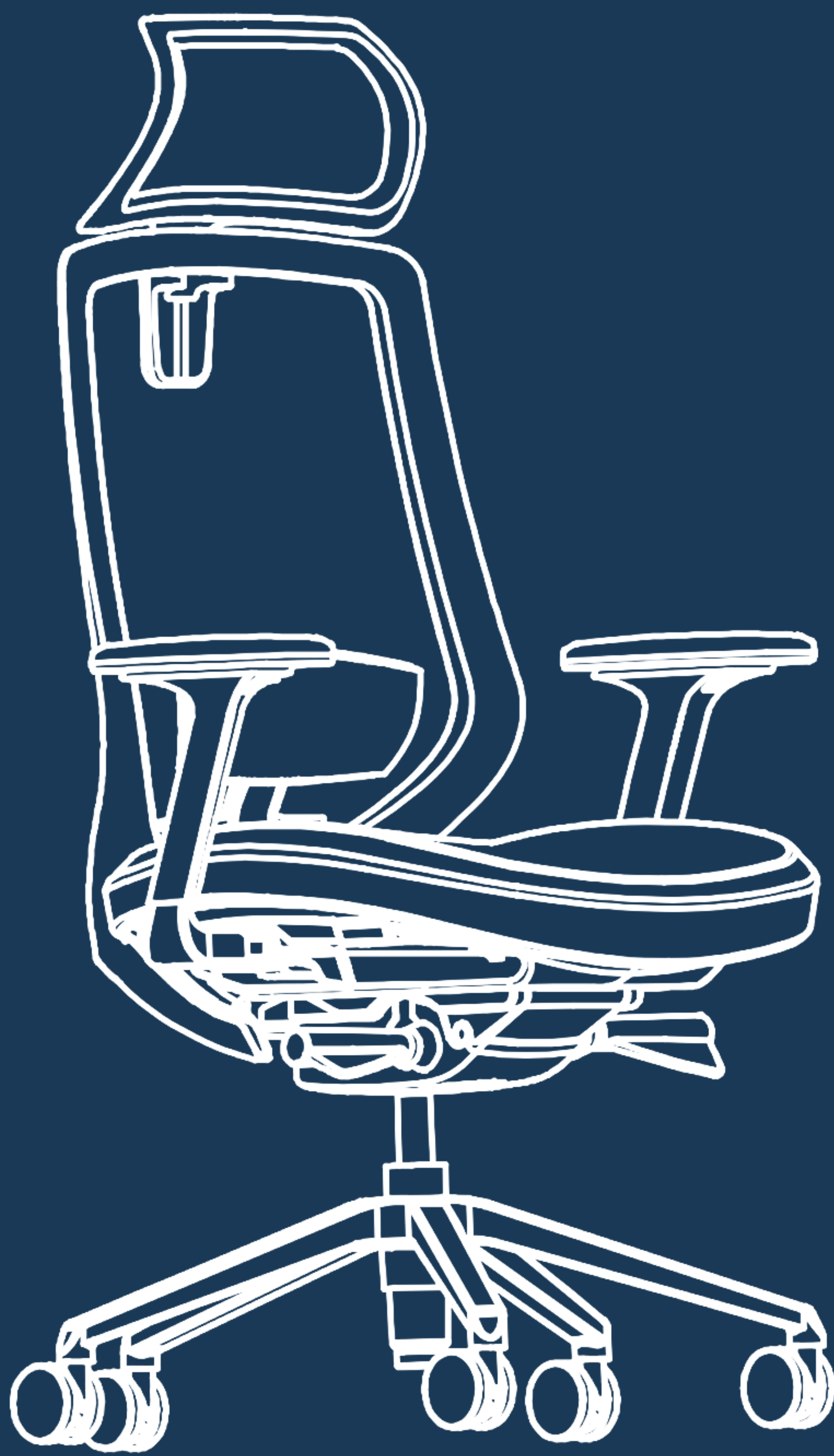


Ergo Pro 2.0

Assembly and User Guide



RECESS

Make work happen from anywhere

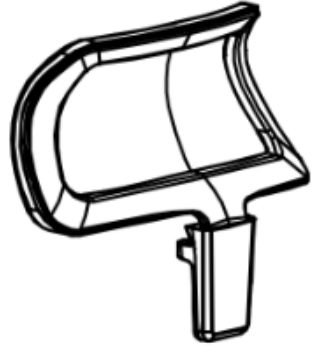
Congrats

You are now the proud owner of your very own Ergo Pro 2.0.

Now let's get cracking with assembly - it shouldn't take you much longer than 15 mins!

RECESS

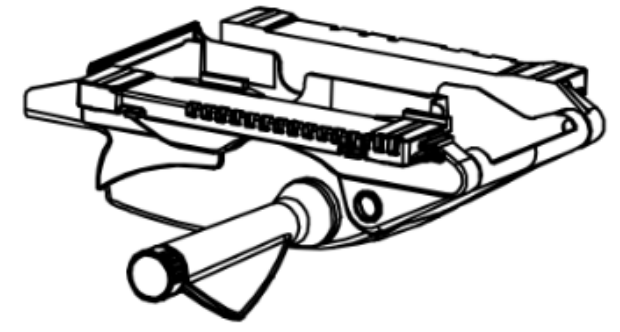
In the Box



Headrest x 1
(Optional)



Backrest x 1



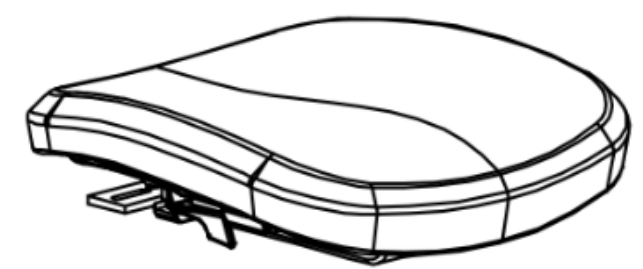
Seat Base x 1



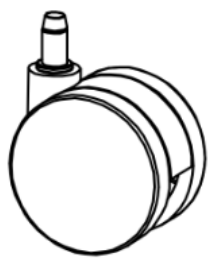
Armrest (L) x 1



Armrest (R) x 1



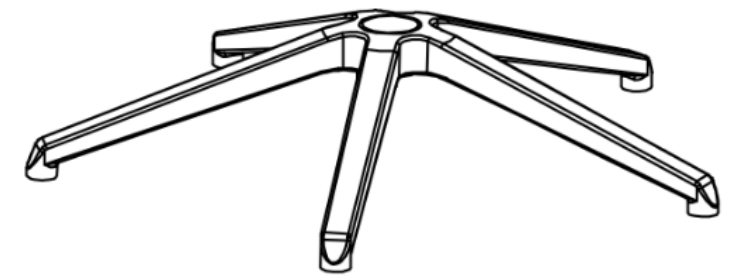
Seat Cushion x 1



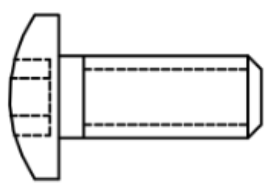
Caster x 5



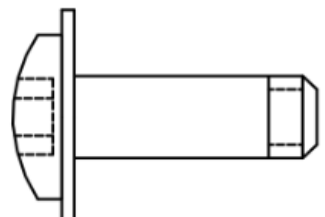
Gas Spring x 1



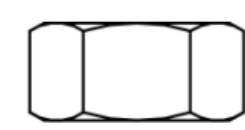
Star Base x 1



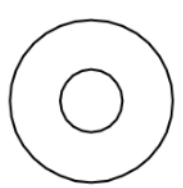
Small Bolt
x 3



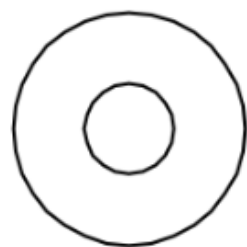
Long Bolt
x 2



Nut
x 2



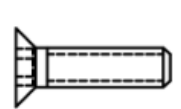
Small Washer
x 3



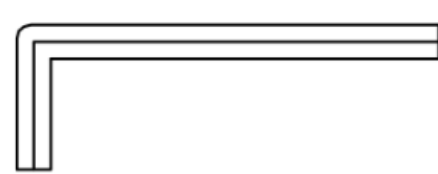
Regular Washer
x 2



Spring Washer
x 3



Flat Head Bolt
x 2
Optional

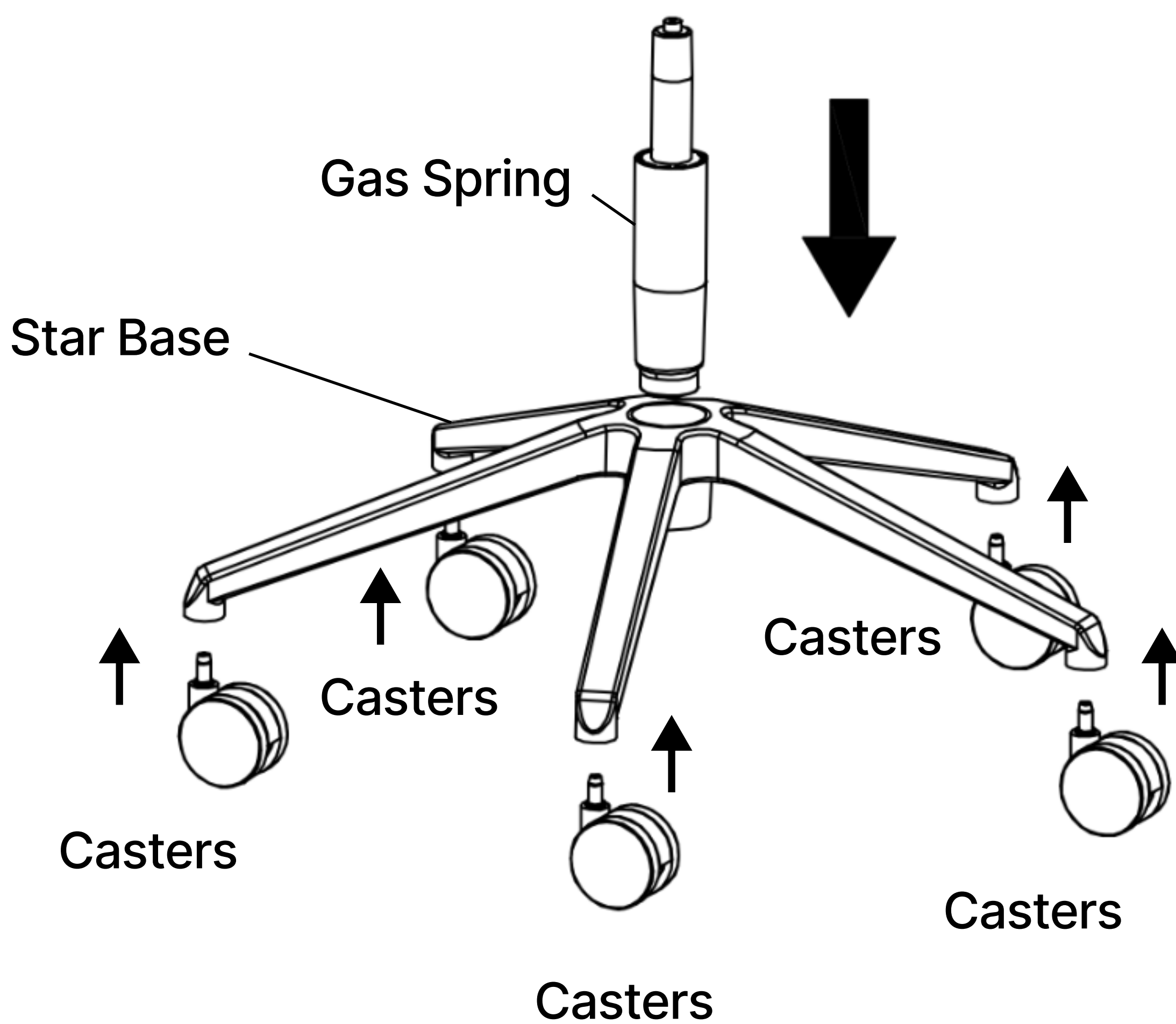


Allen Key 4/5mm
x 1

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 **Gas Spring** into center hole of the **Star base**, as shown in the diagram below.

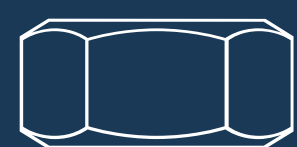


TIP: Be sure to use a bit of elbow grease for pushing those casters into place!

RECESS



2



Nut
x 2



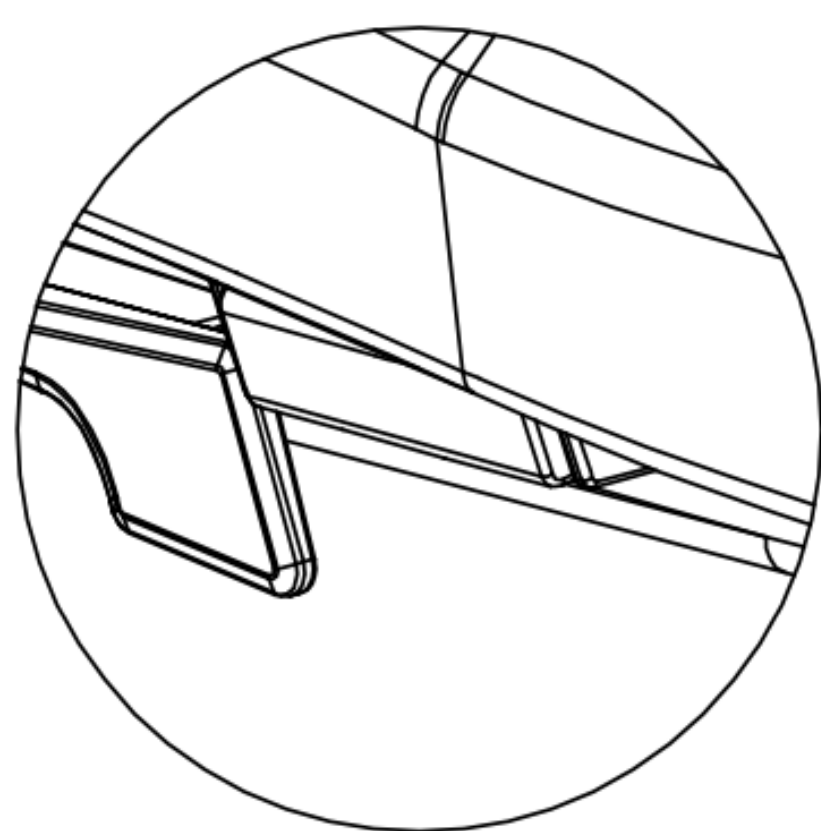
Regular
Washer x 2



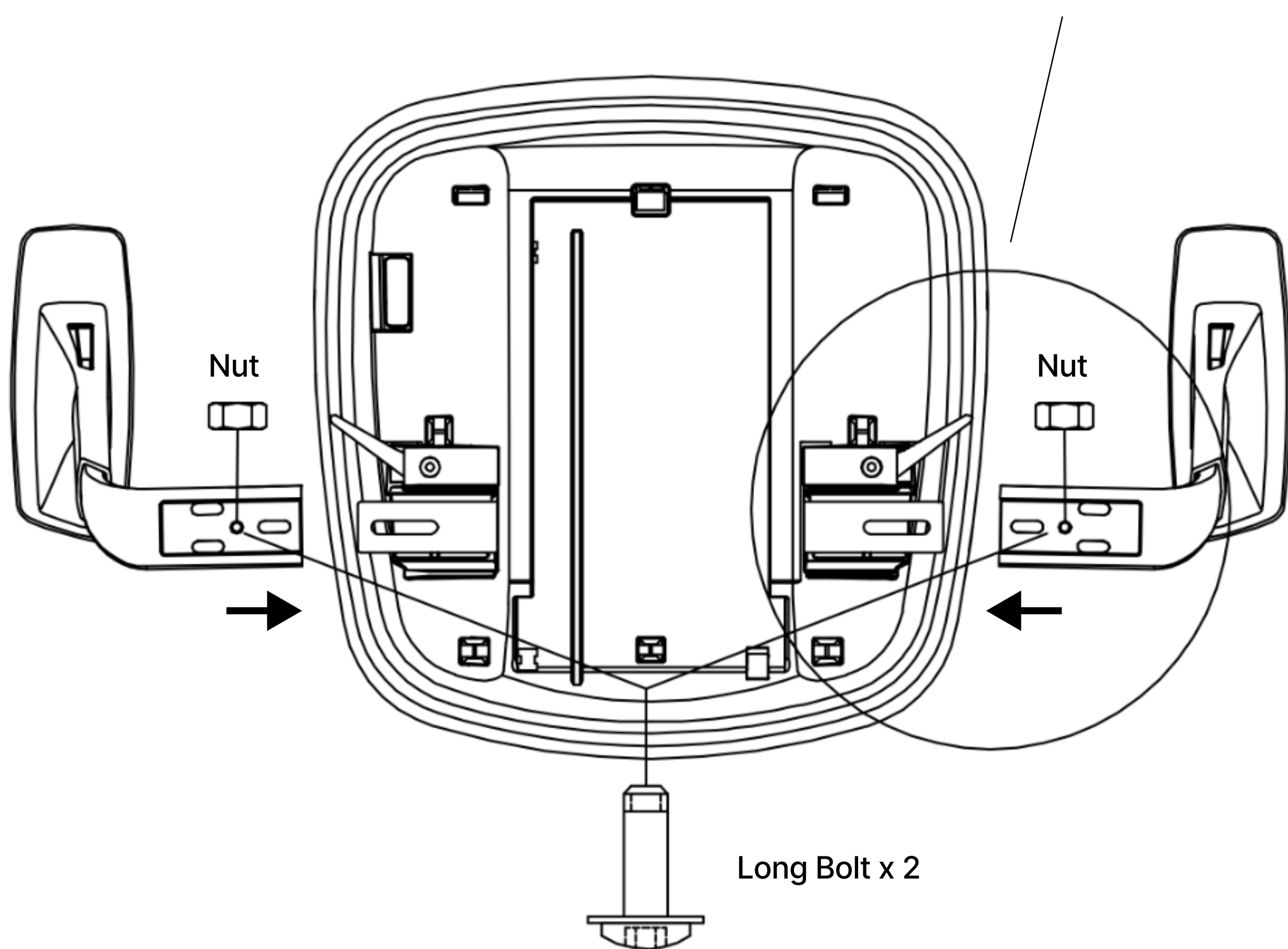
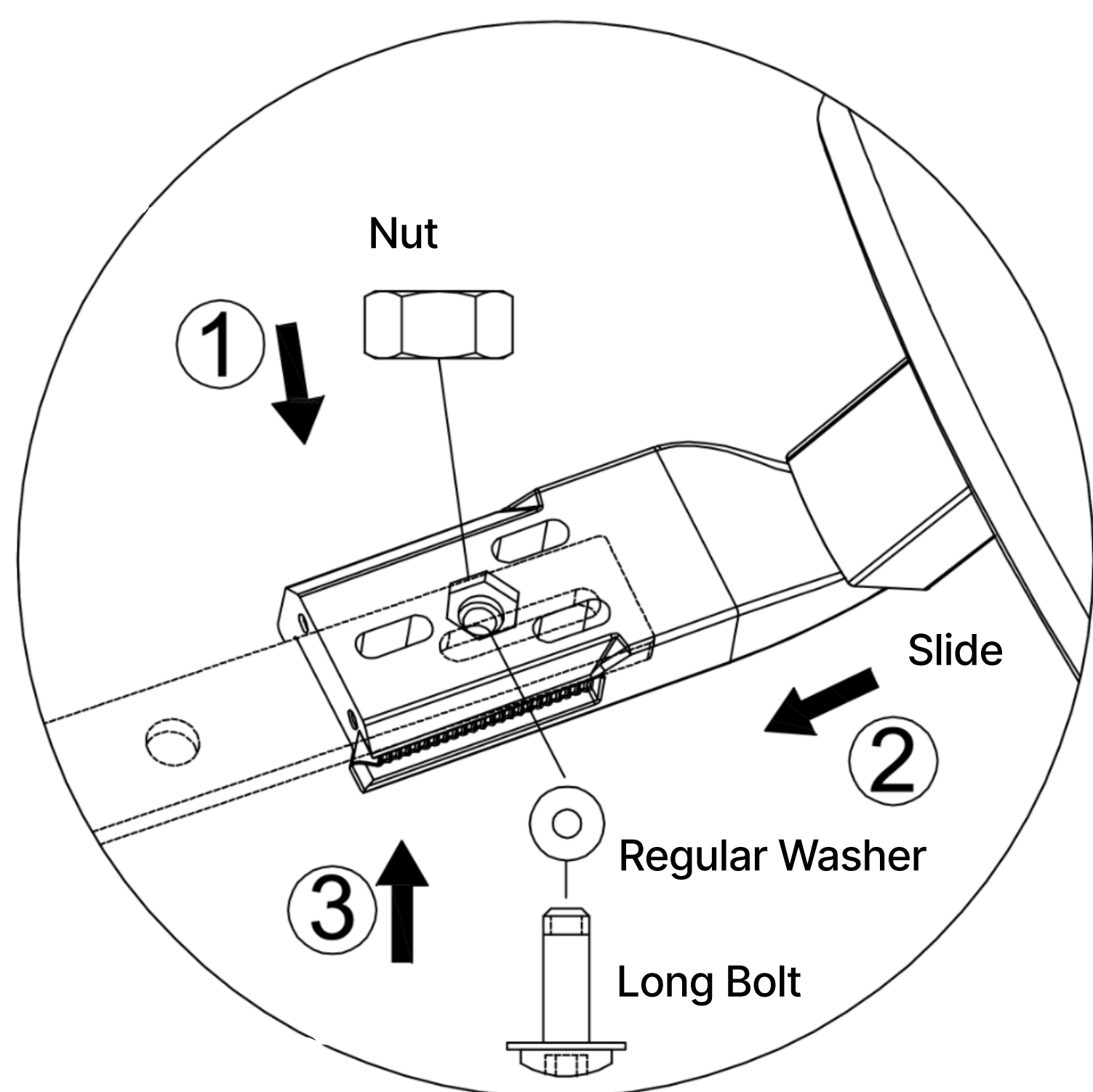
Long Bolt
x 2

Attach 1 x **Nut** to the predrilled holes in **each** of the **Armrest** and slide the **Armrest** to the **Seat Base**.

Install the Armrests with 2 x **Regular Washer** and 2 x **Long Bolt**. Tighten securely with the **Allen Key**.



Use the wing handles to adjust the width of the armrest for a more ergonomic fit.



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

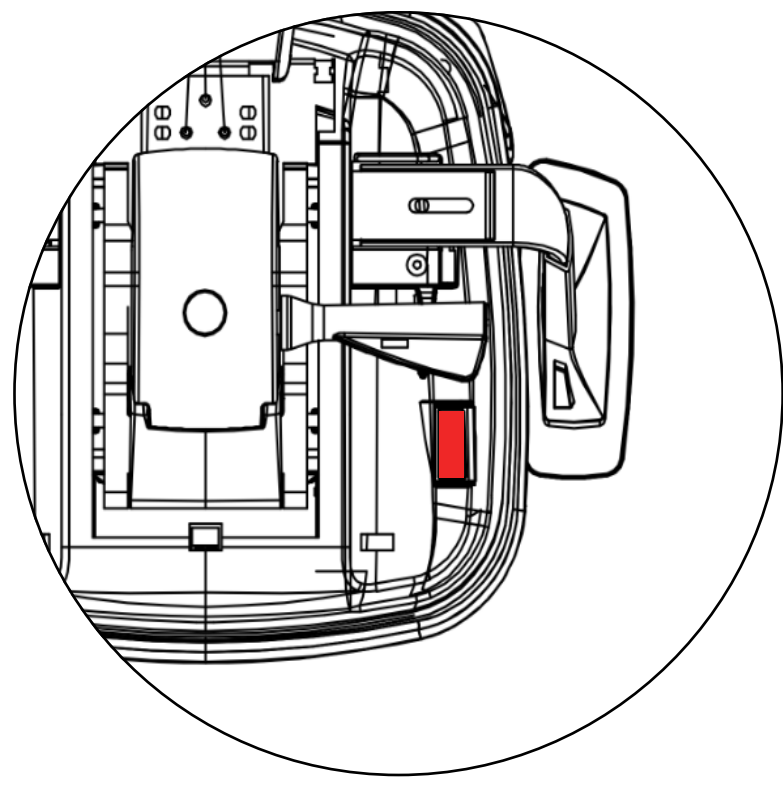
Be sure to use some extra force to get those Nuts into place

RECESS

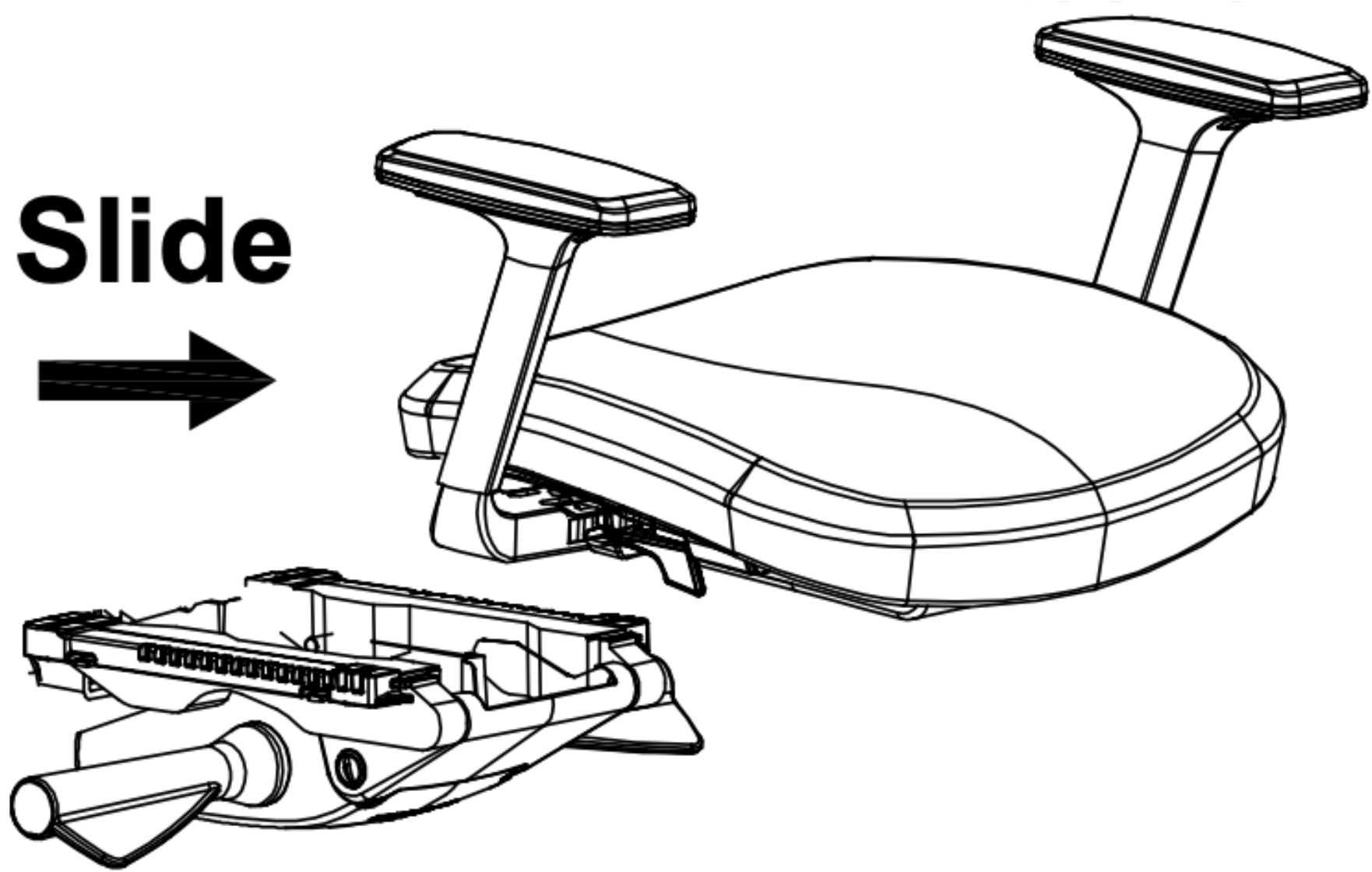


3

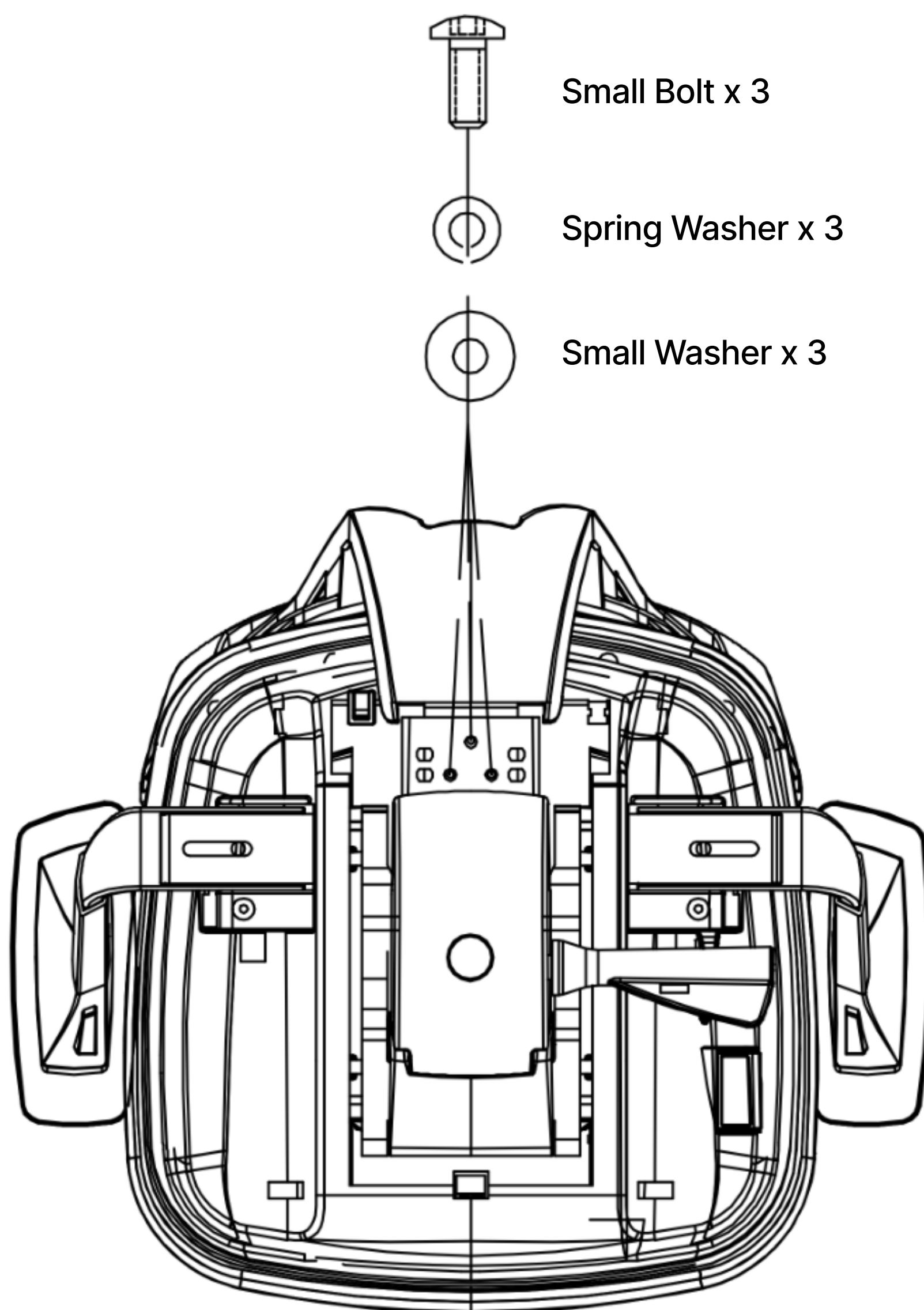
Slide the **Seat Base** to the **Seat Cushion**.



Ensure you pull out the rectangular tap when sliding the mechanism into place.



Carefully flip the Seat around and screw in the Backrest with 3 x **Small Bolt**, 3 x **Spring Washer** and 3 x **Small Washer**.



Small Bolt x 3

Spring Washer x 3

Small Washer x 3

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

RECESS

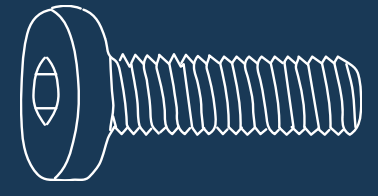


4

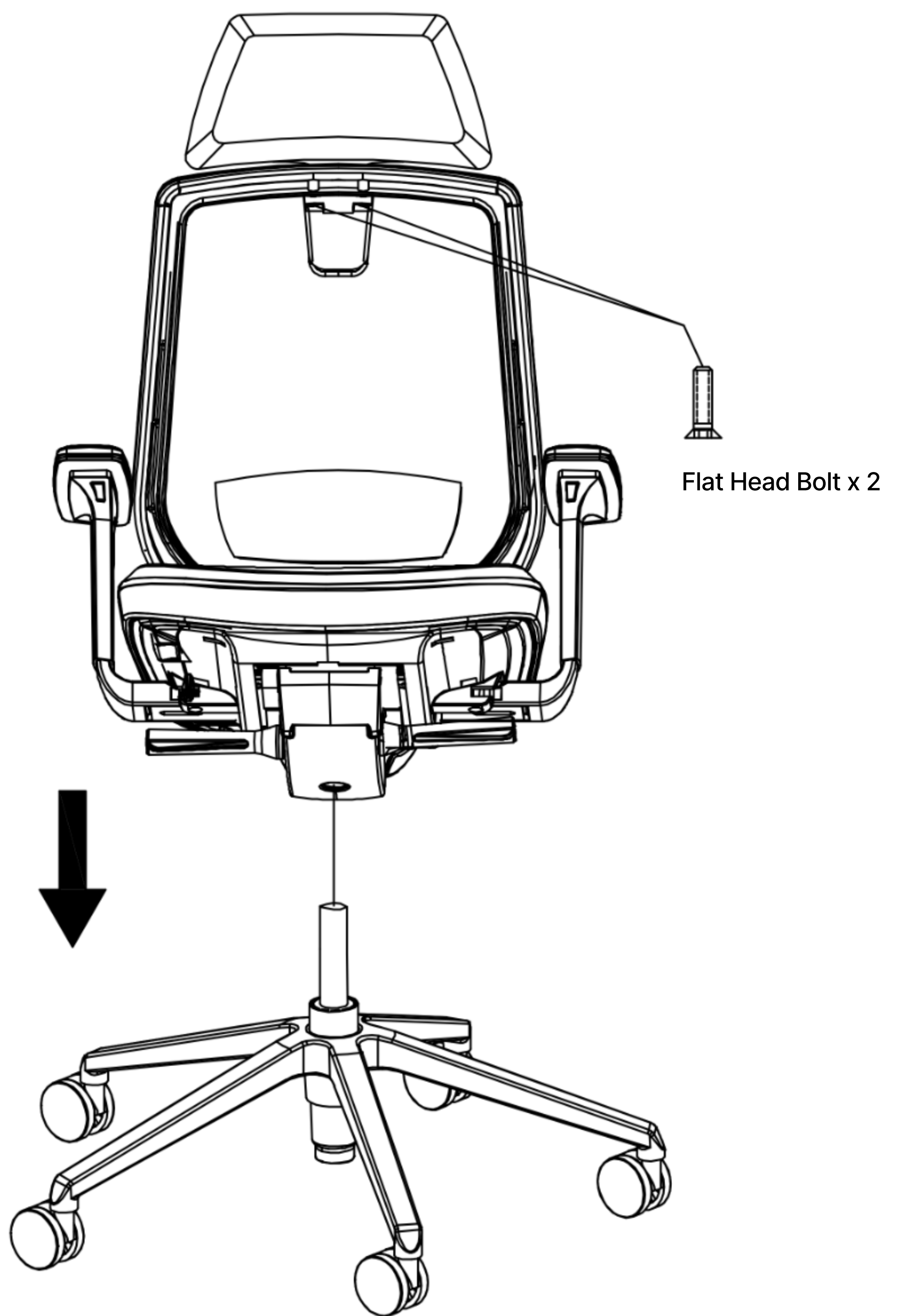
Last step! Flip the assembled seat upright and slide the center hole of the **Seat Base** over the top of the **Seat Post**. Push down firmly until the connection is secure.

***For customers that bought the Headrest.**

Using 2 x **Flat Head Bolt**, attach the **Headrest** to the **Backrest** into the predrilled holes. Tighten securely with the **Allen Key**.



Flat Head Bolt x 2



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 Pro 2.0 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 suggestions?

hello@recess.com.au

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Follow us on Instagram and thank us later.

