

# ASSEMBLY INSTRUCTIONS

Rise Ergonomic  
Office Chair



**RISEDESK**



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**Welcome to #risefam!  
You are just a 30  
minute setup away  
from improving your  
health. We are so  
excited to have you  
join our community!**

*- Mike & Michael*



Feel free to start your installation journey by scanning the QR code and scrolling down to assembly for a video tutorial or turn to the next page for step 1.



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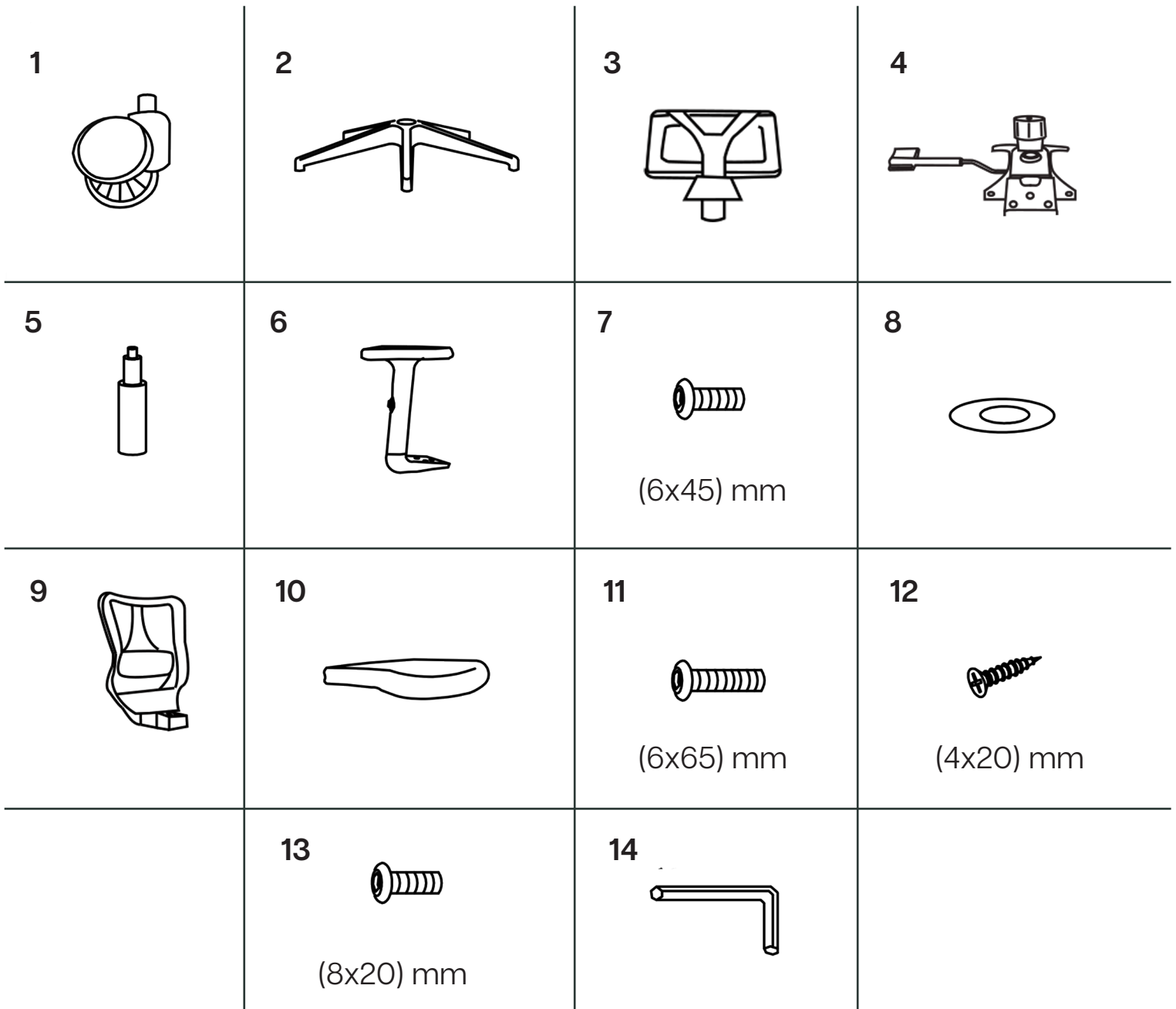
*If you have any questions regarding our products or assembly, please contact us at [happy@risedesk.io](mailto:happy@risedesk.io)*

# RISEDESK



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NO.	COMPONENT NAME	PCS
1	Wheels	5
2	Legs	2
3	Headrest	2
4	Metal Base	1
5	Gas Cylindar	1
6	Arm Rest	2
7	(6x45) mm Bolt	8

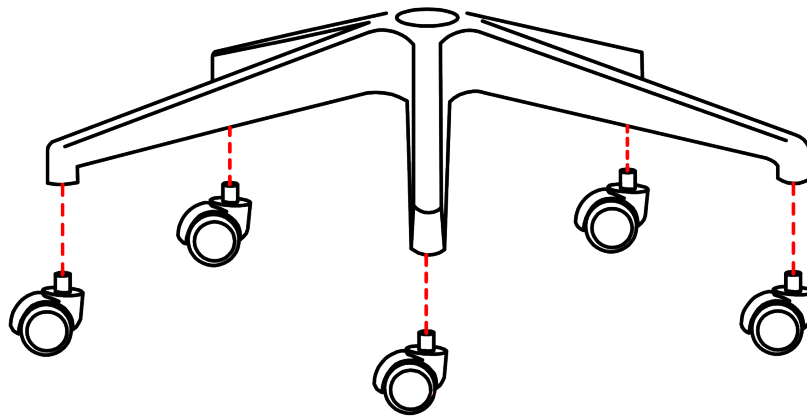
NO.	COMPONENT NAME	PCS
8	Washer	4
9	Back piece	1
10	Seat Cusion	1
11	(6x65) mm Bolt	2
12	(4x20) mm Screws	2
13	(8x16) mm Bolt	3
14	Allen Key	1

# **Assembly Instructions**

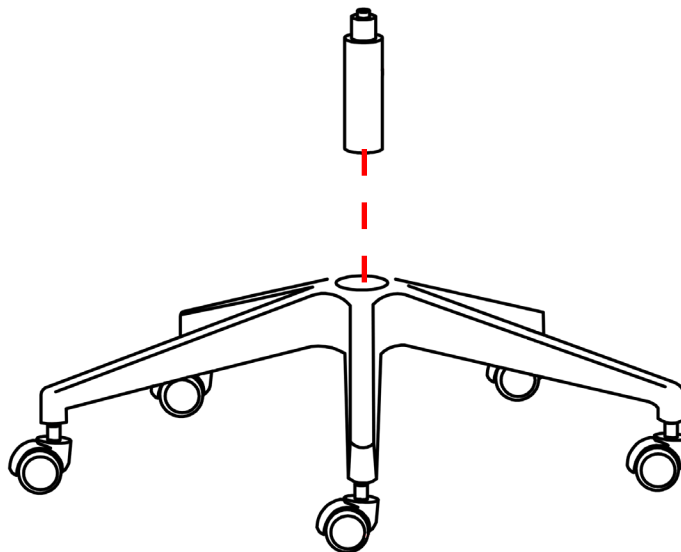
# STEP 1 - ASSEMBLING LEGS

- 1) Insert 5 wheels on the bottom of each leg.
- 2) Insert middle stem into the top of the legs.

1



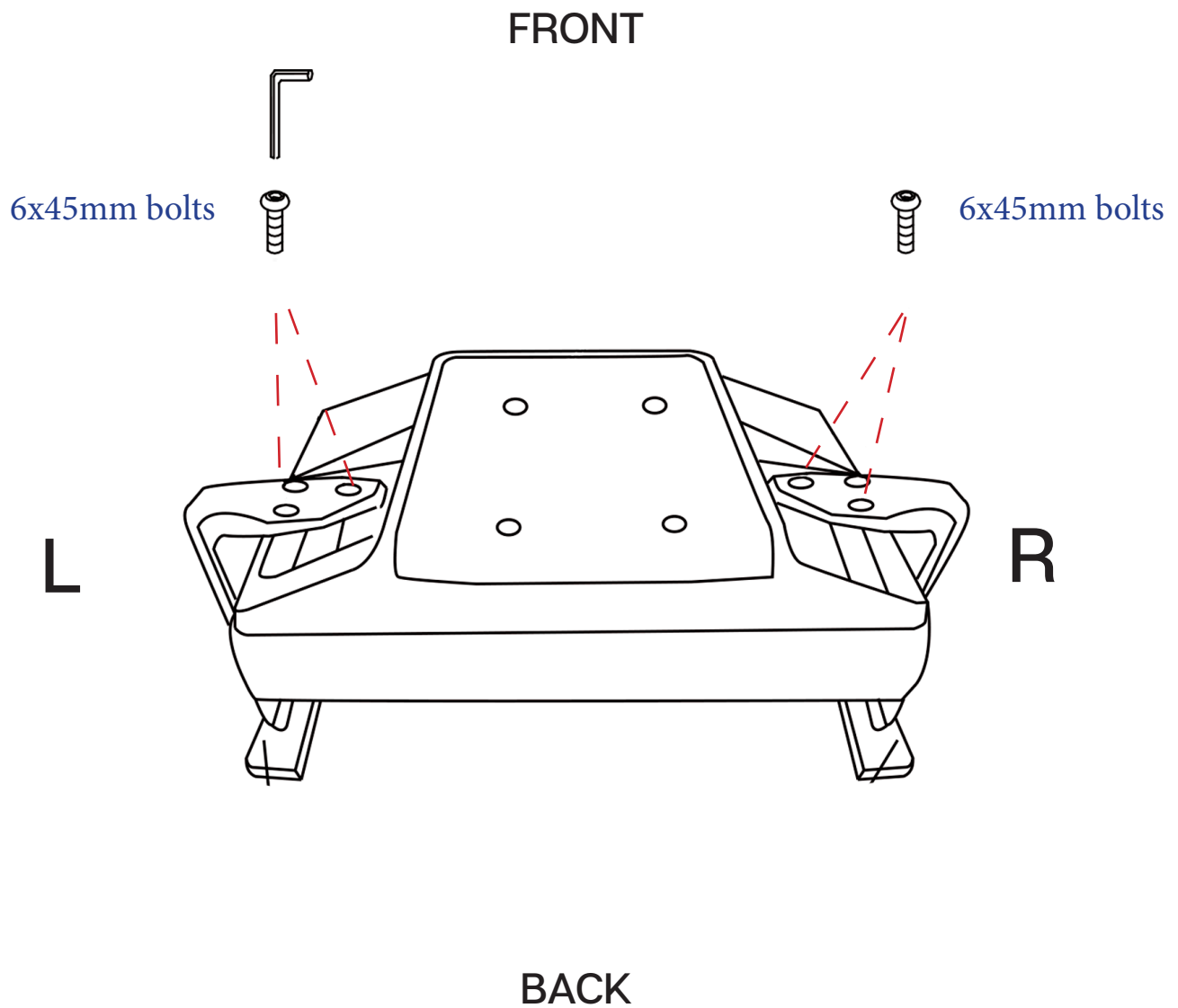
2



## STEP 2 - CONNECT ARMRESTS TO SEAT

Align armrest holes to the bottom of the seat base and screw them in place with six 6x45 mm bolts and 6 washers.

6x 6x45 mm bolts



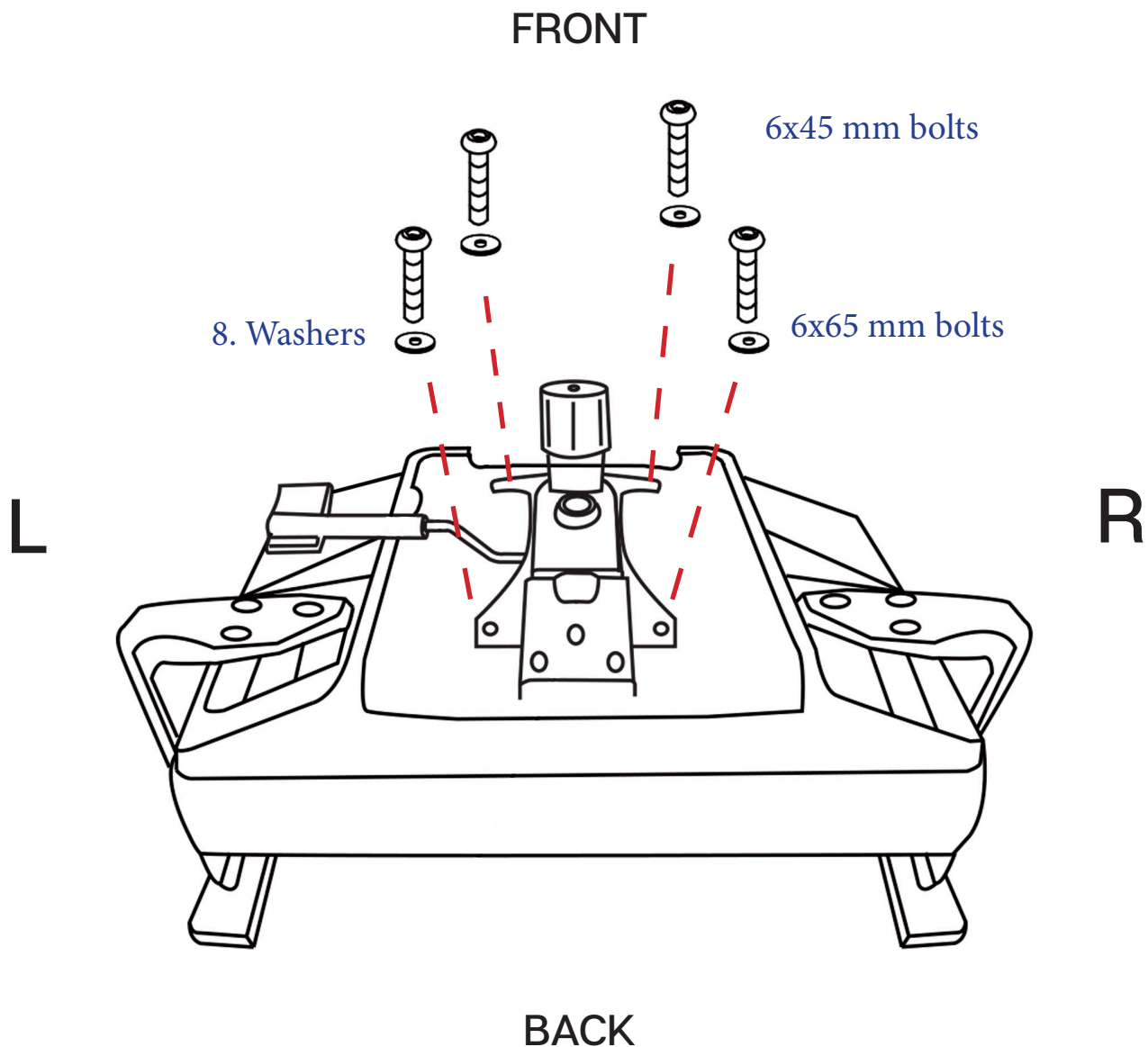
## STEP 3 - INSTALL METAL BASE

Align bottom piece holes to the four holes on the underside of the seat. Screw in two 6x45 mm screws with flat washers on the front. Screw in two 6x65 mm bolts with flat washers on the back holes.

Bottom piece

4x (6x65) mm Bolts

4x Washers



**Note:** The back piece will not connect if the base is installed in the wrong direction.

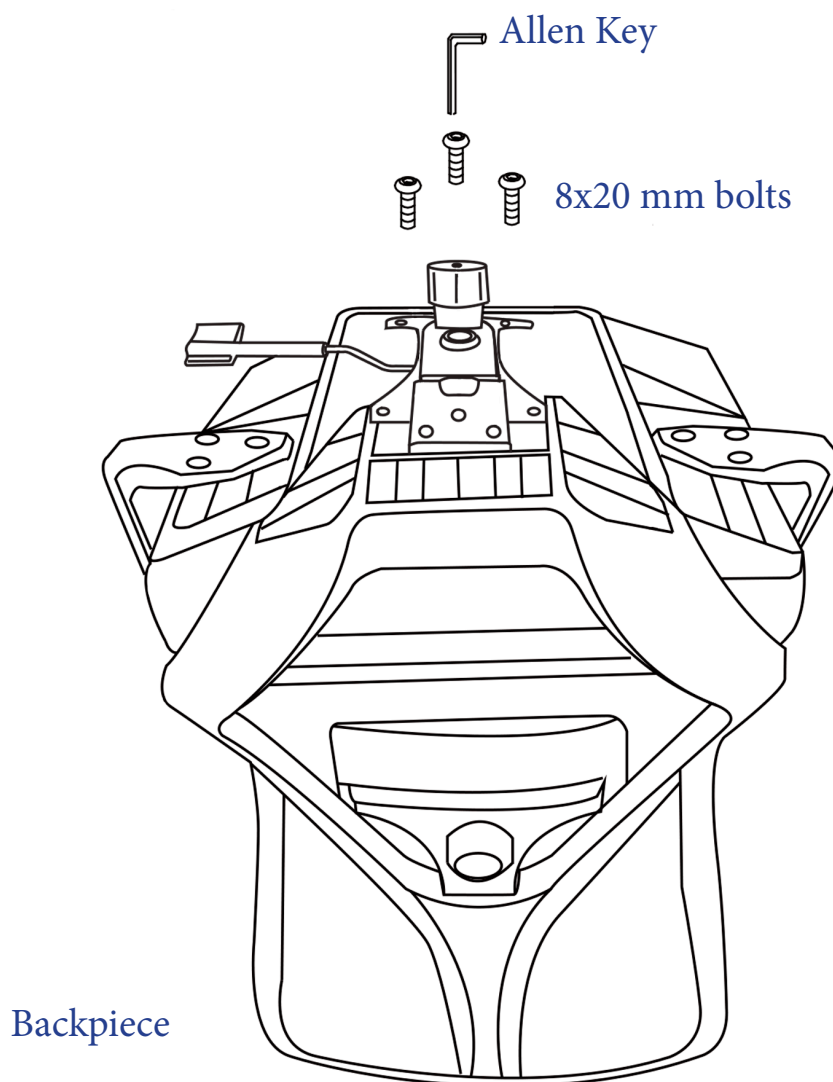


## STEP 4 - ATTACH BACKPIECE

Match the holes on the backpiece with the holes near the backside of the seat. Screw three 8x20 mm bolts with the provided allen key.

3 x 8x20 mm bolts

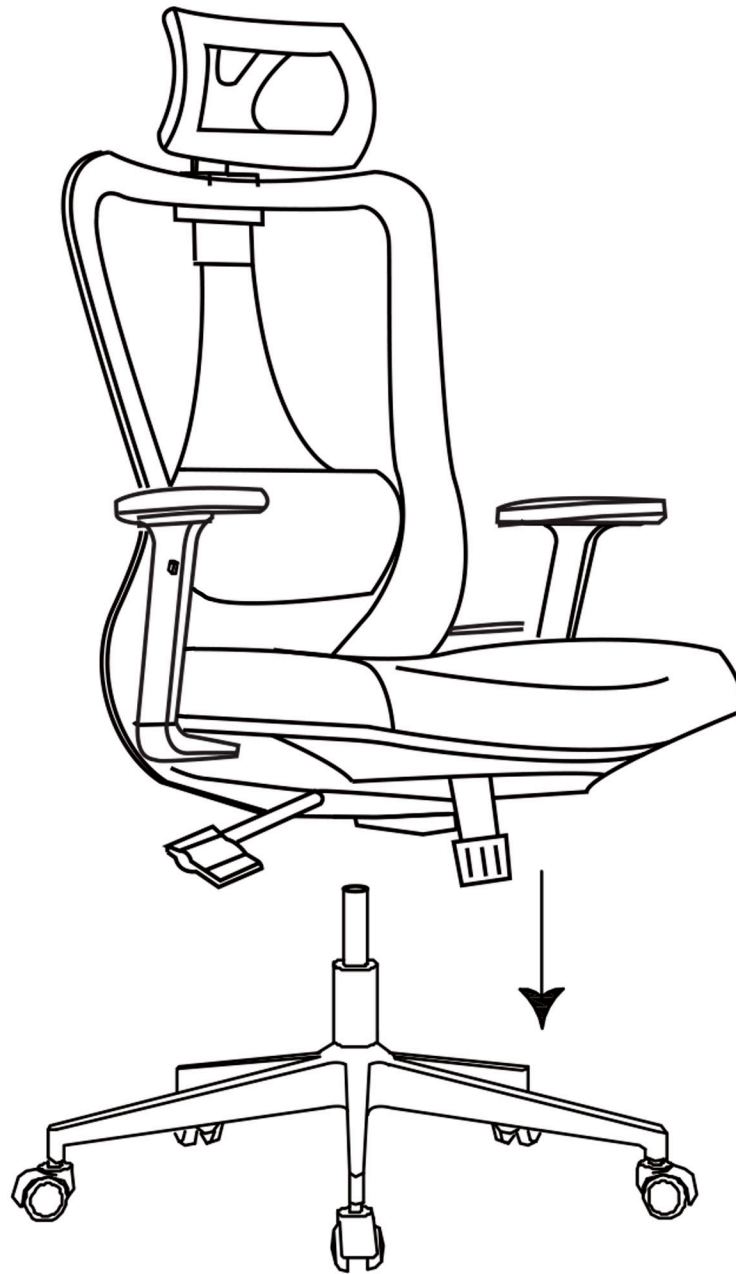
Allen Key



**Note:** If back piece does not install easily, ensure the metal base is attached on the correct side.

## STEP 5 - PUTTING IT ALL TOGETHER

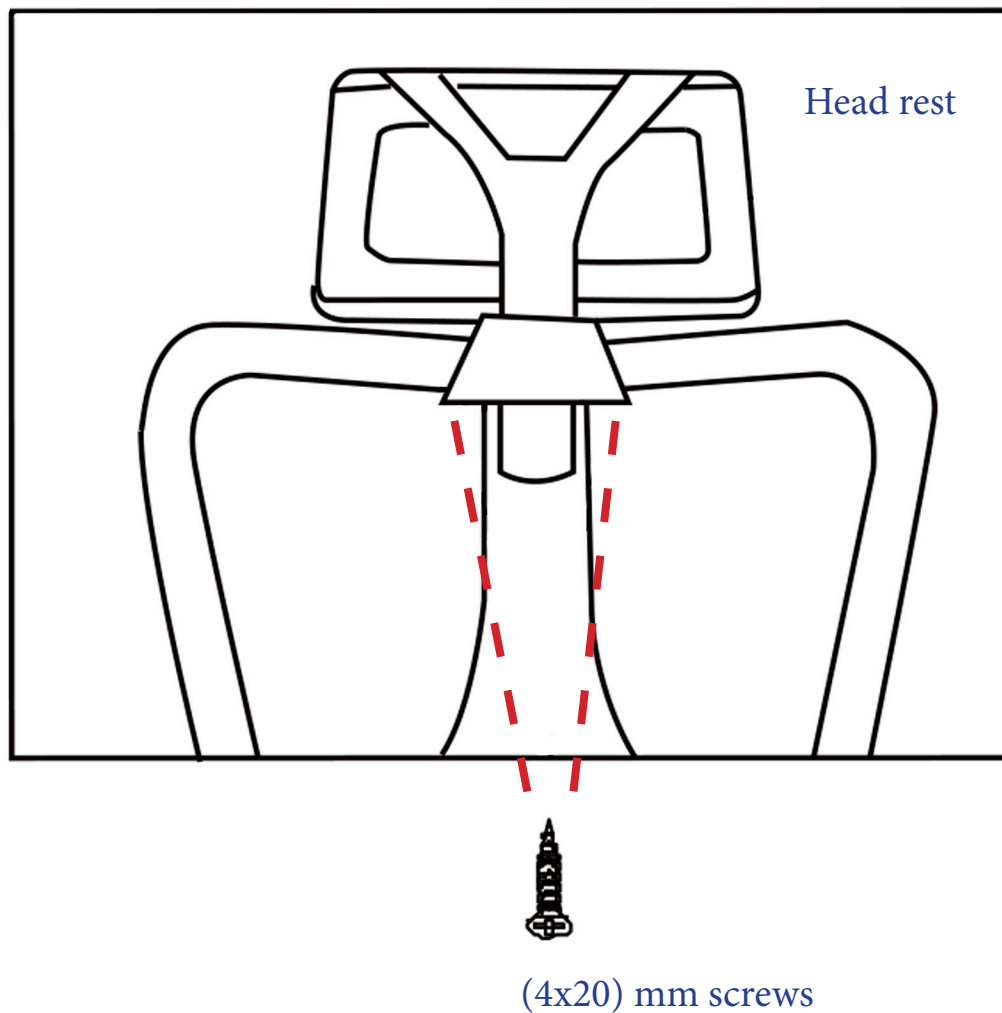
1) Place your assembled top of the seat to the legs of the chair.



## STEP 6 - HEADREST

Align headrest with top of the back piece of the chair. Screw the headrest in with 2 (5x16) mm screws

2 x (5x16) mm screws

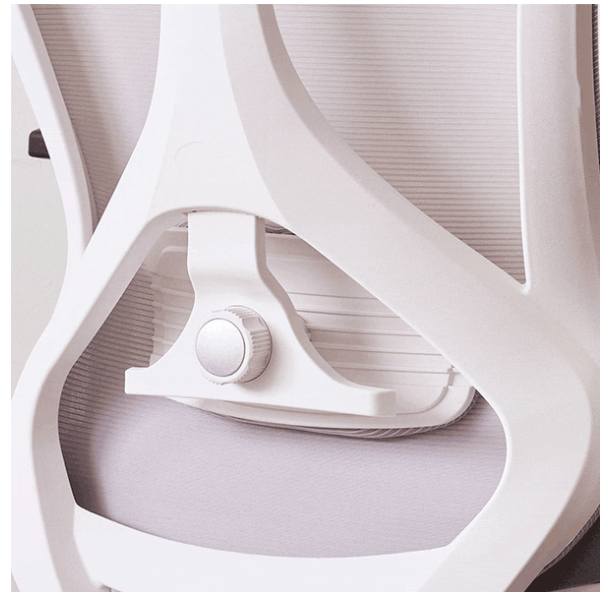


# User Adjustment Guide



## Adjust Chair Height

1. Sit in chair
2. Lift right side handle upwards to go down
3. Remove weight from chair and lift handle upwards to go up



## Lumbar Height

1. Push lumbar cushion up or down to adjust to desired height



## Lumbar Depth

1. Spin lumbar wheel to adjust forward or backwards





## Chair reclines

1. Right lever unlocks and locks recline
2. Pull lever right to unlock
3. Lean back in chair to recline
4. Push lever left to lock
5. Knob underneath the seat in the middle adjusts the recline tension



## Arm-rest adjusts upwards

1. Press button in the middle on left or right
2. Pull up or down



## Lumbar Height


1. Pull the headrest up to adjust height

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