

ASSEMBLY INSTRUCTIONS

Rise Ergonomic
Office Chair Pro



RISEDESK

**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.



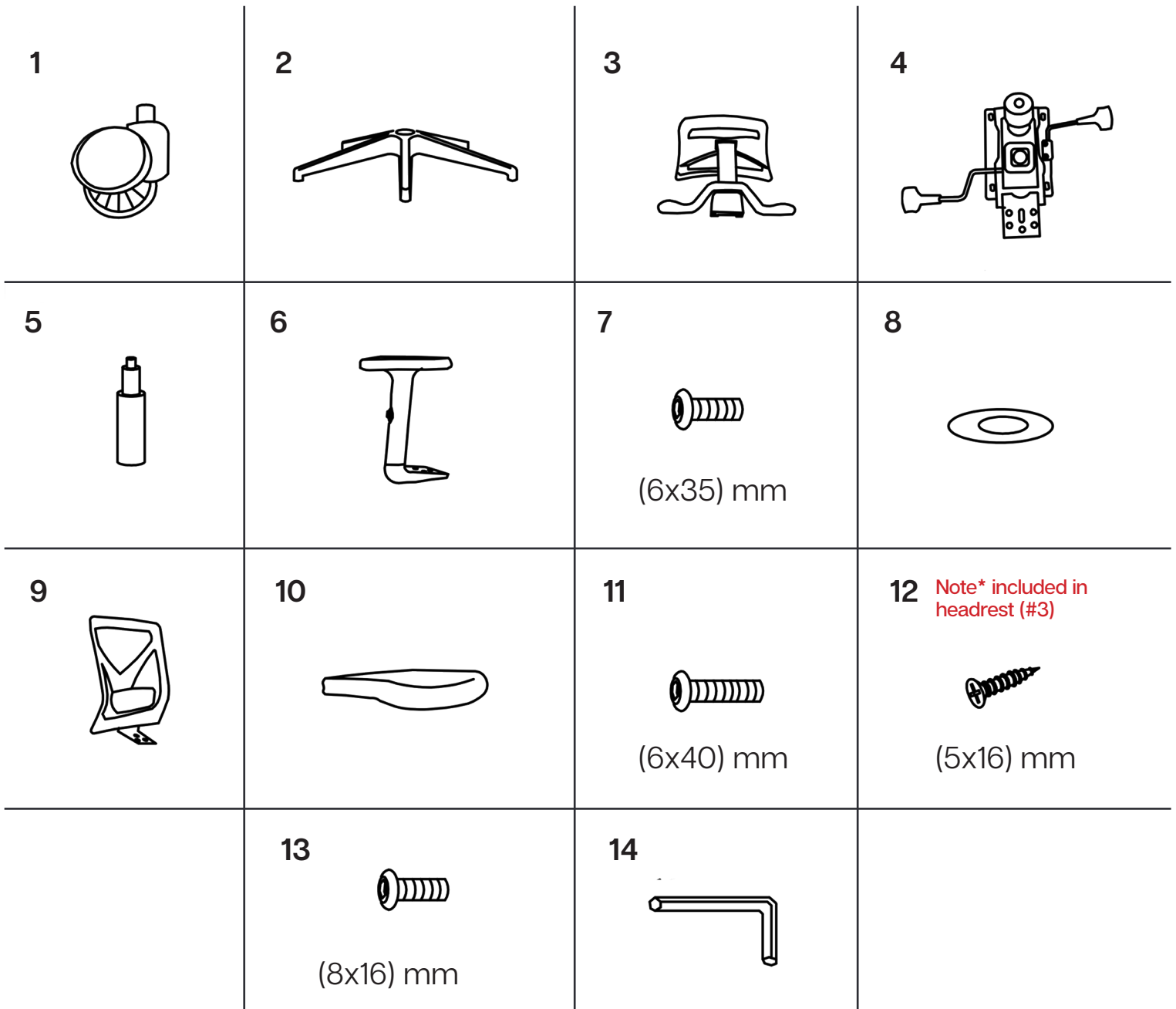
If you have any questions regarding our products or assembly, please contact us at happy@risedesk.io

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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	(6x35) mm Bolt	8

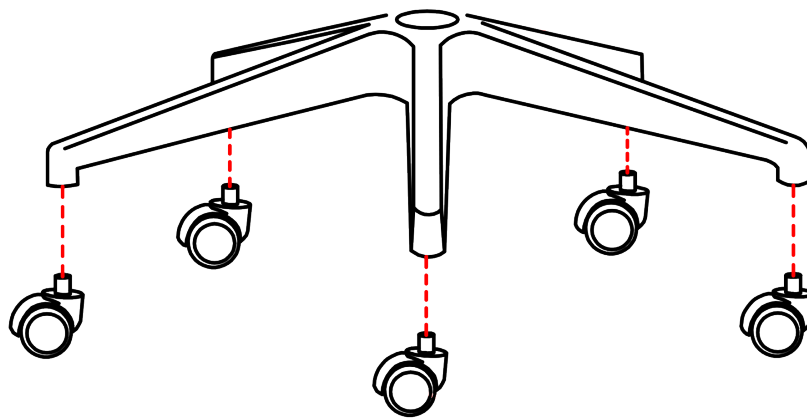
NO.	COMPONENT NAME	PCS
8	Washer	4
9	Back piece	1
10	Seat Cusion	1
11	(6x40) mm Bolt	2
12	(5x16) mm Screws	2
13	(8x16) mm Bolt	3
14	Allen Key	1

Assembly Instructions

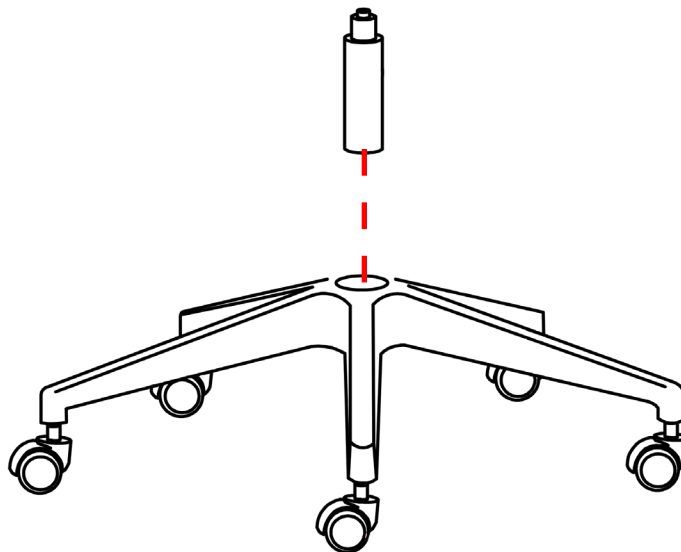
STEP 1 - ASSEMBLING LEGS

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

1



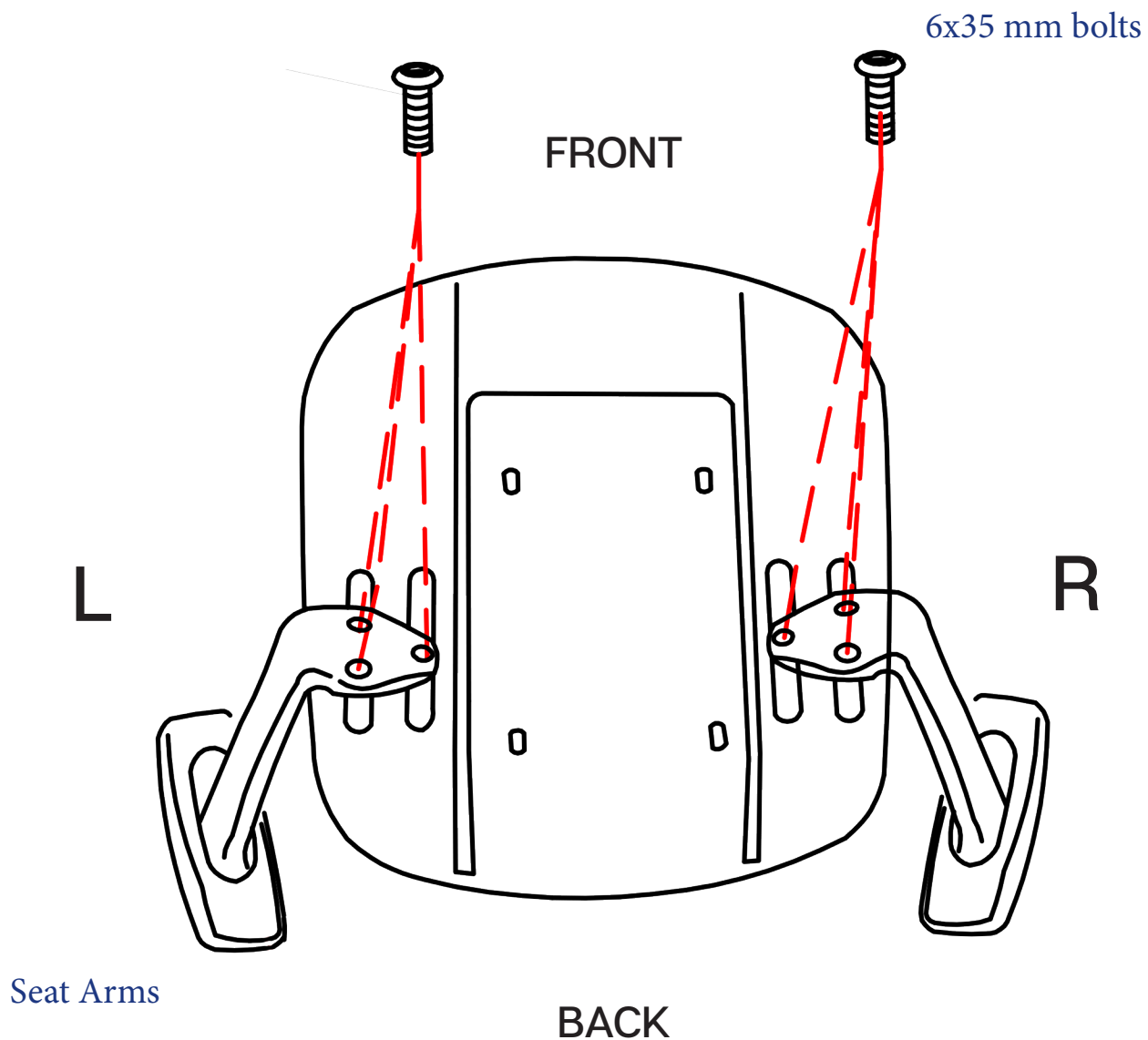
2



STEP 2 - CONNECT ARMRESTS TO SEAT

Align armrest holes to the bottom of the seat base and screw them in place with six (6x35) mm bolts.

6x 6x35 mm bolts



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

STEP 3 - INSTALL METAL BASE

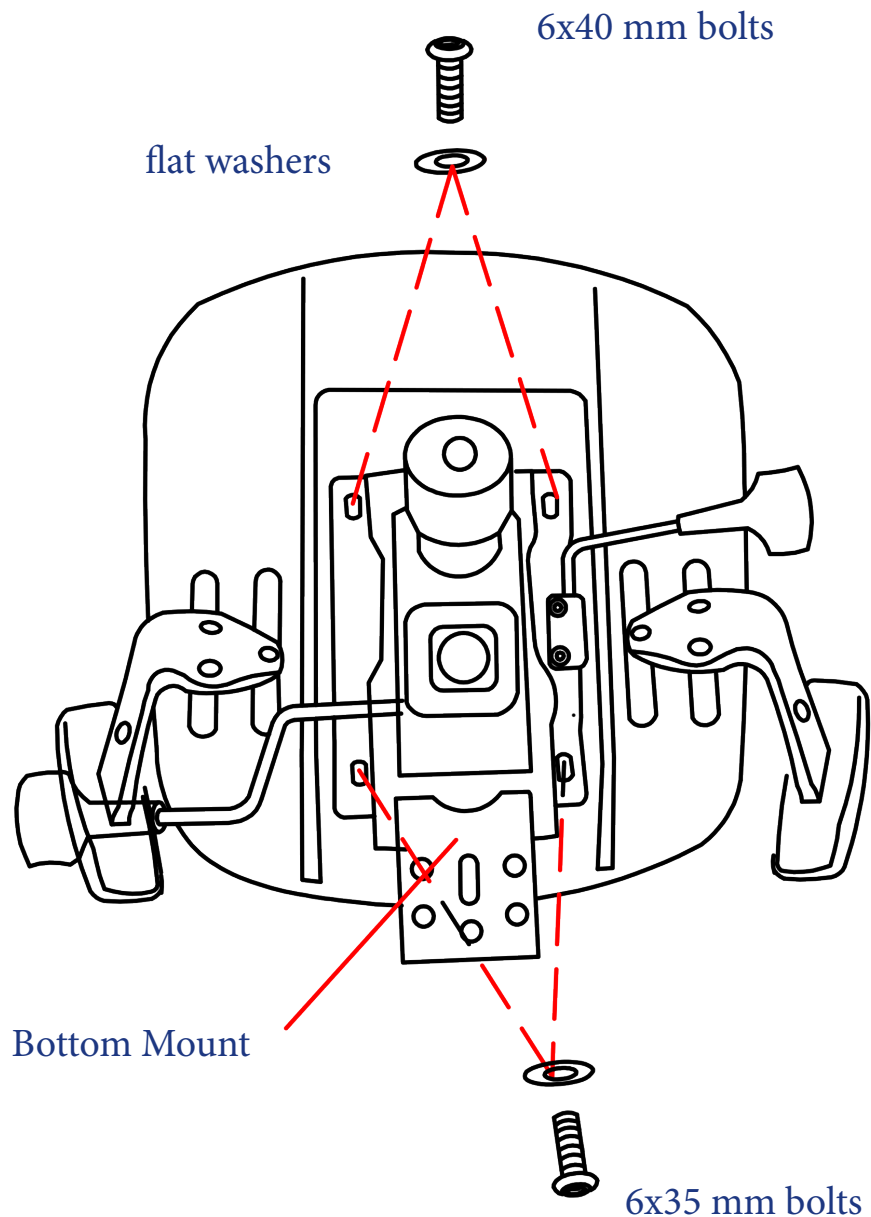
Align bottom piece holes to the Four holes on the underside of the seat. Screw in two 6x40 mm screws with flat washers on the front. Screw in two 6x35 mm bolts with flat washers on the back holes.

2 x 6x35 mm bolts

2 x 6x40 mm bolts

4 x flat washers

Bottom piece

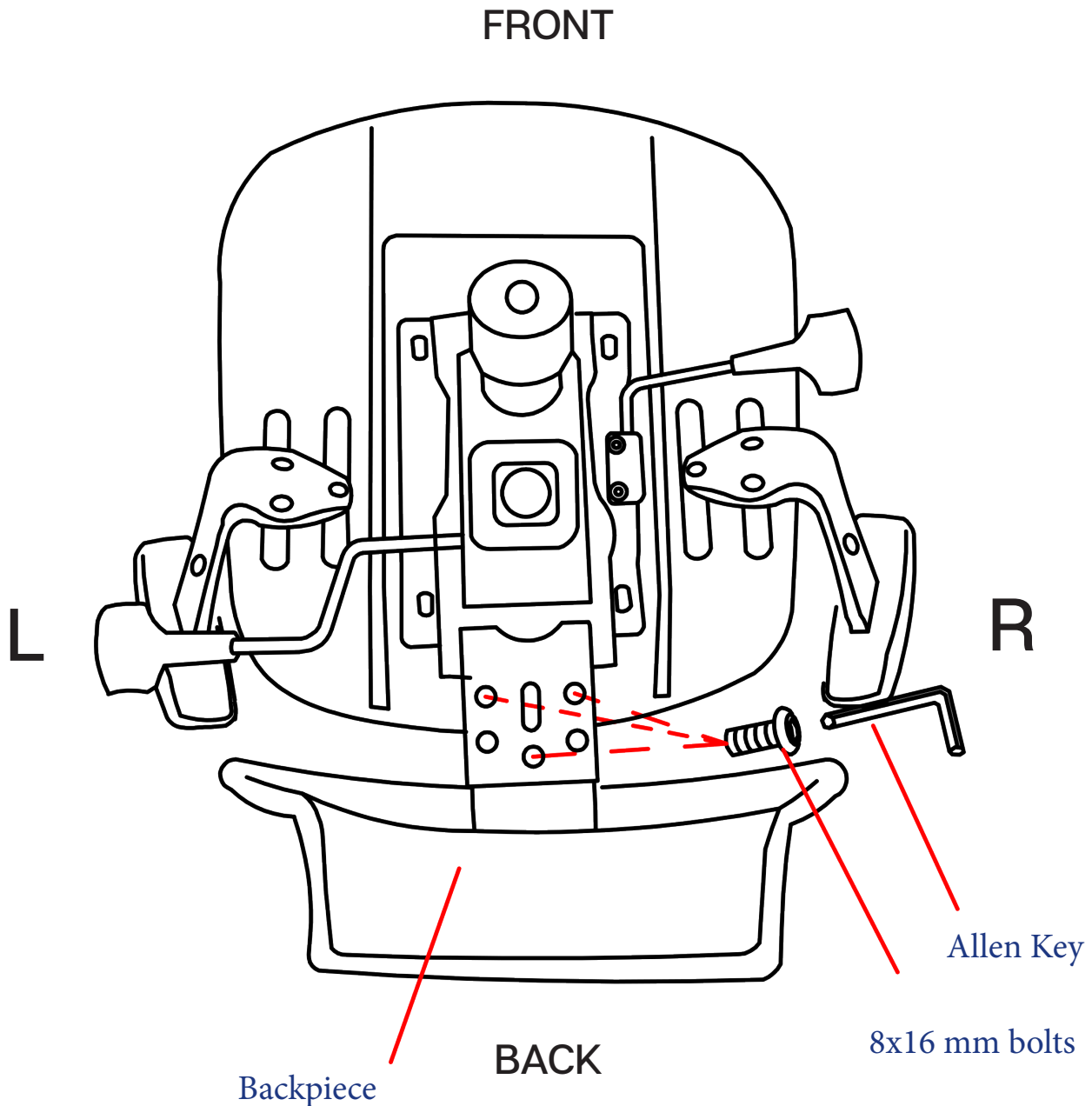


STEP 4 - ATTACH BACKPIECE

Match the holes on the backpiece with the holes near the backside of the seat. Screw three 8x16 mm bolts with the provided allen key.

3 x 8x16 mm bolts

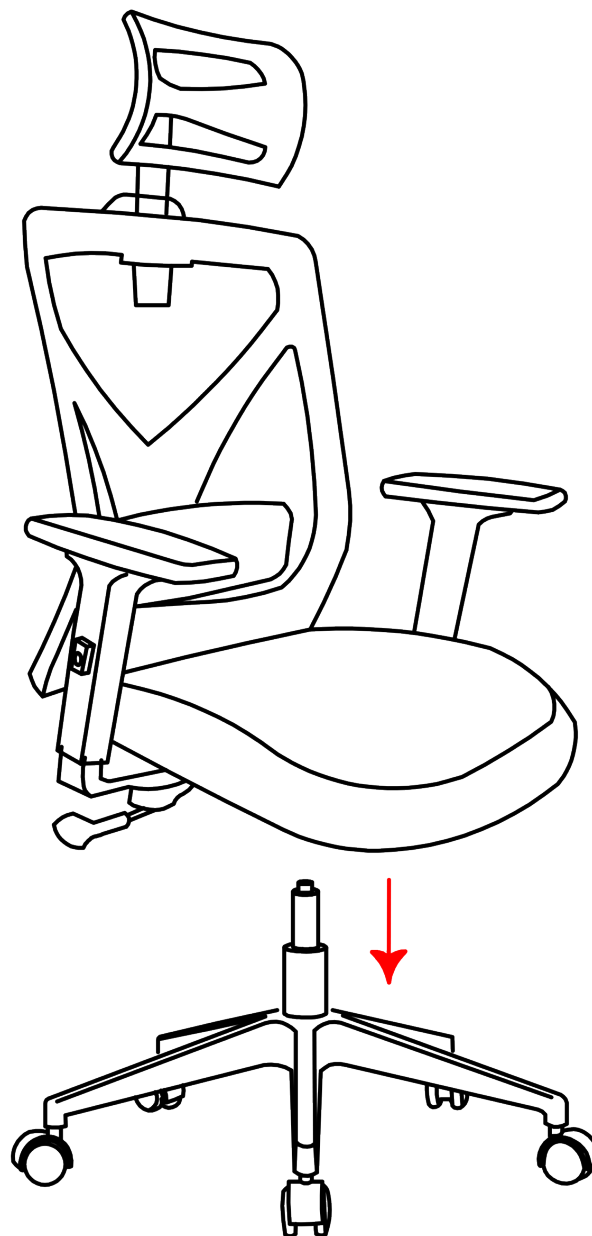
Allen Key



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

STEP 5 - PUTTING IT ALL TOGETHER

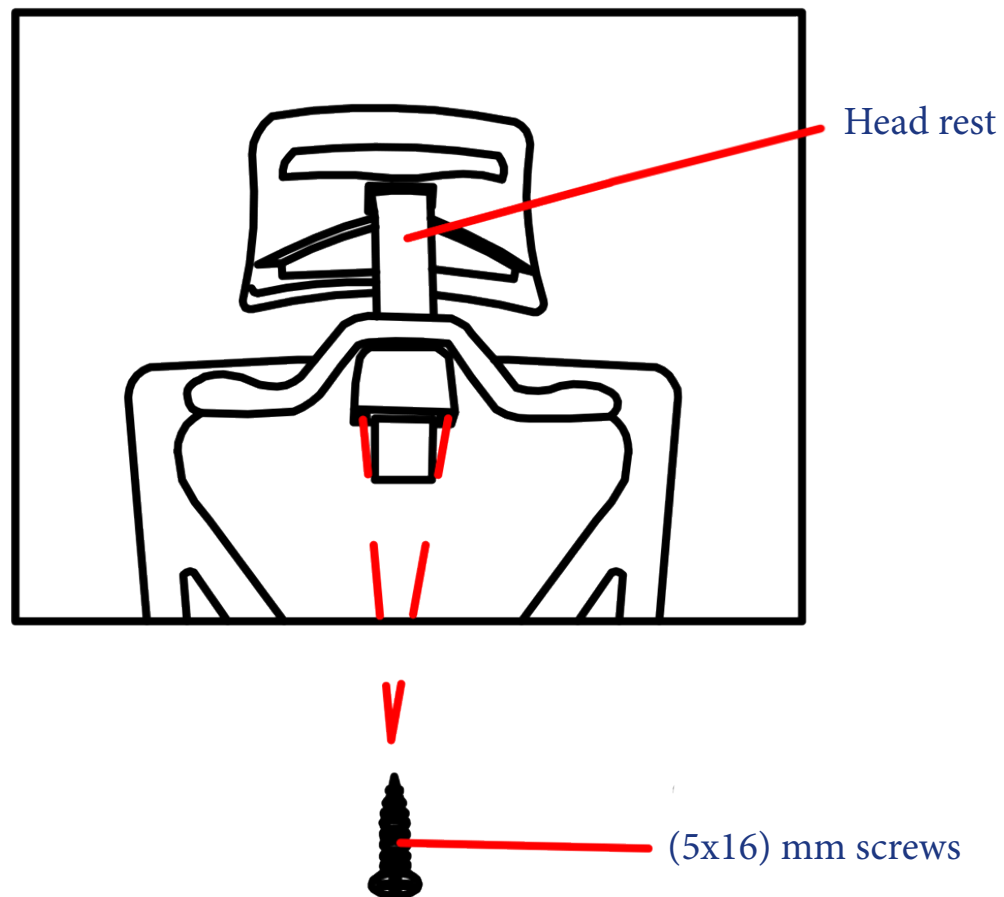
1) Place your assembled top of the seat to the legs of the chair.



STEP 6 - HEADREST

- 1) Unscrew 2 screws from the bottom plate of headrest. The bottom plate will fall out
- 2) Align the headrest to the top of the back piece and push forward to click in
- 3) Screw the bottom plate and 2 screws in to make it secure

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



Chair Seat Depth

1. Lift left side handle up and hold to unlock
2. Shift seat forwards or backwards
3. Let go handle to lock



Lumbar Depth

1. Spin lumbar wheel to adjust forward or backwards



Arm-rest adjusts upwards

1. Press button in the middle on left or right
2. Pull up or down
3. Grab arm rest top and push forwards or back
4. Grab arm rest top and turn left or right



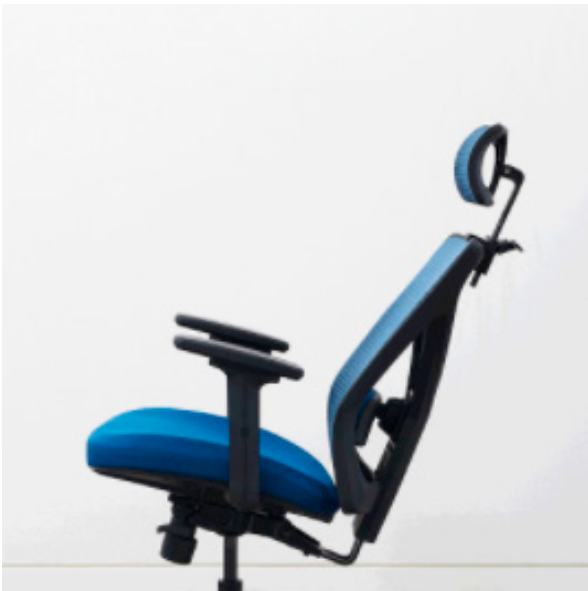
Back Adjusts Upwards

1. Grab 2 corners of the chair back and pull up
2. Pull chair back up 7 times before it returns to the bottom



Coat hanger

1. Hang your blazer or jacket on your chair.



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



Headrest up and rotation

1. Pull the headrest up to adjust height
2. Rotate the headrest to adjust the angle



Lumbar Height


1. Push lumbar cushion up or down to adjust

RISEDESK

Toronto, Canada

happy@risedesk.io

www.risedesk.io

 [@risedesk.io](https://www.instagram.com/risedesk.io)