

ZERO ERGONOMIC GAMING CHAIR GUIDELINES

Encourage users to adopt a neutral posture and move more while seated



STEPS:

1. Adjust the seat so that your feet are flat on the floor and your hips are slightly higher than your knees.
2. Adjust the neck pillow to fit the curve of your neck.
3. Fill in the curve of your lower back with lumbar support.
4. Straighten your back, sink low into the chair, and lean on the backrest to support your spine.
5. Adjust the recline angle of the chair, Work 100°-110°, Movie 130°, Rest 165°.
6. Adjust the angle of the 4d armrests to support the weight of each arm.
7. Relax by releasing the tilt lock and resting at different tilt angles.
8. Increase swing flexibility by adjusting the chair tension.



Change your sitting position slightly every five minutes. Take a 20-minute standing break every 20 minutes to keep your body moving.

Note: New users will need a few days to get used to sitting in this position. It is normal to feel uncomfortable at first. Sitting with your back straight, chest open and hips upright may be uncomfortable at first if you have poor posture.



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