

# Bambach Saddle Seat

## Assembly & Adjustment Guide



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# Bambach Saddle Seat with Back

# Assembly

## Wheel Assembly *(If Necessary)*

- Insert wheels into base as shown
- After starting wheel insertion press down on the base on the floor to fully seat the wheels.



## Gas Cylinder Insertion

- Place the gas cylinder in the hole of the five star base
- Fully insert cylinder into base



## Optional Foot Ring Installation

- Place the foot ring onto gas cylinder and tighten at desired height

(Note: Footring is available for all stool types)



## Seat Base Installation

- Looking at the bottom of the seat base line up the hole with the top of the gas cylinder post
- Slide seat base onto gas cylinder post through the hole
- Sit on the seat base to lock into position



## Seat Back Installation

- The seat back support located on the seat base has installation grooves for inserting the seat back
- Insert seat back into the grooves of the seat base
- Slide seat back all the way into the seat base



*Bambach Saddle Seat with Back  
Shown without optional footring*

This completes the installation of the Bambach Saddle Seat with back assembly. Please read the "Adjustments" section for more details on how to get the full functionality from your stool.

*\*Please remember to complete your warranty card.*



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# Bambach Saddle Seat without Back

# Assembly

## Wheel Assembly *(If Necessary)*

- Insert wheels into base as shown
- After starting wheel insertion press down on the base on the floor to fully seat the wheels.



## Gas Cylinder Insertion

- Place the gas cylinder in the hole of the five star base
- Fully insert cylinder into base



*Bambach Saddle Seat without Back  
Shown with optional assistant arm armrest*

## Optional Assistant Arm Armrest Installation

- Place compression ring onto gas cylinder and position at desired height. Use an allen wrench to tighten set screws
- Slide Armrest onto top of gas cylinder

(Note: Armrest is available for all stool types)



## Seat Base Installation

- Looking at the bottom of the seat base line up the hole with the top of the gas cylinder post
- Slide seat base onto gas cylinder post through the hole
- Sit on the seat base to lock into position



This completes the installation of the Bambach Saddle Seat without back assembly. Please read the "Adjustments" section for more details on how to get the full functionality from your stool.

*\*Please remember to complete your warranty card.*



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# Bambach Saddle Seat

# Seat Adjustment

## Step 1

- Standing in front of the seat



## Step 2

- Pull the seat between your legs



## Step 3

- Sit onto the chair with your bottom to the very back of the seat



## Step 4 (Seat Height Adjustment)

- With your feet placed flat on the floor, pull up on the first lever on your right hand side so that the height of the seat brings the back of your knees to an angle between 30 and 45 degrees



pull up on the first lever on your right hand side so that the height of the seat brings the back of your knees to an angle between 30 and 45 degrees

## Step 5 (Seat Tilt Adjustment)

- Using the second lever on your right hand side pull up to adjust the tilt of your seat to your preferred comfort



Forward Position Tilt



Mid Position Tilt



Back Position Tilt

*Bambach Saddle Seat without Back  
Shown with optional assistant arm / armrest*

## Step 6 (Seat Back Adjustment)

- The back of the Bambach Saddle Seat can also be adjusted up and down, as well as, forward and back.



Seat Back (Up Position)



Seat Back (Down Position)

## Tips for Sitting on a Bambach Saddle Seat

It may take a few days to a few weeks for your body to adjust to your new sitting position.

If you take a little time each day for the first few days you will quickly get use to the new way of sitting.

Day 1 - Sit up to 15-20 minutes only

Day 2 - 15-20 minutes repeated a few times throughout the day

Day 3 through 5 - Repeat the 15-20 minute sitting intervals

When you feel comfortable increase the time and remember to take regular breaks. The following week increase the sitting time.

*\*If you experience any discomfort or pressure in any new areas take a break for a few days and then return to Step 1.*



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