

# TEMPO TREAD TOP STOOL INSTRUCTIONS

## INCLUDED PARTS



BASE



PNEUMATIC CYLINDER



SEAT

## OPTIONAL PARTS



FOOT RING

## STEP 1

### ASSEMBLE BASE

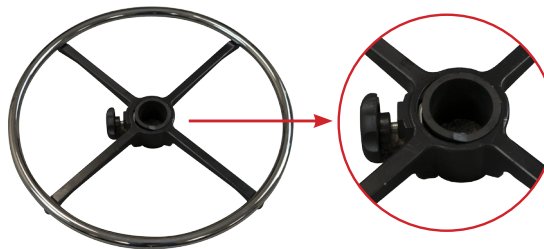
Take the pneumatic cylinder from its protective carton and remove the protective washer that is taped to the narrow end, prior to assembly. Insert the wider end of the pneumatic cylinder into the center of the base.



## STEP 2

### OPTIONAL FOOT RING

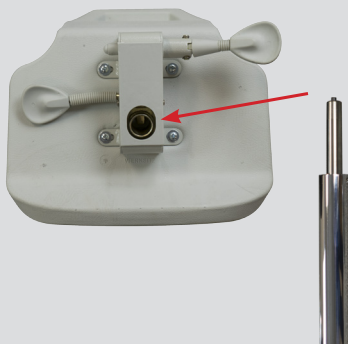
If you purchased an optional foot ring, attach it now. Loosen the hand knob until the opening is wide enough to fit around the pneumatic cylinder. Attach the ring to the cylinder, such that the black crossbars are positioned below the chrome ring. Once you have the foot ring in your preferred position, turn the knob to secure it in place.



## STEP 3

### FINAL STEP

Insert the top end of the pneumatic cylinder into the bottom of the seat assembly.



## ADJUSTMENTS

### While seated:

- To adjust the stool's height, depress the lever under the left side of the seat.
- To adjust the stool's seat angle, depress the lever under the right side of the seat.

## ERGONOMICS

### For the best ergonomic posture while you sit, follow these guidelines:

- Adjust the seat angle and seat height so that the angle between your legs and your torso are as wide as you are comfortable with. Your feet should be flat on the floor. Your hips should be a few inches higher than your knees. This will result in more comfortable hips and back.
- Adjust the seat angle forward completely to use as a leaning perch to relieve the pressure from your feet while you stand—this way, you remain much more upright while enjoying optimal ergonomics at your desk.



## USING WITH A TREADMILL

### For optimal comfort and to protect your treadmill, observe the following:

- Lift the Tempo onto or off of the treadmill. Do not drag the stool on the floor or along the treadmill.

- To protect your treadmill belt from damage, the stool's base should always be flat on the treadmill belt. Do not lean or otherwise tip the stool onto its edge.

- Your feet should be firmly planted on the treadmill belt, or on the Tempo Stool's foot ring. Do not rest your feet on the treadmill motor housing.

## WARRANTY POLICY

iMovR warrants its Tempo TreadTop Stool against defects in material and workmanship under normal use, for the usable life of the product regardless of usage and without prorating the cost by years of service. This warranty is limited to products that are purchased from an iMovR Authorized Distributor or directly from iMovR and is limited to the original end-user. Under this warranty, iMovR will repair or replace with comparable product, at its discretion and free of charge, any product, part or component which is found defective in material or workmanship during the applicable warranty term. When requested, seating, matting and/or parts must be returned to iMovR for inspection to obtain this warranty. iMovR reserves the right for final determination of warranty coverage. Parts repaired or replaced under this warranty are warranted for the remainder of the original warranty period. All freight costs for returns are the responsibility of other than iMovR. All C.O.D. or freight collect shipments will be refused. This limited warranty is the sole remedy for product defect and no other express or implied warranty is provided, including the products merchantability or fitness for a particular purpose. iMovR will not be liable for consequential or incidental damages or costs arising from any product's defect. iMovR reserves the right to change its warranty policy without notice.

## EXCLUSIONS

This warranty shall not apply to: (1) Damage incurred during shipment. (2) Any product that has been subject to misuse, abuse, negligence, overloading or accident. (3) Improperly used products or use of the product for other than its intended purpose. (4) Any product modified from its original design (unless authorized by iMovR). (5) Damage or failure resulting from the use of corrosive or incompatible chemicals. (6) Replacement of ordinary wear items including but not limited to: cushions, glides, or casters. (8) Products using after-market parts not supplied by iMovR, including the ordinary wear items listed above.

For your convenience, please register the warranty of your Tempo TreadTop Stool by visiting <http://www.imovr.com/warranty>



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TE-STO-MANUAL