

How to Assemble the Gokhale Pain-Free™ Chair

Included in the box



Chair back



**Swivel base, gas lift,
and seat pan. These
items will arrive
pre-assembled
unless a large gas
lift is ordered**



Hex key and bolts arrive in a plastic bag that is usually taped to the inside of the box

**GOKHALE METHOD®
CHAIR ASSEMBLY**

Step 1 After opening the main box, remove the foam pieces. Take out the small open box containing the Back Support and set aside before removing the seat-and-base. **PLEASE BE CAREFUL TO REMOVE THE ATTACHED ALLEN KEY BEFORE DISASSEMBLING THE CHAIR.**

Step 2 Remove the packaging around the back rest. The three Back Support Screws are temporarily threaded into the bottom of the seat plate. Remove the bolts and for ease of assembly, tilt the chair forward, or flip it upside-down onto a clean surface.

Step 3 Slide the Back Support Stem into the receptacle at the back of the Seat Plate. In the Back Support Stem and the Seat Plate aligned while you position each of the three bolts with your fingers, successively turning each bolt clockwise. **Start threading the three bolts with your fingers, successively turning each bolt clockwise. Tighten one bolt without beginning the next one, as this can damage the seat plate.** Screws need to remain perpendicular to the holes to avoid stripping the holes. Tighten one bolt with the supplied Allen Key to again tighten each bolt. Tighten all bolts until all the bolts are firmly tightened down.

Enjoy your new chair!
Please note: Keep all packaging materials. They will be needed for return shipping.



Hex key

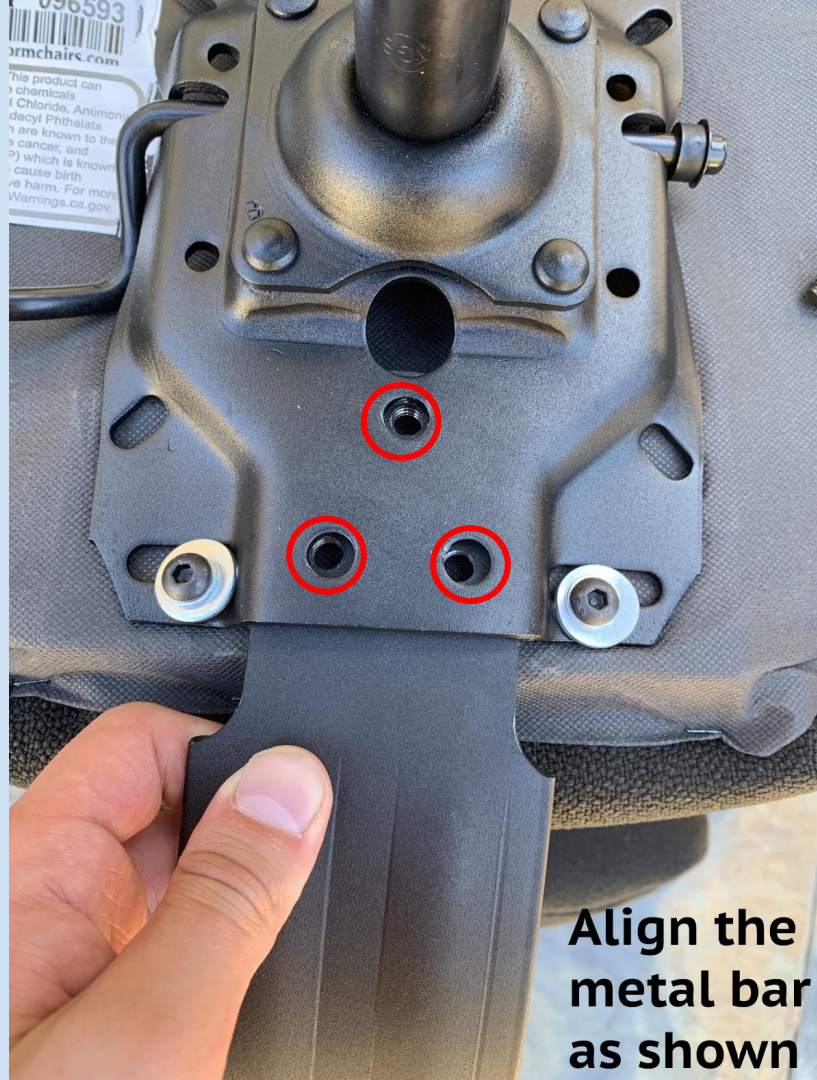


**Three bolts with
spring-lock style
washers**

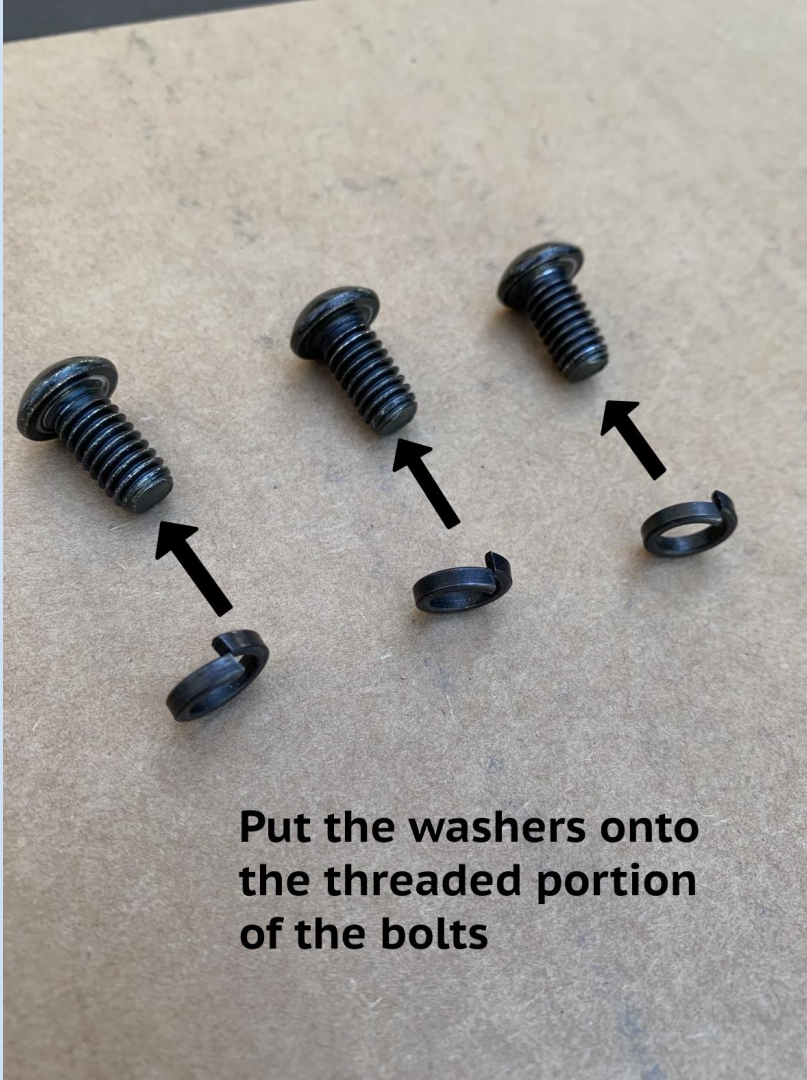
Assembly process



**Insert the seat back
into the metal slot
of the seat pan**



**Align the
metal bar
as shown**



**Put the washers onto
the threaded portion
of the bolts**



Tighten each bolt by hand a little bit at a time. It is important to rotate between all three bolts so that the pressure is evenly distributed



Complete the tightening process using the largest hex key



**Enjoy your new
Gokhale Pain-Free™ Chair!**

