

the språng chair

assembly instructions & users guide

We're very excited that you've discovered the SprångChair and hope you love it as much as we do.

We look forward to hearing your feedback, both on the chair's quality or any issues in the packing or assembly, and more importantly, on your sitting experience as you become accustomed to your new chair and gain core strength.

Please be patient in adapting to the chair. If you've spent years sitting in a conventional chair, or have underlying back problems, gaining strength and flexibility will be an ongoing process. For me, the first two weeks were the hardest.

This is a brand new way of sitting. If you experience discomfort, or have questions as to whether continued use of this chair is right for you, please talk with your doctor or healthcare provider.

Also be aware, this is a piece of interactive gear, dependent on how you assemble, adjust and adapt to it, and as such, you assume full responsibility for your safety and the safety of anyone else who tries out your språng chair. If you have any questions, please contact us for help.

Please make sure all parts of the chair arrived in good shape, and that you've assembled and inflated the chair properly, that the bungee cords are properly adjusted, the ball inflated to a good height, and the valve is closed firmly.

This chair can be a lot of fun to bounce and move on -- please supervise children, as the chair can be mistaken for a bouncy toy.

I hope you experience the benefits that I have, and that our early adopters have as well. Please read the user's guide on how to modify the chair to best suit your individual needs. And please check the website for ways to share your experience with us and the other språng-ers. Happy språng-ing!

Sincerely,



Darren

And now, a little legal disclaimer. Notice: by assembling and / or using a språng chair, the user assumes all risk for the health and safety of themselves other users of the chair in their possession. The Inventory LLC. shall not be liable for any personal injury related to the use of this chair.

chair part check-list

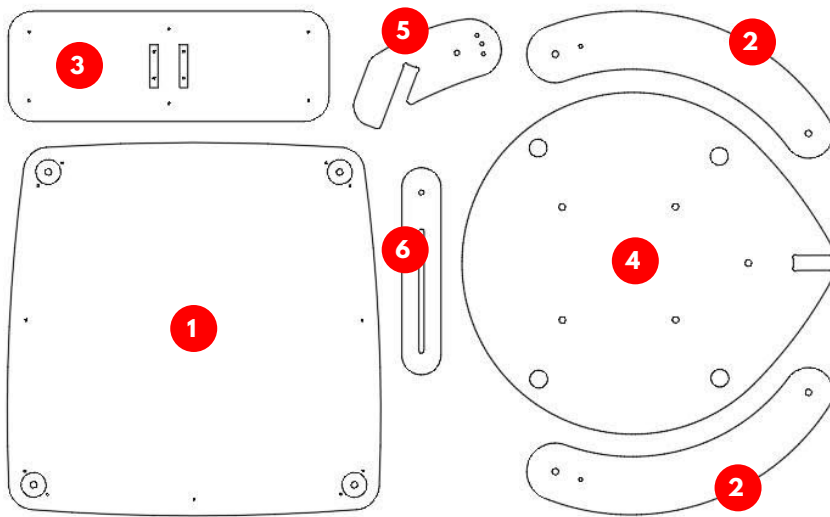
- Top Cushion with 4 eye-bolts attached to underside
- Left & Right “banana” uprights & Link slider (not included with stool)
- Back Cushion*
- Large Språng tear-shaped platter with tail fin and PVC cleats.
(cleats extend from the underside) & Velcro bungee keepers.
 - Attached stow-below ball pump (deluxe chair only)
 - 5-star base (black in standard model; aluminum in deluxe model)
 - Chair Assembly Hardware (white box)
 - Mechanism with Lever
 - Gas Lift riser (do not remove blue plastic cap – that is the top side)
 - 5 Casters (1 locking with red tab on brake)
 - Hardware Bag
 - 4 Carabiners
 - Allen Wrench (hex key) with red tip (save for locking pin)
 - 4 short bolts with insert nuts (to attach mechanism)
 - 1 long bolt with 1 nylon shoulder washer & 1 insert nut
(to attach “banana” uprights.*
 - 2 Cam Lever Assemblies
 - Cam Lever
 - Black/silver glide washer
 - White nylon shoulder washer + fender washer
 - Open-ended insert nut
- 30 cm silver-gray 300 GSM PVC ball with extra valve plug & white inflator adapter.
- 4 bungee cord / wooden ball-end assemblies

* Not included with stool

tools you will need

1. Phillips head screwdriver (required)
2. Solid surface (desk, table, counter-top) protected with a bath towel (recommended)
3. Air pump with tapered inflation adapter (included with deluxe chair or sold separately. A pump is required to inflate the yoga ball).

parts overview



1. Top Cushion
2. Left & Right “banana” Uprights
3. Back Cushion
4. Språng tear-shaped Platter
5. Tail Fin
6. Slider

assembly overview

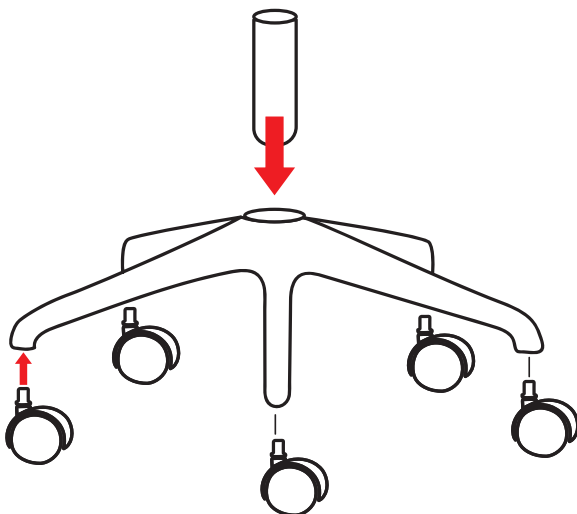
1. Unpack box and inspect for missing or damaged parts.
2. Locate your Phillips head screwdriver, clear a work surface and protect with clean bath towel.
3. Install the 5 casters into the underside of the 5-star base. The stems should fully install with firm even pressure. Note the locking caster with red tab. Set on floor.
4. Unpack the hardware kit, locate the black metal height adjustment mechanism with lever, hardware bag, and set the Språng platter right-side up on your work surface.
 1. Unscrew the 4 insert nuts from the short bolts. Insert the nuts to the top side of the platter. Gentle pressure may be required.
 2. Flip platter over and place mechanism so that square opening faces the back tail fin, and lever faces to the left from the underside view; 4 attachment holes will be visible through the mechanism attachment slots. Screw in 4 short bolts into the insert nuts you just installed using Phillips head screwdriver. If insert nuts swivel instead of tightening, use Allen wrench on top side to assist with tightening. Do not overtighten.
5. Gently insert narrow end of gas lift into mechanism. It will seat itself, no pounding required.
6. Remove protective foam from PVC cleats, and insert center of 1 bungee cord through the underside of each PVC cleat and pull loop through the top side.
7. You’re doing great! Seat this assembled platter/riser assembly into the center hole in the 5-star base.
8. Unbag the top cushion and attach the 4 carabiners; clip the carabiners from outside towards the center, so that when they hang down, the openings face outward.
9. Set the top cushion, soft-side down, so that the wider end is closest to the front of the chair, and the tail fin is on the opposite side. If it is not obvious which end is wider, you can check with a measuring tape.
10. Clip the 2 front bungee loops to the 2 front carabiners.
11. Inflate the ball so that it has no wrinkles and looks reflective and taut. This takes a few minutes with a small hand pump, be patient. Seal with the valve plug fully inserted. Set the ball on the platter, centered on the insert nuts and so there is 1 – 2” of space between the tail fin and the ball. Make sure the plug will be accessible later and note the location.

Overview Continues on Next Page

assembly overview (continued)

12. Flip the bottom cushion upright so it sets onto the ball and clip the other 2 bungees into place.
13. Check that the bungees aren't twisted. If they are, you can unclip one at a time, untwist, and re-clip.
14. Check that the ball is centered right to left on the platter, and under the top cushion.
 1. Ball should not be in contact with the tail fin and should be forward relative to the 4 insert nuts.
 2. Pull on one end of each bungee to apply pressure to the ball and top cushion, and lock in place into the PVC cleat.
 3. Check that ball is still centered and valve is still visible. This makes it much easier to add air in the future.
15. Turn chair upside down. Orient base so locking caster is facing the front of the chair (directly opposite the tailfin).
16. One bungee at a time, pull long end towards the hub at the center of the base, loop the bungee around the hub, all the way back to the carabiner, and clip the wooden ball through the carabiner. Repeat for all 4 carabiners.
17. Turn chair upright. If you have the stool, you're done! Sit slowly the first time, as if you're balancing on a ball.
18. Attach the "banana" uprights so they curve inward towards the chair. Locate the long bolt with the closed end insert nut and the white shoulder washer. Insert nut on bottom hole of left side "banana" piece, and install the shoulder washer on the right "banana" piece. Attach bolt through white side, through bottom hole in tail fin, and screw into insert nut.
19. Locate Allen wrench. Remove red tip, and insert through slot in banana piece, through center bottom pin hole in upright, until it protrudes on the opposite side. Slide the red tip onto the protruding end of the Allen wrench.
20. Attach the long slot end of the link slider to the top end of the banana uprights using 1 of the cam lever assemblies. Insert nut on one side, shoulder washer through fender washer on the other side. Note, this piece has traction grit applied to the finish to assist in locking. Rotate the lever so that you can close it and tighten securely but don't over-tighten.
21. Attach the back cushion assembly through the single hole in the opposite end of the link slider.
22. Note, the back cushion should gently press against your lower back when sitting, so that you can rock back into it. It is not a traditional back support.

base assembly instructions

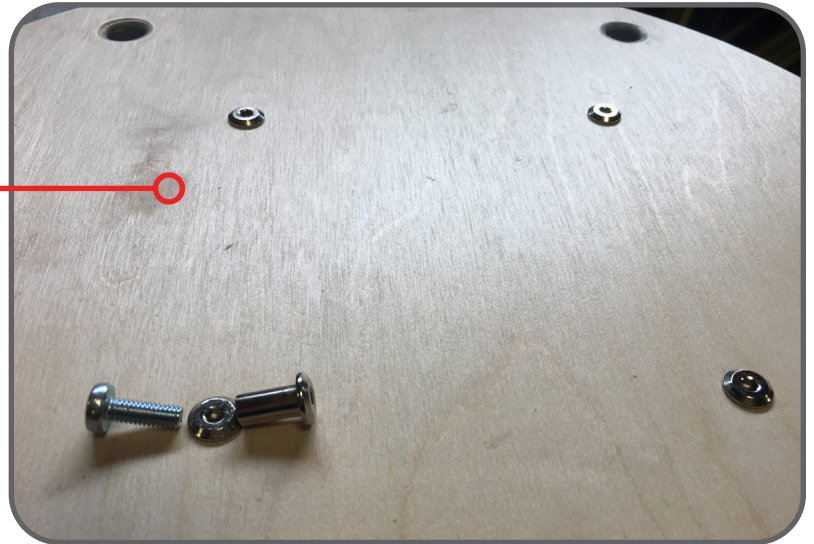


Install the 5 casters into the underside of the 5-star base. **Note: The 1 locking castor has red tape on the lock.**

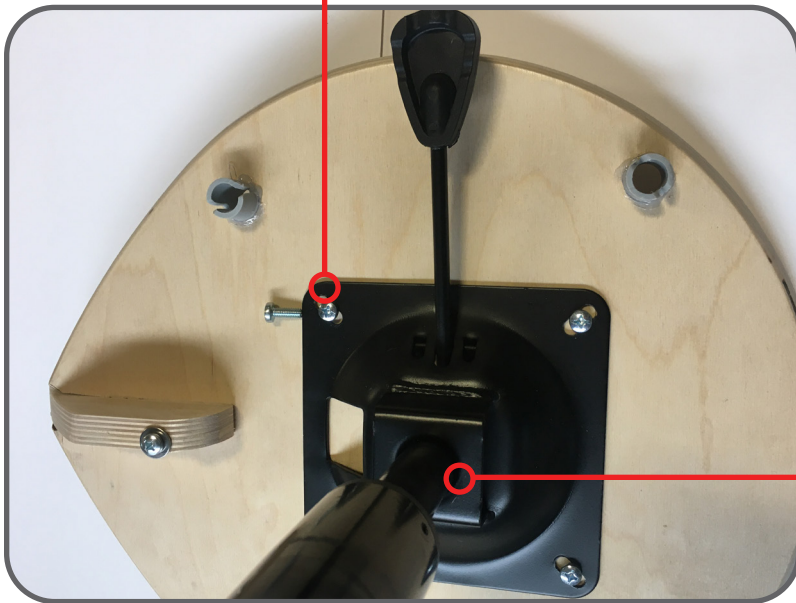
Insert wider end of gas lift cylinder into the chair base.

attach the “mechanism”

Locate the 4 silver insert nuts with the short bolts. Remove the short bolts and insert the 4 nuts into the 4 holes through the top of the round piece (the more finished side).



Flip over and attach the mechanism. Screw the 4 bolts into the insert nuts. The up-down lever should be to the side, and the square opening to the back. Tighten all screws with a Phillips head screwdriver.

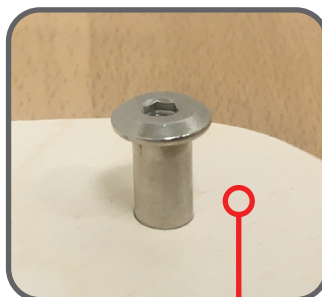


Insert the narrow end of the cylinder into the center of the mechanism. The wide end will insert into the 5-star base.

instert nut technique tip

If the nut doesn't insert easily, flip the wood over, set on a firm surface, and gently press on the backside of the wood.

Sometimes a bit of polyurethane gets into the holes.



attaching top cushion

Clip the carabiner from outside towards the center, so that when they hang down, the openings face outward.



Set the top cushion, soft side down, so that the wider end is closest to the front of the chair, and the tail fin is on the opposite side.

Clip the 2 front bungee loops to the 2 front carabiners.



Inflate the ball so that it has no wrinkles and looks reflective and taut. This takes a few minutes with a small hand pump, be patient. Seal with the valve plug fully inserted. Set the ball on the platter, centered on the insert nuts and so there is 1 – 2” of space between the tail fin and the ball. Make sure the plug will be accessible later and note the location.

Flip the bottom cushion upright so it sets onto the ball and clip the other 2 bungees into place.

- Check that the bungees aren't twisted. If they are, you can unclip one by one, untwist, and re-clip.
- Check that the ball is centered right to left on the platter, and under the top cushion.
- Ball should not be in contact with the tail fin and should be forward relative to the 4 insert nuts.
- Pull on 1 end of each bungee to apply pressure to the ball and top cushion, and lock in place into the PVC cleat.
- Check that ball is still centered and valve is still visible.



bungee starter rigging



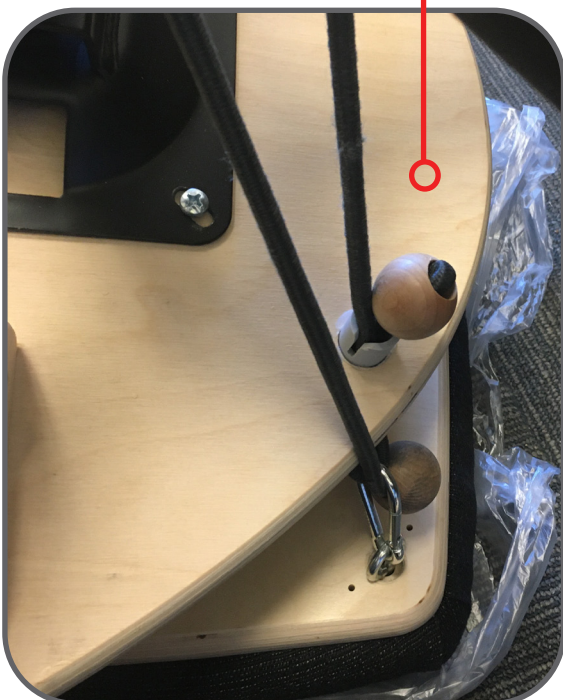
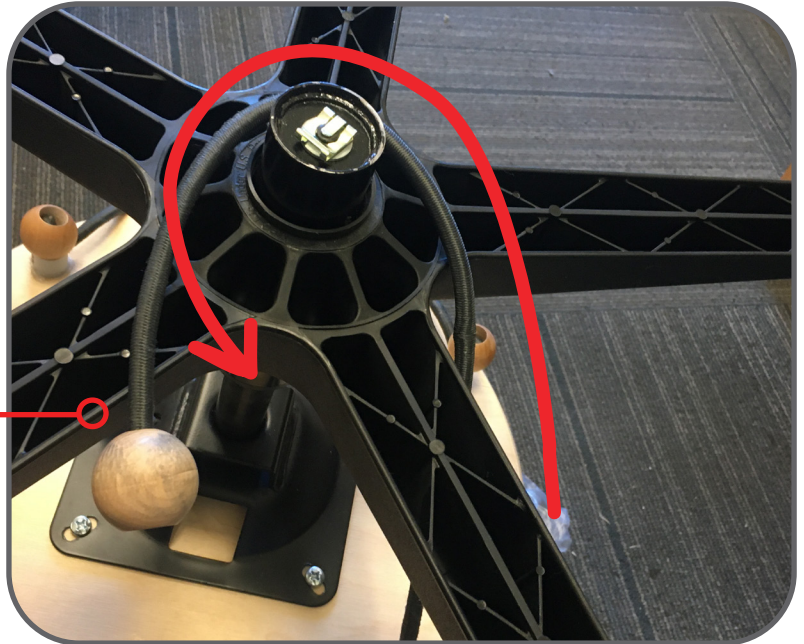
Locking Caster

Turn chair upside down. Orient base so locking caster is facing the front of the chair (directly opposite the tail fin).

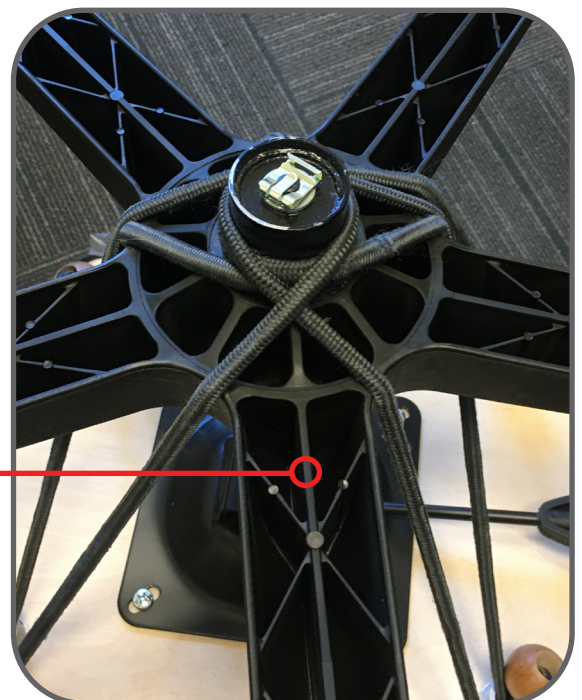
Please use caution when applying tension to bungee cords!

Tail Fin

1 bungee at a time, pull long end towards the hub at the center of the base, loop the bungee around the hub, all the way back to the carabiner, and clip the wooden ball through the carabiner.



Repeat for all 4 carabiners.



PLEASE NOTE: once you are comfortable using your chair and have improved your core strength, you can redo your bungee rigging to reduce the amount of tension, but this is the recommended technique.

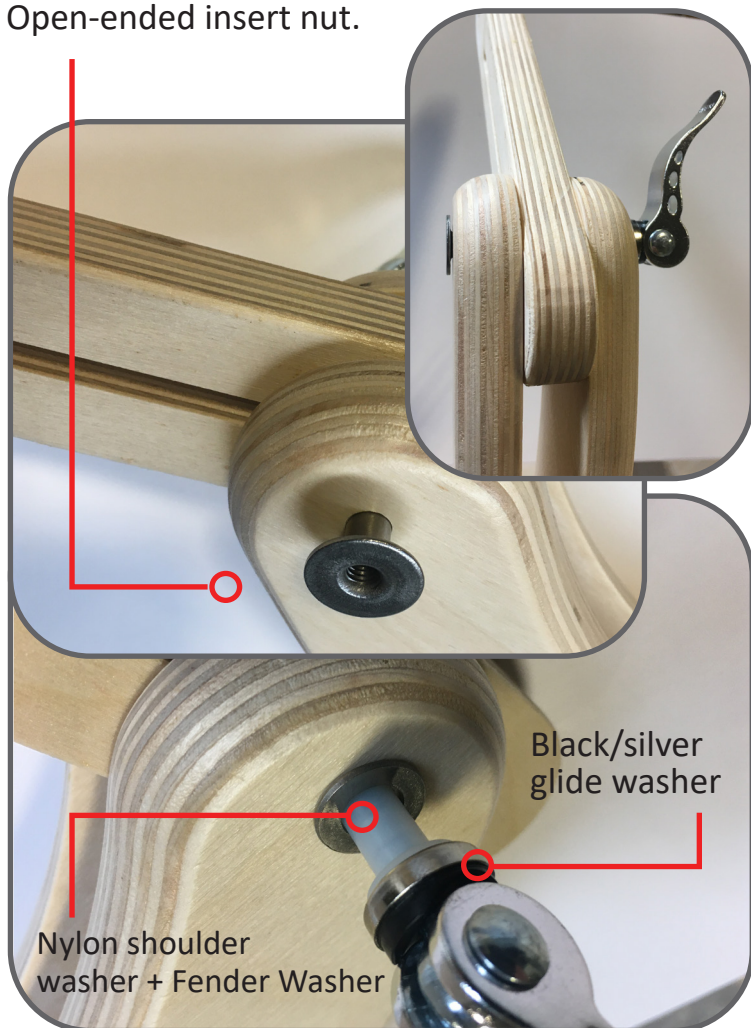
back support attachment

NOTE: if you are right-handed, you will probably prefer to have your adjustment locking cam handles on the right.

Attach the “banana” uprights so they curve inward towards the chair. Locate the long bolt with the closed-end insert nut and the white shoulder washer. Insert nut on bottom hole of left side “banana” piece, and install the shoulder washer on the right “banana” piece. Attach bolt through white side, through bottom hole in tail fin, and screw into insert nut.

Locate Allen wrench. Remove red tip, and insert through slot in “banana” piece, through center bottom pin hole in upright, until it protrudes on the opposite side. Slide the red tip onto the protruding end of the Allen wrench.

Open-ended insert nut.



Attach the long slot end of the link slider to the top end of the banana uprights using one of the cam lever assemblies.

Insert nut on one side, shoulder washer through fender washer on the other side. (Note, this piece has traction grit applied to the finish to assist in locking. Rotate the lever so that you can close it and tighten securely but don't over-tighten.

Attach the back cushion assembly through the single hole in the opposite end of the link slider.

NOTE: The back cushion should gently press against your lower back when sitting, so that you can rock back into it. It is not a traditional back support.

users guide

for up to date tips, or to share your own insights, please visit www.språngchair.com

before you sit!

Remember, you're sitting on a ball. It's going to feel VERY different. Please read through the pages that follow, and please pay attention to how you feel. Some of us are more "body aware" than others.

And especially if you have a hard floor (wood, tile, etc.) **lock your front caster!** You don't want the chair to shoot out from under you. Note the word "lock" on the brake lever.

the first time you sit...

Lower yourself slowly onto the seat. Some people literally "collapse" into chairs.

DON'T! You don't want to fall out of your chair.

Start moving, rocking back and forth, side to side. Observe how you feel, your sense of balance. If you feel unstable, try increasing the bungee tension. If you feel too low, inflate the ball. If you feel like you're leaning and not sitting, try deflating the ball, or shifting the ball forward under the seat.

your workstation

It's important to get a feel for the Språng chair at your desk or workstation.

If you find that you're sitting taller in your Språng chair because you like the opened-up angle of your hips and the idea of supporting some of your weight with your feet – you might need to raise your monitor or change your keyboard height.

How are your wrists? Make sure you're supporting yourself from your core and your legs, not your wrists. If you find you're experiencing wrist pain, try to observe whether you're leaning on your wrists. If you are, slight adjustments – moving the ball forward under the chair, increasing the height of the ball slightly, will change your entire body position and how you distribute your weight.

keep moving

You'll get the most benefits out of your chair if you remember to move. And a little bit of rocking and moving goes a long way – once you start it becomes hard to stop. If you start feeling stiff, gentle rocking can ease the pressure by shifting your center of gravity. Here are a few movement ideas to get you started.

From the feet: Extend and flex your ankles rhythmically. Play music if that helps you get started. That's all it really takes to get your whole body moving.

From the pelvis: Move front to back from your hips and pelvis. Don't worry if it looks "inappropriate" at the office – so does keeling over from heart disease.

Like a yogi: Try a hip / flexor stretch. Shift your weight slowly to one side, feel your spine and hips open. You can hold it, or you can switch to the other side.

advanced sitting

Look ma, no feet: Once you've gained core strength, try balancing without your feet on the floor; feel your muscles engage; try rocking back and forth, side to side, doing mini-crunches at your desk!

Forward pelvis: Pull your pelvis forward so that it opens the seat angle and you feel the back bungee cords resisting. Hold that position and feel how it opens your lumbar and makes you sit straighter.

back adjustment

users guide



The back adjustment is fully articulated, so you can get support where you need it, when you need it.

It's possible that the more you use your spring chair and gain strength, the less you'll be using the back support.

When you start out, if your back feels fatigued or you find you're slumping and slouching, reach back, open the upper levers and pull the cushion into the small of your back.

Lock down the levers and observe how the cushion feels.

If you want more resistance, you can get out of the chair and adjust the cushion even further forward, as if it's trying to push you out of the chair.

If you notice the back doesn't hold its position when you push into it, you may need to tighten the cam levers.

TIP: the cam levers may feel stiff at first but loosen up over time. This is because wood is flexible and compressible.

height adjustment

NOTE: Because of the tension the bungees apply, you may need to step on a leg of the 5-star base, lift the lever, and pull up on the platter with your hands to raise the seat height.

To raise: lift the lever and pull the platter upwards.

To lower: lift the lever and sit on the chair.

For more height, you can add more air to the ball.

For less height, you can let air out of the ball.



height adjustment users guide

Because of the ways the Språng chair differs from a traditional chair, the ideal height for you maybe different than your ordinary task chair.

For shorter individuals, sitting with the seat tilted forward will transform your experience from standard height traditional chairs. For tall folks, you might discover you like your seat lower, angled forward, legs stretched out a bit more. The chart below is just a starting point.

TIP: If you keep the valve centered on the ball cover opening, you can inflate the ball without removing it.

height guide for conventional seating



Your Height	Seat Height	Ball Height Under Moderate Tension
4'6"	12"	2"
5'	14"	3"
5'3"	15"	4"
5'6"	16"	5"
5'9"	17"	5-6"
6'	18"	5-6"
6'3"	19"	6-7"
6'6"	20"	6-7"

take note:

Take note of where your hips are relative to your knees. You'll want the angle to be open more than 90°.

As you sit, you'll notice you can shift your center of gravity forward by repositioning yourself more forward in the chair.

When you do this, do you feel your posture shifting as you engage with your legs? Does your lumbar curve "snap to attention" -- in a good way?"

After a few hours, take note of how you feel. If your hips feel sore, check to see if the bungees need more tension or the ball needs more inflation.

If your lumbar feels fatigued, try sitting further back to give it a rest, or maybe it's time to engage the back cushion.

feeling deflated?

A new pvc ball can stretch a little upon first use but should become stable over time. If you feel like the seat was perfect but now it's lower, top it off with more air, and make sure you put the valve stopper back firmly. **Got Cats?** If you come back to find your ball punctured, you can always buy a replacement ball.

bunjee tension adjustment

users guide

Here's a refresher on how to adjust the bunjee tension.

Pull the bungees out of the keeper clips or velcro, pull down on the bunjee to release from the cleat, and:

To decrease tension – let some of the slack back up into the tube and then re-cleat.

To increase tension, pull down on the bunjee, you'll feel the resistance increasing. Don't overdo it, you don't want the bunjee to snap back, which can hurt. Go incrementally.

why adjust the bunjee?

the first two weeks

For at least the first two weeks, especially if you have back issues, weight issues, or are out of shape, it's highly recommended to start out with the cushion firmly strapped down on the ball.

A firmer ride will fatigue your muscles less as you build strength. At the same time, as you move, it'll offer more resistance, which will encourage more movement and circulation.

What we've found is, if you can balance on the seat without your feet touching the floor – you've probably got decent starter tension (or great balance and core strength – or both!). If you start tilting and sliding to one side, tighten those bungees!

bear in mind

The amount of bunjee tension is different when you're sitting and when you're not sitting.

The more you weigh, the less you'll be tensioning the bungees when you're sitting squarely on the chair, compressing the ball.

One great way to adjust the tension is to have a friend tighten up the bungees while you're sitting. That way they can take any slack out of the loops when they're compressed.

things happen

As you're getting used to your chair, but even once you're a pro, remember – it's GEAR and things can happen (based on actual experience).

bunjee slip one of the bungees releases from a cleat and you don't notice until you get up and then your seats all askew.

carabiner slip a carabiner wasn't fully clasped and a loop worked its way out of the clip –again you might not notice until you get out of your chair.

