

# Pursuit Ergonomic Chair

CHR455

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## Safety and Warnings





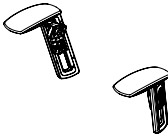

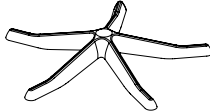
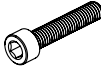
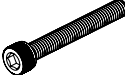
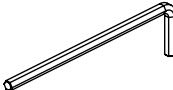
**CAUTION:** Read all instructions before assembly. Failure to assemble or operate properly may result in damage or personal injury. Retain manual for future reference.



**CAUTION:** This product's maximum weight capacity is 250 lb (113.4 kg). DO NOT exceed the maximum weight capacity.

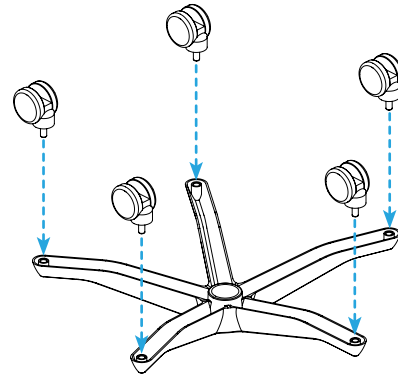
Under no circumstances does the manufacturer accept warranty or liability claims for damages caused from improper use of this product. Please provide these instructions to any new user or owner of the product.

## Package Contents

<p>Main Body</p> 	<p>Casters qty 5</p> 	<p>Arms qty 2</p> 	<p>Cylinder</p> 
<p>Base</p> 	<p>M6x30mm Screw qty 2</p>  <p>(pre-installed in arms)</p>	<p>M6x45mm Screw qty 2</p>  <p>(pre-installed in arms)</p>	<p>5mm Allen Wrench</p> 

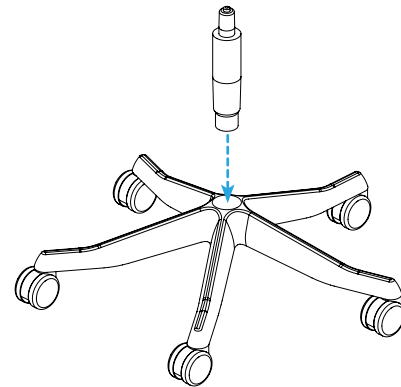
## Step 1 - Attach Casters

- Turn the Base upside down as shown.
- Insert the stems of the Casters into the holes in the Base legs and press firmly. Ensure the entire stem of each Caster is completely inserted into the Base.



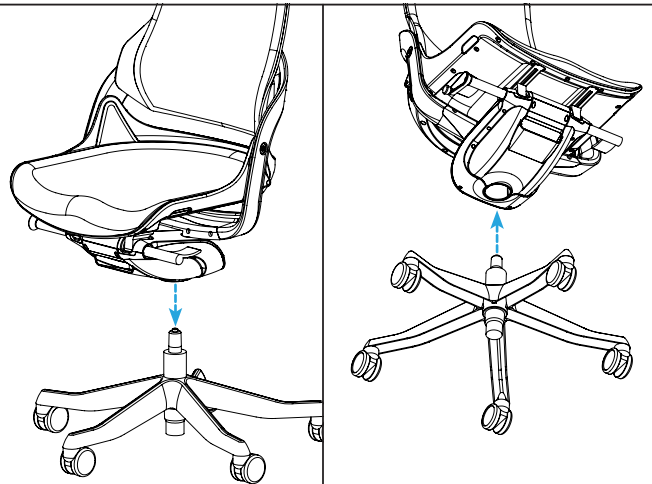
## Step 2 - Insert Cylinder

- The Cylinder has grease at the smaller diameter end. Be cautious when handling it to avoid getting the grease on you or your clothing.
- Flip the Base upright so the Casters are on the floor.
- Insert the Cylinder into the Base in the orientation shown with the smaller diameter end pointing up.



## Step 3 - Attach Main Body

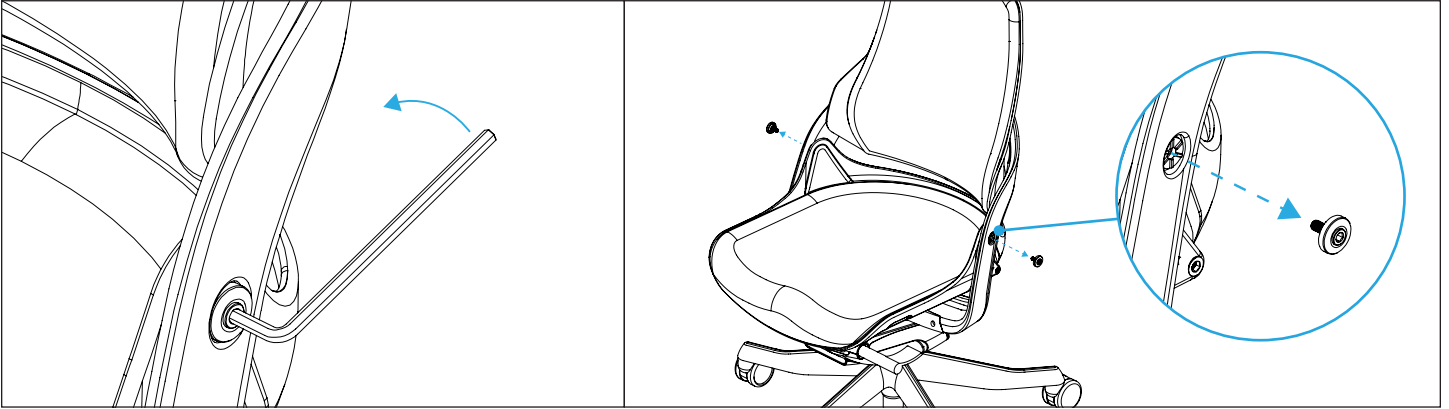
- Lower the Main Body onto the Cylinder so that the hole in the bottom of the seat engages with the top of the Cylinder as shown.
- Press down on or sit on the chair seat to firmly secure the Main Body to the Cylinder.
- Before initial use, lift up on the Main Body to make sure it does not separate from the Cylinder.



## Step 4 - Attach Arms (optional)

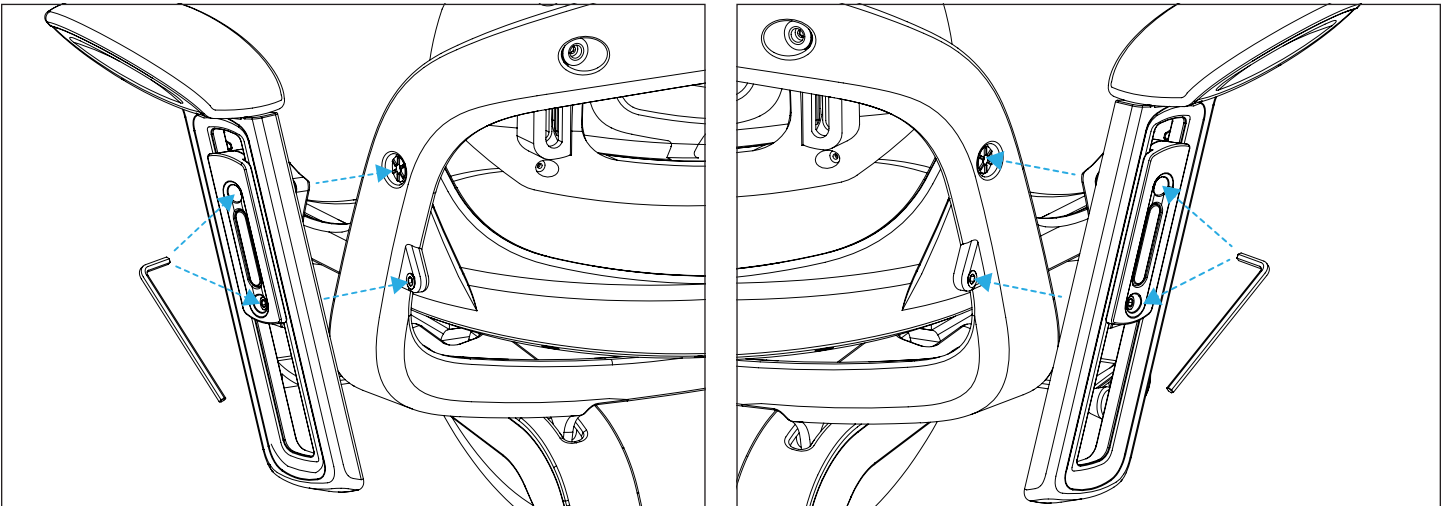
You can use the Pursuit Ergonomic Chair with or without the provided Arms. Arm attachment screws are pre-installed in each of the Arms. To attach the Arms, follow the steps below, otherwise you can skip this step.

- A. Use the provided Allen Wrench to remove the gray bushing from either side of the frame. Save these bushings in case you decide to remove your chair Arms later.



- B. Align the Arms with the Main Body of the chair as shown with the Arm pads facing forward.

- C. Use the Allen Wrench to tightly fasten the pre-inserted socket head screws to the two points of the chair frame shown.



## Ergonomic Chair Tips

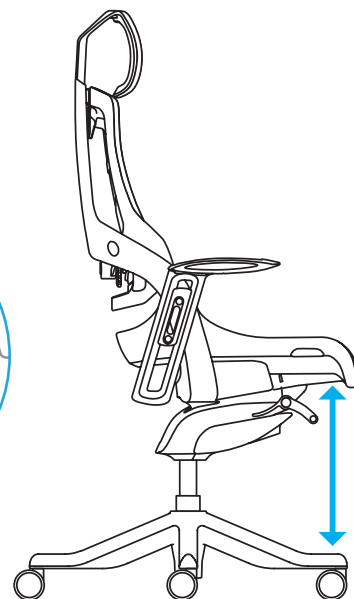
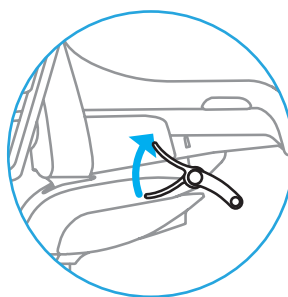
1. Adjust the chair height so your feet are comfortably flat on the floor with knees bent around 90°.
2. Sit with your back against the backrest and adjust the seat depth to eliminate pressure on the backs of the knees by maintaining about an inch between the back of the knees and front of the seat cushion.
3. Adjust the armrests to elbow height with your forearms at a 90° angle.
4. Adjust the recline and tilt tension to relieve some load on your lower back. A tilt angle of about 110° works well for mouse and keyboard use.
5. If your chair allows lumbar support adjustment, move the lumbar support to fit your lower back and support the curvature of the spine.
6. Headrests should support the head and neck without pushing forward or down and be adjusted accordingly.
7. Keep moving! Try to stand every hour to avoid sitting for long periods of time—an adjustable height standing desk is ideal. Remember, the best posture is your next posture.



## Adjustment Guide

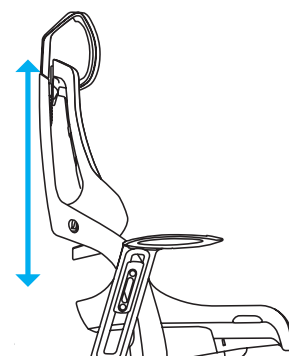
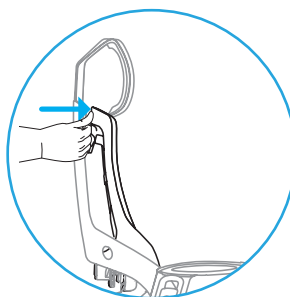
### Seat Height Adjustment

While seated, pull UP on the lever under the right hand side, beside the crank, to raise and lower the height of the seat. Stand up to raise the chair or sit down to lower it.



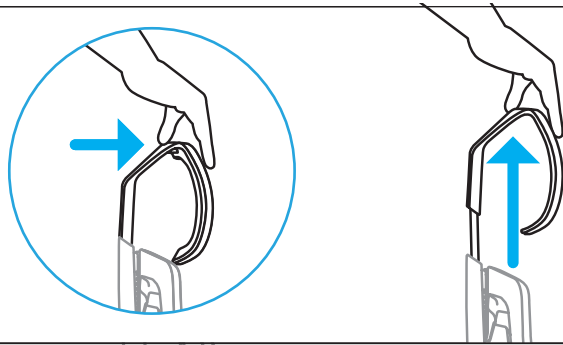
### Back Height Adjustment

Press forward on the Back until you feel the Back unlock. Raise or lower the Back to your desired height. There are eleven height settings to choose from.



## Headrest Height Adjustment

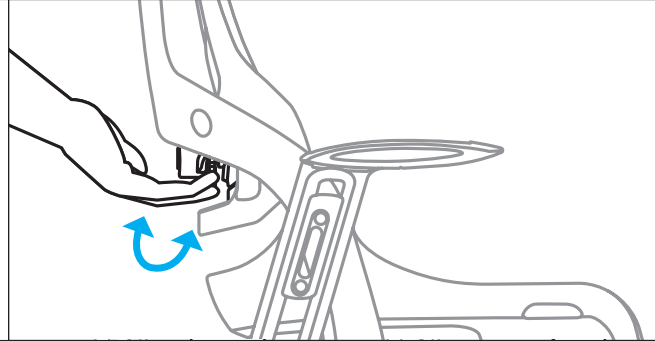
To raise or lower the Headrest, hold it firmly, push forward and slide up or down to your desired height.



## Lumbar Depth Adjustment

To adjust the depth of the Lumbar Support, turn the wheel located on the back of the chair. Turning clockwise increases the depth of the Lumbar Support. Turning counter clockwise decreases the depth of the Lumbar Support.

**Ergo Tip:** Supporting your lumbar curve is very important when sitting for long durations.

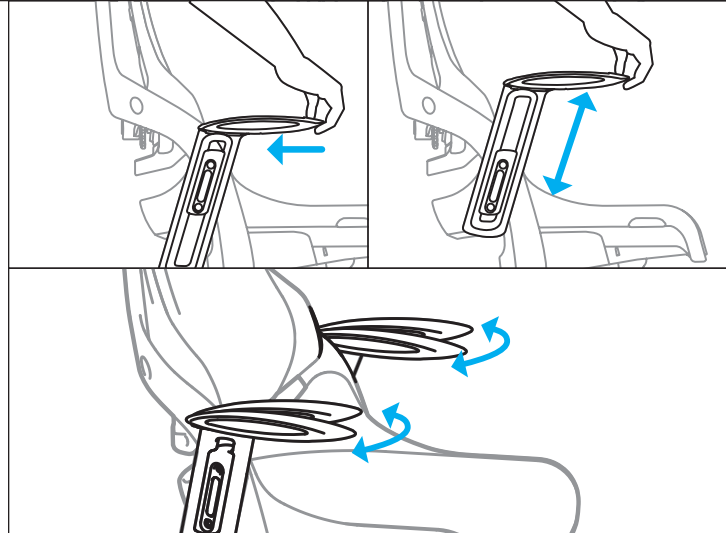


## Arm Adjustment

**Height:** Hold the armrests at the front and push lightly toward the back of the chair. You will feel the arm unlock allowing you to adjust the armrests up or down.

**Angle:** Grasp arm pads and rotate them inwards or outwards to adjust angle.

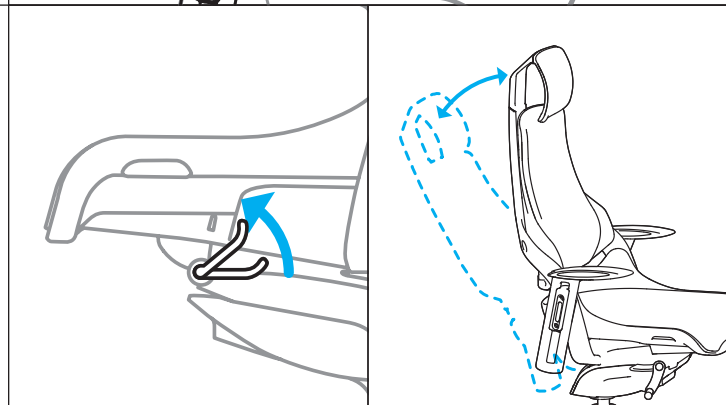
**Ergo Tip:** The arm pad should be positioned to support as much of the forearm as possible while keeping your shoulder in a neutral position.



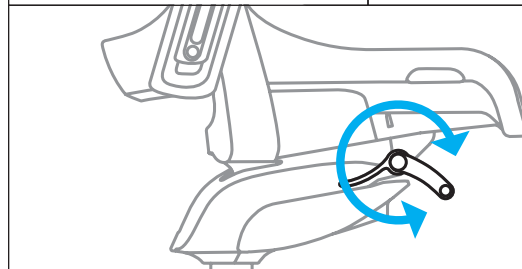
## Recline Adjustment

When the lever on the left-hand side is pushed DOWN, the Back is locked. When it is pulled UP, the Back will freely recline.

Flip the lever UP, recline to your desired position, then push the lever DOWN to lock the recline position. To return the chair to its original position, flip the lever UP, and lean back slightly. You will hear/feel a “click” which will then allow the chair Back to return to its original position.



To adjust the recline tension, rotate the crank on the right-hand side of the chair. Rotating the crank clockwise to increase the recline tension, while rotating counter clockwise will decrease tension.



**Normal Cleaning:** Vacuum your fabric seat as needed. Vacuuming picks up dust and reduces the need for professional cleaning.

**Ink Stains:** Apply a small amount of isopropyl alcohol to a clean and damp absorbent cloth. Start at the outside of the ink stain and work toward the center. Apply pressure, but do not rub too vigorously. As you work and your cloth soaks up the ink from the fabric stain, it's important to use a clean section of the cloth or the stain will spread. Apply more isopropyl alcohol to the cloth as needed. If the ink stain persists, try using acetone. This procedure is not intended for day-to-day cleaning.

**Spot Cleaning:** Immediately soak up the stain with a soft, absorbent cloth. Do not allow the stain to dry completely, as this may set it in the fabric permanently. The longer a stain is allowed to remain on the fabric the more difficult it is to remove.

**Oil-Based Stains:** Use a dry cleaning solution applied with a damp clean cloth or sponge. Test the cleaning solution on a small, concealed spot on the fabric first before attempting on a larger area. If there is no spotting, ringing, or damage to the fabric or color, apply the cleaning solution to the soiled area with light, quick strokes. Begin at the outside of the stain and work toward the middle, making sure you use a clean part of the cloth as you work.

**Water-Based Stains:** Use a water-based fabric cleaner (specifically made for cleaning fabric) or a solution of mild, alkaline, warm soapy water. Make sure that the mixture is not overly soapy. Test on a small, concealed section of the fabric first before applying to the main area. Work the mixture into the stain on the fabric, starting from the outside of the fabric and working your way to the middle.

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[info@upliftdesk.com](mailto:info@upliftdesk.com)

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