

# Ergonomic Kneeling Chair

CHR463

UPLIFT DESK

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## Package Contents

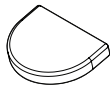
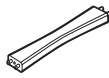
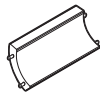
Rocker, qty 2

Large Brace

Small Brace

Seat Cushion

Knee Cushion, qty 2



## Hardware Components

Allen Wrench (4mm)

Long Screws  
M6 x 80mm (3"), qty 2

Medium Screws  
M6 x 40mm (1.5"), qty 4

Short Screws  
M6 x 30mm (1"), qty 6

Wood Pegs  
5/16" dia x 3/4", qty 6

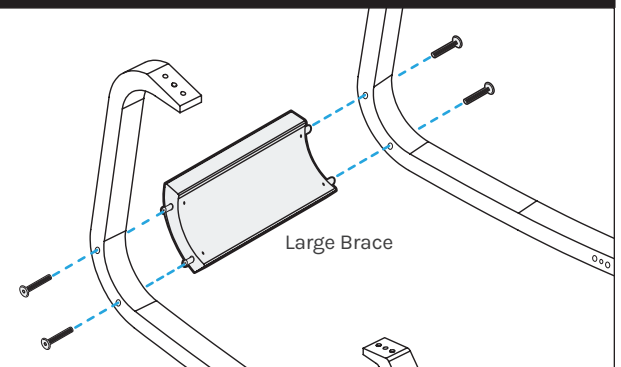
Barrel Nut  
M6 thread, qty 2



## Assembly Instructions

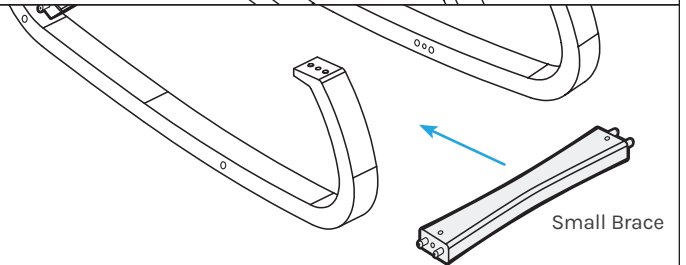
### Step 1

- Using the Large Brace, connect the right and left Rockers while making sure it is properly aligned. Insert the Large Brace's metal screw-pegs into the holes on the back curve of each Rocker.
- Insert a Medium Screw in each of the holes from the outside of each Rocker and begin tightening with the Allen Wrench, but do not fully tighten until Step 3.



### Step 2

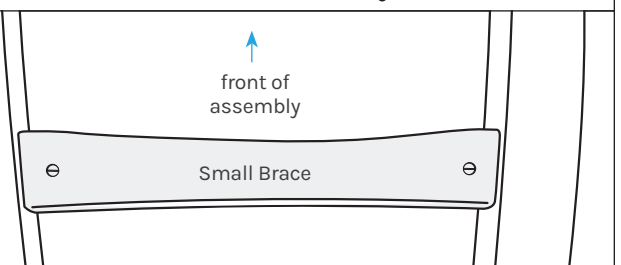
Slide the Small Brace between the Rockers, lining up the wood pegs with the holes in the Rockers.



### Note

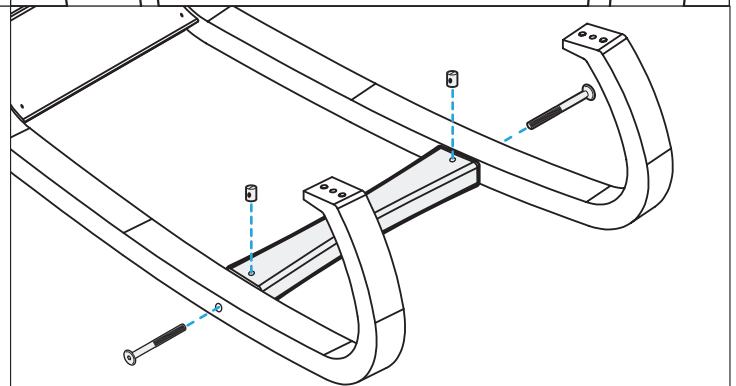
The Small Brace's outer edges flare slightly out. Make sure the flared side is facing the front of the chair assembly.

If you wish to assemble the kneeling chair so that the Barrel Nuts are hidden, simply insert the Small Brace with the Barrel Nut holes facing the floor.



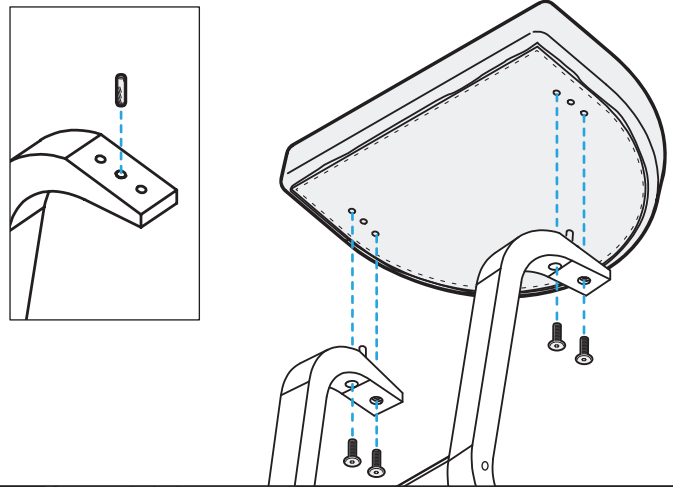
### Step 3

- Insert a Barrel Nut into each hole on the Small Brace. Make sure the notch on each Barrel Nut is facing up and perpendicular to the Rockers.
- Insert a Long Screw into each hole on the outside of the Rockers and begin tightening. Once all screws from Step 1 and Step 3 are in place, tighten them all with the Allen Wrench.



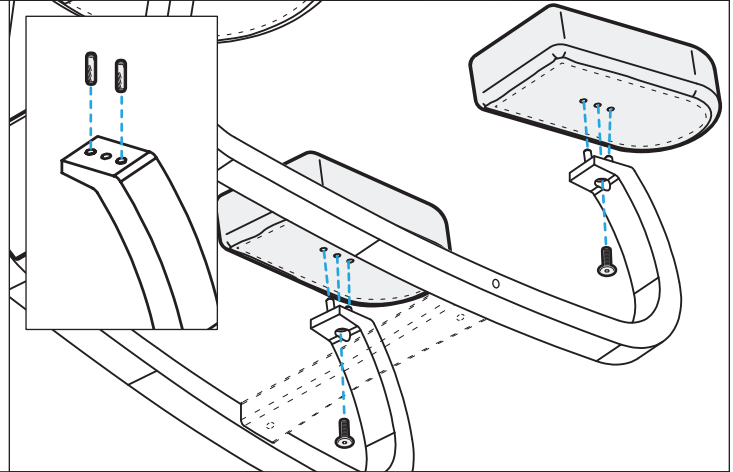
## Step 4

- A. Insert a Wood Peg into the center hole on the taller end of each of the Rockers.
- B. Align the center hole on each side of the Seat Cushion with the Wood Pegs in the Rocker with the seat facing the direction shown.
- C. Insert a Short Screw into each of the holes from the bottom of the Rocker ends and tighten with the Allen Wrench.



## Step 5

- A. Insert a Wood Peg into the outer holes on the shorter end of each of the Rockers.
- B. Align the holes in each Knee Cushion with the Wood Pegs with the cushions facing the direction shown.
- C. Insert a Short Screw into each of the holes from the bottom side of the Rocker ends and tighten with the Allen Wrench.



## 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:** Use on a stable, level surface. Mount and dismount the chair carefully.

**CAUTION:** Do not stand on the chair.

**CAUTION:** Do not play on this product. Keep fingers away from under the chair's Rockers.

**CAUTION:** Maximum weight capacity is 200 lbs. (90.7 kg)

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.

**Save This Manual:** Study this manual carefully. If this product is sold, please provide this manual to the buyer, installers, or support personnel operating the product.

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