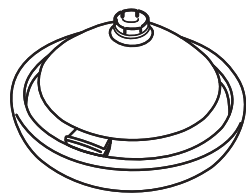


UPLIFT DESK®

UPLIFT Motion Stool
CHR454

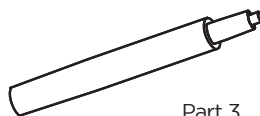
Package Contents:



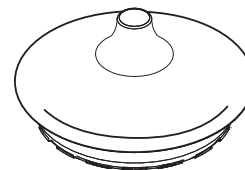
Part 1
Seat



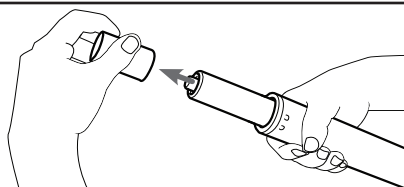
Part 2
Neck



Part 3
Cylinder

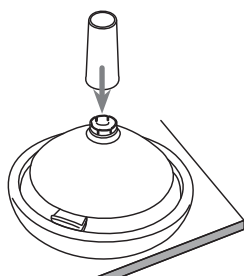


Part 4
Base



Step 1

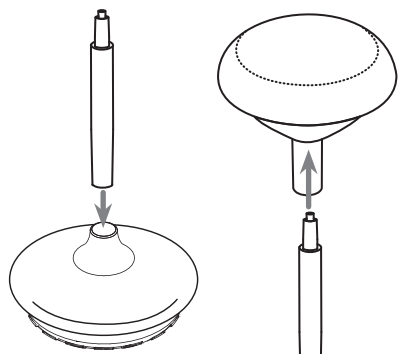
The Cylinder (part 3) comes with a plastic cap which protects the gas-release button during shipment. Remove this plastic cap from the end of the Cylinder, and dispose of it.



Step 2

Place the larger end of the Neck (part 2) over the bottom of the Seat (part 1).

Press firmly until you feel it snap into place. If there is a gap around just half of where the parts join, press down firmly again in that direction to assure that the pieces have been joined completely.

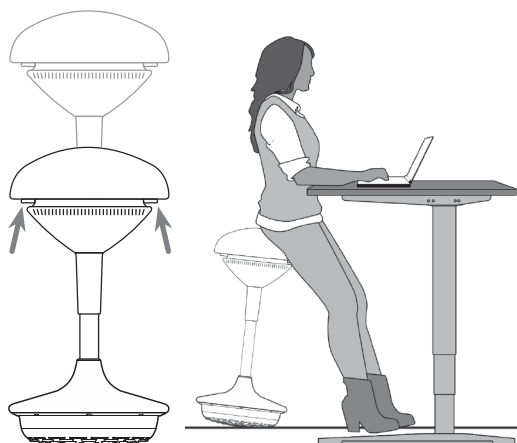


Step 3

REMANDER: Ensure that the plastic cap from Step 1 has been removed from the Cylinder. Leaving this on may damage stool during assembly.

Slip the larger end of the Cylinder (part 3) into the hole on the Base (part 4).

Then, affix the Seat (part 1) and Neck (part 2) assembly to the top of the Cylinder (part 3).



Step 4

Seat height is adjusted by pressing one of the 2 levers found on either side of the seat.

The stool's weighted convex base enables you to move freely while sitting or perching. The weighted base keeps it upright when not in use. A treaded rubber covering on the weighted base maximizes friction with the floor.

You can perch sit with the stool tilted forward or rock back and forth. This stool allows motion in every direction. That's why we call it UPLIFT Motion.

The fabric seat provides maximum breathability. This isn't a hot seat after all, it's made for comfort. Keeps you dry; it's no sweat!

The soft foam padded seat cushion with waterfall edge reduces pressure points and allows maximum flexibility. There's a reason most stools are round.



IMPORTANT NOTES



Read all instructions before assembly. Failure to assemble properly may result in damage or personal injury



If you do not understand any part of these warnings, cautions, or instructions, contact UPLIFT Desk for direction in the use of this product.



If components are damaged or missing, contact UPLIFT Desk immediately. DO NOT use substitute parts. Use only UPLIFT Desk replacement parts. The use of non-UPLIFT Desk parts could cause personal injury, property damage, and void the warranty.



UPLIFT Desk assumes no responsibility for any damage or injury caused by improper assembly or use of this product.



If any component is not in proper working order or appears worn, contact UPLIFT Desk immediately for repair or appropriate replacement parts.



Do not use solvents, abrasive cleaners, or scouring pads on any part of the UPLIFT Desk Motion Stool.



This product's maximum weight capacity is 300 lb, **EVENLY DISTRIBUTED**. DO NOT exceed the maximum weight capacity.



If the UPLIFT Desk Motion Stool is not properly assembled, personal injury and damage to the UPLIFT Desk Motion Stool could result.



To avoid falling or tipping, have someone help you until you know the balance points of your Motion Stool and how to avoid tipping. Do not put downward weight on one side of the Motion Stool. If you must reach or lean, shift your weight to do so. Ask for help or use a device to extend your reach. Never try to reach an object if you must move forward in your seat and your buttocks do not stay in full contact with the seat. Never lean backward to reach an object.



Always ensure Motion Stool is securely positioned during use. For proper balance and stability, always sit on the middle of the seat.



Do not use this stool on wet or slippery floors as the base can slide out if the stool is tilted and there isn't sufficient friction with the floor.



To avoid falling or tipping, keep both feet flat on the ground for balance.



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