



# L1 (Ergo UPGRADE 518)

MODEL:A518

USER GUIDE



 **OdinLake**  
Ergonomic Chair  
Health & Stylish

OdinLake Inc.  
www.odinlake.com  
3422 Old Capitol Trl Wilmington, DE 19808

**Note:** Thanks for purchasing from OdinLake. This manual contains important information so please keep it for further possible uses. If you have any questions that can not be solved by this manual, contact us: [customers@odinlake.com](mailto:customers@odinlake.com)



## Thank you for choosing the OdinLake Ergonomic Chair!

With this chair, you are setting the perfect foundation for active, dynamic seating and healthy work habits.

The OdinLake Ergonomic Chair combines ergonomics with comfort, promoting a healthy posture while sitting. To fully benefit from its ergonomic features, it is essential that the chair is properly assembled, adjusted, and tailored to the individual user. This user manual is designed to assist you with these settings.

## Your feedback is important to us!

Please take a moment to share your review of the OdinLake Ergonomic Chair at [www.odinlake.com](http://www.odinlake.com).

If you have any questions, suggestions, or improvement ideas, feel free to contact our online customer service at any time.

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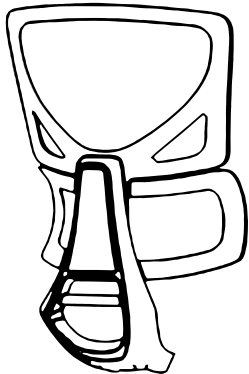


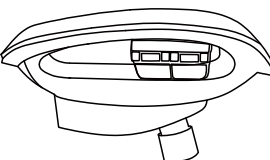
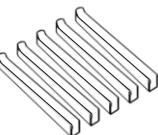



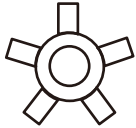






## Instructions on Safe Use

1. The chair safely supports one person; avoid exceeding the weight limit.
2. Use only on flat surfaces for stability.
3. Children under 5 should be supervised.
4. Avoid sitting or leaning heavily on armrests.
5. Do not stand, climb, or use the chair as a ladder.
6. Do not overload or use as a trolley.
7. Keep away from sharp objects, flames, and heat sources.
8. Do not disassemble the gas lift mechanism.

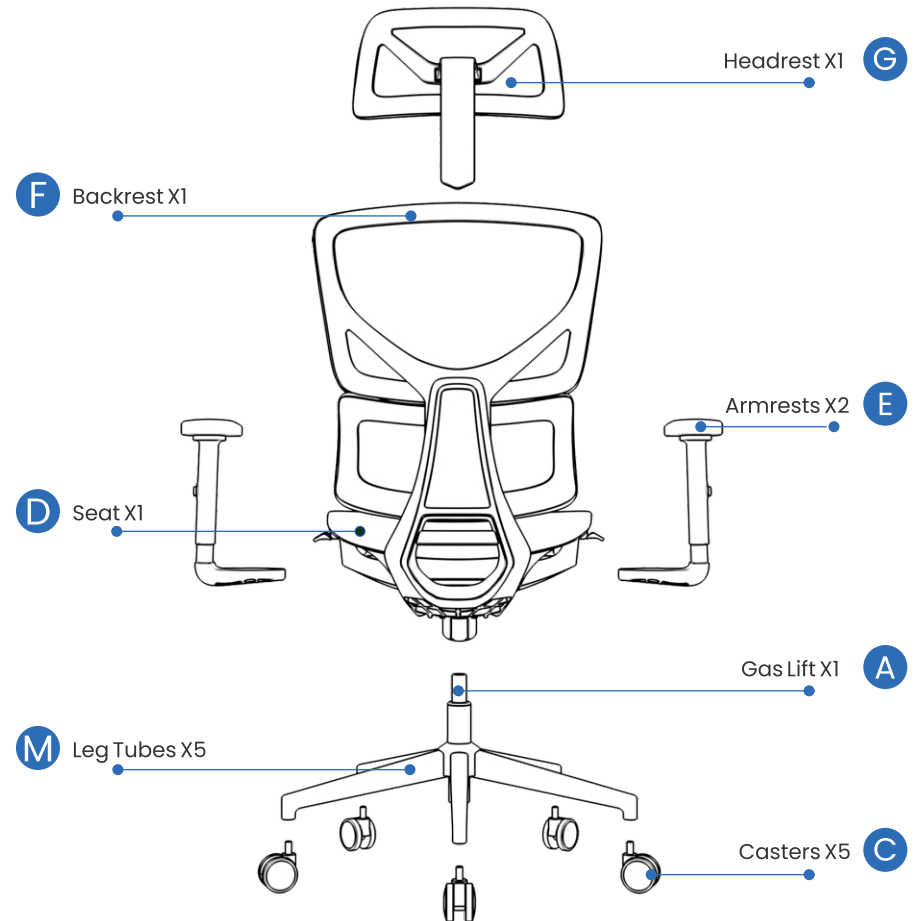


Height	6'2"	Seat Depth	18.89" - 20.89"
Weight	350lbs	Armrest	11.6" - 14.5"
From cushion to ground			19.48" - 23.38"

# Assembly Parts

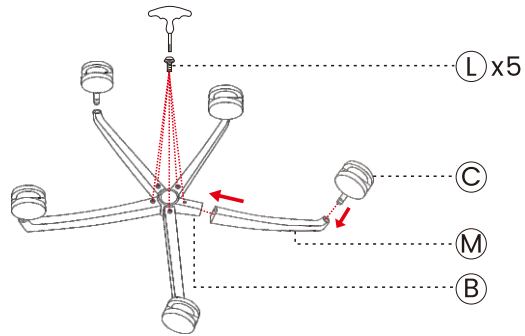
(F) Backrest X1 		(G) Headrest X1 		
(E) Armrests X2 		(D) Seat X1 		(M) Leg Tubes X5 
(O) Block X1 	(A) Gas Lift X1 	(N) Decorative cover X1 	(B) Center Base X1 	(C) Casters X5 
(I) X5  M8*30 Screws (for Backrest)	(J) X7  M6*30 Screws (for Armrest)	(K) X2  M6*25 Screws (for Headrest)	(L) X6  M6*15 Screws (for Center Base)	(H) X1  Allen Wrench

# Chair Components Overview



# Assembly Instructions

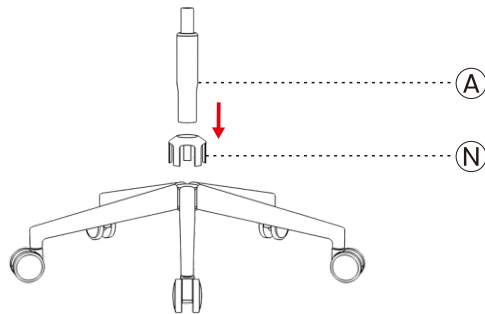
## Step 1



### Assemble the Base.

Insert the Leg Tubes (M) into the Base (B), secure with 5 M6\*15 Screws (L), Push the Casters (C) into the Leg Tubes (M).

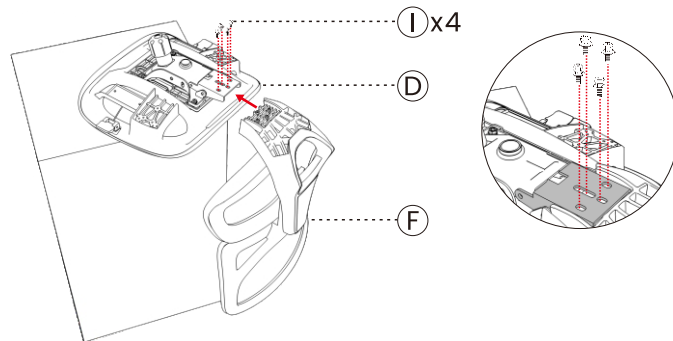
## Step 2



### Attach Casters and Gas Lift.

Cover with the Decorative Cover (N) and insert the Gas Lift (A) into the Center Base.

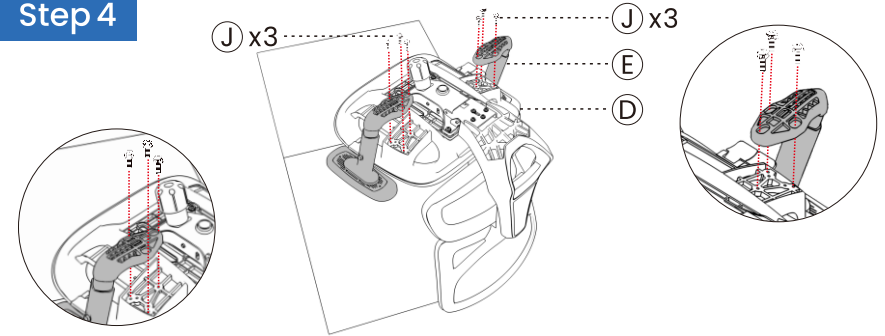
## Step 3



### Install the Backrest.

Align the Backrest (F) with the Seat (D) and secure it using 4 M8\*30 Screws (I).

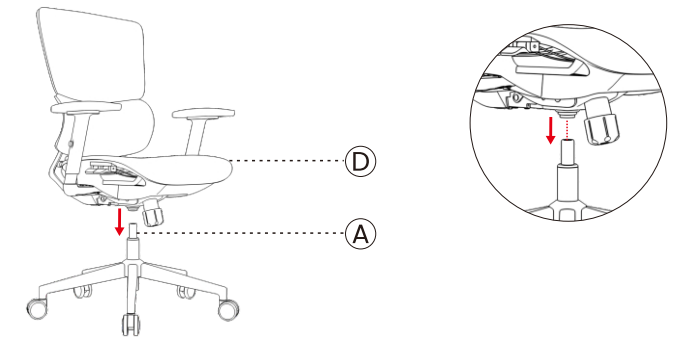
## Step 4



### Attach the Armrests.

Fix the Armrests (E) to the Seat (D) using 6 M6\*30 Screws (J).

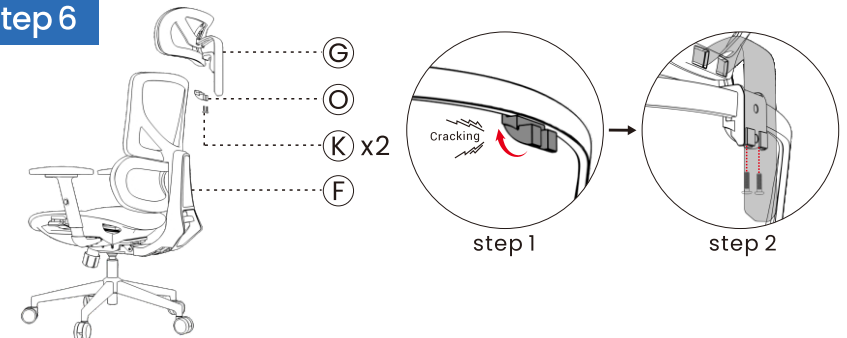
## Step 5



### Place the Seat on the Base.

Gently place the Seat (D) onto the Gas Lift (A) until it clicks into place.

## Step 6

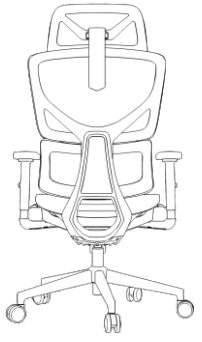


### Attach the Headrest.

Align the Block (O) with the marked position, rotate the Headrest (G) into position, and fully tighten the 2 M6\*25 Screws (K) until they clicks into place.

# Assembly Instructions

## Step 7



**Finish and Final Check.**  
Ensure all parts are securely tightened and enjoy your new chair!

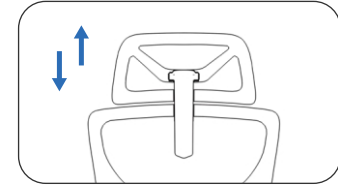
- A Gas Lift
- C Casters
- D Seat
- E Armrests
- F Backrest
- G Headrest
- M Leg Tubes



Sit comfortably, stay productive, and thank you for choosing us!

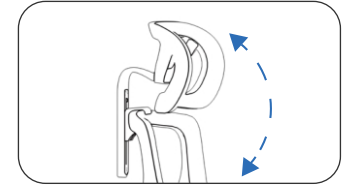
# Function Instructions

## 1D Height Vertical adjustment



Holding both sides of headrest and pushing headrest up or down to adjust the height

## 2D Angle adjustment



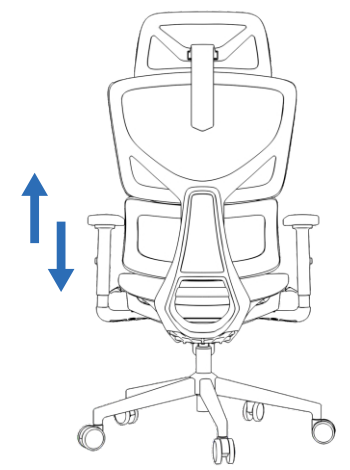
Holding two sides of the headrest and rotating forward or backward to adjust the angle

## Back Lifting Adjustment

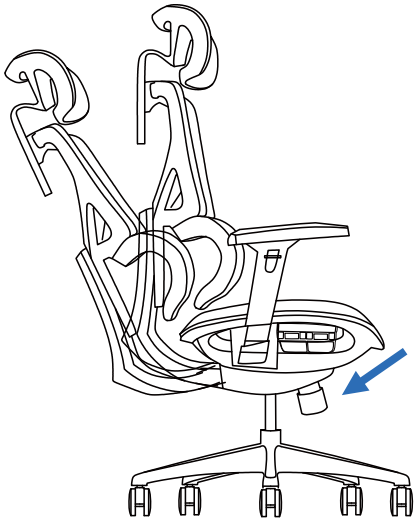
The entire backrest can be adjusted upward or downward. Hold the two sides of the backrest to slowly adjust it to find the best lumbar position for yourself. There are four positions to lock in place.

### ⚠ Attention:

To adjust it more easily and safely, please adjust the backrest upward or downward from the default position.

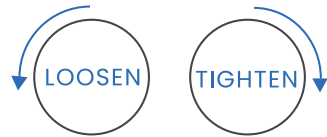


## Function Instructions



### Back Tilt Tension

Loosen: Rotate the adjustment knob counter clockwise to decrease backrest tension.



Tighten: Rotate the adjustment knob clockwise to increase backrest tension.

### Dynamic Lumbar Auto-Tracking System

Provides continuous and automatic lumbar support as you adjust your sitting posture. Designed to support your lumbar and sacrum area, ensuring maximum comfort in any sitting position.



Sitting Upright



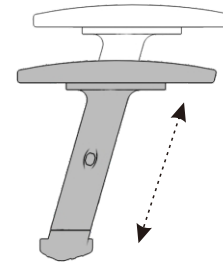
Reclined Position



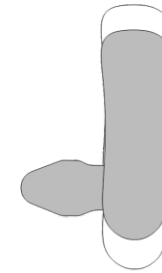
Forward Lean

## Function Instructions

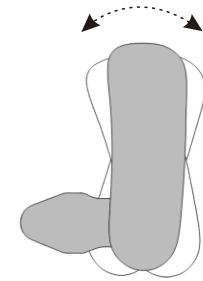
### Height Adjustment



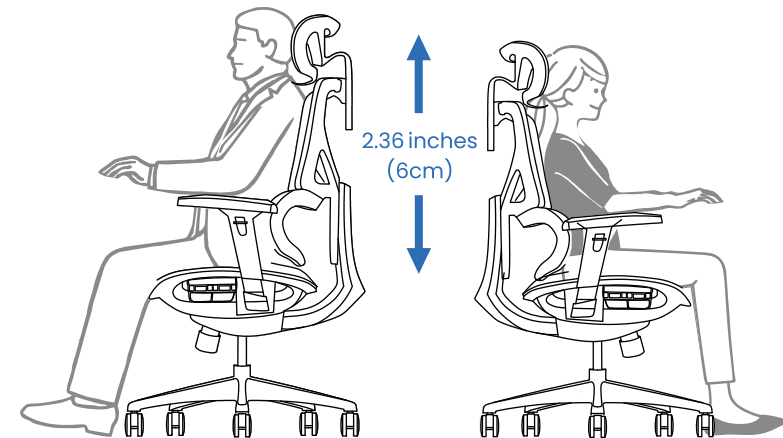
### Forward & Backward



### 45° Rotational Adjustment



### Optimized Instructions for Back and Waist Support



The backrest height adjusts up to 2.36 inches (6 cm), accommodating users between 5'3" (160 cm) and 6'2" (188 cm). Customized lumbar and backrest adjustments ensure optimal comfort for various heights and body types.

## FAQs

### Q1: How much weight can the chair support?

Answer: The chair can support up to 350 lbs (158 kg). For optimal comfort, it is recommended for individuals weighing under 300 lbs (136 kg).

Tip: If you experience any discomfort or need assistance, please contact us at [customers@odinlake.com](mailto:customers@odinlake.com).

### Q2: How to clean the mesh office chair?

Use a vacuum cleaner weekly to remove dust and dirt.

For deep cleaning, mix warm water with a mild detergent and use a soft brush. Avoid scrubbing too hard to protect the mesh.

To tackle stubborn dirt, apply a cleaning solution and let it sit for 30 minutes.

Then, wipe clean with a damp cloth.

### Q3: How to clean the chair wheels?

To clean the chair wheels, start by removing them either by hand or with a screwdriver. Next, use a spray cleaner to eliminate dirt and debris, and make sure to dry all the parts thoroughly.

Finally, apply a greaseless lubricant to ensure smooth operation.

### Q4: What to do if the chair makes noise when moving?

If your chair makes noise when moving, first check that all bolts are properly tightened. If necessary, apply a small amount of silicone-based lubricant to the moving parts.

### Q5: How to adjust the chair height properly?

Standing up, lifting the lift button on the right side to raise the chair. Release the lift button to lock the height. Sitting on the chair, lifting the same lift button to lower the chair. Ensure that your feet are firmly planted on the floor and your knees are at a 90-degree angle for ergonomics. Release the button to lock the height.

### Q6: How to replace the gas lift?

Remove the chair base by loosening the screws. Gently tap the old gas lift out with a rubber mallet, and then insert the new one. Finally, secure all components back in place.

## Quick Fixes for Assembly Issues

Problem		Reason	How to Fix It?
1	Abnormal noise	Loose or untightened bolts	Retighten all bolts.
2	Crooked backrest/ armrest	Misaligned components during assembly	Loosen bolts, realign components, and retighten.
3	Seat cannot be raised	Lift valve closed or weight on chair	Open the lift valve; do not sit while adjusting.
4	Seat cannot be lowered	Lift valve closed or improper sitting	Open the lift valve; sit in the center of chair.
5	Chair not rocking	Tilt function locked	Pull down the adjustment lever.
6	Strong rocking tension	Rocking spring too tight	Turn the tilt tension lever clockwise.
7	Weak rocking tension	Rocking spring too loose	Turn the tilt tension lever counterclockwise.

## 1. Warranty Coverage

Visit [www.odinlake.com/warranty](http://www.odinlake.com/warranty) for warranty details.

**Warrant Period:** 1 year from the date of purchase, verified by proof of purchase. The coverage applies only to manufacturing defects and damage occurring under normal usage conditions.

## 2. Warranty Conditions

The warranty is valid only if:

- The product is assembled and used according to the provided instructions.
- No unauthorized modifications, repairs, or disassembly have been performed.
- The product was purchased through official channels, such as OdinLake official website or authorized retailers.
- Proof of purchase (e.g., order number or electronic receipt) is provided.

## 3. Warranty Exclusions

The warranty does not cover:

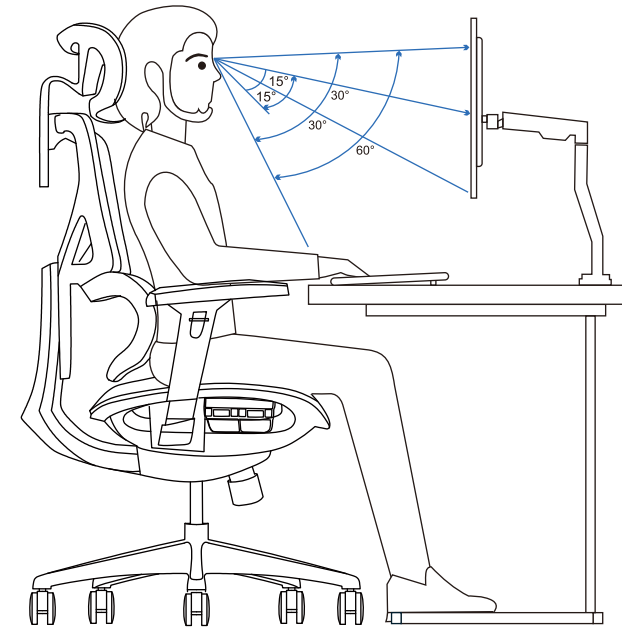
- Failure to provide proof of damage (original photos or video required).
- Damage caused by improper use (e.g., sitting on the armrest, single-leg balancing).
- Unauthorized third-party modifications, disassembly, or repairs.
- Damage caused by extreme environmental conditions (e.g., humidity, excessive heat) or natural disasters.
- Normal wear and tear (e.g., cushion compression, surface scratches).

## 4. Claim Process

To file a warranty claim:

- Contact us at [customers@odinlake.com](mailto:customers@odinlake.com).
- Provide your order number, purchase date, clear photos/videos of the damaged part.
- Our support team will respond within **48 hours**.
- If the claim is approved, we will send replacement parts or suggest a suitable solution.

Stay comfortable, stay productive—OdinLake Chairs, designed for you.



## 1. Monitor Position

Keep your screen an arm's length away.  
Adjust height so your eyes align with the top third of the screen.

## 2. Wrist and Elbow Alignment

Keep wrists straight and hands at or slightly below elbow level.

## 3. Chair Height

Adjust seat height so your knees align with your hips.

## 4. Body Position

Sit back fully in the chair and slightly recline to maintain a natural spinal posture.

## Important Safety Guidelines



### Attention

Ignoring these safety instructions may cause injury or property damage.



#### Avoid Heat and Humidity

Do not use or store this product in high temperature, high humidity, or under direct sunlight for extended periods.



#### No Unauthorized Repairs

Do not repair, modify, or disassemble the product unless following the manual instructions. Improper actions may cause malfunctions.



#### Not for Infants

This product is not suitable for infants under the age of 6 years.



#### No Sitting on Armrests

Never sit or apply weight on the armrests to prevent damage or injury.

## Copyright & Legal Notice

- OdinLake holds the copyright of this manual.
- Unauthorized reproduction or distribution is strictly prohibited.
- Product specifications and design are subject to change without notice to ensure continuous improvement.
- OdinLake is a registered trademark in the USA, Europe, and Japan.

**Weight Limit Warning:** Do not exceed the maximum weight capacity of 350 lbs (158 kg).

**Proper Usage Guidance:** This chair is designed for indoor use only.



## Facing a Quality Issue? We're Here to Help!

### Contact Us

If you encounter any product issues, please:

1. Send us an email at [customers@odinlake.com](mailto:customers@odinlake.com).
2. Provide:
  - Order Number.
  - Pictures of the issue for quick verification.

### Our Commitment

- Free replacement parts.
- A new chair or a full refund based on the issue.