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## IMPORTANT SAFETY INFO

Read the following instructions carefully and keep them for a future use. If this product will be passed to a third party, these instructions must be included.

**While using this product, basic safety precautions should always be followed to reduce the risk of injury. Follow these instructions:**

- For domestic and office use only.
- This product should be assembled by an adult.
- Keep children and pets away while assembling this product.
- Do not let children climb on or play with this product.
- Always use this product on a stable, firm ground.
- Do not use this product if any parts are missing, damaged, or worn out.
- Do not overtighten the fasteners.
- Regularly examine this product. Stop using this product immediately if you notice any signs of damage or any parts become detached.
- Do not stand on the seat or either armrest.
- Do not sit on the armrests.
- This product is only intended for users up to 300 lbs (136 kg).
- The gas lift must be replaced and/or repaired by a qualified professional only.

## BEFORE FIRST USE **IMPORTANT**

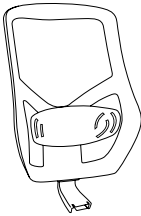
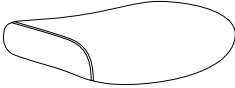
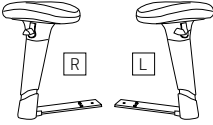
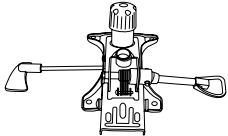

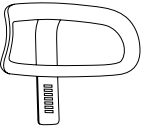
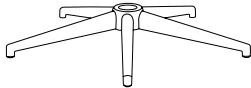
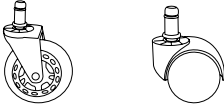



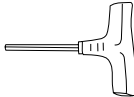
**Keep for future reference, read carefully. Before first use:**

- Check this product for transport damages.
- Remove all the packing materials.

## **DANGER**

**Risk of suffocation!** Keep any packaging materials away from children – these materials are a potential source of danger, e.g suffocation.

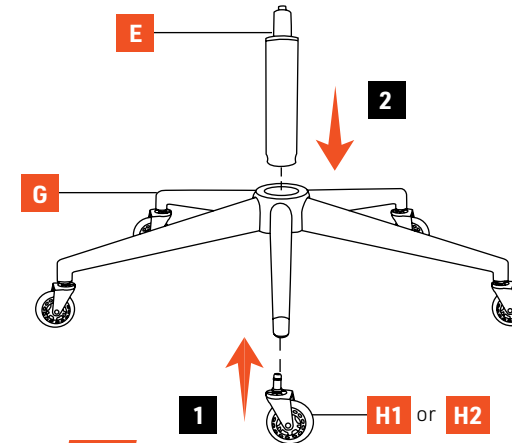
## PARTS LIST

 <p><b>A × 1</b> Chair back</p>	 <p><b>B × 1</b> Chair seat</p>	 <p><b>C × 2</b> Chair armrest</p>
 <p><b>D × 1</b> Mechanical system</p>	 <p><b>E × 1</b> Hydraulic gas lift</p>	 <p><b>F × 1</b> Chair headrest</p>
 <p><b>G × 1</b> 5-Point base</p>	 <p><b>H1 × 5</b>   <b>H2 × 5</b> Inline skate caster wheels   PU casters</p>	 <p><b>I × 4</b> Bolt 1: 1/4 × 7/8"</p>
 <p><b>J × 6</b> Bolt 2: 1/4 × 1-1/4"</p>	 <p><b>K × 3</b> Bolt 3: M8 × 20 mm</p>	 <p><b>L × 1</b> Wrench</p>

### TIP

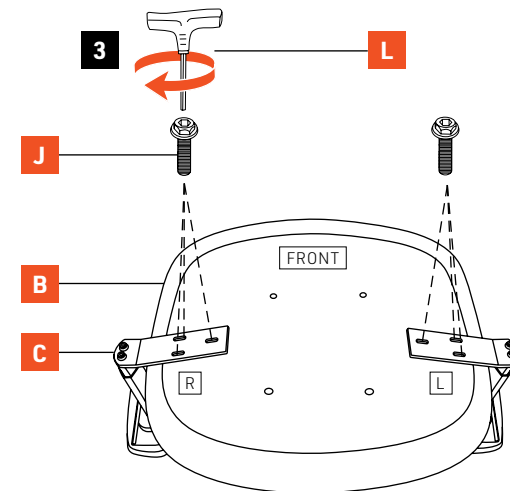
Count and inspect all parts before assembly. If anything is missing or damaged please contact us immediately for a quick and free replacement: [support@truweo.com](mailto:support@truweo.com)

## ASSEMBLY INSTRUCTIONS



### TIP

1. Do not fully tighten bolts until all have been inserted.  
2. You can choose to install either the PU casters or the inline skate caster wheels (but not a combination of both) based on the type of rolling motion and appearance you are going for. The inline skate caster wheels often roll more easily while the PU casters tend to require more force to move.



### TIP

Double check left and right armrests (R/L) are on the correct side.

**1**

Insert all five chair castors (H1 or H2) into the 5-point base (G).

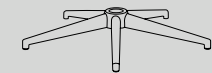
**2**

Install the hydraulic gas lift (E) into the 5-point base (G).

**E** Hydraulic gas lift



**G** 5-Point base



**H1** Inline skate  
caster wheels



**H2** PU casters



**3**

By using the wrench (L) screw bolt 2 (J) through the chair armrests (C) to the chair seat (B).

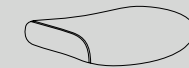
**L** Wrench



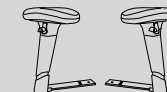
**J** Bolt 2 × 6



**B** Chair seat



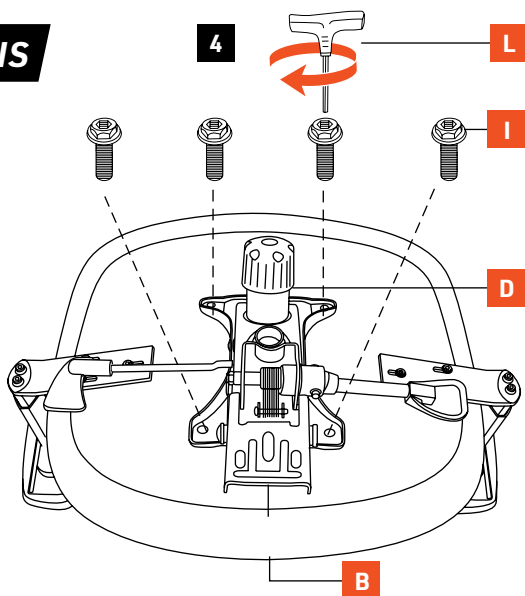
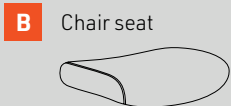
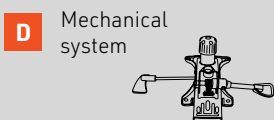
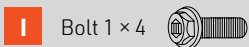
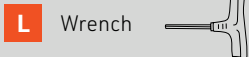
**C** Chair armrest



## ASSEMBLY INSTRUCTIONS

4

By using the wrench (L) screw bolt 1 (I) through the side holes of the mechanical system (D) to the chair seat (B) surface with the "Front" sticker.

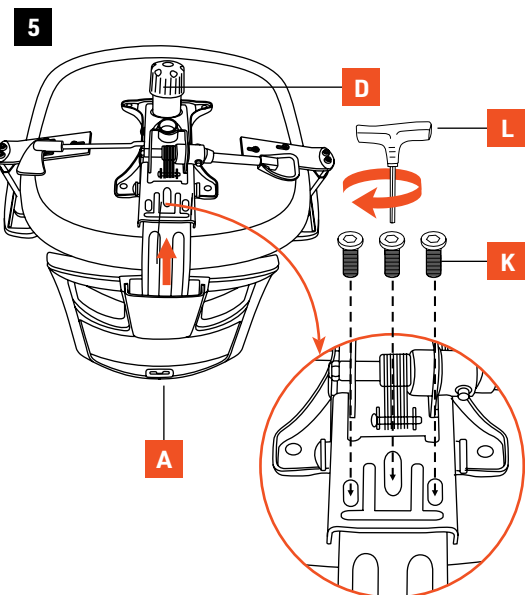
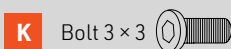
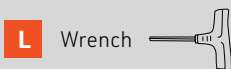
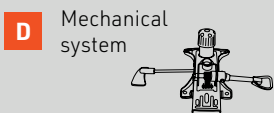


**TIP**

Do not fully tighten bolts until all have been inserted.

5

Put the bottom part of the chair back (A) into the mechanical system (D) and by using the wrench (L) screw bolt 3 (K) in the middle holes of the mechanical system (D).

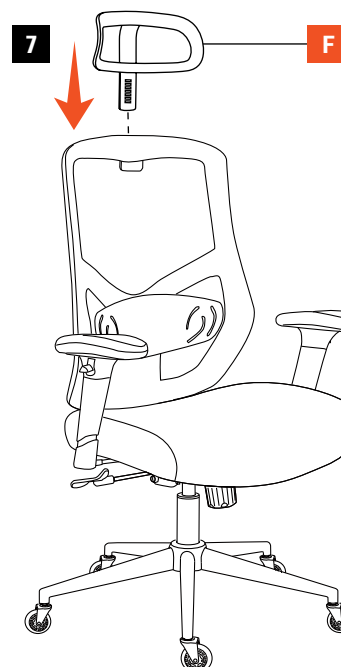
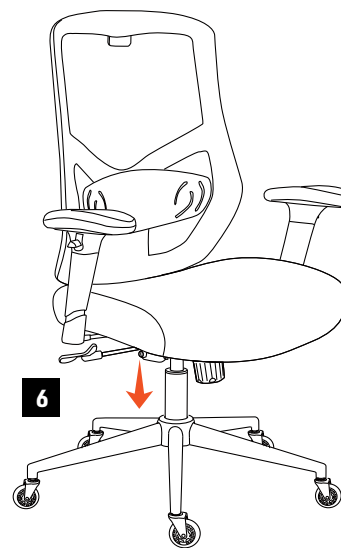


## ASSEMBLY INSTRUCTIONS

6

Once the upper part of the ergonomic chair is assembled, insert it into the chair cylinder in the bottom part.

If everything is correctly assembled, with your wrench (L) ensure that all bolts are fully tightened.



7

Put the chair headrest (F) into the upper part of the chair back (A).



## CHAIR ADJUSTMENT

Follow the instructions to start using your chair.

**M** Right Control Handle



**N** Tilt Knob

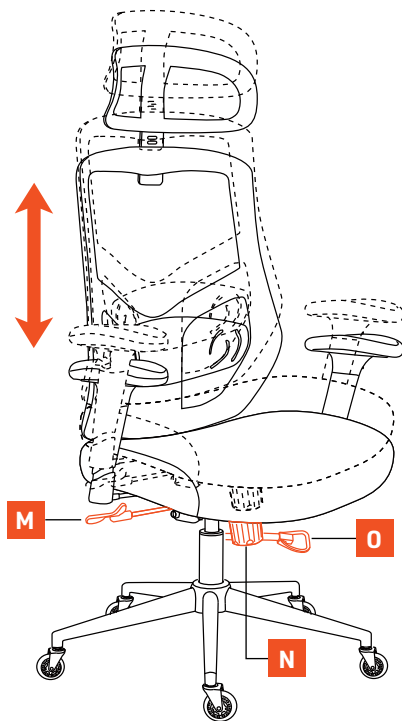
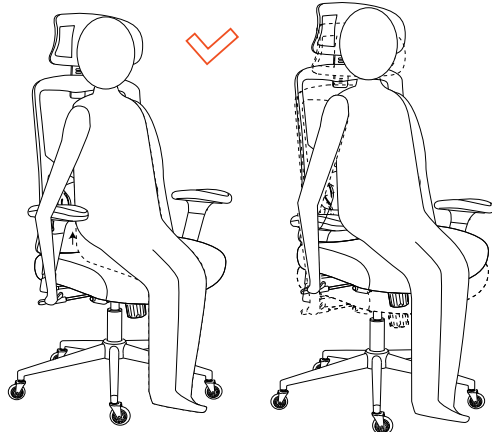
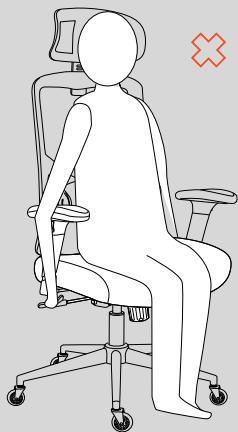


**O** Left Control Handle

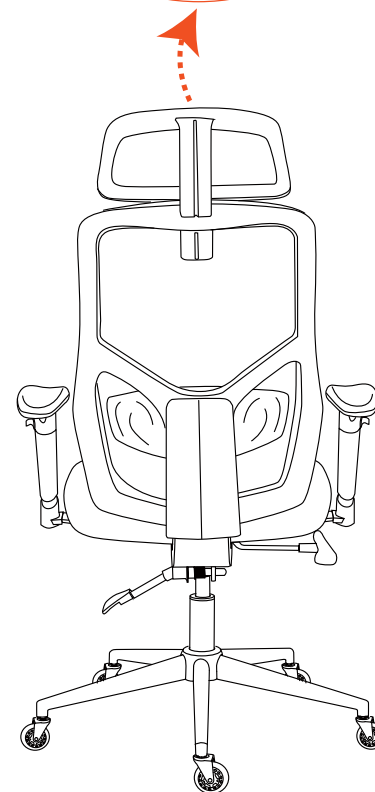
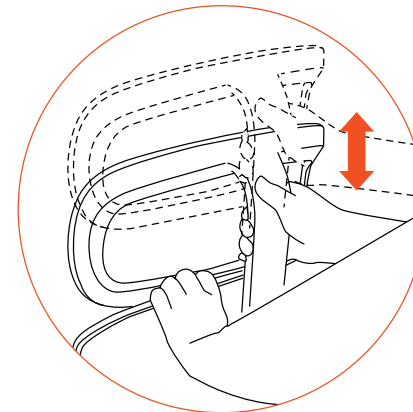


Adjust the seat height:

- To put your seat up, lean forward to lift your body from the seat, then pull up the right control handle (M).
- To lower the seat, pull up the right control handle (M) while you're seated.



## CHAIR ADJUSTMENT



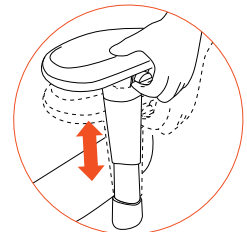
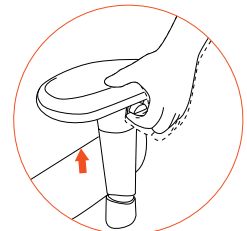
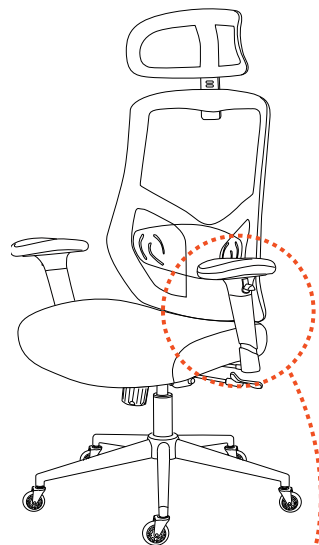
Adjusting the headrest height:

- To lower the headrest, push the headrest down.
- To raise the headrest, pull up the headrest.

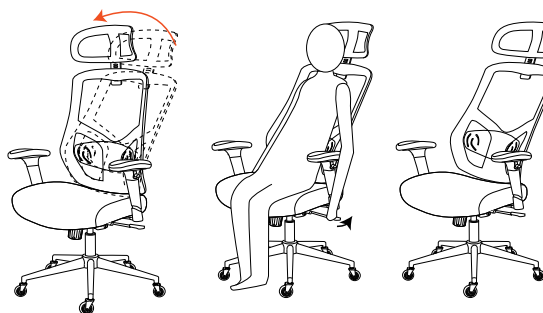
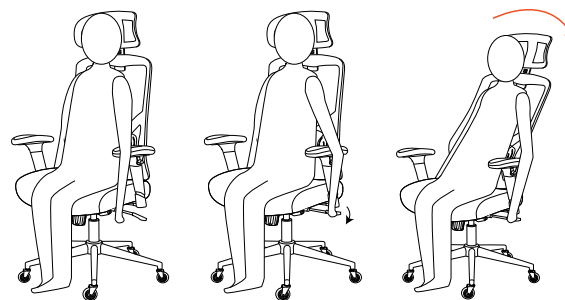
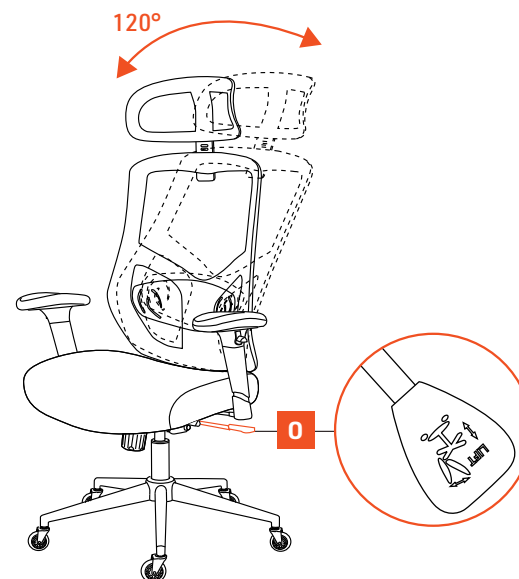
## CHAIR ADJUSTMENT

### Adjust the armrest height:

- Slide the control button up and hold it, pull up the arm post to the height you want, release the control button, the arm post will be locked.



## CHAIR ADJUSTMENT



### Operate the tilt lockout:

- To let your chair tilt back, pull up the left control handle (O).
- To stop your chair from tilting, sit forward, then push the left control handle (O) in.

**O** Left control handle



## CHAIR ADJUSTMENT

### Adjust the tilt tension:

- Turn the tilt knob (N) clockwise to make it easier to rock your chair backwards.
- Turn the tilt knob (N) counter-clockwise to make it harder to push your chair backwards.

**N** Tilt knob



## CHAIR ADJUSTMENT

### Adjust the backrest:

The backrest can be pulled up. After doing this, the backrest will automatically drop to its bottom when reach to the highest point.

