

BACK IN MOTION™ CHAIR

OPERATING INSTRUCTIONS

1. To Adjust Seat Height:

While seated, lean forward and reach under the right side of the chair to find the handle. Lift the handle and raise your body up slightly to allow the chair to rise to the desired height. Once desired height is reached, release handle to lock chair at desired height. To lower the seat, lift the handle while seated. The chair will descend until the handle is released or the chair reaches the bottom position.

2. To Operate Tilt Lockout:

While seated, reach under the left side of the chair to find the handle. Push down the handle and lean back to allow the chair to tilt backwards. To lock the chair in the upright or vertical position, sit upright and pull the handle to the up position.

3. To Adjust Tension On The Tilt:

Do not sit in the chair while adjusting the tilt tension knob. While out of the chair, facing the front of the seat, reach under the seat and locate the tilt tension knob. Turn the knob counter-clockwise to stiffen the tilt mechanism. Turn the knob clockwise to loosen the tilt mechanism. Rotate the knob until the desired resistance is reached.

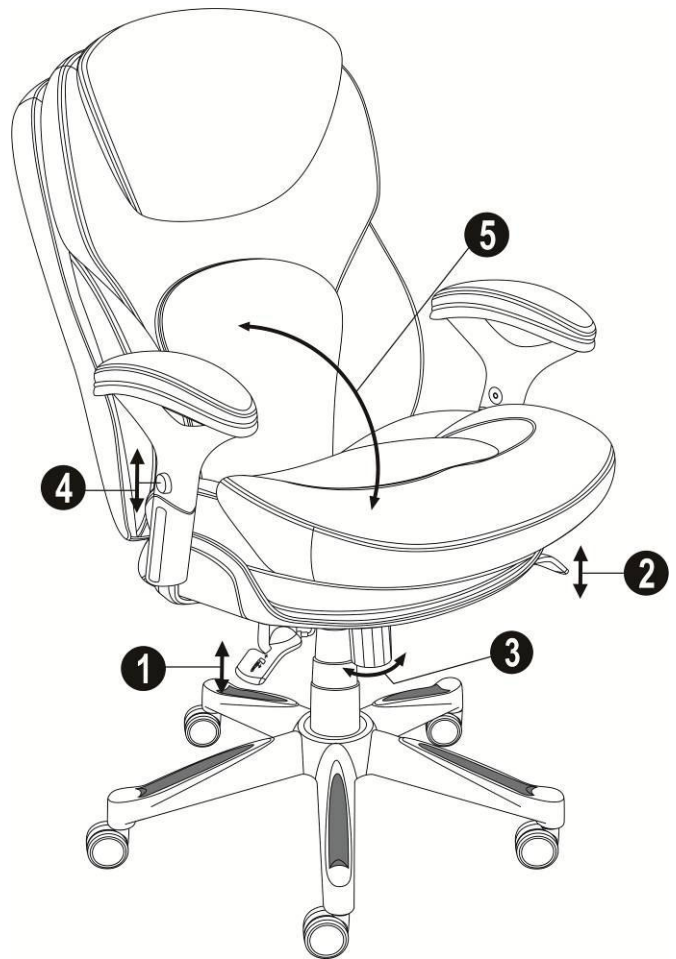
4. To Adjust Arm Height:

Press the buttons on the chair arms. Press the buttons to allow the arms to move up or down freely then release the buttons once the desired height is reached.

5. About The Back In Motion:

While seated, the seat and lumbar are fixed together on a tilting axis that allows you to rotate your pelvis while flexing the muscles of the core. It is designed to allow you to articulate the spine and perform pelvic tilt exercise.

*** Note:** Before placing your full weight onto the chair, ensure you are fully positioned against the back cushion and not sitting on the front edge of the seat, as the front edge is designed to tilt forward. Failure to sit in the chair properly may result in a fall.



Important Safety Information:

As this chair is designed to allow you to perform pelvic tilt exercises:

- If you are pregnant, have any medical conditions, including previous back and/or body pain, consult your physician prior to using this chair.
- If you are using this product and begin to experience any pain and/or discomfort consult your physician before continued use this chair.
- This product is not intended to treat any medical condition. It is intended to provide users with additional comfort, ease of use, and less strain on the back when seated in the chair for extended periods of time. This chair does not make any claims to cure or treat any medical condition.

Please check to ensure that you have received all the parts for the assembly of this chair. If you find any missing or damaged parts, do not return to the store. Please call toll free at 1-855-372-2315 for assistance. Please note that a receipt is required for all warranty replacements.

Service hours are: Pacific Time: 6:00 am-5:00 pm Monday – Friday.

This chair has been tested and approved for normal use which is defined as a standard work week of forty hours by a person weighing less than 250lbs(113kg).

Item number: 44186

BACK IN MOTION™ CHAIR

PARTS LIST

Part #	Description	Quantity
1.	Casters	5
2.	5 Star Base	1
3.	Gas Lift	1
4.	Telescoping Cover	1
5.	Seat Plate	1
6A.	Left Arm	1
6B.	Right Arm	1
7.	Seat Cushion	1
8.	Lumbar Cushion	1
9.	Back Cushion	1
10.	Back Support Plate(already attached to the seat cushion)	1
11.	Back Support Plate(already attached to the back cushion)	1
12.	1-1/4" Big Screws	6
13.	1" Big Screws	2
14.	1" Small Screws	15
15.	Allen Keys	2
H1.	Right Handle	1
H2.	Left Handle	1

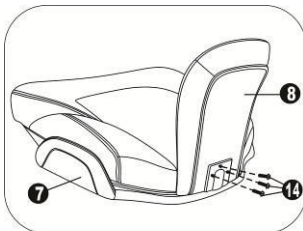
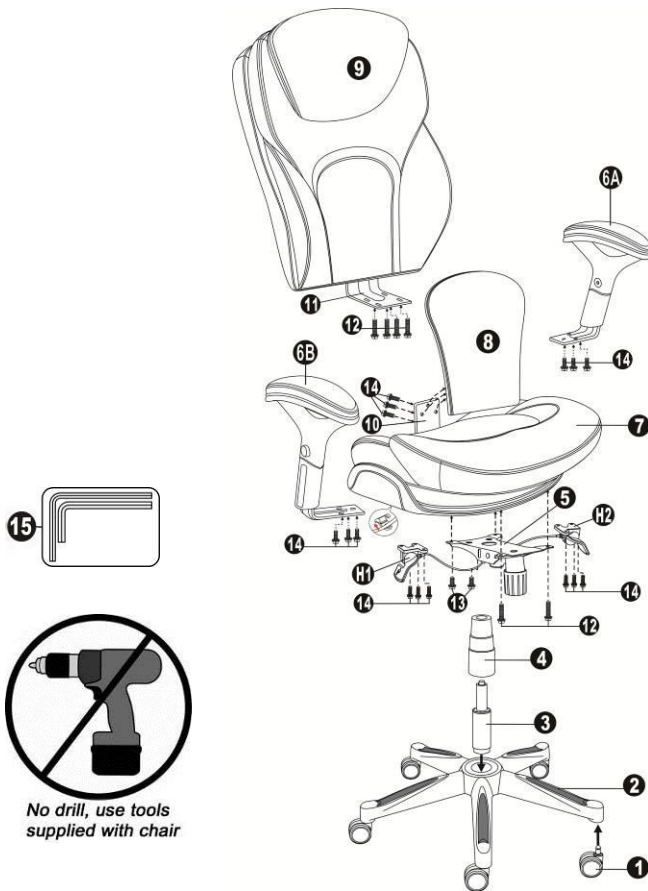


Diagram 1

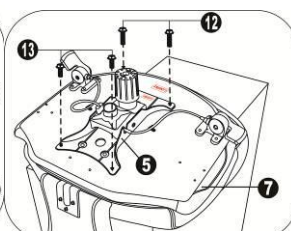


Diagram 2

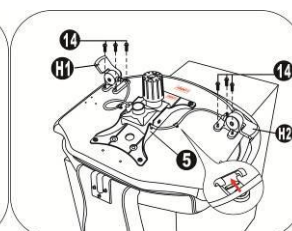


Diagram 3

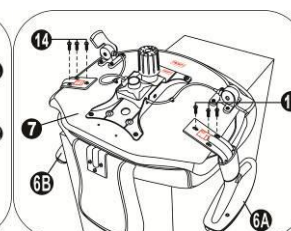


Diagram 4

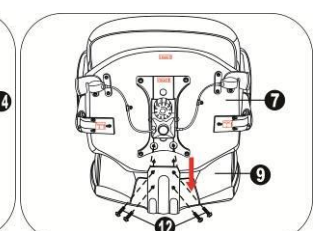


Diagram 5

ASSEMBLY INSTRUCTIONS

- A. Remove all parts from carton and separate them into part number groups as indicated in parts list.
 - B. To begin assembly, place 5 Star Base (2) upside down and insert Casters (1) into bottom of Base (2).
 - C. Turn Base (2) right side up on the floor and insert Gas Lift (3) into center hole on Base (2).
 - D. Place Telescoping Cover (4) over the Gas Lift (3) and rest it on the Base (2).
 - E. Align the Lumbar Cushion (8) with the Seat Cushion (7) by positioning the Lumbar Cushion (8) between the Seat Cushion (7) and the Back Support Plate (10), attach by using 1" Small Screws (14) as shown in Diagram 1. **Tighten screws completely.**
 - F. Attach Seat Plate (5) to the bottom of the Seat Cushion (7) (with the FRONT of seat plate facing the FRONT of seat cushion). Attach by using 1-1/4" Big Screws (12) for the front holes of the Seat Plate (5) and 1" Big Screws (13) for the rear holes of the Seat Plate (5) as shown in Diagram 2. **Tighten screws completely.**
 - G. Align Handles (H1 & H2) of Seat Plate (5) over pre-drilled holes on the left and right on the underside of Seat Cushion (7), attach the Handles (H1 & H2) to both sides of Seat Cushion (7) by using 1" Small Screws (14) as shown in Diagram 3. **Tighten the screws completely. Fix the cable for the seat plate into the plastic clips attached to the bottom of the seat cushion.**
 - H. Attach the Arms (6A & 6B) to the bottom of the Seat Cushion (7) (with the FRONT of arms facing the FRONT of seat cushion) by using 1" Small Screws (14) in the arm holes as shown in Diagram 4. **Tighten screws completely.**
 - I. Attach the Back Support Plate (11) to the Seat Cushion (7) using 1-1/4" Big Screws (12) as shown in Diagram 5 and **tighten screws.**
 - J. Place the assembled chair on top of Gas Lift (3) and press down until fully engaged.
 - K. Periodically (every 90 days) make sure that the screws are still fully tightened.
- ATTENTION: Be certain that all screws are fully tightened before using chair.**

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