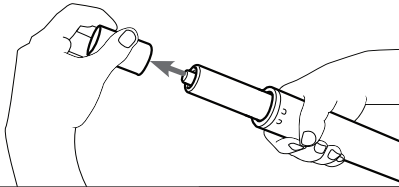
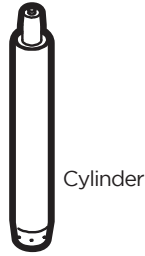
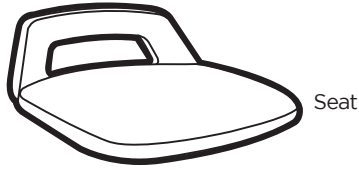


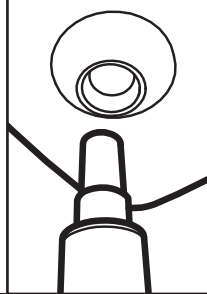
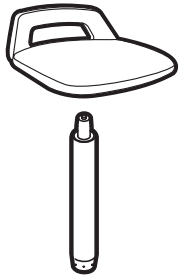
UPLIFT DESK[®] E7 Stool CHR457

Package Contents:



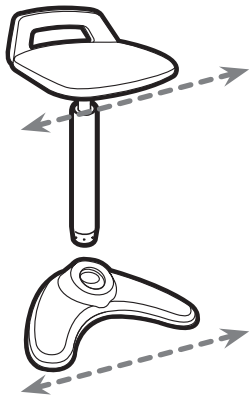
Step 1

The Cylinder comes with a plastic cap that 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 narrow end of the Cylinder into the hole in the bottom of the Seat.



Step 3

Prepare to insert the Seat assembly into the Base. Align the front of the Seat parallel with the front of the Base before inserting the Cylinder into the Base.

NOTE: Once installed, the cylinder CANNOT be removed or adjusted! If the two pieces are not parallel with each other, the seat will not be lined up when you sit on it.

With the Seat assembly lined up with the Base, insert the bottom of the Cylinder into the Base.

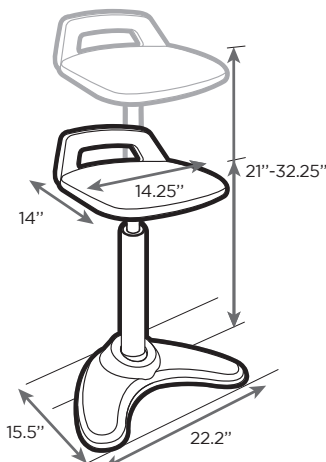
Step 4

The E7 Stool's weight capacity is 250 lbs.

The 360° tilting, rotating and pivoting stool encourages movement and good posture while seated thanks to multiple modes of adjustability.

Seat height is adjusted by a button under the front corner on either side. Its adjustment range is 21" to 32.25".

The stool features an ergonomic handle on the back of the seat for portability.





CAUTIONS & WARNINGS



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



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



CAUTION: 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.



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



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



CAUTION: Do not use solvents, abrasive cleaners, or scouring pads on any part of the UPLIFT Desk E7 Stool.



WARNING: This product's maximum weight capacity is 250 lb, **EVENLY DISTRIBUTED**. DO NOT exceed the maximum weight capacity.



WARNING: To avoid falling or tipping, have someone help you until you know the balance points of your E7 Stool and how to avoid tipping. Do not put excessive weight on one side of the E7 Stool. If you must reach or lean while seated, shift your weight to do so. Ask for help or use a device to extend your reach. Never try to reach for an object if you must move forward in your seat and/or your buttocks do not stay in complete contact with the seat. Never lean backward to reach an object.



WARNING: Always ensure the E7 Stool is securely positioned during use. For stability, always sit on the middle of the seat. Exercise caution when perching on the edge of the seat when it's raised to avoid slipping/tipping or losing balance.



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