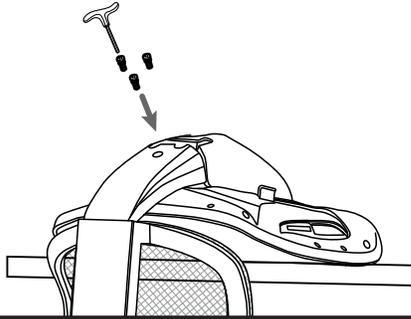
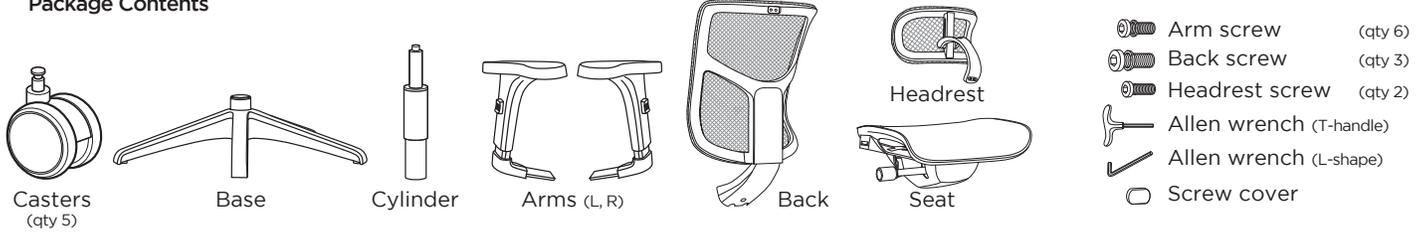


# J3 Ergonomic Chair

SKU: CHR456

UPLIFT DESK

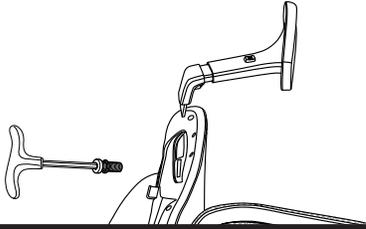
## Package Contents



### Step 1

Place the Seat upside down on the edge of a stable surface like a desk or a table. Slide the Back in place and line up the holes for the Back and the Seat. Have a friend help keep it steady while you attach the Back to the Seat and screw into place using three Back screws and the T-Handle Allen wrench.

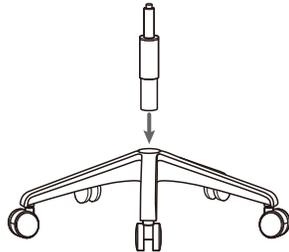
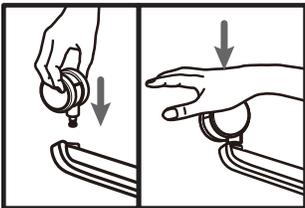
**Note:** When inserting the screws, tighten for only a few turns each. Allow there to be some give as you insert each screw into place. Once all three screws are threaded, tighten them all.



### Step 2

Take your chair assembly off the table and lay it on its side on the floor. Insert an Arm into the Seat and screw into place using three Arm screws and the T-Handle Allen wrench.

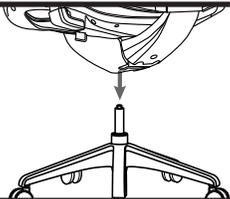
Flip chair assembly onto the other side and repeat for the other Arm.



### Step 3

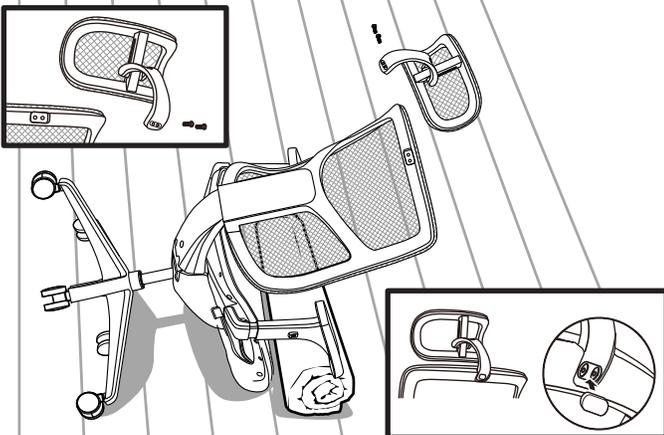
With the Base turned upside down, insert the Caster stems into the holes on the Base, and press them firmly to secure them in place.

Flip the Base, so the Casters are on the floor, and insert the Cylinder into the Base in the orientation shown with the smaller diameter end up. Be cautious around the small end of the Cylinder to avoid getting grease on you or your clothes.



### Step 4

Flip the chair assembly from Step 2 right-side up, and lower it onto the Cylinder. Press down on the seat (or sit on it) to secure it in place on the Cylinder.



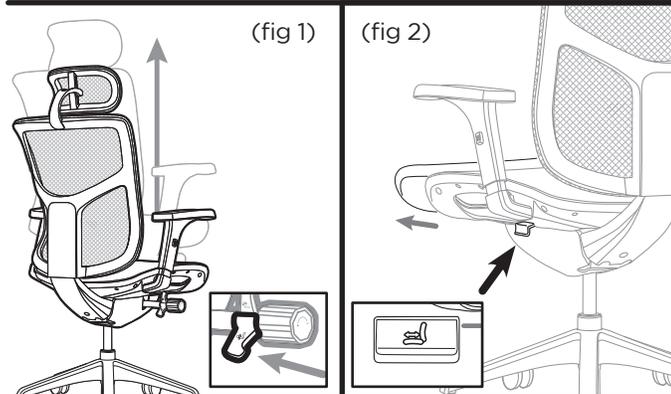
### Step 5

Attach the Headrest to the Back using two Headrest screws and the L-shape Allen wrench.

**Note:** If you are having difficulty aligning the Headrest and Back screw holes, it may help to tilt the chair forward. Lean it on a table or roll up a towel under the Arms to prop the chair forward, to more easily line up the holes on the Headrest with the holes on the chair's Back.

Once screwed in, place the Screw cover in the spot located at the top of the chair, covering the screws.

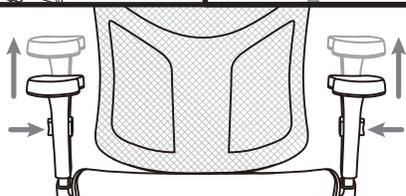
## Adjustment Guide



### Seat adjustment

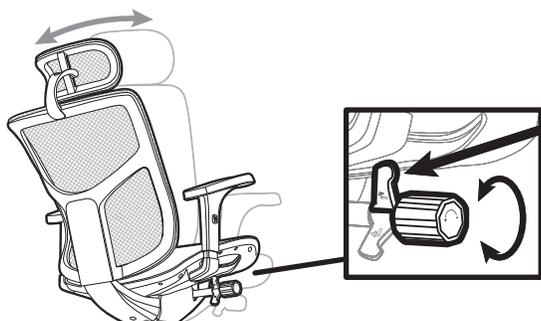
**Height-** To adjust the height of your seat higher or lower, squeeze the latch located underneath the seat. Sit on the seat to lower it and stand up to allow the seat to rise. (fig 1)

**Depth-** To adjust the depth of your seat, engage the tab located under the seat and slide the seat to your preferred position. (fig 2)



### Arm Height

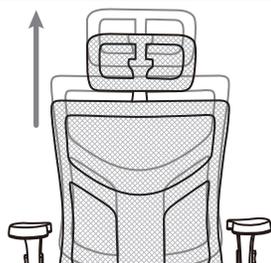
Press the button on each arm to unlock them, and move the armrests up and down. There are 6 locking positions, with a height range of 2.8" (.6" per position).



### Back Tilt Adjustment

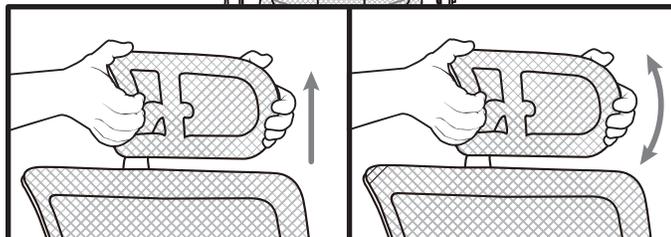
When the latch is UP, the back is locked. When it's pushed back, the back is unlocked. This allows the back to "free float" and recline to any position you wish within the chair's 22 degrees of recline.

If you prefer the back to be stationary, there are 4 preset locking positions in this mode. Simply recline the back to the desired position and flip the latch UP to lock into the nearest forward position. To unlock the back again or to change positions, flip the switch back and press back slightly to disengage the lock.



### Back Height

Hold the back firmly to lift or lower the back height to your desired height. There are 4 locking positions, with a height range of 2.4" (.6" per position).



### Headrest adjustment

**Height-** Hold the headrest firmly to lift or lower it to your desired height.

**Tilt-** Hold the headrest firmly and adjust it at an upward or downward angle to the position where it's most comfortable.

## ⚠ CAUTIONS & WARNINGS

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

⚠ **WARNING:** This product's maximum weight capacity is 250 lb (113.4 kg). DO NOT exceed the maximum weight capacity.

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