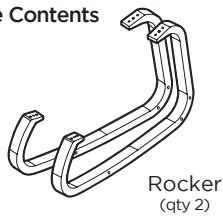


Ergonomic Kneeling Chair

SKU: CHR463

UPLIFT DESK

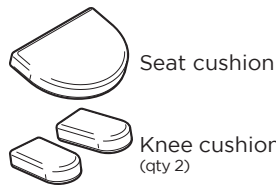
Package Contents



Large brace

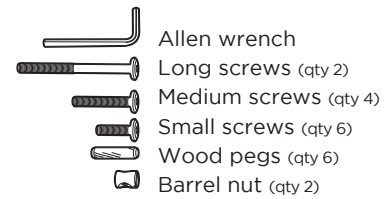


Small brace



Seat cushion

Knee cushions (qty 2)



Allen wrench

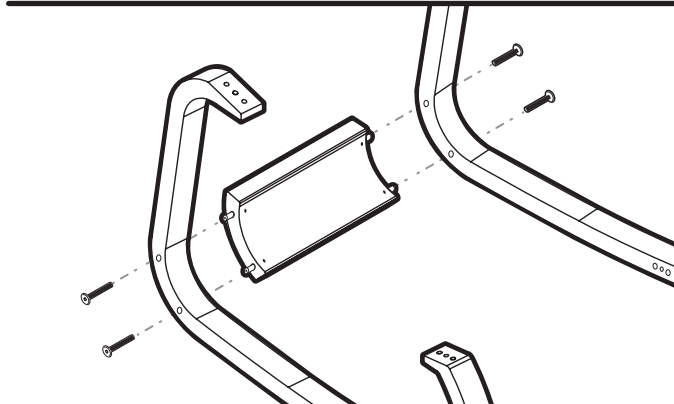
Long screws (qty 2)

Medium screws (qty 4)

Small screws (qty 6)

Wood pegs (qty 6)

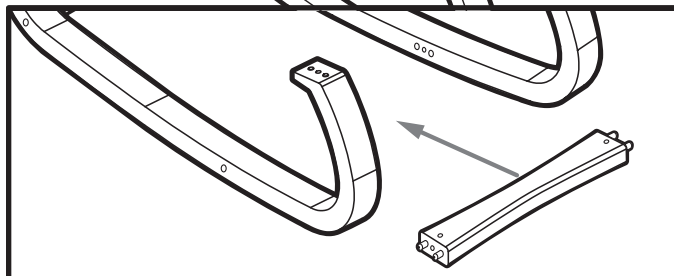
Barrel nut (qty 2)



Step 1

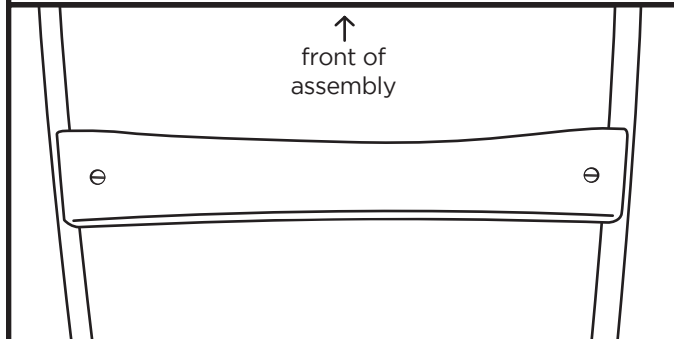
Using the Large brace, connect the right and left Rockers. The Large brace is wider on its bottom and narrower on the top. Make sure it is properly aligned. Insert the Large brace's metal screw-pegs into the rear holes on the back curve of each Rocker.

Use four (4) Medium screws on these holes from the outside of each Rocker, and begin tightening with the Allen wrench, but do not fully tighten until Step 3. This gives you a little wiggle room to help you install the Small brace more easily.



Step 2

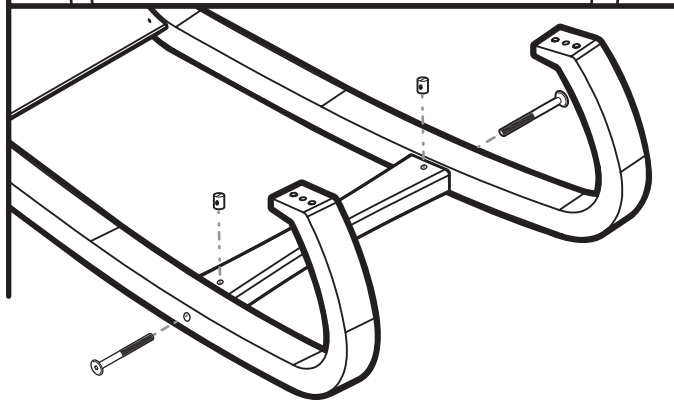
Slide the Small brace between the Legs, lining up the Wood pegs with the outer two holes.



NOTE

The Small brace's outer edges flare slightly out. Make sure the flared side is facing the front of the chair assembly.

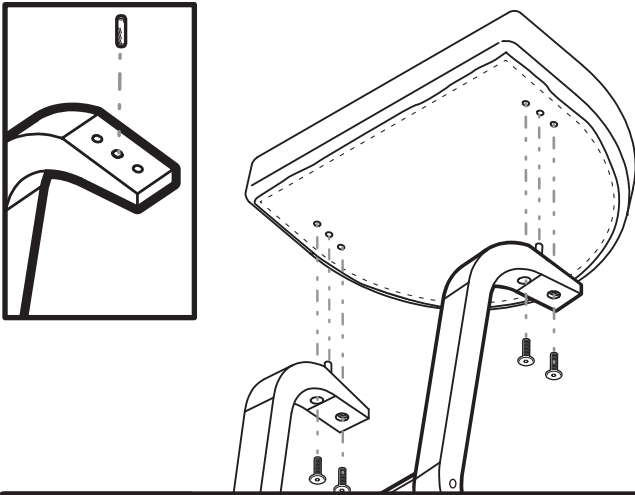
If you wish to assemble the kneeling chair so that the Barrel nuts are hidden, simply insert the Small brace with the empty holes facing the floor.



Step 3

Insert two (2) Barrel nuts into the holes on the Small brace. Make sure the notch on each Barrel nut is facing up and perpendicular to the Rockers.

Thread in the Long screws into the holes on the outside of the Rockers, and begin tightening. Once all screws from Step 1 and Step 3 are in place, you can tighten all of the screws all the way.

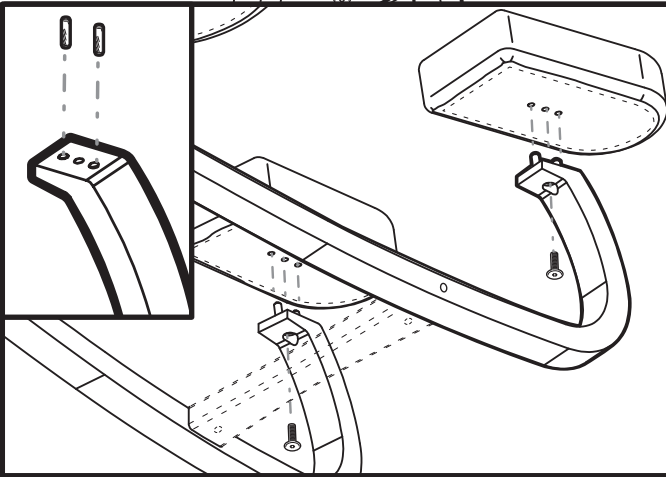


Step 4

On the higher end of each Rocker, insert one (1) Wood peg into the center of the three holes.

Line up the Seat cushion (curved end facing front, flat end facing back), and lower it onto the Wood pegs, using the center holes on the seat.

Then insert four (4) Small screws, and tighten down all the way, securing the seat in place.



Step 5

On the lower end of each Rocker, insert two (2) Wood pegs into the outer two of the three holes.

Line up each Knee cushion (curved end facing front, flat end facing back) and lower it onto the Wood pegs using the outer holes on each.

Then insert the remaining two (2) Small screws, and tighten down all the way, fastening each cushion in place.

⚠ CAUTIONS & WARNINGS

- ⚠ **CAUTION:** Read all instructions before assembly. Failure to assemble or operate properly may result in damage or personal injury. Retain manual for future reference.
- ⚠ **CAUTION:** Use on a stable, level surface. Mount and dismount the chair carefully.
- ⚠ **WARNING:** Do not stand on the chair.
- ⚠ **CAUTION:** Do not play on this product. Keep fingers away from under the chair's Rockers.
- ⚠ **CAUTION:** Maximum weight capacity is 200 lbs. (90.7 kg)

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