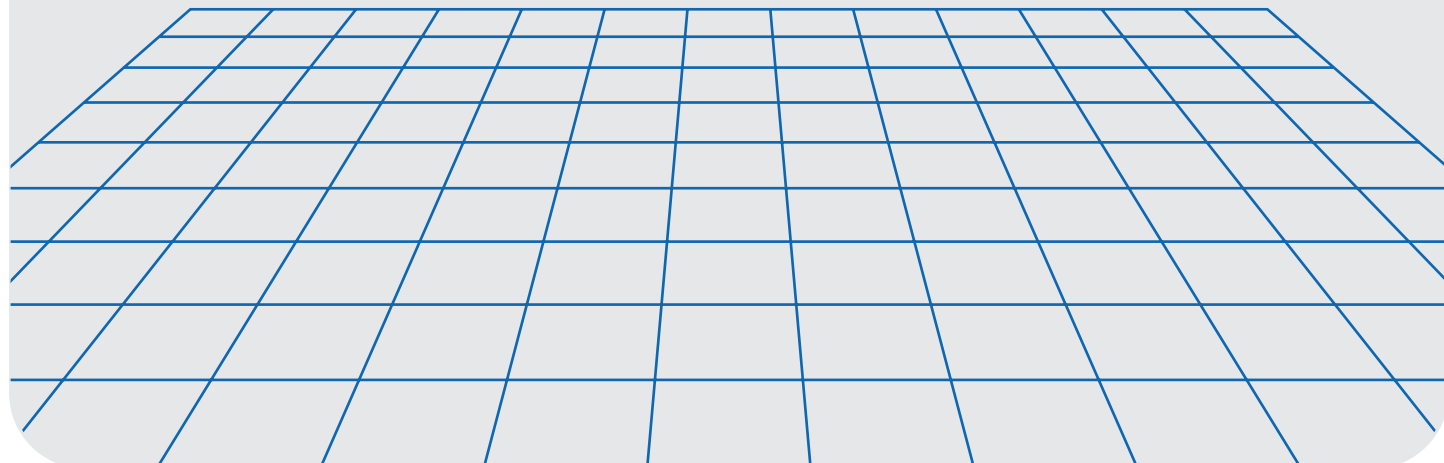


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Address: 6475 Las Positas Rd. Livermore, CA 94551



FlexiSpot

User Manual

Item No. ErgoStretch



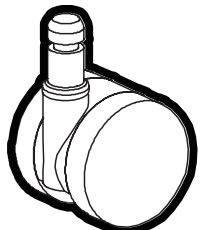
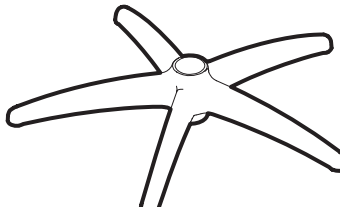
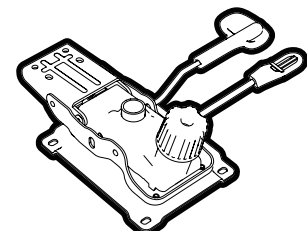
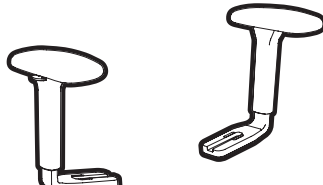
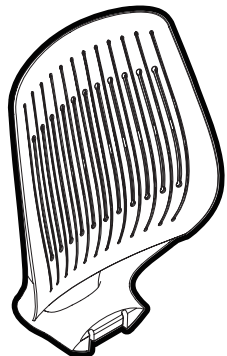
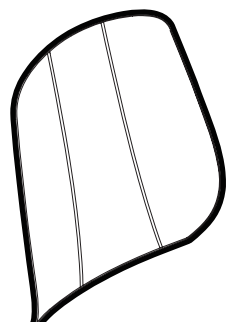
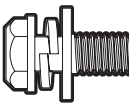
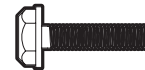
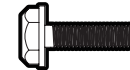
INSTRUCTIONS –
KEEP FOR FUTURE REFERENCE



Parts Included

Please refer to the parts listed below. If any parts are missing or damaged, please contact customer service.

Parts List

A ×5 	B ×1 	C ×1 
D ×1 	E ×1 	F ×1/1 
G ×1 	H ×1 	1 ×3  5/16x3/4"
2 ×6  1/4x1"	3 ×4  1/4x3/4"	4 ×1 



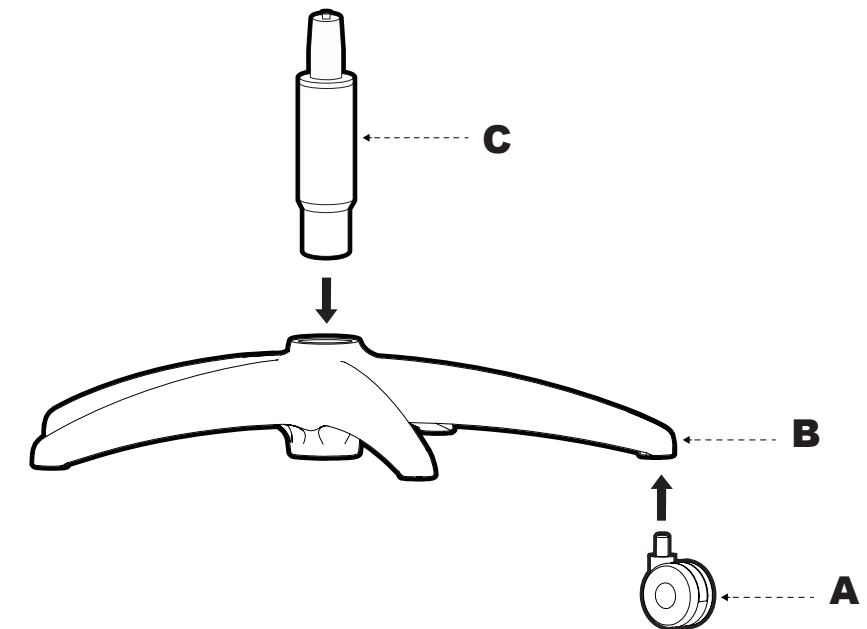
Assembly Instructions

Before You Start: Loosely tighten all screws first. Once all screws are positioned, fully tighten them to secure the assembly.

1

Install the Wheels and the Gas Lift

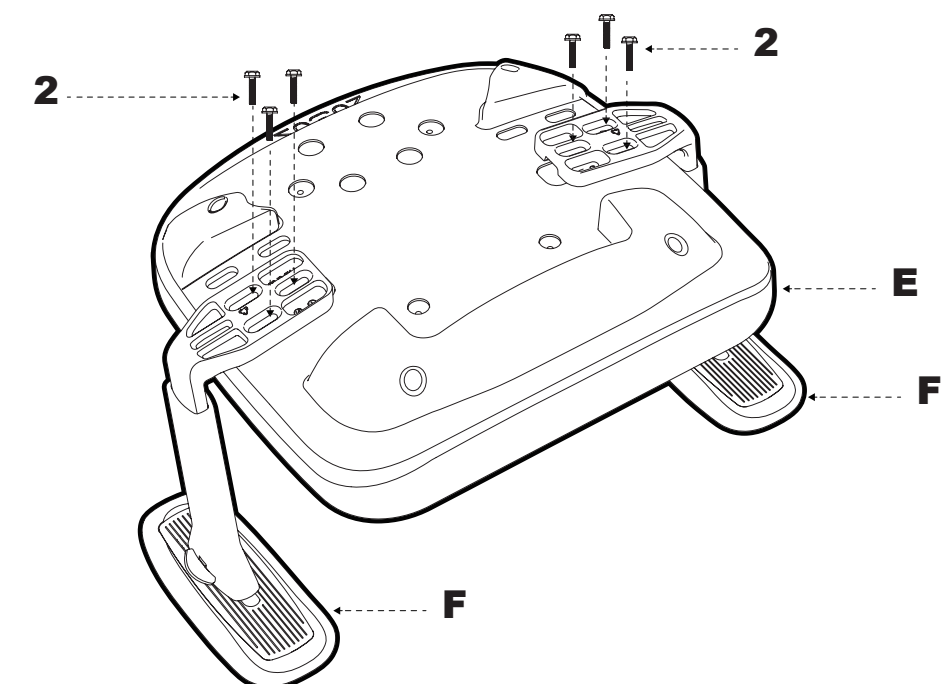
Insert the wheels (A) into the base (B).
Place the gas lift (C) into the center of the base.



2

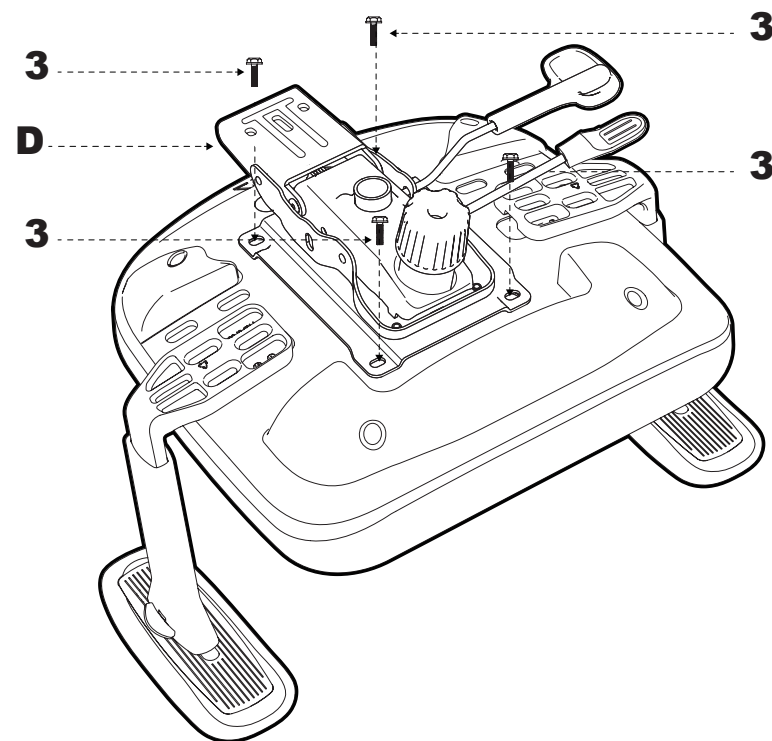
Attach the Armrests

Align the left and right armrests (F) on the underside of the seat (E), then secure each armrest using 3 screws (2).



3 Install the Mechanism

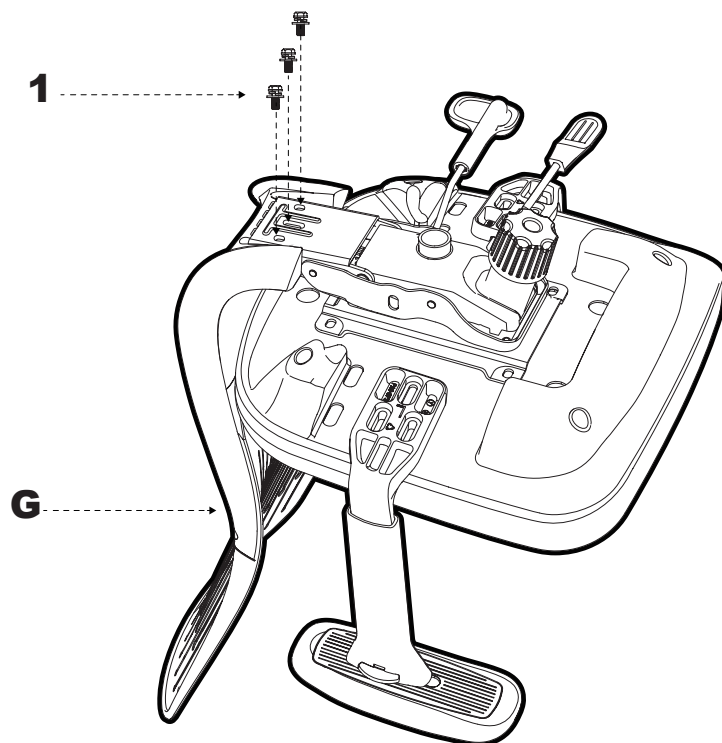
Use 4 screws (③) to secure the mechanism (D) to the underside of the seat (E).



4 Install the Backrest

Use 3 screws (①) to attach the backrest (G) to the mechanism (D).

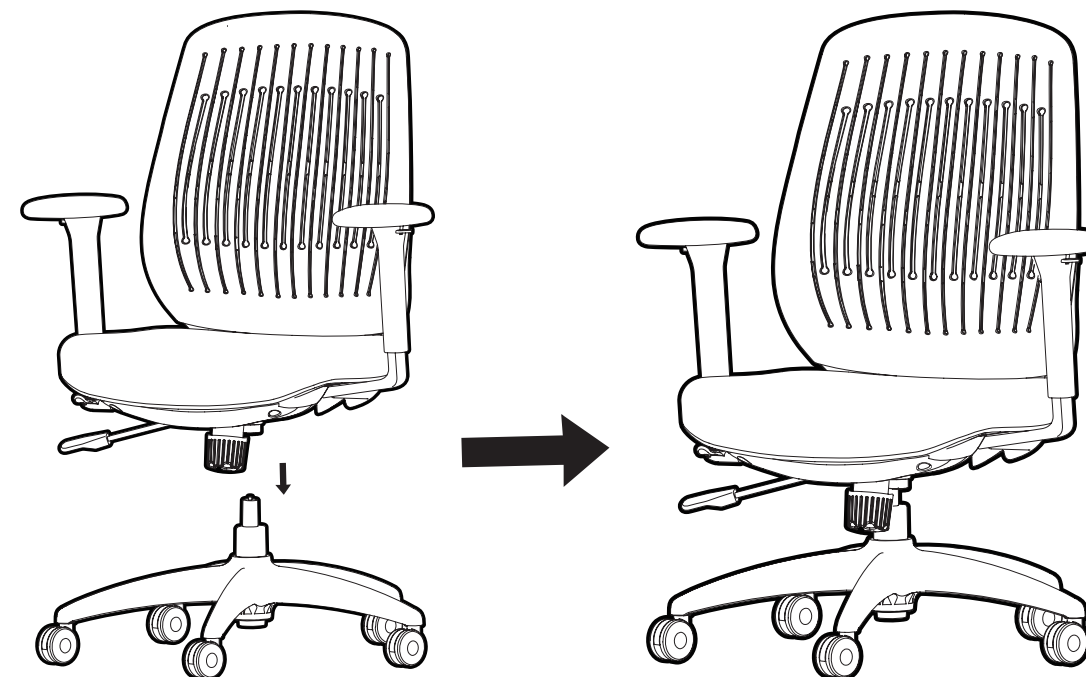
Tip: Do not tighten the screws completely until they are all fixed in the correct position.



5 Insert the Gas Lift into the Seat

Align the tip of the gas lift (I) with the hole on the mechanism (D), then press firmly from above to insert it securely.

Note: To ensure the gas lift is fully fixed, press down with your body weight on the seat.

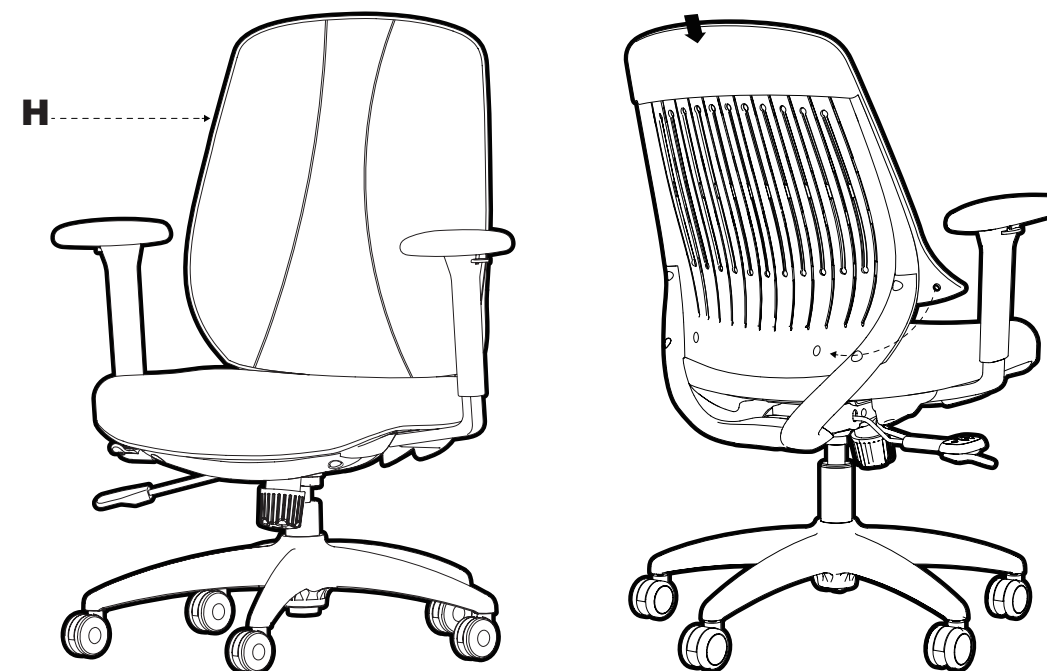


6 Install the Backrest Cover

Align the backrest cover (H) with the top edge of the backrest, then press it down firmly to snap it into place and cover the backrest's internal components.

Note: Installing the backrest cover is completely optional - you can choose whether to install it based on your personal preference.

Your chair is now fully assembled and ready to use, with or without the backrest cover installed.

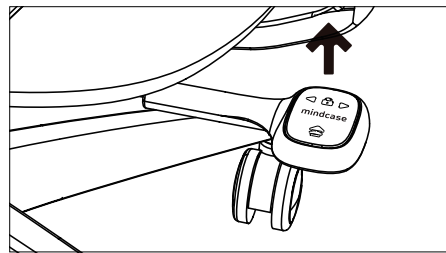


Instructions for Usage

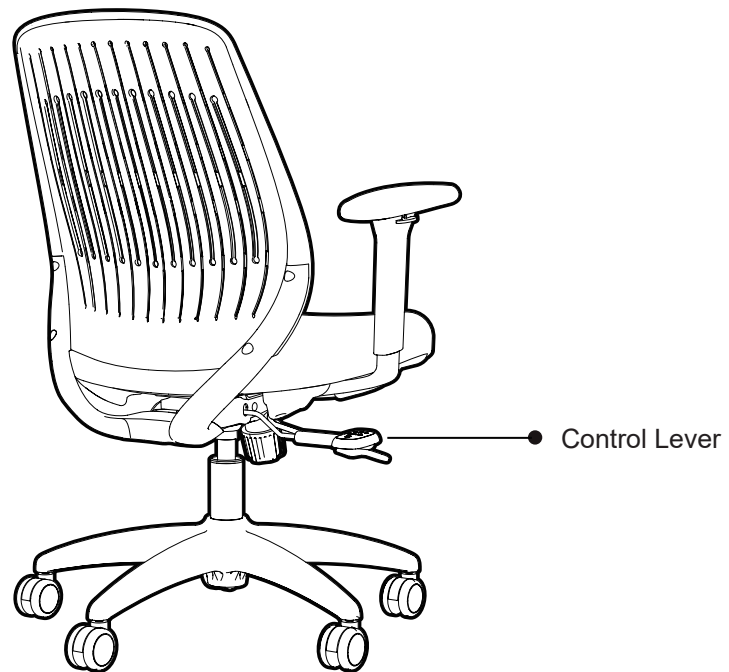
Seat Height Adjustments

Shift your weight off the seat (stand up slightly) and lift the handle to the seat height.
Sit on the chair and lift the handle to lower the seat height.

○ Control Lever



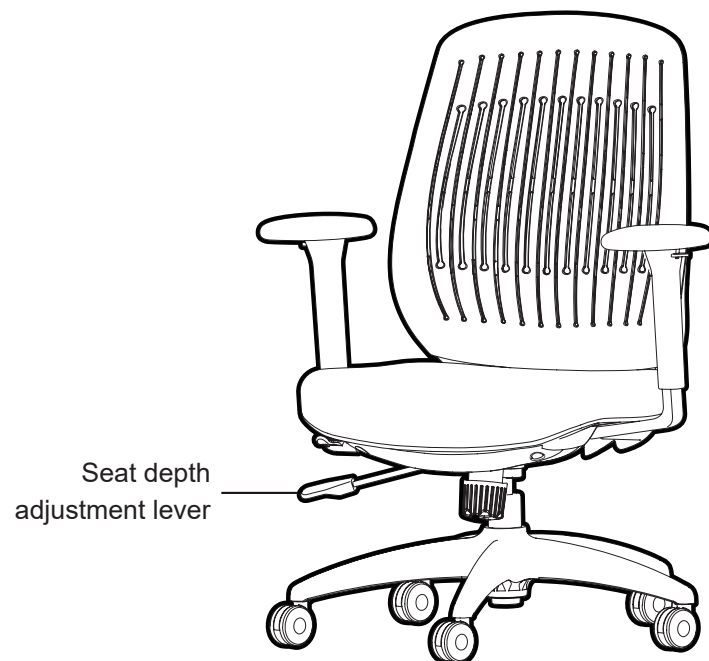
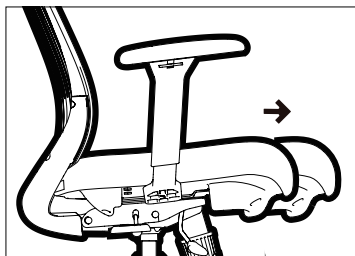
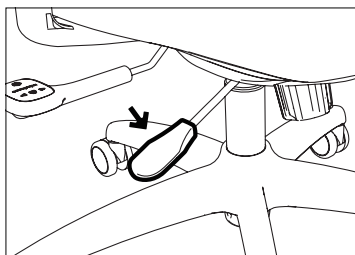
Pull up to adjust seat height



Seat Depth Adjustments

Pull the seat depth adjustment lever, then slide the seat forward or backward to your desired position. Release the lever to lock the seat in place.

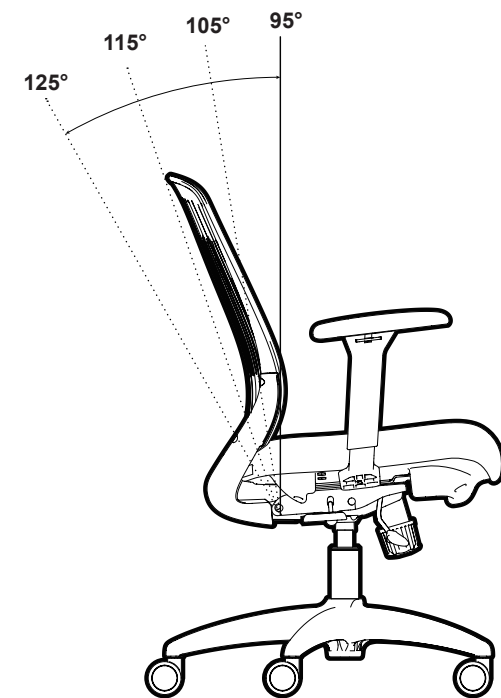
Seat depth adjustment lever



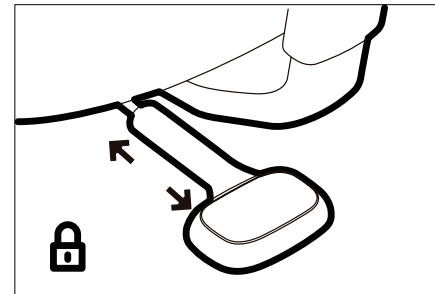
Backrest Recline Adjustment

Pull out the rear handle to unlock the reclining function.

Push the handle inward to lock the chair at your desired angle. The chair features a four-level lock and supports reclining up to 125°



Backrest tilt lock

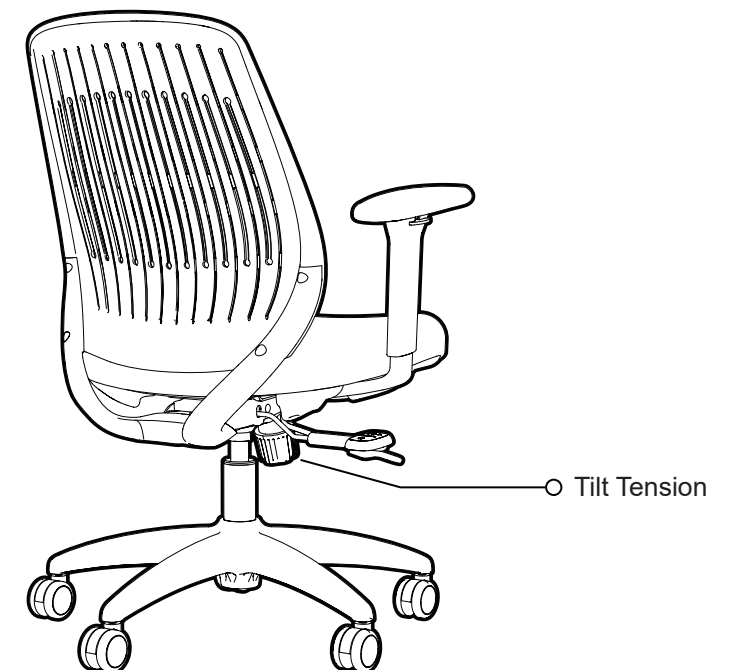
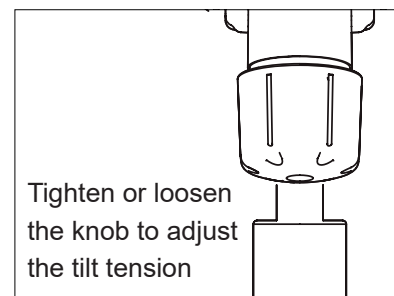


Recline Resistance Adjustment

Turn knob clockwise to make the backrest tilt more easily.

Turning it counterclockwise will have the opposite effect. You can adjust the tilt resistance to your preference by turning the knob.

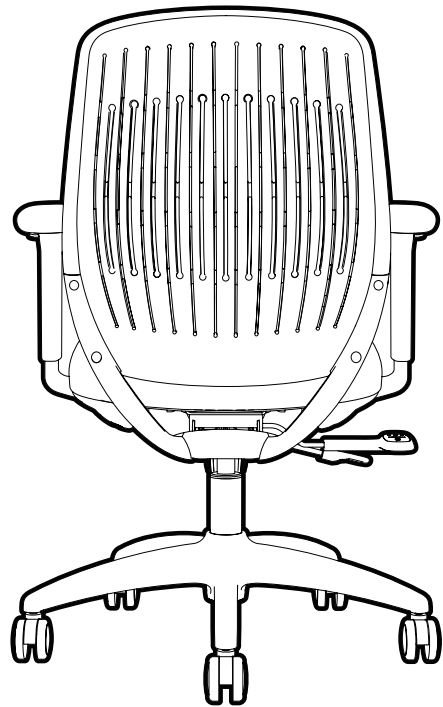
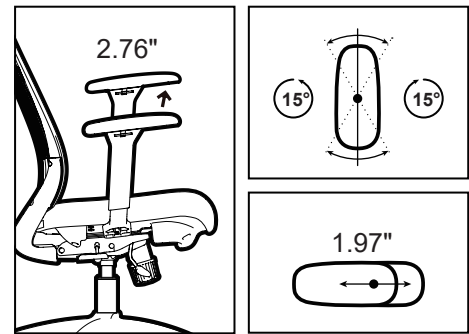
○ Tilt Tension



Armrest Adjustment

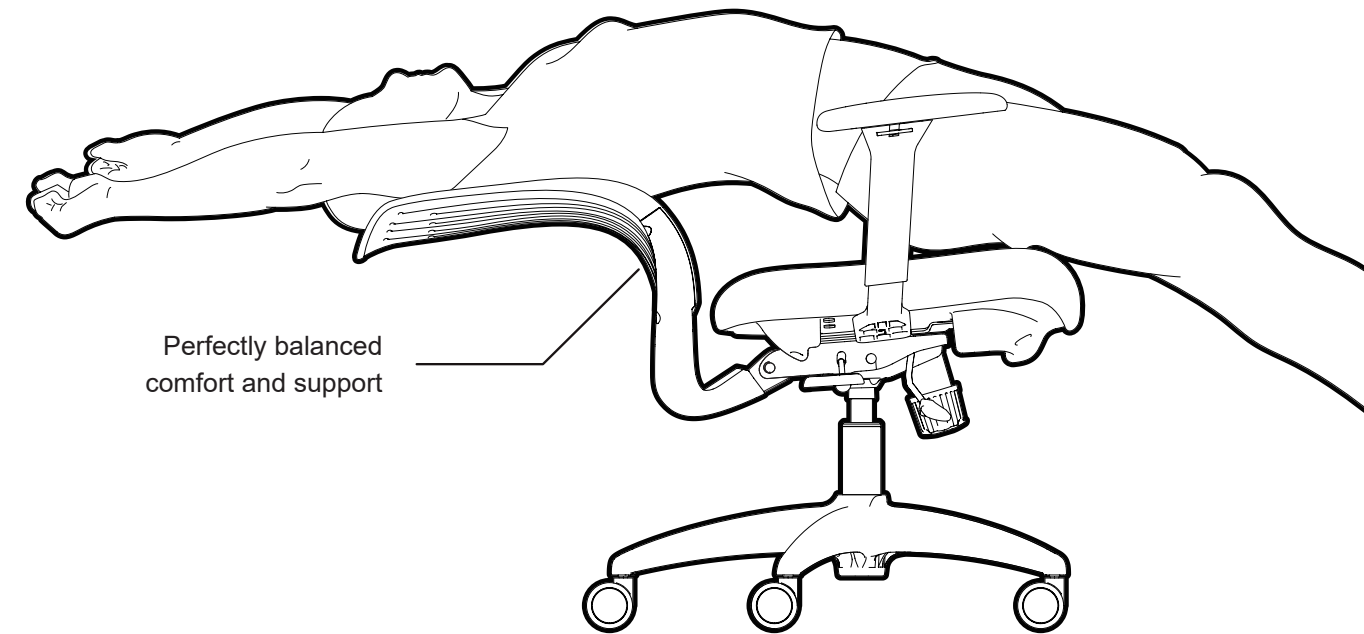
Height: Press the button under the armrest to raise or lower it. Release to lock in place.
Rotation: Rotate the armrest pad left or right to a desired angle.
Depth: Slide the armrest pad forward or backward to adjust.

Seat depth adjustment lever



Stretching Function

Sit firmly on the seat, lean back slowly to align your body with the backrest, extend your arms forward, and keep your feet flat on the ground to enjoy a full-body stretch that relieves sitting fatigue.



**Safety Notes:**

- 1. Always use the stretch function on a flat, stable surface.
- 2. Keep your feet on the ground to avoid tipping or side overturning.
- 3. Avoid sudden, forceful movements; this is for light stretching only.

FlexiSpot Limited Warranty

Safety Instructions

1. Do not use on slippery surfaces. Ensure the product is used on a stable, non-slip surface.
2. Avoid placing drinks on the product. Spills can cause discoloration or damage to the surface material. Wipe up any moisture immediately to prevent staining.
3. Do not sit on the product with more than one person at a time. This can lead to instability and potential injury.
4. Regularly check for any loose parts or damage before use. Do not use if any parts are missing or if the product is in poor condition.
5. Be cautious of moving parts. Keep hands and feet away from moving mechanisms to prevent injury.
6. Do not stand on the seat or armrests. This can cause the product to tip over and result in injury.
7. Read the instruction manual thoroughly. Understand the content and usage methods before operating the product.
8. If any issues arise during use, stop using the product immediately. Contact the retailer where you purchased the product for assistance.

Care Instructions for Long-Term Non-Use

1. Avoid placing the product in direct sunlight or in areas with high humidity or extreme dryness. These conditions can cause the product to warp or crack.
2. Regularly inspect the product for any signs of wear or damage. Address any issues promptly to maintain the product's longevity.

Remedies

1. FlexiSpot will replace at no charge any defective parts, or at its option, any product or part that is defective due to improper workmanship and/or materials under normal conditions of use.
2. If a replacement is not feasible or cannot be completed promptly, FlexiSpot may refund the purchase price upon return of the product.
3. For defective products, FlexiSpot will provide a replacement shipped at no cost within the continental United States via FedEx Ground. Expedited shipping is available at the customer's expense. International shipping costs are the customer's responsibility.

FlexiSpot Limited Warranty

What is Not Covered

1. Issues not resulting from material or workmanship defects.
2. Damage from normal wear and tear, improper installation, maintenance, misuse, abuse, negligence, accidents, or alterations.
3. Accessories, connected materials, and products not manufactured by FlexiSpot.
4. Damage from failure to follow instructions and guidelines for the product's intended use.
5. The warranty is void if the product is returned with removed, damaged, or tampered labels, or if there are any alterations.

How to File a Claim

1. To benefit from the limited warranty, claims must comply with the warranty terms and follow the proper return procedure.
2. Contact customer service via email at contact@FlexiSpot.com or toll-free at 1-855-585-5618, providing proof of purchase.

Implied Warranties and Limitation of Damages

Except where prohibited by law, all implied warranties are limited to the duration of this warranty. FlexiSpot is not liable for incidental, indirect, special, or consequential damages, even if advised of the possibility.

Governing Law

This warranty is governed by the laws of California, USA, without regard to conflict of laws principles.

How State Law Applies

This warranty provides specific legal rights, and you may have additional rights that vary by state.