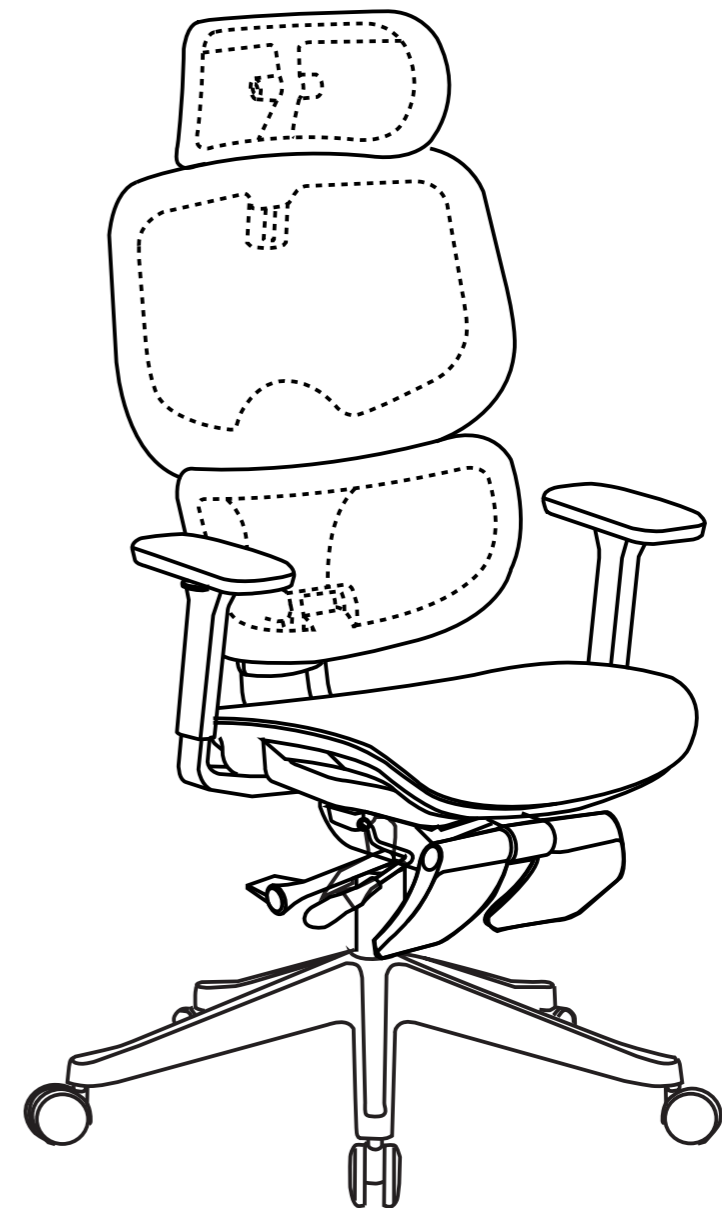


User Manual

Item No. C7-FT



Ergonomic Chair





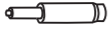









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INSTRUCTIONS - KEEP FOR FUTURE REFERENCE



Parts List

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

A*5 	B*1 	C*1 	D*1 	E*1 	J*3 (M8*35/M8/M8*22*2) 
F*1 	G*1(L/R) 	H*1 	I*1 		K*10 (M6*30/M6/M6*15*1.5) 
					L*1 



Instructions for Assembly

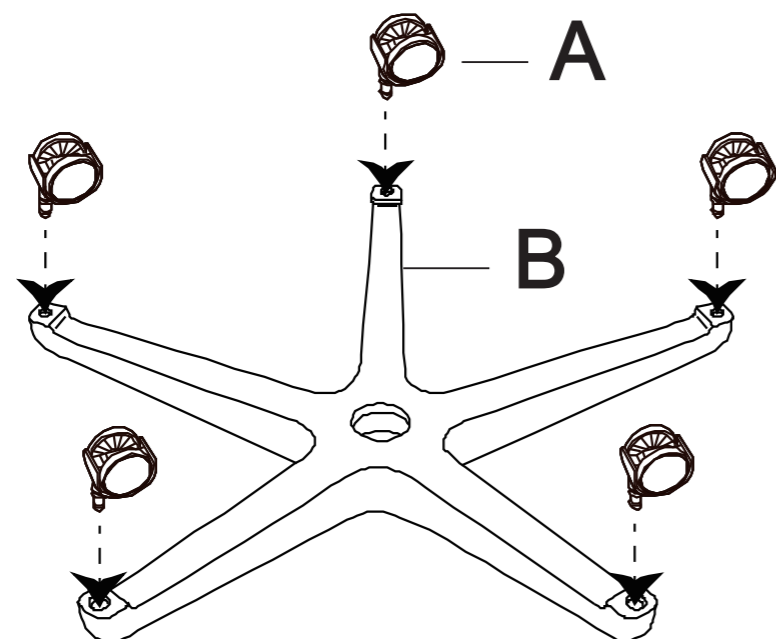
Before You Start: Loosely tighten all screws first. Once all screws are properly positioned, fully tighten them to secure the assembly.

1

Install the Wheels

Insert the wheels (A) into the base (B).

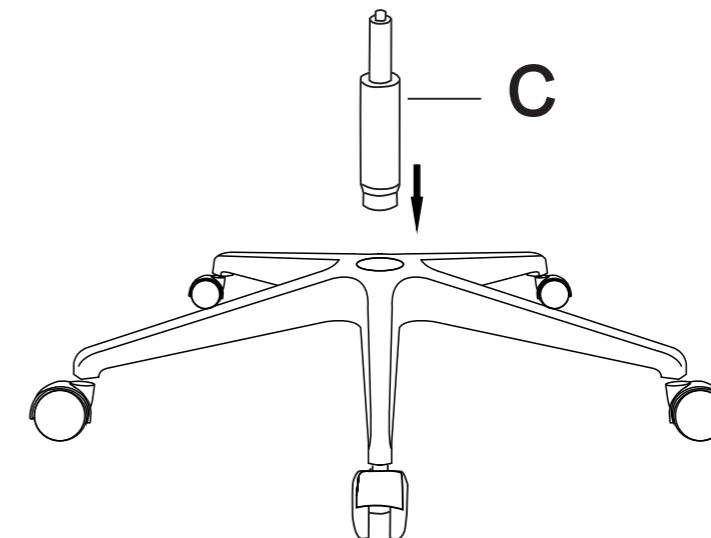
Tip: Ensure each wheel is securely pushed into the leg base.



2

Insert the Gas Lift

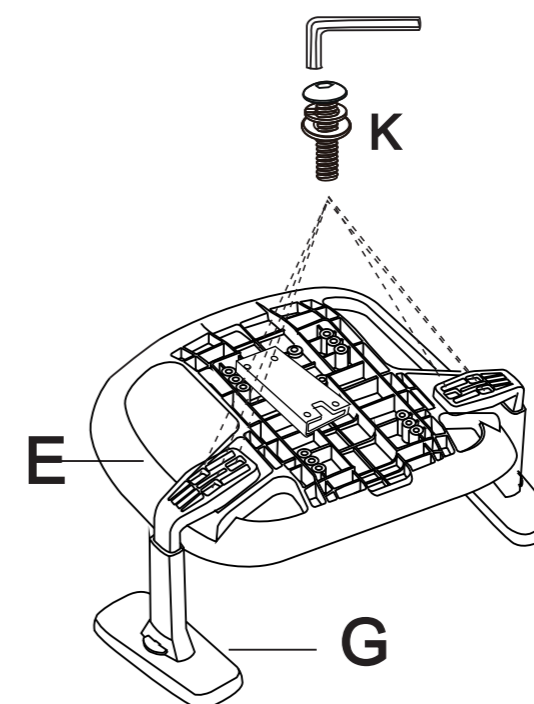
Place the gas lift (C) into the center of the base.



3

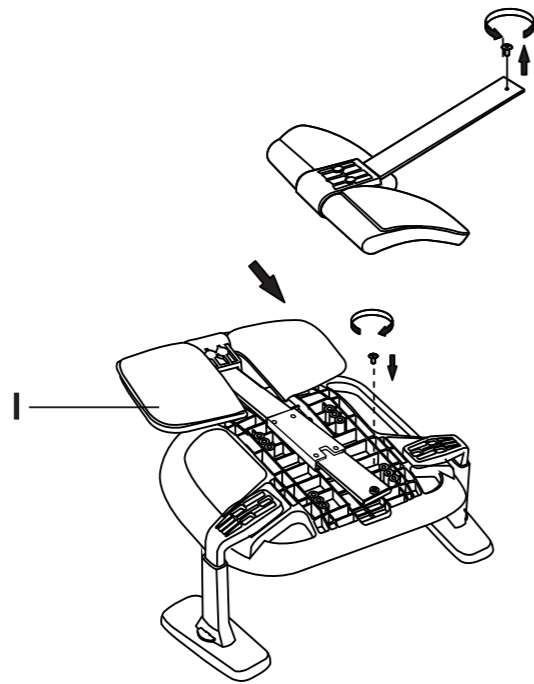
Attach the Armrests

Loosely attach the seatrest (G) to the seat base (E) with the screws (K). Once aligned, securely tighten all screws with the Allen wrench (L).



4 Install the Footrest

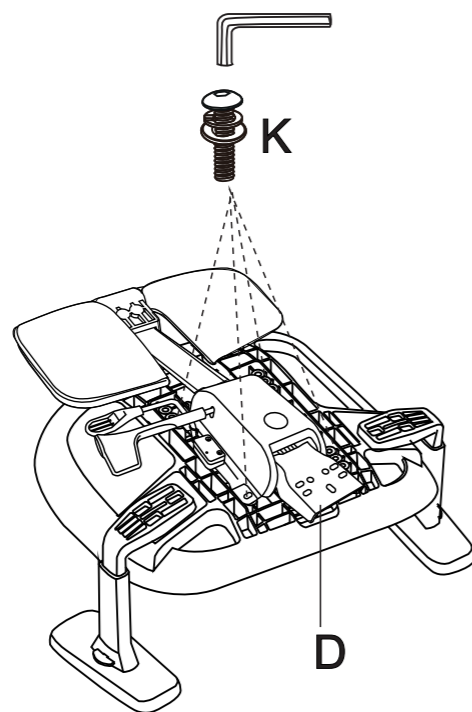
1. Remove the screw from the footrest (I).
2. Align the footrest (I) with the seat (E) and tighten the screw securely.



5 Install the Mechanism

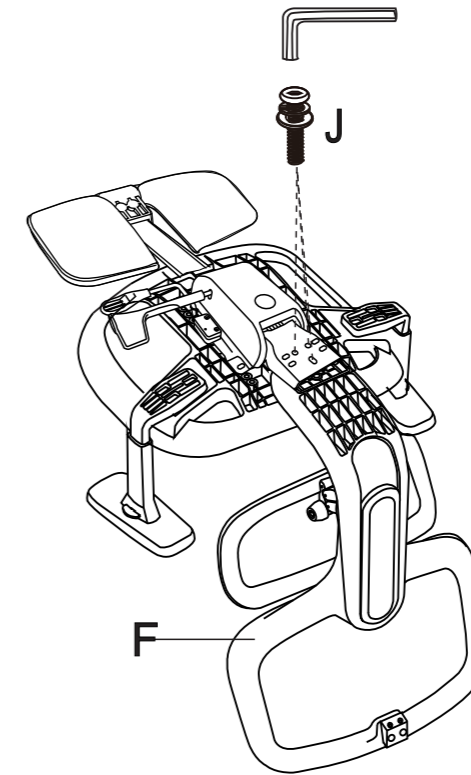
Use 4 screws (K) and the Allen wrench (L) to secure the mechanism (D) to the underside of the seat (E).

Tip: Align the screw holes carefully before tightening the screws.



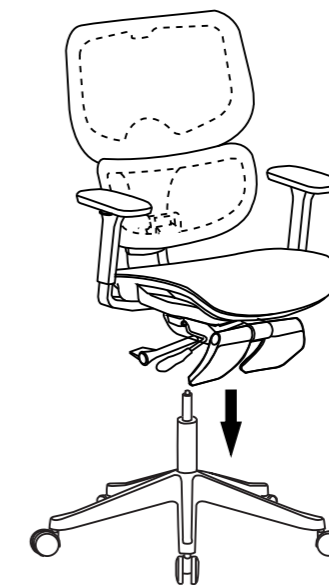
6 Install the Backrest

Use 3 screws (J) and the Allen wrench (L) to attach the backrest (F) to the mechanism (D).



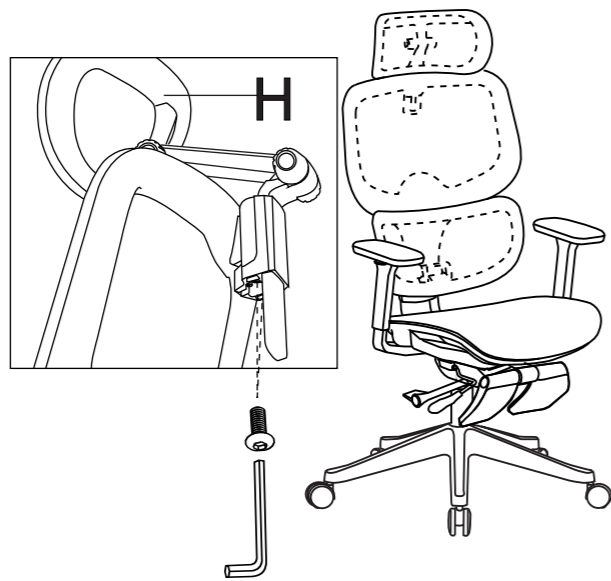
7 Insert the Gas Lift into the Seat

Insert the gas lift (C) into the mechanism (D) beneath the seat (E).
Tip: Apply firm pressure to ensure the gas lift is fully inserted.

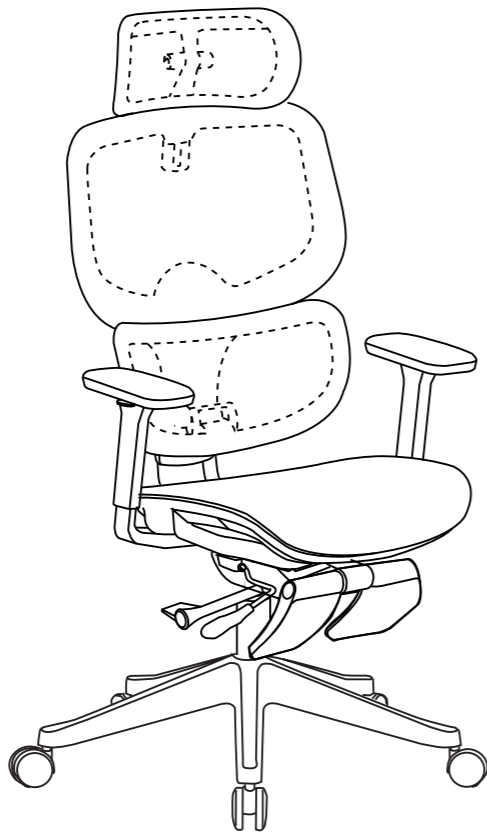


8 Attach the Headrest

1. Before installation, remove the screws from the headrest (H).
2. Align the headrest (H) with the mounting holes on the backrest. Secure it in place using an Allen wrench (L).



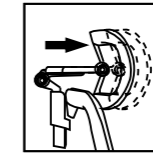
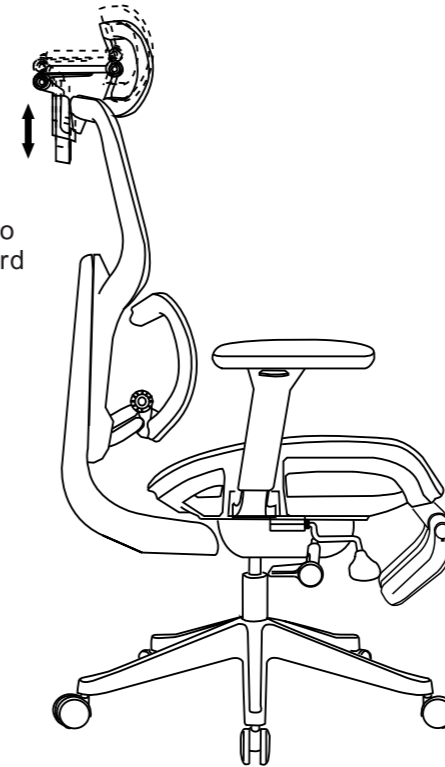
9 Assembly Complete



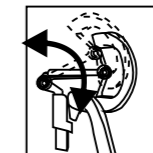
Instructions for Usage

1 Headrest Adjustment

Height: Push the headrest upward to raise it or downward to lower it.



Depth: Hold both sides of the headrest. Pull fully forward to unlock; it will return to the back. Adjust gradually across 3 levels.



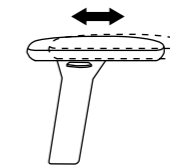
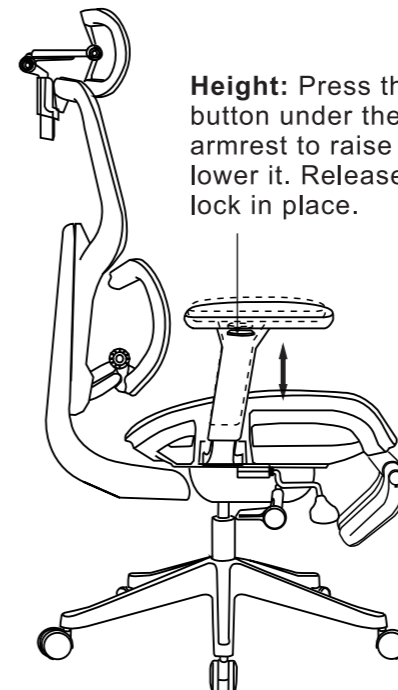
Wide Tilt: Hold the headrest frame and move it up or down.



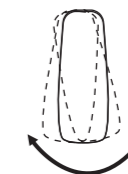
Fine Angle: Hold the headrest pad and tilt it as needed.

2 Armrest Adjustment

Height: Press the button under the armrest to raise or lower it. Release to lock in place.



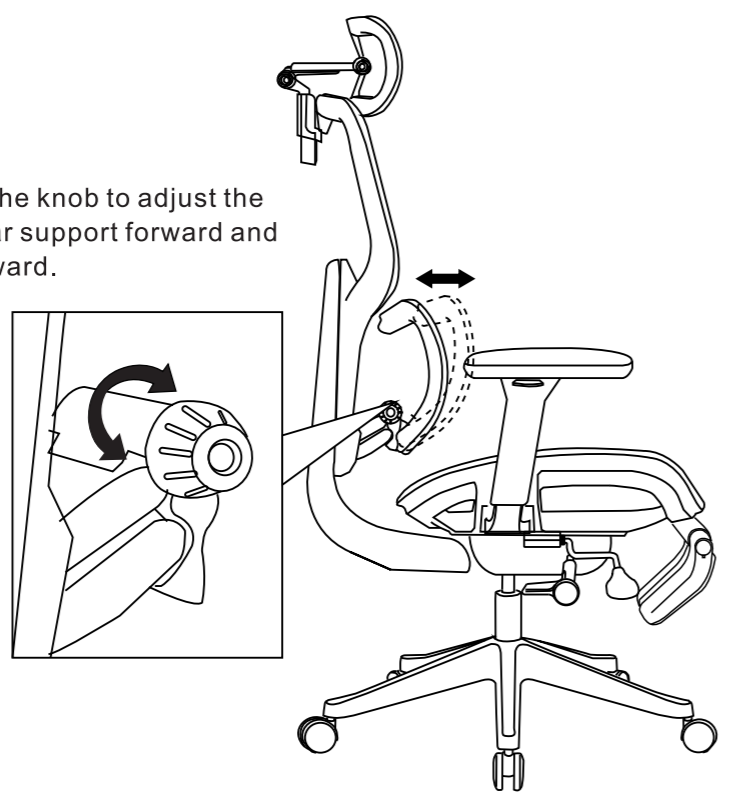
Depth: Slide the armrest pad forward or backward to adjust.



Rotation: Rotate the armrest pad left or right to a desired angle.

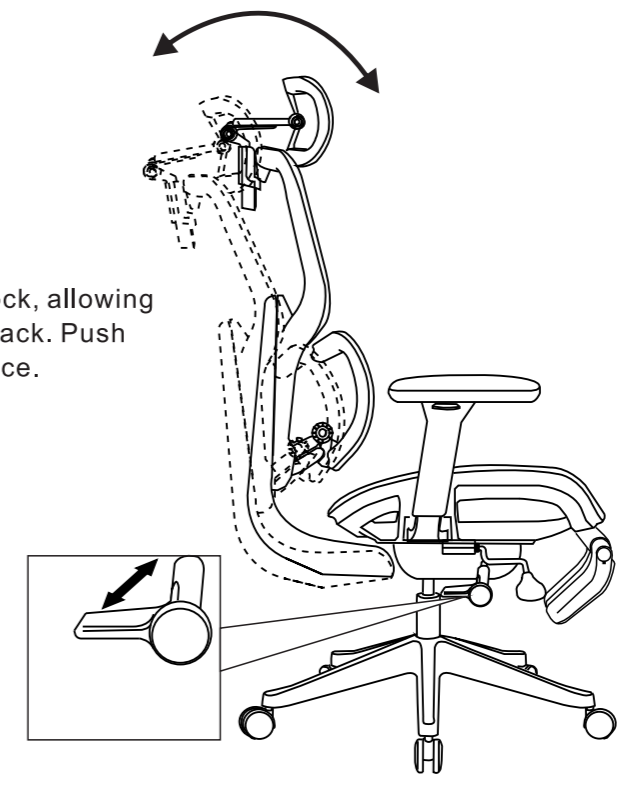
3 Lumbar Support Adjustment

Turn the knob to adjust the lumbar support forward and backward.



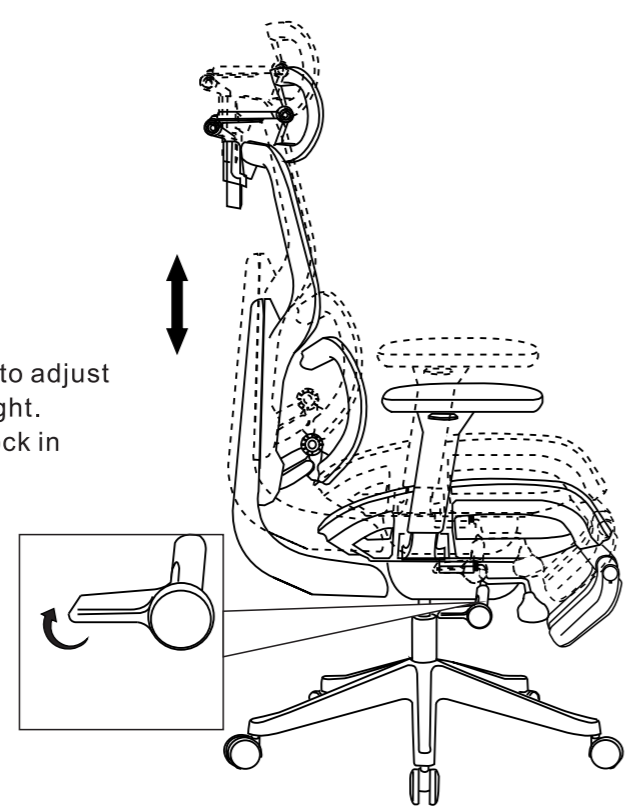
5 Backrest Recline Adjustment

Pull outward to unlock, allowing the backrest to tilt back. Push inward to lock in place.



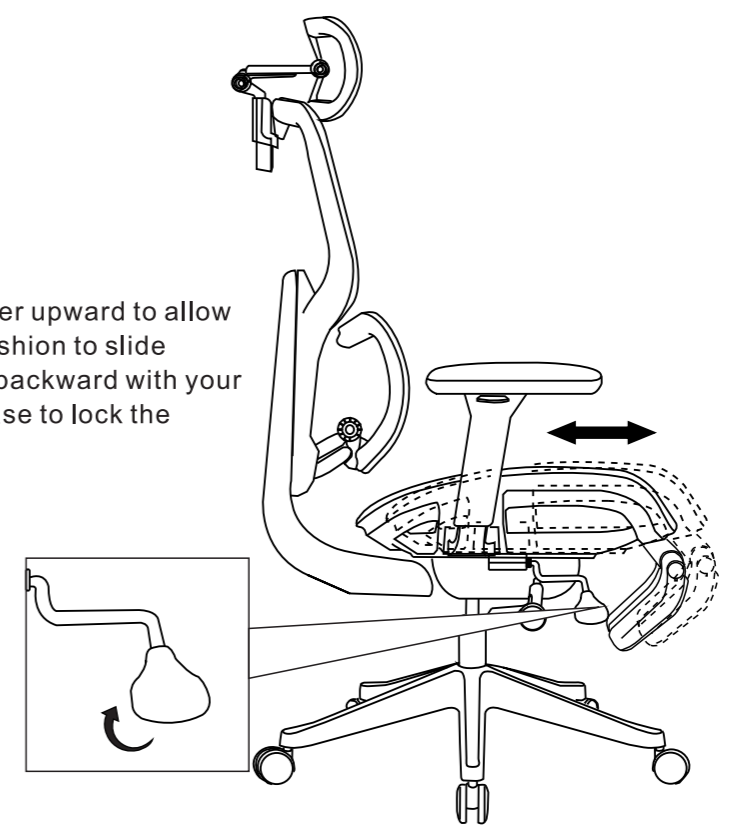
4 Height Adjustment

Lift the lever to adjust the chair height. Release to lock in place.

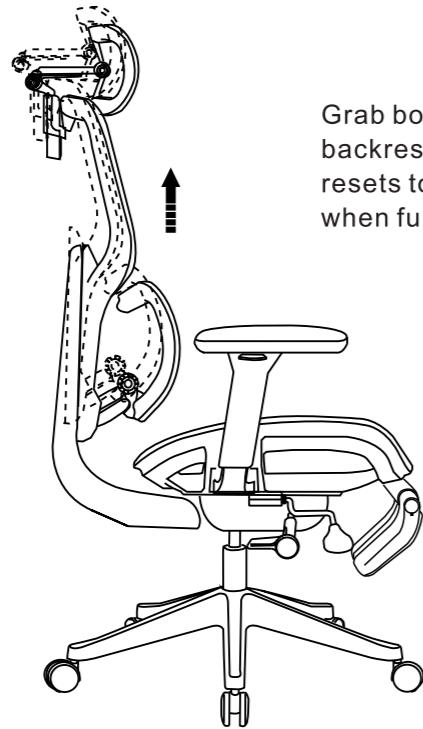


6 Seat Depth Adjustment

Pull the lever upward to allow the seat cushion to slide forward or backward with your hips. Release to lock the position.

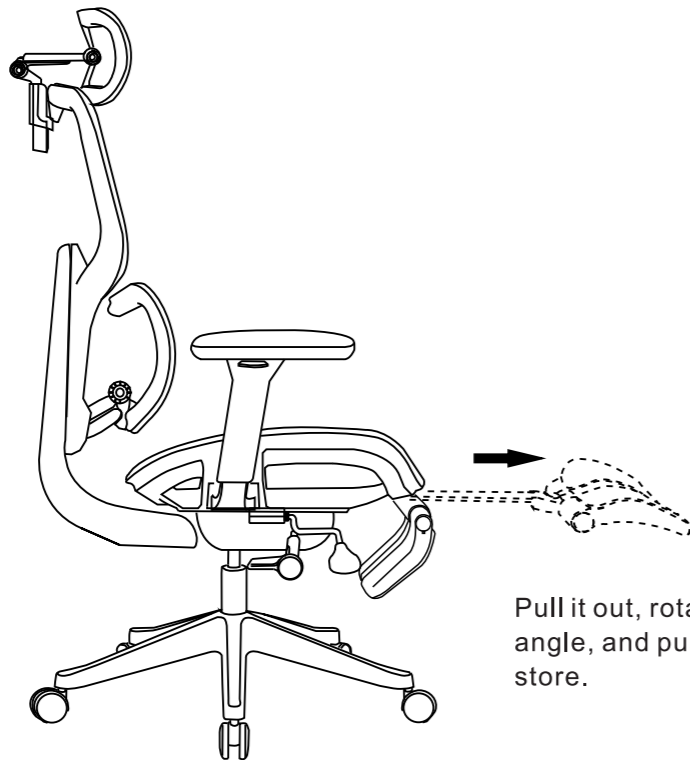


7 Backrest Height Adjustment



Grab both sides of the backrest to adjust height. It resets to the lowest position when fully raised.

8 Footrest Adjustment



Pull it out, rotate to adjust the angle, and push it back in to store.

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. If you notice any issues, contact the retailer where you purchased the product for assistance.

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.

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.

Limited Warranty

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.