



swiss  
made

EN



**User Manual:**  
In 8 steps = 3 minutes

**TERGON**  
SWISS ERGOCHAIRS

EN

Please go to  
[www.tergon.ch](http://www.tergon.ch) for the  
video user manual and  
further information.



## User Manual: In 8 steps = 3 minutes



### 1. Height adjustment

- Lift the lever at the front right.
- Both feet should fully touch the ground
- Adjust the height of the seat in order to achieve an angle of around 90 degrees of the knee joint



### 2. OPTIONAL Adjustment of back rest

- Lift the lever at the left front and keep it in that position
- You can now move the seat forwards and release the lever to lock it in place
- Please check that you left space of around 2 fingers' width between the back of the knee and the seat



### 3. OPTIONAL Seat tilt

- Lift the lever at the left rear and keep it in this upper position
- You can now tilt the seat forwards
- Once you have achieved the right angle, push the lever back until it engages
- Wedge pillow function improves blood circulation in the user's legs



### 4. Height adjustment of the back rest cushion

- Take hold of the cushion at the bottom with both hands and pull it step by step upwards until the desired back-friendly position is reached (7 levels in total)
- Pull the cushion all the way up to the stop in order to bring it to starting position and then release it. The cushion will lock in place.



### 5. Dynamic sitting

- Lift the rear lever on the right and release it
- The back rest cushion will move towards the rear:  
\*\*\* DYNAMIC SITTING \*\*\*
- We recommend to leave the back rest cushion in this open position
- By rocking back and forth, you promote your metabolism in your vertebral discs and activate the muscles in your lordosis region



### 6. OPTIONAL Adjustment of arm rests

- Push the button below the arm rest and adjust the arm rests so that your elbow can comfortably rest on them
- PLEASE NOTE: the arm rests should be adjusted to the same height as your desk



### 7. Adjustment of back support

- Use the hand wheel below the seat that allows you to adjust the desired back support of the back cushion
- Adjust the back support by letting the back cushion "automatically" return to vertical position
- This back support should not be set to a very hard or soft level = rocking should still remain pleasant



### 8. OPTIONAL Adjustment of back rest curvature

- Individual adjustment of the curvature of the lumbar spine region

