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**Vari 400767**

# Vari Active Seat Instruction Manual

Model: 400767

Brand: Vari

## PRODUCT OVERVIEW

The Vari Active Seat is an adjustable ergonomic stool designed to promote dynamic movement and active sitting. It is suitable for use with standing desks, in home offices, or other workspaces, encouraging engagement of leg, back, and core muscles.





Front view of the Vari Active Seat, showcasing its compact design and height adjustment lever.

Key features include:

- **Fully Assembled:** Ready for immediate use upon unboxing.
- **Commercial-Grade Construction:** Features a durable polypropylene seat pan, cushioned seat, and industrial-strength air-lift piston, supporting up to 250 lbs.
- **Dynamic Movement:** Allows for rocking, tilting, stretching, and leaning to enhance core strength, circulation, and posture.
- **Portable Design:** Equipped with a built-in seat handle for easy relocation.
- **Height Adjustable:** Air-lift piston adjusts seat height from 23 inches to 32.5 inches.

## SAFETY INFORMATION

**Please read all safety instructions before using the Vari Active Seat.**

- Do not exceed the maximum weight limit of 250 lbs (113.4 kg).
- Always use the stool on a stable, level surface to prevent tipping.
- Maintain proper balance while using the stool, especially when engaging in dynamic movements.
- Ensure the stool is correctly adjusted and stable before each use.

## SETUP

The Vari Active Seat comes fully assembled and does not require any additional setup. Simply remove it from its packaging, and it is ready for immediate use.



The Vari Active Seat is ready to use out of the box, as shown here in a home office setting.

## OPERATING INSTRUCTIONS

### Height Adjustment

To adjust the seat height:

1. Locate the height adjustment lever positioned beneath the seat.
2. To raise the seat, lift the lever while standing or with minimal weight on the seat. The air-lift piston will extend.
3. To lower the seat, lift the lever while seated, allowing your body weight to compress the piston.
4. Release the lever once the desired height (between 23 and 32.5 inches) is achieved.



## Upscale Your Desk Chair

With a durable polypropylene seat pan that flexes to support a comfortable foam cushion, the Active Seat offers an upscale touch.

Illustration of the Vari Active Seat's height adjustment range, from 23 inches to 32.5 inches.

### Dynamic Movement

The Vari Active Seat is designed for active sitting. Its fully articulating pedestal allows for a range of motion:

- **Rocking:** Gently shift your weight from side to side or front to back to engage core muscles.

- **Tilting:** Lean in various directions to stretch and maintain flexibility.
- **Perching:** Use the stool at a higher setting to perch, reducing pressure on your lower back while still allowing for movement.

These movements help to boost circulation, improve posture, and reduce fatigue during extended periods of work.



## Dynamic Range of Motion

With its articulating pedestal and ability to raise to up to  $32\frac{1}{2}$ ", you can rock or stretch throughout the day.

A user demonstrating the dynamic range of motion of the Vari Active Seat, including rocking and tilting.

### MAINTENANCE

To ensure the longevity and proper function of your Vari Active Seat, follow these simple maintenance guidelines:

- **Cleaning:** Wipe the seat and base with a dry cloth. Avoid using harsh chemicals or abrasive cleaners, which may damage the finish.

- **Inspection:** Periodically check all components for any signs of wear or damage. Ensure the air-lift piston operates smoothly.

## TROUBLESHOOTING

If you encounter any issues with your Vari Active Seat, consider the following:

- **Height Adjustment Issues:** If the seat does not adjust smoothly, ensure the lever is fully engaged and there is no obstruction. If the piston seems stuck, try applying gentle pressure while operating the lever.
- **Stability Concerns:** Verify that the stool is placed on a flat, stable surface. Ensure the base is not damaged.

For further assistance, please contact Vari customer support.

## SPECIFICATIONS

# Dimensions

Ships fully assembled, and supports up to 250 lb (113.4 kg).



Detailed dimensions of the Vari Active Seat, including width, depth, and adjustable height range.

Specification	Detail
Product Dimensions (D x W x H)	13.75"D x 17"W x 23"H (minimum height)
Adjustable Seat Height	23" to 32.5"
Brand	Vari
Model Number	400767
Maximum Weight Recommendation	250 Pounds (113.4 kg)
Item Weight	23.8 pounds (10.8 kg)
Assembly Required	No
Product Care Instructions	Wipe with Dry Cloth
UPC	813866027148

## WARRANTY AND SUPPORT

Vari is committed to providing quality products and excellent customer service.

- **Returns:** Enjoy 30-day hassle-free returns if you are not satisfied with your product.
- **Customer Service:** Vari offers A+ U.S. based customer service to assist with any questions or concerns.
- **Product Certifications:** Vari products are tested and certified to high industry standards.

For more information or to contact support, please visit the official [Vari Store on Amazon](#).

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This manual is for informational purposes only. Specifications are subject to change without notice.