

Gravity FM SEAT1 BR

GRAVITY STANDS FM SEAT1 BR Height Adjustable Stool with Foot and Backrest User Manual

Model: FM SEAT1 BR

1. INTRODUCTION

The GRAVITY STANDS FM SEAT1 BR is a versatile height-adjustable stool designed for musicians and performers, offering enhanced comfort and support during long sessions. It features an ergonomically shaped seat, an adjustable backrest, and a footrest, all built on a solid steel frame for stability. This manual provides detailed instructions for assembly, operation, maintenance, and troubleshooting to ensure optimal use of your FM SEAT1 BR stool.



Figure 1: GRAVITY STANDS FM SEAT1 BR Height Adjustable Stool. This image shows the complete stool with its seat, backrest, and footrest components.

Key Features:

- Ergonomically shaped seat with adjustable height and tilt angle.
- Backrest adjustable in height and depth.
- Footrest with continuously variable height adjustment.
- Solid steel construction for durability and stability.
- Convenient folding mechanism for transport and storage.

2. IMPORTANT SAFETY INFORMATION

WARNING: Do not exceed the maximum weight capacity of 150 kg (approximately 330 lbs). Exceeding this limit may result in product damage or personal injury.

- Ensure all locking mechanisms and adjustments are securely fastened before use.
- Use the stool on a stable, level surface. The integrated leveling feet (KS Vari-Foot® 1) can be adjusted for uneven surfaces.
- Keep hands and fingers clear of moving parts during adjustment to prevent pinching.

- Regularly inspect the stool for any signs of wear, damage, or loose components. Do not use if damaged.

3. SETUP AND ASSEMBLY

The FM SEAT1 BR stool features a folding mechanism for quick assembly and disassembly.

3.1 Unfolding the Stool

1. Carefully remove the stool from its packaging.
2. Place the folded stool on a flat surface.
3. Unfold the main frame components until they lock into their open position. Ensure the locking pins or levers are fully engaged.
4. Extend the base legs to their full width for maximum stability.





Figure 2: Stool in an unfolded position, ready for adjustments. This image illustrates the stool's frame fully extended.

3.2 Attaching the Backrest (if detached)

If the backrest is not pre-attached, follow these steps:

1. Locate the backrest support bar and the corresponding slot on the main frame.
2. Slide the backrest support bar into the slot.
3. Secure the backrest using the provided screws or locking knob. Ensure it is firmly attached.





Figure 3: Stool with backrest attached. This image shows the backrest securely mounted to the main frame.

3.3 Adjusting for Uneven Surfaces

The tubular base construction is fitted with KS Vari-Foot® 1 leveling feet.

- To stabilize the stool on uneven surfaces, rotate the screw mechanism on each foot until the stool is level and stable.



Figure 4: Close-up of the KS Vari-Foot® 1 leveling feet. This image highlights the adjustable feet mechanism for stability on uneven ground.

4. OPERATING INSTRUCTIONS

The FM SEAT1 BR offers multiple adjustment options to achieve a comfortable and ergonomic seating position.

4.1 Seat Height Adjustment

- Locate the height adjustment mechanism on the main vertical support.
- Loosen the locking knob or lever.
- Adjust the seat to the desired height (range: 67 cm to 97 cm).

- Securely tighten the locking knob or lever to fix the seat in position.

4.2 Seat Tilt Adjustment

- The seat can be tilted forwards or backwards at continuously variable angles.
- Locate the tilt adjustment mechanism beneath the seat.
- Loosen the adjustment knob, set the desired tilt, and then firmly tighten the knob to secure the position.



Figure 5: Stool with the seat tilted forward. This image demonstrates the adjustable seat tilt feature.

4.3 Backrest Adjustment

The backrest can be adjusted in both height and distance from the seat.

- **Height Adjustment:** Loosen the knob on the backrest support bar, slide the backrest up or down to the desired height, and re-tighten.
- **Depth Adjustment:** Loosen the knob that controls the backrest's distance from the seat, adjust the depth, and re-tighten.

4.4 Footrest Adjustment

- The footrest is continuously height-adjustable.
- Locate the adjustment mechanism for the footrest.
- Loosen the locking mechanism, move the footrest to a comfortable height, and then firmly secure it. This allows for resting one or both legs and helps relieve back strain.



Figure 6: Close-up of the adjustable footrest. This image shows the footrest bar and its attachment point on the stool's frame.

5. MAINTENANCE AND CARE

Proper maintenance ensures the longevity and safe operation of your Gravity Stands FM SEAT1 BR stool.

- **Cleaning:** Wipe down the frame with a soft, damp cloth. For the leatherette seat and backrest, use a mild, non-abrasive cleaner specifically designed for synthetic leather, if necessary. Avoid harsh chemicals.
- **Inspection:** Periodically check all screws, bolts, and locking mechanisms to ensure they are tight and secure.
- **Lubrication:** If any moving parts become stiff, apply a small amount of silicone-based lubricant to the pivot points.

- **Storage:** When not in use, fold the stool flat and store it in a dry, clean environment to protect it from dust and moisture.

6. TROUBLESHOOTING

If you encounter issues with your FM SEAT1 BR stool, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Stool feels unstable or wobbly.	Uneven surface; loose connections; legs not fully extended.	<ul style="list-style-type: none"> • Adjust the KS Vari-Foot® 1 leveling feet to compensate for uneven ground. • Ensure all frame components are fully unfolded and locked. • Check and tighten all screws and locking knobs.
Seat or backrest slips after adjustment.	Locking mechanism not tightened sufficiently.	<ul style="list-style-type: none"> • Ensure the adjustment knobs/levers for the seat height, tilt, and backrest are tightened firmly. • Avoid over-tightening, but ensure a secure hold.
Footrest feels loose or detaches.	Improper assembly; loose fastening.	<ul style="list-style-type: none"> • Re-check the footrest attachment points and ensure all fasteners are securely tightened. • Refer to the assembly instructions if necessary.
Difficulty folding/unfolding the stool.	Mechanism stiff; obstruction.	<ul style="list-style-type: none"> • Ensure all adjustment knobs are loosened before attempting to fold. • Check for any obstructions in the folding mechanism. • Apply a small amount of silicone lubricant to pivot points if stiffness persists.

7. SPECIFICATIONS

Feature	Detail
Model Number	FM SEAT1 BR
Brand	Gravity
Material	Steel frame, Leatherette seat/backrest
Color	Black
Item Weight	22 pounds (approximately 10 kg)
Product Dimensions (Folded)	12 x 12 x 38 inches (approx. 30.5 x 30.5 x 96.5 cm)
Height Adjustment Range	67 cm to 97 cm (approx. 26.4 to 38.2 inches)

Feature	Detail
Maximum Load Capacity	150 kg (330 lbs)



Figure 7: Dimensions of the GRAVITY STANDS FM SEAT1 BR stool. This image provides key measurements for the product.

8. WARRANTY AND SUPPORT

Gravity products are known for their quality and often come with a manufacturer's warranty. For specific warranty details, including coverage period and terms, please refer to the documentation included with your purchase or visit the official Gravity Stands website.

For technical support, spare parts, or warranty claims, please contact Gravity customer service directly. Contact information can typically be found on the manufacturer's website or in your product packaging.

Manufacturer Website: www.gravitystands.com