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> GYMAX Ergonomic High Back Office Chair Instruction Manual

**GYMAX 1ce21c5c-f339-4cd2-9aee-9886af101dba**

# GYMAX Ergonomic High Back Office Chair Instruction Manual

Model: 1ce21c5c-f339-4cd2-9aee-9886af101dba

## INTRODUCTION

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Thank you for choosing the GYMAX Ergonomic High Back Office Chair. This manual provides essential information for the safe assembly, operation, and maintenance of your new chair. Please read these instructions carefully before use and retain them for future reference.





Image: The GYMAX Ergonomic High Back Office Chair in blue and black, positioned in an office setting.

## SAFETY INFORMATION

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- Ensure all components are present and undamaged before assembly.
- Follow assembly instructions precisely to prevent instability.
- Do not stand on the chair.
- Do not use the chair if any parts are missing or damaged.
- Keep children away from moving parts during adjustment.
- Maximum weight capacity: 265 lbs (120 kg). Do not exceed this limit.

## SETUP AND ASSEMBLY

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### Included Components:

- Chair Backrest
- Seat Cushion
- Armrests (2)
- Gas Lift Cylinder

- Star Base
- Casters (5)
- Mechanism Plate
- Hardware Pack (screws, washers, Allen wrench)

## Assembly Steps:

1. **Attach Casters to Base:** Insert each of the five casters into the holes at the end of each leg of the star base. Push firmly until they click into place.



Image: Close-up of a smooth rolling caster wheel.

2. **Insert Gas Lift:** Place the gas lift cylinder into the center hole of the assembled star base.



Image: A silver and black gas lift cylinder.

3. **Attach Mechanism Plate to Seat:** Secure the mechanism plate to the underside of the seat cushion using the provided screws. Ensure the front of the mechanism aligns with the front of the seat.
4. **Attach Armrests to Seat:** Fasten the armrests to the sides of the seat cushion using the appropriate screws.



Image: An armrest shown in both lowered and flipped-up positions.

5. **Attach Backrest to Seat:** Connect the backrest to the seat cushion and armrests using the remaining screws.
6. **Connect Seat Assembly to Gas Lift:** Carefully place the assembled seat onto the gas lift cylinder, ensuring it is centered and stable.



Image: A sturdy 5-star chair base with casters, indicating a maximum weight capacity of 265 lbs.

## OPERATING INSTRUCTIONS

### 1. Height Adjustment

To adjust the seat height, locate the lever on the right side under the seat. Lift the lever up while seated to lower the chair, or lift the lever up while standing to raise the chair. Release the lever at your desired height.

## Adjustable Height Design

You can lift the lever up to reach your desired seat height



### Adjustment Lift Lever



### Stable 5-Star Base



### Smooth Rolling Wheels



Image: Diagram illustrating the adjustable height mechanism, showing the chair moving between 44.5" and 48.5" total height.



Image: Close-up of the adjustment lift lever with 'UP', 'DOWN', 'FREE', and 'LOCK' indicators.

## 2. Rocking Function and Tilt Lock

The chair features a rocking function with a tilt angle of 90° to 105°. To activate the rocking motion, pull the same lever (used for height adjustment) outwards. To lock the chair in an upright position, push the lever inwards.

**Tilt Tension Control:** Adjust the resistance of the rocking motion by turning the round knob located under the front of the seat. Turn clockwise to increase tension (stiffer rock) and counter-clockwise to decrease tension (looser rock).



Image: Diagram showing the chair tilting back from 0° to 15° and close-ups of the tilt lock lever and tilt tension control knob.



Image: Close-up of the tilt tension control knob under the seat.

### 3. 360-Degree Swivel

The chair is designed with a 360-degree swivel function, allowing for easy rotation in any direction without moving the base.



Image: The chair with arrows indicating 360-degree swivel capability, also highlighting smooth PVC leather, high-density sponge, and high-quality gas lift.

### 4. Adjustable Padded Armrests

The armrests can be flipped up or down to suit your preference, providing flexibility for different activities or to save space when not in use.



Image: An armrest shown in both lowered and flipped-up positions.

## 5. Ergonomic Design

The chair is designed to provide ergonomic support for the neck, back, and lumbar regions, enhancing comfort during extended periods of use.



Image: Diagram highlighting the ergonomic support points for neck, back, and lumbar regions, along with details of the wide

headrest, adjustable armrests, and thick padded seat cushion.

## MAINTENANCE

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- **Cleaning:** Wipe clean with a damp cloth. Avoid harsh chemicals or abrasive cleaners that may damage the PVC leather.
- **Inspection:** Periodically check all screws and bolts to ensure they are tight. Retighten if necessary.
- **Caster Care:** Keep casters free of debris (hair, dust) to ensure smooth rolling.
- **Lubrication:** If any squeaking occurs, apply a small amount of silicone-based lubricant to moving parts or joints.

## TROUBLESHOOTING

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- **Chair does not adjust height:** Ensure the gas lift lever is fully engaged. If the issue persists, the gas lift cylinder may need replacement.
- **Chair is unstable/wobbly:** Check all assembly screws and bolts to ensure they are securely tightened. Verify that the casters are fully inserted into the base.
- **Chair makes noise (squeaking):** Apply lubricant to the moving parts of the mechanism plate, gas lift, and where the backrest connects to the seat.
- **Casters do not roll smoothly:** Clean any hair or debris from around the caster wheels.

## SPECIFICATIONS

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Image: Detailed dimensions of the GYMAX Ergonomic High Back Office Chair, including seat height, width, depth, and overall height.

Feature	Detail
Brand	GYMAX
Model Number	1ce21c5c-f339-4cd2-9aee-9886af101dba
Color	Blue
Material	Faux Leather, Sponge (fill material)
Frame Material	Nylon, Polyvinyl Chloride
Product Dimensions (D x W x H)	26.5" x 26.5" x 48.5"
Adjustable Seat Height Range	18.5" to 22.5"
Backrest Tilt Angle	90° to 105°
Maximum Weight Recommendation	265 Pounds (120 kg)

Swivel	360-Degree
Arm Style	Flip-up Padded Armrests
Assembly Required	Yes

## WARRANTY INFORMATION

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Specific warranty details for this product may vary by region and retailer. Please refer to your purchase documentation or contact the retailer where the product was purchased for information regarding warranty coverage and terms.

## CUSTOMER SUPPORT

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For further assistance, questions, or to report any issues with your GYMAX Ergonomic High Back Office Chair, please contact the retailer or manufacturer directly. Refer to your purchase receipt or product packaging for specific contact details.