

[manuals.plus](#) /› [GYMAX](#) /› [GYMAX GM1165 Gaming Chair User Manual](#)

## GYMAX GM1165

# GYMAX GM1165 Gaming Chair User Manual

Model: GM1165

## 1. INTRODUCTION

Thank you for choosing the GYMAX GM1165 Gaming Chair. This manual provides essential information for the safe assembly, operation, and maintenance of your new chair. Please read it thoroughly before use and retain it for future reference.

The GYMAX GM1165 is designed for comfort and versatility, featuring adjustable components, a massage lumbar pillow, and a durable construction suitable for gaming, office work, and relaxation.

## Safety Information

- Ensure all components are securely fastened before use.
- Do not stand on the chair.
- Do not exceed the maximum weight capacity of 330 lbs (150 kg).
- Keep hands and fingers clear of moving parts during adjustments.
- Use on a flat, stable surface.

## 2. PACKAGE CONTENTS

Before assembly, verify that all parts are present and undamaged. If any parts are missing or damaged, please contact customer support.

- Backrest
- Seat Cushion
- Armrests (2)
- Base (5-star)
- Casters (5)
- Gas Lift Cylinder
- Gas Lift Cover
- Mechanism Plate
- Headrest Pillow
- Lumbar Support Pillow (with massage function)

- Hardware Pack (screws, washers, Allen key)

### 3. ASSEMBLY INSTRUCTIONS

---

Follow these steps carefully for proper assembly. It is recommended to assemble the chair on a soft, clean surface to prevent damage.

1. **Attach Casters to Base:** Insert each of the five casters into the holes at the end of the 5-star base until they click securely into place.
2. **Install Gas Lift:** Place the gas lift cylinder into the center hole of the 5-star base. Cover it with the gas lift cover.
3. **Attach Mechanism Plate to Seat:** Align the mechanism plate with the screw holes on the underside of the seat cushion. Ensure the front of the mechanism faces the front of the seat. Secure with screws provided in the hardware pack.
4. **Attach Armrests to Seat:** Secure the armrests to the sides of the seat cushion using the provided screws. Ensure they are oriented correctly.
5. **Connect Seat to Gas Lift:** Carefully place the assembled seat onto the gas lift cylinder, ensuring the mechanism plate's center hole aligns with the top of the gas lift.
6. **Attach Backrest to Seat:** Align the backrest with the mounting brackets on the seat cushion. Secure with screws.
7. **Install Pillows:** Attach the headrest pillow to the top of the backrest and the lumbar support pillow to the lower back area using their integrated straps.

## Product Dimension



Image: Overview of the GYMAX Gaming Chair with key dimensions, illustrating the overall structure and components for assembly reference.

## 4. OPERATING INSTRUCTIONS

### 4.1 Seat Height Adjustment

To adjust the seat height (19" to 23"):

- To raise: Lift the lever located under the right side of the seat while taking your weight off the seat. Release the lever at the desired height.
- To lower: Lift the lever while seated. Release the lever at the desired height.

## Adjustable Gaming Chair for Better Using Experience

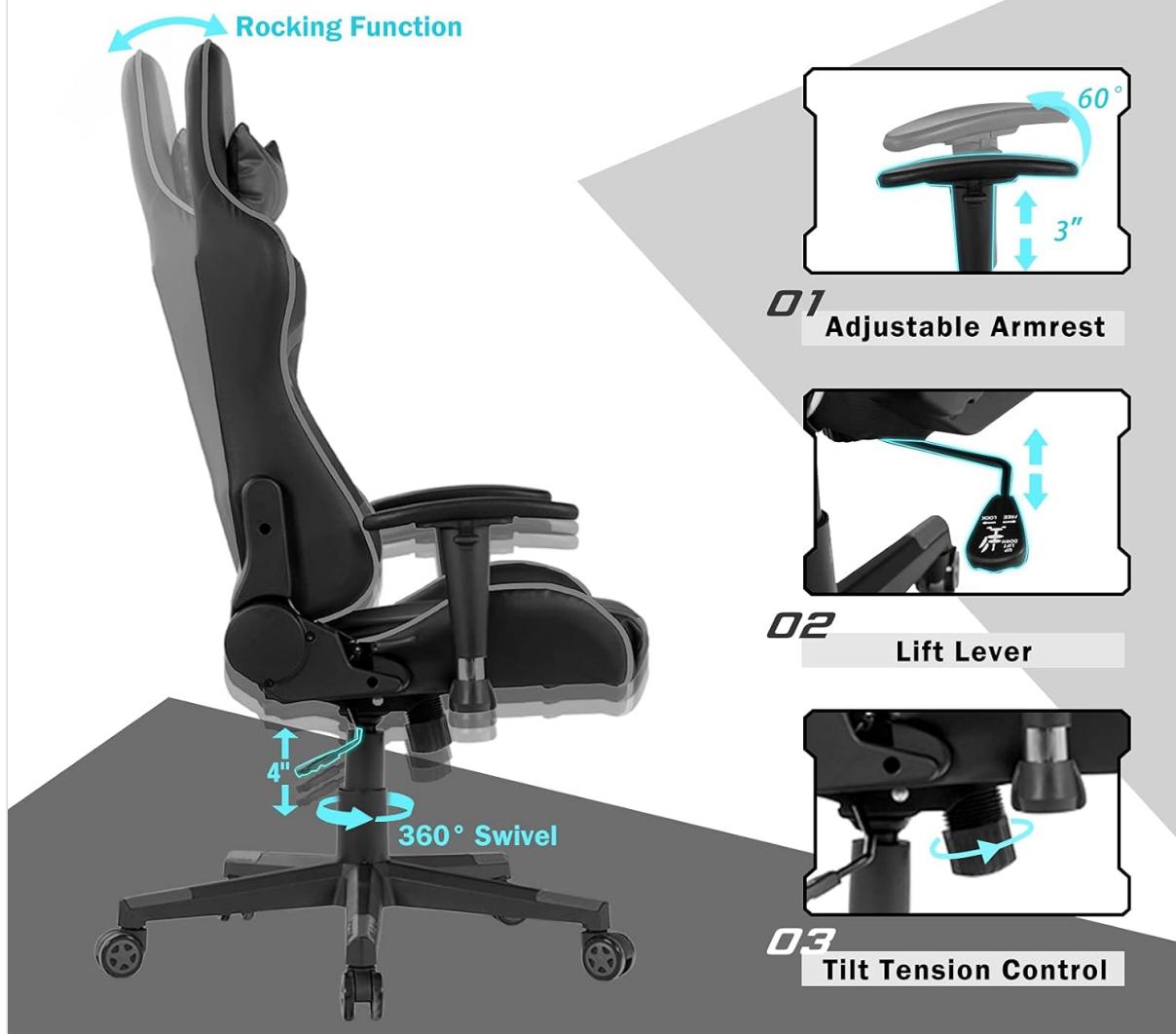


Image: Diagram illustrating the adjustable features of the gaming chair, including seat height lift lever, rocking function, 360° swivel, adjustable armrests, and tilt tension control.

### 4.2 Backrest Recline Adjustment

The backrest can be reclined from 90° to 180°:

- Locate the angle adjustment lever on the right side of the chair, below the seat.
- Pull the lever up and lean back to the desired angle.
- Release the lever to lock the backrest in position.

## Adjustable Backrest



Image: Visual guide demonstrating the adjustable backrest, showing positions from 90° (working) to 180° (sleeping) with the angle adjustment lever.

### 4.3 Armrest Adjustment

The 2D armrests are adjustable in height (3" range) and can rotate 60°:

- To adjust height: Press the button on the side of the armrest and move it up or down. Release the button to lock.
- To rotate: Gently twist the armrest pad to the desired angle.

### 4.4 Massage Function (Lumbar Pillow)

The lumbar pillow features a massage function. To activate:

- Locate the USB cable extending from the lumbar pillow.
- Connect the USB cable to a power source such as a power bank, laptop USB port, or computer host.
- The massage function will activate. Disconnect to turn off.

## Massage Lumbar Cushion

### Connect USB with power supply



01 Power Bank



02 Laptop USB Port



03 Computer Host



Convenient Storage Pocket

Image: Illustration showing the massage lumbar cushion and various USB power supply options like a power bank, laptop, or computer host, along with a convenient storage pocket.

### 4.5 Rocking Function and Swivel

- **Rocking:** The chair supports a rocking motion. To enable/disable, use the tilt tension control knob located under the seat. Turn clockwise to tighten (less rocking), counter-clockwise to loosen (more rocking).
- **Swivel:** The chair features a 360° swivel for easy movement and communication.

## 5. MAINTENANCE

- **Cleaning:** Wipe clean with a damp cloth. Avoid harsh chemicals or abrasive cleaners that may damage the PVC leather surface.
- **Inspection:** Periodically check all screws and bolts to ensure they are tight. Re-tighten if necessary.
- **Caster Care:** Keep casters free of hair and debris to ensure smooth rolling.
- **Storage:** Store the chair in a cool, dry place away from direct sunlight and extreme temperatures.

## 6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Chair does not adjust height.	Gas lift cylinder malfunction or lever not engaged.	Ensure the lever is fully pulled. If issue persists, contact support for gas lift replacement.
Backrest does not recline or lock.	Recline mechanism jammed or lever not engaged.	Check for obstructions. Ensure the recline lever is fully pulled/released.
Chair wobbles or is unstable.	Loose screws or uneven floor.	Tighten all assembly screws. Ensure the chair is on a flat surface.
Casters do not roll smoothly.	Debris in casters or damaged casters.	Clean casters of hair and debris. Replace damaged casters if necessary.
Massage function not working.	USB power issue or cable disconnected.	Ensure USB cable is securely connected to a working power source. Try a different USB port or power bank.

## 7. SPECIFICATIONS

Feature	Detail
Brand	GYMAX
Model Name	Massage Gaming Chair (GM1165)
Color	Grey
Product Dimensions	29"D x 29"W x 54"H
Seat Height Range	19" - 23"
Backrest Recline	90° - 180°
Armrest Adjustment	2D (Height adjustable 3", 60° rotation)
Maximum Weight Recommendation	330 Pounds (150 kg)
Material	PVC Leather, Sponge, Metal Frame
Special Features	Massage Lumbar Pillow, Adjustable Headrest, 360° Swivel, Rocking Function
Care Instructions	Wipe Clean

## Worth Mentioning Details

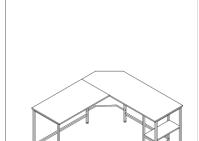


Image: Detailed view highlighting key features such as the comfortable headrest, thick padded cushion, premium PVC leather, high-quality gas rod, sturdy 5-claw base, and 360° smooth rolling wheels.

## 8. WARRANTY AND SUPPORT

GYMAX products are manufactured to high-quality standards. For warranty information or technical support, please contact your retailer or visit the official GYMAX website.

For assistance, please refer to the contact information provided at the point of purchase or visit the [GYMAX Store on Amazon](#).

	<p><a href="#"><b>GYMAX JV11004 Gaming Recliner Sofa Chair User Manual and Safety Guide</b></a></p> <p>Comprehensive guide for the GYMAX JV11004 Gaming Recliner Sofa Chair, covering assembly, operation, features like massage and Bluetooth, safety precautions, and maintenance.</p>
	<p><a href="#"><b>Gymax 47.5 inch Gaming Desk User Manual and Assembly Guide</b></a></p> <p>This document provides the user manual and assembly instructions for the Gymax 47.5 inch Z-Shaped Gaming Desk. It details the components, hardware, and step-by-step assembly procedures to ensure proper setup.</p>
	<p><a href="#"><b>Gymax Computer Desk Assembly Manual   User's Guide</b></a></p> <p>Detailed assembly instructions and user manual for the Gymax Computer Desk. Learn how to assemble your new desk with clear steps and part identification.</p>
	<p><a href="#"><b>Gymax L-Shaped Computer Desk Assembly Instructions</b></a></p> <p>Detailed assembly instructions for the Gymax L-Shaped Computer Desk, including parts list and step-by-step guidance for building your home office workstation.</p>
	<p><a href="#"><b>Gymax Set of 2 Counter Height Chairs User Manual</b></a></p> <p>Assembly and care instructions for the Gymax Set of 2 Counter Height Chairs. Includes parts list, hardware list, assembly steps, and maintenance tips.</p>
	<p><a href="#"><b>Gymax SP37619CA Treadmill User Manual</b></a></p> <p>Comprehensive user manual for the Gymax SP37619CA Treadmill, covering safety precautions, assembly, operation, maintenance, and troubleshooting. Includes information on the Gymax App for enhanced user experience.</p>