

## Sytas TJ-SBGY001BP

# Sytas Ergonomic Desk Chair User Manual

Model: TJ-SBGY001BP

Brand: Sytas

## INTRODUCTION

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This manual provides detailed instructions for the assembly, operation, and maintenance of your Sytas Ergonomic Desk Chair. Please read this manual thoroughly before assembly and use to ensure proper function and safety. Retain this manual for future reference.



Image: Front view of the Sytas Ergonomic Desk Chair in black, showcasing its mesh backrest and padded flip-up arms.

## SAFETY INFORMATION

- **Maximum Weight Capacity:** Do not exceed the maximum weight recommendation of 250 pounds (113 kg). Exceeding this limit may result in damage to the chair or personal injury.
- **Assembly:** Assembly may require tools and careful handling. Ensure all parts are securely fastened before use.
- **Stability:** Do not stand on the chair. Avoid leaning excessively to one side or backward to prevent tipping.
- **Children:** Keep children away from the chair during assembly. This chair is designed for adult use.
- **Moving Parts:** Be cautious of moving parts during adjustment to avoid pinching.

## PRODUCT COMPONENTS

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

1. Backrest Assembly
2. Seat Cushion Assembly
3. Armrests (2)
4. Gas Lift Cylinder
5. Base (Star Base)
6. Casters (5)
7. Mechanism Plate
8. Screws and Allen Wrench
9. User Manual (this document)

## ASSEMBLY INSTRUCTIONS

Assembly typically takes 15-20 minutes. Follow these steps carefully:

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.
2. **Insert Gas Lift:** Place the gas lift cylinder into the center hole of the assembled star base.
3. **Attach Mechanism Plate to Seat:** Align the mechanism plate with the pre-drilled holes on the underside of the seat cushion. Secure it using the provided screws and Allen wrench. Ensure the front of the mechanism faces the front of the seat.
4. **Attach Armrests to Seat:** Attach the armrests to the sides of the seat cushion using the designated screws. Ensure they are oriented correctly for the flip-up function.
5. **Attach Backrest to Seat:** Align the backrest with the mounting points on the seat cushion and armrests. Secure it with the remaining screws.
6. **Connect Seat Assembly to Gas Lift:** Carefully place the assembled seat and backrest onto the gas lift cylinder, ensuring the center hole of the mechanism plate aligns with the top of the gas lift. Press down firmly to secure.

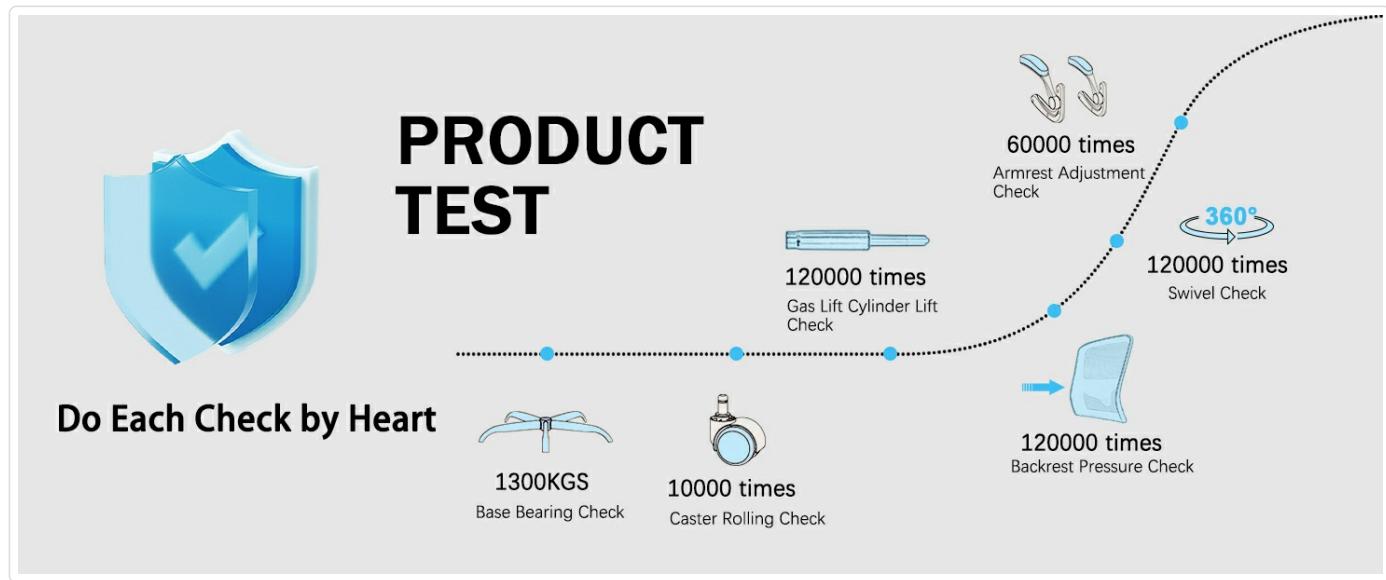


Image: Illustration depicting various product durability tests, including 60,000 armrest adjustments, 120,000 gas lift cycles, 120,000 swivel rotations, 120,000 backrest pressure checks, 1300 KGS base bearing test, and 10,000 caster rolling checks.

## OPERATING INSTRUCTIONS

Your Sytas Ergonomic Desk Chair offers several adjustment features for personalized comfort:

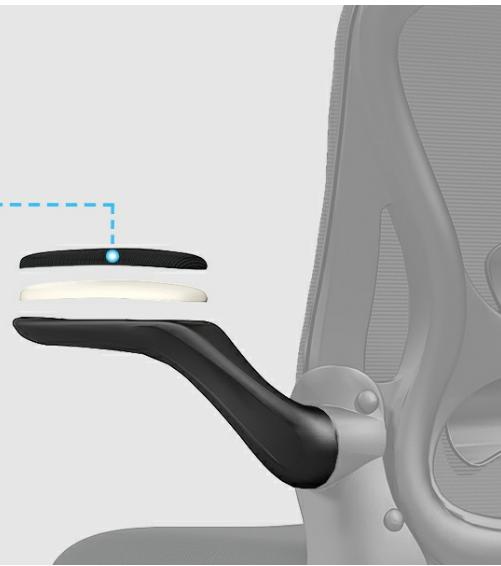
- **Seat Height Adjustment:** Locate the lever on the right side beneath the seat. To raise the seat, lift the lever while taking your weight off the chair. To lower the seat, lift the lever while seated. Release the lever at the desired height.
- **Tilt Tension Adjustment:** The knob located under the front-center of the seat controls the tilt tension. Turn clockwise to increase tension (making it harder to recline) or counter-clockwise to decrease tension (making it easier to recline). The chair supports a 90°-120° tilt range.
- **Tilt Lock/Unlock:** The same lever used for seat height adjustment can also lock or unlock the tilt function. Push the lever inwards to lock the backrest in an upright position (90°). Pull the lever outwards to allow the chair to recline (up to 120°).
- **Flip-Up Armrests:** The armrests can be flipped up 90 degrees. This feature allows the chair to be pushed further under a desk, saving space. Simply lift the armrests upwards until they lock into the vertical position. To lower, gently pull them down.



Image: Diagram illustrating the 90-120 degree rocking function of the chair, highlighting the tilt tension knob and the operation lever for tilt lock/unlock.

## 90° Flip-Up Armrests

When you don't need it, you can save a bit of space in your bedroom by lifting the armrests and pushing the chair under the table.  
Very practical and convenient.



Save more space for  
your little world



Cute and simple



90° adjustable armrest

Image: Visual explanation of the 90-degree flip-up armrests, demonstrating how they can be raised to save space.

## ERGONOMIC FEATURES

The Sytas Ergonomic Desk Chair is designed to support a healthy posture and provide comfort during extended use.

- S-Shaped Backrest:** The backrest is contoured to align with the natural curve of your spine, providing support to the lumbar region and reducing muscle fatigue.
- Lumbar Support:** Integrated lumbar support helps maintain the natural inward curve of the lower back.
- Breathable Mesh:** The high-density double-layer mesh back allows for air circulation, preventing heat buildup and promoting comfort.
- Padded Seat Cushion:** The thick, high-resilience foam seat cushion is designed to effectively relieve hip pressure for all-day comfort.

## Adjustment Lumber Function

- Supports the entire back and protects the spine
- Comfortably promotes healthy sitting posture all day long
- Breathable & durable mesh does not lose shape over time

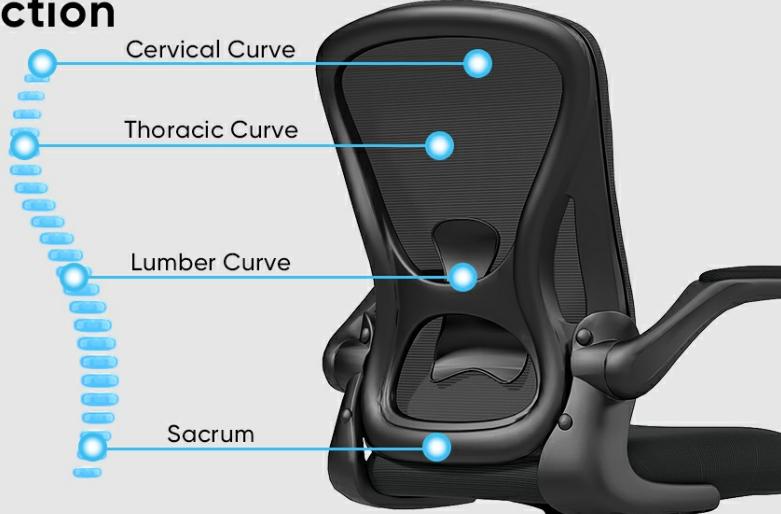


Image: Diagram illustrating the ergonomic lumbar support and S-shaped backrest, showing how it supports the cervical, thoracic, lumbar, and sacrum curves of the spine for healthy sitting posture.

## Breathable and Strong

The full-mesh surface conforms to your body, is breathable and evenly distributes pressure



### Breathable mesh

Effective evaporation of sweat



### Elastic mesh

The material is not easily damaged



### More flexible

Elastic seat and backrest for added comfort

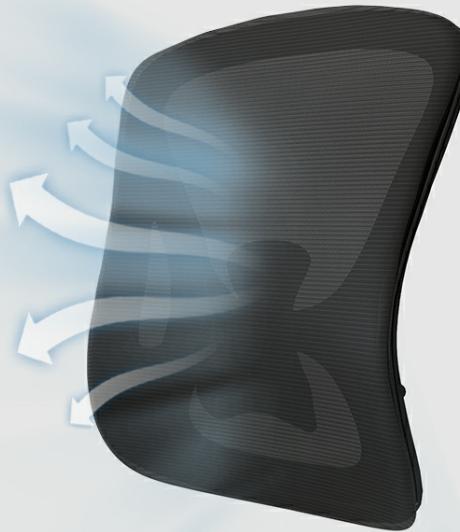


Image: Close-up view of the breathable and strong mesh material used for the chair's backrest, highlighting its properties for effective sweat evaporation and durability.

## High-Density Foam Cushion

Breathable mesh wraps around native sponge to form a comfy cushion that softly supports the hips



Image: Cross-section diagram of the high-density foam cushion, showing layers of premium mesh material, high-quality sponge, and a durable sturdy board for optimal comfort and support.

## MAINTENANCE

Proper care will extend the life of your Sytas Ergonomic Desk Chair:

- **Cleaning:** Wipe clean with a damp cloth. Avoid harsh chemicals or abrasive cleaners, which can damage the mesh or fabric.
- **Inspection:** Periodically check all screws and bolts to ensure they are tight. Re-tighten if necessary.
- **Casters:** Keep casters free of hair and debris to ensure smooth rolling.
- **Avoid Direct Sunlight:** Prolonged exposure to direct sunlight can cause fading of materials.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Chair does not adjust height	Gas lift not engaged or faulty.	Ensure the height adjustment lever is fully pulled. If issue persists, contact customer support.
Chair wobbles	Loose screws or uneven floor.	Check and tighten all assembly screws. Ensure the chair is on a flat surface.
Casters do not roll smoothly	Debris caught in casters.	Turn the chair over and remove any hair, dust, or debris from the caster wheels.
Backrest does not recline	Tilt lock engaged.	Pull the tilt adjustment lever outwards to unlock the recline function. Adjust tilt tension knob if recline is too stiff.

## SPECIFICATIONS

<b>Brand</b>	Sytas
<b>Model Name</b>	TJ-SBGY001BP
<b>Color</b>	Black
<b>Product Dimensions (D x W x H)</b>	18.9"D x 19.69"W x 36.22"H
<b>Maximum Weight Recommendation</b>	250 Pounds (113 kg)
<b>Item Weight</b>	27.7 pounds (12.5 kg)
<b>Back Style</b>	Solid Back, Ergonomic S-shaped
<b>Arm Style</b>	With 90° Flip-up Arms
<b>Material</b>	Mesh, Foam
<b>Special Feature</b>	Space Saving, Lumbar Support, Breathable Mesh
<b>Tilting</b>	Yes (90°-120° rocking)
<b>Furniture Base Movement</b>	Swivel, Casters
<b>UPC</b>	717765843819



# PRODUCT DIMENSIONS



Image: Detailed diagram showing the product dimensions of the Sytas Ergonomic Desk Chair, including height, width, depth, and armrest measurements.



Image: Illustration of the chair's sturdy base, indicating a weight capacity of 300 LBS.



Image: Close-up of the SGS certified gas lift cylinder, indicating its quality and safety certification.



Image: Illustration of the chair's casters, emphasizing their 360-degree smooth and quiet movement.

## WARRANTY AND SUPPORT

Sytas provides a **1-year warranty** for this product, covering manufacturing defects. Additionally, a 30-day money-back guarantee is offered for any reason.

For any questions, issues, or warranty claims, please contact Sytas customer service. We aim to provide effective assistance within 24 hours.

Refer to your purchase documentation for specific contact details or visit the official Sytas store on [Amazon](#)

[Amazon Store](#)

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## Related Documents

 The image shows the front cover of the SYTAS Office Desk Chair User Manual. It features the SYTAS logo at the top, followed by the text "Use Manual" and "Office Desk Chair". Below this is a black and white photograph of the SYTAS office desk chair, which has a mesh backrest, a five-spoke base, and a height-adjustable seat.	<p><a href="#">SYTAS Office Desk Chair User Manual</a></p> <p>Comprehensive user manual for the SYTAS Office Desk Chair, detailing parts, assembly instructions, and features for optimal use and maintenance.</p>
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## [SYTAS Ergonomic Office Chair Assembly Guide](#)

Detailed instructions for assembling the SYTAS Ergonomic Office Chair, including a comprehensive parts list and step-by-step guidance for a secure and comfortable setup.