

TRALT TRALT+TRALT+YX001-P

TRALT Office Chair Instruction Manual

Model: TRALT+TRALT+YX001-P

Brand: TRALT

INTRODUCTION

This manual provides detailed instructions for the assembly, operation, and maintenance of your TRALT Ergonomic Office Chair. Designed to offer comprehensive support for your head, back, hips, and arms, this chair is built for comfort and well-being during long hours of use. Please read this manual thoroughly before assembly and operation to ensure proper use and longevity of your product.

SAFETY INFORMATION

Adhering to these safety guidelines will help prevent injury and damage to the chair.

- Ensure all parts are securely fastened before and during use. Periodically check and re-tighten screws.
- Do not exceed the maximum weight capacity of 330 pounds (150 kg).
- Keep hands and fingers clear of moving parts, especially during height and recline adjustments.
- Use the chair on a flat, stable surface to prevent tipping.
- Avoid standing on the chair or using it as a step stool.
- Do not expose the chair to direct sunlight or extreme temperatures for prolonged periods.

PARTS LIST

Before beginning assembly, please verify that all the following components are present and undamaged.

Professional Ergonomics

More Breathable and Comfortable

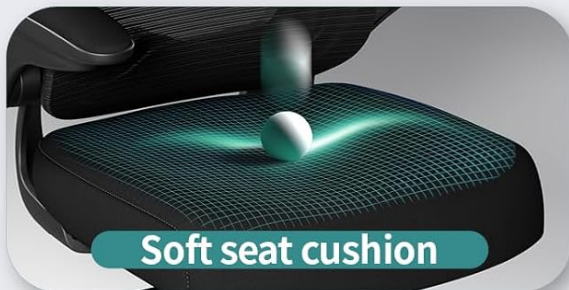


Image: An exploded diagram showing all individual components of the TRALT office chair, including the seat, backrest, headrest, armrests, gas lift, base, and wheels, along with various screws and tools.

- Backrest Assembly (1)
- Seat Cushion (1)
- Armrests (2)
- Gas Lift Cylinder (1)
- Five-Star Base (1)
- Casters (5)
- Headrest (1)
- Hardware Kit (screws, Allen wrench)

SETUP AND ASSEMBLY

Follow these steps for quick and easy assembly. All necessary tools are included in the hardware kit.

1. **Attach Casters to Base:** Push the five casters firmly into the holes at the end of each leg of the five-star base until they click securely into place.
2. **Insert Gas Lift:** Place the gas lift cylinder into the central hole of the assembled five-star base.
3. **Attach Armrests to Seat:** Align the armrests with the pre-drilled holes on the underside of the seat cushion. Secure them using the provided screws and the Allen wrench. Ensure they are tightened firmly.
4. **Connect Backrest to Seat:** Attach the backrest to the seat assembly. Align the mounting holes and secure with the appropriate screws.
5. **Assemble Chair onto Gas Lift:** Carefully place the assembled seat and backrest onto the gas lift cylinder, ensuring it is centered and stable.
6. **Attach Headrest:** Slide the headrest into the designated slot at the top of the backrest.



Image: A close-up view of the chair's sturdy metal five-star base, SGS certified level 3 gas lift cylinder, and silent rolling casters, highlighting the robust construction and 330 lbs load capacity.

OPERATING INSTRUCTIONS

Your TRALT office chair offers several adjustable features to customize your seating experience.

Seat Height Adjustment

To adjust the seat height, locate the lever under the right side of the seat. Pull the lever upwards while seated to lower the chair, or while standing to raise it. Release the lever at your desired height to lock it in place.

Backrest Recline (90-120°)

The chair's backrest can be tilted between 90 degrees (upright) and 120 degrees (reclined). Use the lever located under the left side of the seat to engage or disengage the recline function. Push the lever in to lock the backrest in an upright position, and pull it out to allow for recline.

Lumbar Support Adjustment

The adaptable lumbar support is designed to protect your spine and lower back. Rotate the knob on the side of the backrest to adjust the depth of the lumbar support, allowing it to conform to your natural spinal curvature.



Image: A hand adjusting the knob for the lumbar support, demonstrating its 4cm adjustment range to provide personalized back support.



Image: A diagram illustrating how the adjustable lumbar support aligns with the natural curvature of the spine, providing optimal support for the lower back.

Flip-Up Armrests

The armrests can be conveniently flipped up by 90 degrees. This feature allows you to push the chair closer to your desk, saving space when not in use or providing more freedom of movement. Simply lift the armrests upwards until they lock into the vertical position.

Adaptable Lumbar Support

Protect your spine and lower back

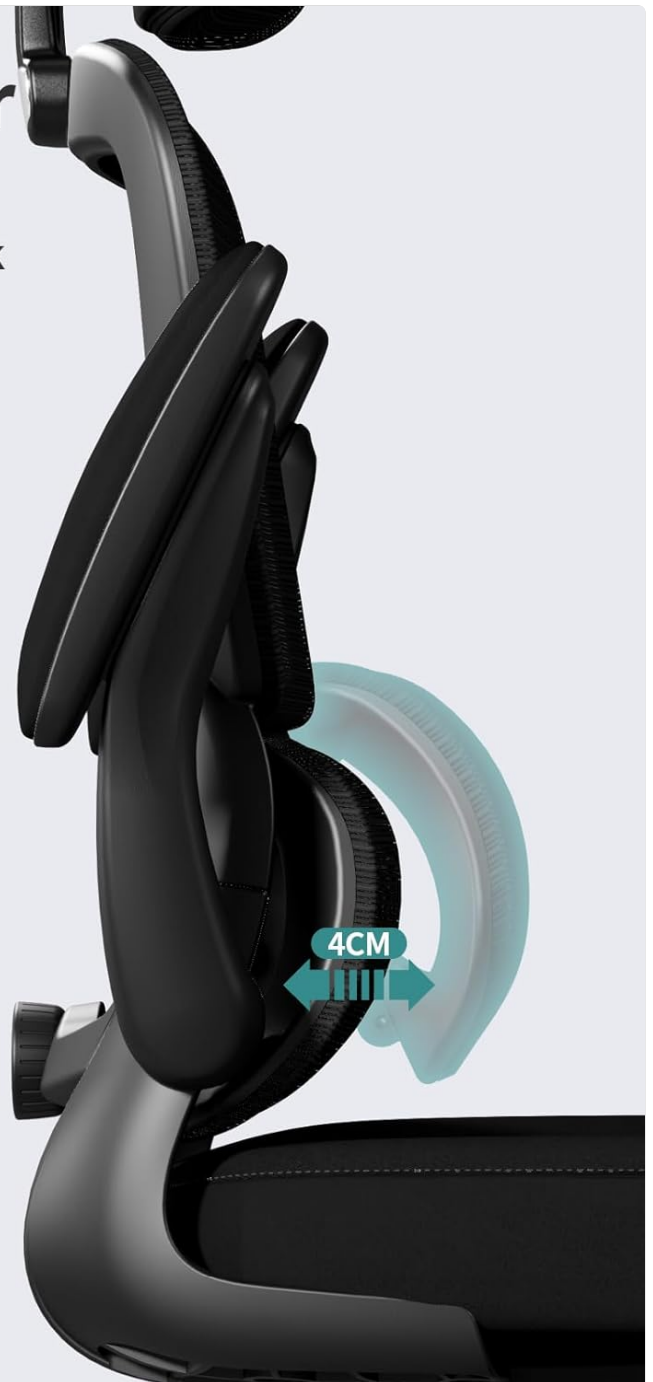


Image: The TRALT office chair with its armrests flipped up, demonstrating the space-saving benefit and versatility of the design.

Headrest Adjustment

The headrest is adjustable to provide optimal neck and head support. Adjust its height and angle by sliding it up or down and tilting it to your preferred position.

MAINTENANCE

Regular maintenance will help prolong the life and appearance of your TRALT office chair.

- **Cleaning:** Wipe the chair clean with a soft, damp cloth. For mesh areas, a mild soap solution can be used. Avoid using harsh chemicals, abrasive cleaners, or solvents, as these may damage the materials.
- **Inspection:** Periodically (e.g., every 3-6 months) inspect all screws and connections to ensure they remain tight. Re-tighten any loose fasteners to maintain stability and safety.
- **Casters:** Keep the casters free of hair, dust, and debris to ensure smooth and quiet rolling. You can clean them with

a damp cloth or by carefully removing any tangled material.

- **Fabric Care:** The breathable mesh and high-density sponge seat are designed for durability. For spills, blot immediately with a clean, dry cloth.

TROUBLESHOOTING

If you encounter any issues with your TRALT office chair, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Chair does not adjust height	Gas lift cylinder issue or lever not fully engaged.	Ensure the height adjustment lever is fully pulled or pushed. If the issue persists, the gas lift cylinder may need replacement. Contact customer support.
Chair wobbles or feels unstable	Loose screws or uneven floor surface.	Check and tighten all assembly screws, especially those connecting the seat, backrest, and armrests. Ensure the chair is placed on a flat, level surface.
Squeaking noises during movement	Loose connections or friction between parts.	Tighten all screws. A small amount of silicone-based lubricant can be applied to moving joints or the gas lift if the noise persists.
Casters do not roll smoothly	Debris (hair, dust) caught in casters.	Turn the chair over and carefully remove any hair or debris from the caster wheels.

SPECIFICATIONS

Key technical specifications for the TRALT Ergonomic Office Chair.

Feature	Detail
Brand	TRALT
Model Name	YX001-1
Product Dimensions (D x W x H)	27"D x 50"W x 49.2"H
Maximum Weight Recommendation	330 Pounds (150 kg)
Back Style	Adjustable knob, Double backrest, Split backrest
Special Features	Adjustable Backrest, Adjustable Headrest, Adjustable Lumbar, Back Support, Ergonomic
Seat Material	High elastic sponge
Backrest Material	Breathable Mesh
Seat Height (Adjustable Range)	18.5" - 21.7"
Seat Depth	17.3 inches

Feature	Detail
Arm Style	Flip-Up Arms
Mobility	360° Swivel, Silent Rolling Wheels



Image: A detailed diagram illustrating the dimensions of the TRALT office chair, including height, width, depth, seat dimensions, and maximum weight capacity, along with recommended user height.

WARRANTY AND SUPPORT

Your TRALT office chair is backed by a lifetime warranty, ensuring peace of mind regarding its quality and durability. If you encounter any quality problems or require replacement parts, please do not hesitate to contact TRALT customer service. For further assistance, product information, or to explore other TRALT products, please visit the official TRALT Store on Amazon:

[TRALT Store on Amazon](#)

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question