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› GABRYLLY Ergonomic Office Chair GYMN01 Instruction Manual

GABRYLLY GYMN01

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Instruction Manual

1. INTRODUCTION

This manual provides comprehensive instructions for the assembly, operation, and maintenance of your GABRYLLY Ergonomic Office Chair, Model GYMN01. Please read this manual thoroughly before assembly and use to ensure proper function and safety. Retain this manual for future reference.



Image 1.1: Front and rear view of the GABRYLLY Ergonomic Office Chair GYMN01.

2. SAFETY INFORMATION

CAUTION: Do not exceed the maximum weight capacity of 300 LBS. Ensure all adjustable components are securely fastened before use. Use adjustable features responsibly to avoid injury.

Always ensure the chair is on a stable, level surface before sitting. Avoid standing on the chair or using it as a step stool. Keep hands and fingers clear of moving parts during adjustments. Regularly inspect the chair for loose screws or damaged components and address them promptly.

3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly. If any parts are missing or damaged, contact customer support.

- Backrest Assembly
- Seat Cushion Assembly with Armrests

- Headrest
- Gas Lift Cylinder
- Star Base
- Casters (5 pieces)
- Footrest Assembly
- Hardware Kit (screws, washers, Allen wrench)
- Instruction Manual

4. ASSEMBLY INSTRUCTIONS

Assembly is required for this product. Please refer to the detailed assembly guide included in your package for step-by-step instructions. It is recommended to assemble the chair on a soft, clean surface to prevent scratches. While assembly can be performed by one person, having assistance may be beneficial for certain steps.

General Assembly Steps:

1. Attach casters to the star base.
2. Insert the gas lift cylinder into the center of the star base.
3. Secure the backrest to the seat cushion assembly.
4. Attach the footrest assembly to the chair mechanism.
5. Mount the assembled seat and backrest onto the gas lift cylinder.
6. Install the headrest onto the backrest.
7. Ensure all screws are tightened and components are secure before use.

5. OPERATING INSTRUCTIONS: ADJUSTMENTS AND FEATURES

The GABRYLLY Ergonomic Office Chair GYMN01 offers multiple adjustment options to customize your seating experience.

5.1. Chair Height Adjustment

To adjust the chair height, locate the lever under the seat on the right side. Pull the lever upwards while seated to lower the chair, or pull it upwards while standing to raise the chair. Release the lever at the desired height.

5.2. Ergonomic Lumbar Support

The flexible lumbar support features two adjustments to align with your lower back, reducing fatigue and promoting better posture.

- **Up & Down Adjustment:** The lumbar support can move vertically by 3 inches.
- **Forward & Backward Adjustment:** The lumbar support can move horizontally by 1.6 inches.



Image 5.1: Detailed view of the lumbar support adjustments.

5.3. 135° Recline Backrest

The backrest offers three adjustable positions (90°, 110°, 135°) allowing you to lock the chair at a desired angle for various activities.

- **90°:** Upright position for focused work.
- **110°:** Slightly reclined for relaxed working or reading.
- **135°:** Fully reclined for breaks or naps.



Image 5.2: Illustration of the 135° recline function.

5.4. Retractable Footrest

The integrated footrest can be extended up to 18.1 inches and features two lockable positions for comfortable resting. To deploy, pull the footrest out from under the seat and flip it up to your desired angle. To retract, flip the footrest to its highest point (unlock mode), then push it back under the seat.

3D

Armrest



Forward & backward

Up & down

In & out

Image 5.3: Retractable footrest with lockable positions.

5.5. 3D Armrests

The armrests offer three dimensions of adjustment to provide optimal support and alleviate shoulder and wrist strain.

- **Up & Down:** Adjust the height of the armrests.
- **Front & Back:** Slide the armrest pads forward or backward.
- **In & Out:** Pivot the armrest pads inwards or outwards.



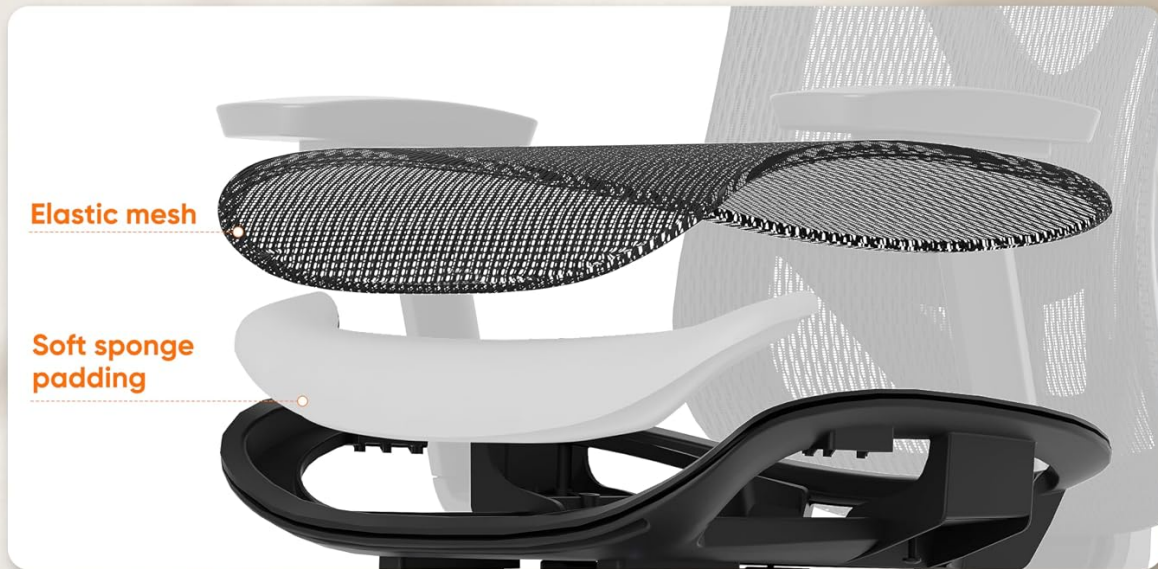
Image 5.4: 3D armrest adjustment capabilities.

5.6. Versatile 3D Headrest

The mesh headrest provides personalized neck support with multiple adjustment options.

- **Height Adjustment:** Adjusts vertically by 2.3 inches.
- **Angle Adjustment:** Tilt the headrest to your preferred angle.
- **Bracket Adjustment:** Allows for further positioning of the headrest.

Full Mesh Design

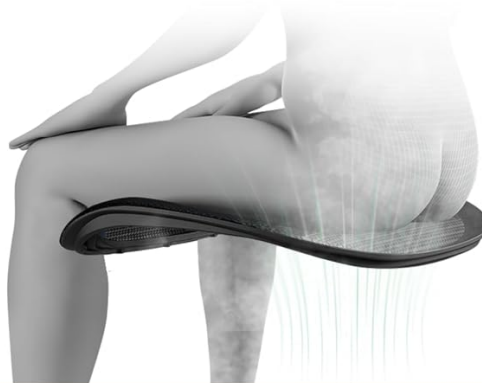


12h+

Comfort & cooler
airflow

-20%

Hip pressure



Porosity



Tensile



Resilient



Easy
to clean

Image 5.5: 3D headrest adjustment options.

6. MAINTENANCE

To maintain the appearance and functionality of your GABRYLLY Ergonomic Office Chair GYMN01, follow these care instructions:

- **Cleaning:** Wipe clean with a damp cloth. Avoid harsh chemicals or abrasive cleaners, which can damage the mesh or frame.
- **Inspection:** Periodically check all screws and bolts to ensure they are tight. Re-tighten if necessary.
- **Moving Parts:** Ensure the casters roll smoothly and the gas lift operates correctly. Clean any debris from the casters.

7. TROUBLESHOOTING

If you encounter issues with your GABRYLLY Ergonomic Office Chair GYMN01, consider the following common solutions:

- **Chair not adjusting height:** Ensure the gas lift lever is fully engaged. If the gas lift is faulty, contact customer support for a replacement.
- **Chair wobbles:** Check all assembly screws and bolts to ensure they are securely tightened. Ensure the chair is on a flat, even surface.
- **Casters not rolling smoothly:** Inspect casters for hair or debris and clean them. Ensure the casters are properly inserted into the base.
- **Recline mechanism stuck:** Verify that the recline lock is disengaged. Check for any obstructions in the mechanism.

For persistent issues or concerns not addressed here, please contact GABRYLLY customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	GABRYLLY
Model Name	GYMN01
Color	Black
Product Dimensions	19.3"D x 25.2"W x 40"H
Maximum Weight Recommendation	300 Pounds
Back Style	High Back
Special Features	3D Armrest & Headrest, Adjustable Lumbar, Foot Rest, 135° Reclining
Arm Style	Adjustable 3D arm (up&down, left&right, front&back)
Reclining Position Count	3
Fill Material	Strong Nylon, Mesh
Furniture Base Movement	Swivel
Item Weight	41 pounds
Assembly Instructions	Assembly required. Instructions included.

Adjustable Lumbar

1 important function
with 2 adjustments



Forward & backward



Up & down

Image 8.1: Product dimensions and specifications.



Image 8.2: Durable and reliable components of the chair.

9. WARRANTY AND SUPPORT

GABRYLLY office chairs are designed for durability and comfort, having passed professional SGS and BIFMA tests. They are expected to provide 2-5 years of service.

9.1. Customer Support

For any questions, concerns, or assistance with your product, please contact GABRYLLY customer service. We aim to provide effective and fast 24-hour response.

Contact Information: Refer to the contact details provided in your product packaging or on the official GABRYLLY website.

9.2. Bulk Purchase Discounts

If you are a business buyer interested in purchasing multiple units, bulk purchase discounts and combinations of different chairs may be available. Please inquire with GABRYLLY customer support for details.

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