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> [SIHOO M59AS Ergonomic Office Chair Instruction Manual](#)

SIHOO M59AS

SIHOO M59AS Ergonomic Office Chair User Manual

Model: M59AS | Brand: SIHOO

INTRODUCTION

Welcome to your new SIHOO M59AS Ergonomic Office Chair. This manual provides detailed instructions for assembly, operation, maintenance, and troubleshooting to ensure optimal use and longevity of your chair. Please read this manual thoroughly before assembly and use.

IMPORTANT SAFETY INFORMATION

WARNING: This chair is designed for adults and has a maximum weight recommendation of 150 kg (330 lbs). Do not exceed this weight limit. Always follow the assembly instructions carefully to ensure safe and proper use of the chair.

ASSEMBLY INSTRUCTIONS

Please ensure all parts are present and undamaged before beginning assembly. Refer to the included parts list for identification. It is recommended to assemble the chair on a soft, clean surface to prevent damage.

- Step 1: Attach the Casters to the Base.** Insert each caster into the holes at the end of each leg of the chair base until securely seated.
- Step 2: Insert the Gas Lift Cylinder.** Place the gas lift cylinder into the central hole of the assembled chair base.
- Step 3: Attach the Seat Mechanism to the Seat Cushion.** Align the seat mechanism with the pre-drilled holes on the underside of the seat cushion and secure with screws.
- Step 4: Place the Seat Assembly onto the Gas Lift.** Carefully place the assembled seat cushion with mechanism onto the gas lift cylinder.
- Step 5: Secure the Backrest to the Seat Mechanism.** Attach the backrest to the designated points on the seat mechanism using the provided hardware.
- Step 6: Attach the Armrests.** Secure the armrests to the chair frame using the appropriate screws.
- Step 7: Install the Headrest.** Slide the headrest into its slot at the top of the backrest until it clicks into place.



Figure 1: Fully assembled SIHOO M59AS Ergonomic Office Chair in grey.

OPERATING YOUR SIHOO M59AS CHAIR

Seat Height Adjustment

To adjust the seat height, locate the lever under the right side of the seat. While seated, pull the lever up to lower the seat. To raise the seat, stand up slightly and pull the lever up. Release the lever at the desired height to lock it.

Armrest Adjustments

The 3D coordinated armrests offer multiple adjustments for personalized comfort and adaptability:

- **Height Adjustment:** Press the button on the side of the armrest and move it up or down to your preferred height.
- **Front/Back Adjustment:** Slide the armrest pad forward or backward to support your forearms.
- **Left/Right Rotation:** Rotate the armrest pad left or right to find the optimal angle.
- **Flip-up Function:** The armrests can be flipped up 90 degrees. This allows the chair to be pushed closer to a desk or provides more space for activities like playing a musical instrument.

Premium Full-chair Mesh

Cool as a breeze, soft as your skin
Lasts for years



Figure 2: 3D Coordinated Armrest adjustments.

Dual Section Backrest & Adaptive Dynamic Lumbar Support

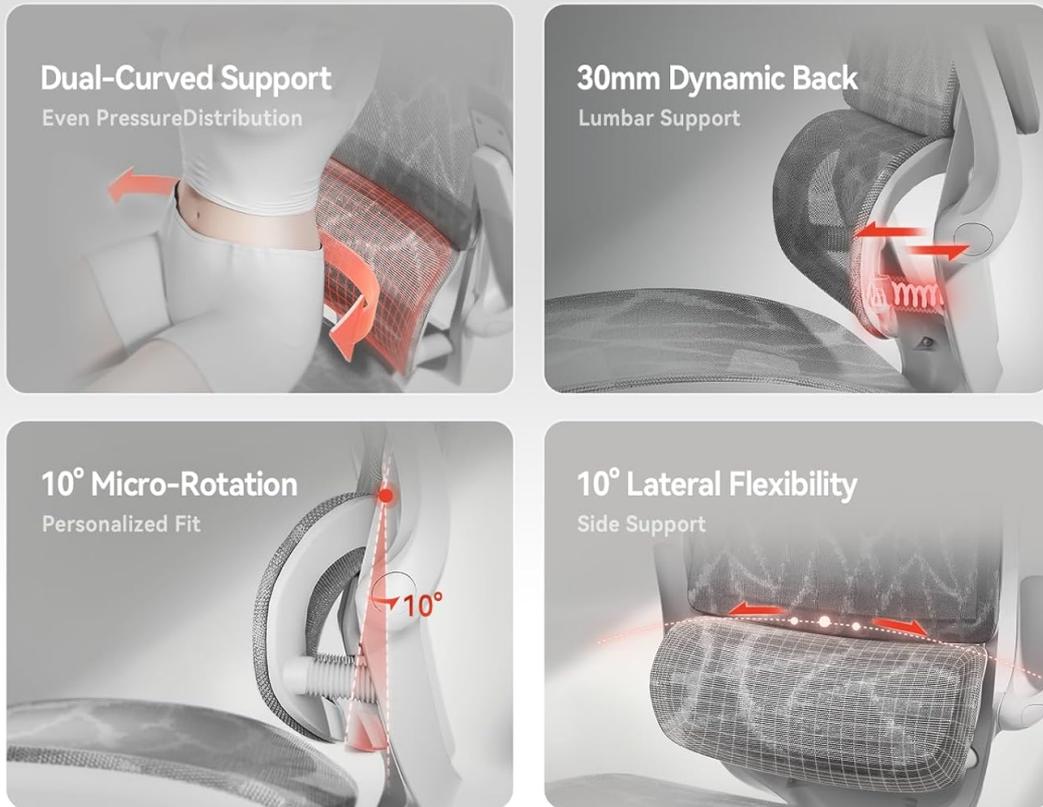


Figure 3: Chair with armrests flipped up, saving space.

Lumbar Support and Backrest

The SIHOO M59AS features a dual back design and an adaptive lumbar pillow. This system automatically adjusts to your body's movement and posture, providing continuous and dynamic support to your lower back without manual intervention.

Comfortable 3D Armrests

Comfortable while sitting or lying down.

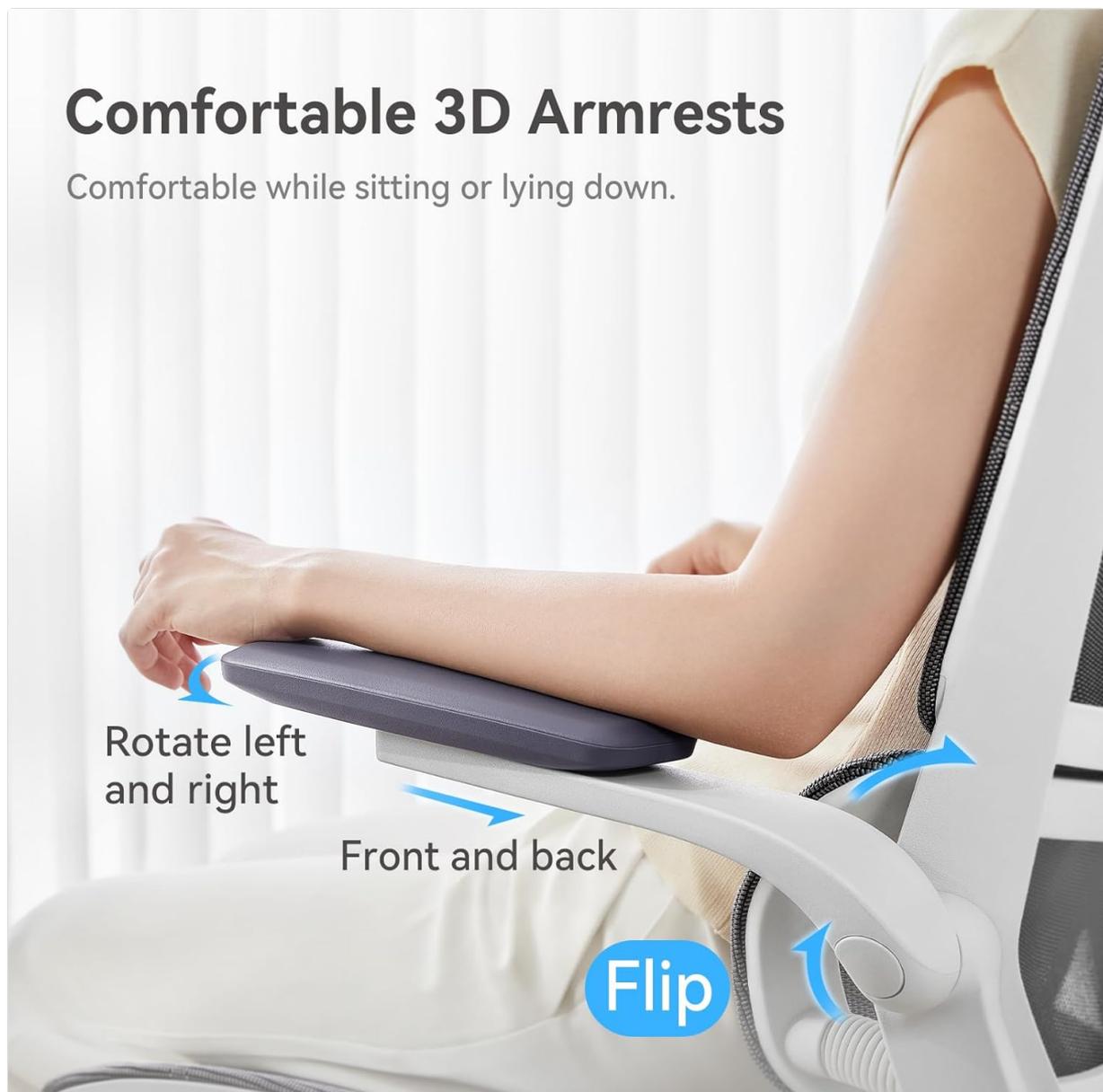


Figure 4: Dual backrest and adaptive lumbar support features.

Headrest Adjustment

The 3D headrest provides precise neck support. It can be adjusted vertically and tilted to achieve the optimal position for your head and neck, reducing strain during long periods of sitting.

3D Headrest Ultra-Precise Neck Support For Every Position.



Figure 5: 3D Headrest adjustment capabilities.

Backrest Recline Function

To recline the backrest, locate the recline lock lever, typically on the left side under the seat. Pull the lever outwards to unlock the recline mechanism. Lean back to your desired angle, then push the lever inwards to lock the backrest in position.

CARE AND MAINTENANCE

Proper care and maintenance will extend the life and appearance of your SIHOO M59AS chair:

- **Cleaning:** Wipe clean with a damp cloth. Avoid using harsh chemicals, abrasive cleaners, or solvents, as these may damage the chair's materials.
- **Mesh Fabric Care:** For the mesh fabric, gently vacuum or wipe with a soft, damp cloth. Do not scrub vigorously to prevent damage to the mesh.
- **Caster Maintenance:** Periodically check the caster wheels for accumulated hair, dust, or debris. Clean them as needed to ensure smooth and unrestricted movement.
- **Hardware Check:** Regularly inspect all screws, bolts, and connections to ensure they are tight. Retighten any loose hardware to maintain stability and safety.

TROUBLESHOOTING

This section addresses common issues you might encounter with your SIHOO M59AS chair.

| Problem | Solution |
|------------------------------------|--|
| Chair does not adjust height | Ensure the gas lift lever is fully engaged or disengaged. Check if the gas lift cylinder is properly installed and not damaged. |
| Chair squeaks or wobbles | Check all assembly bolts and screws and tighten them securely. Ensure the chair base and casters are securely attached. |
| Casters do not roll smoothly | Clean any debris (hair, dust, lint) from the caster wheels. Ensure casters are fully inserted into the base. |
| Lumbar support feels uncomfortable | The adaptive lumbar support adjusts automatically. Try different sitting postures to allow it to conform to your back. Ensure the backrest is correctly installed. |

PRODUCT SPECIFICATIONS

Brand: SIHOO

Model Name: M59AS

Color: Grey

Product Dimensions: 17.12"D x 19.88"W x 40"H (43.5 cm D x 50.5 cm W x 101.6 cm H)

Maximum Weight Recommendation: 150 Kilograms (330 lbs)

Item Weight: 38 pounds (17.2 kg)

Back Style: Solid Back with Dual Back Design

Special Feature: Adaptive Dynamic Lumbar Support, 3D Flip-up Armrests, 3D Headrest

Product Care Instructions: Wipe Clean

Recommended Uses For Product: Office

Material: Polyester Mesh

Specifications

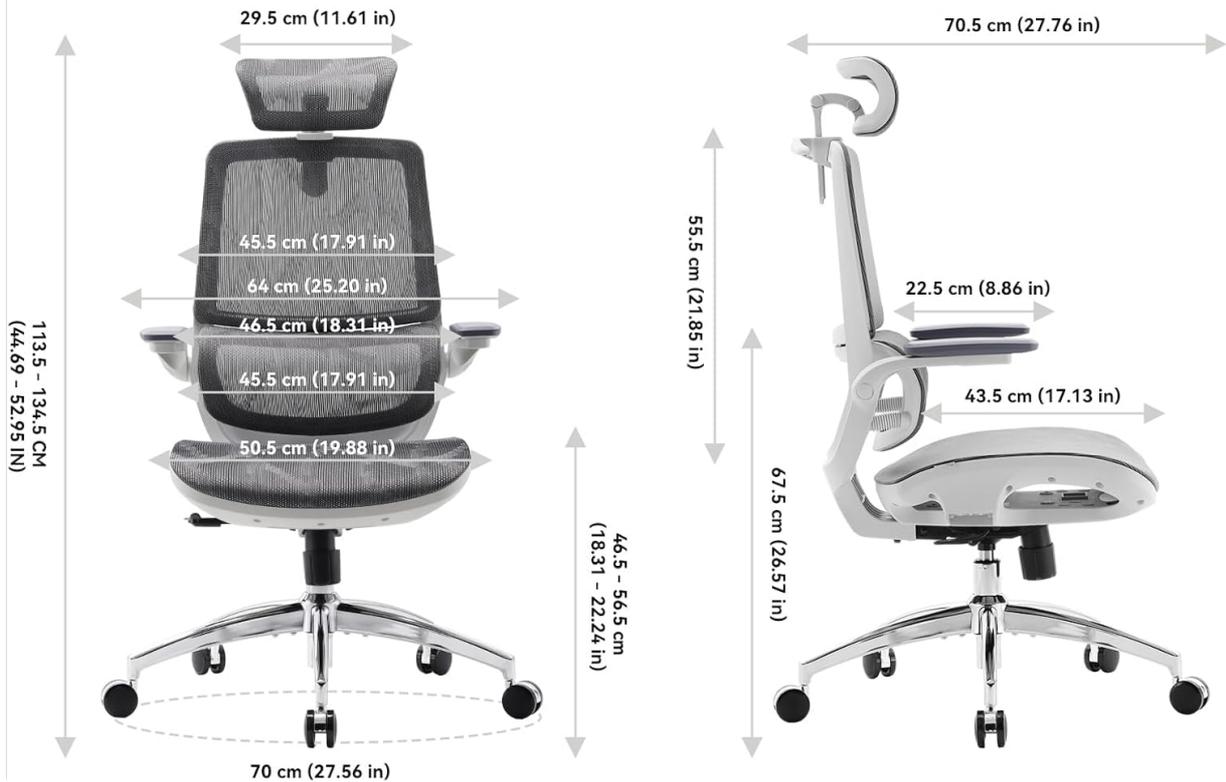


Figure 6: SIHOO M59AS Ergonomic Office Chair dimensions.

WARRANTY AND CUSTOMER SUPPORT

SIHOO is committed to providing high-quality products and customer satisfaction. Your SIHOO M59AS Ergonomic Office Chair comes with the following support:

- **Returns:** Free returns are available within 30 days of purchase.
- **Parts Replacement:** Zero-profit product parts are provided during a three-year period for any manufacturing defects or functional issues.
- **Contact Support:** For any questions, issues, or warranty claims, please contact SIHOO customer service. Refer to the product packaging or the official SIHOO website for the most current contact details.