Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

AtHope D18

AtHope Ergonomic Cross Legged Office Chair

User Manual

Brand: AtHope | **Model:** D18

1. Introduction

This manual provides essential information for the assembly, operation, and maintenance of your AtHope Ergonomic Cross Legged Office Chair. Designed for versatile seating positions, including cross-legged, squatting, or kneeling, this chair offers comfort and flexibility for various activities such as office work, meditation, and yoga. It features adjustable height, lumbar support, and a 360-degree rotating footrest to enhance your seating experience.

Please read this manual thoroughly before assembly and use to ensure proper function and safety.

2. Safety Information

To prevent injury and ensure safe operation, please adhere to the following guidelines:

- Always ensure the chair is on a stable, level surface before adjusting the height or using the casters.
- Keep fingers and other body parts clear of moving components, especially during height adjustment and footrest rotation, to prevent pinching or injury.
- Do not exceed the maximum weight capacity of the chair. Refer to the specifications section for details.
- Avoid standing on the chair or using it as a step stool.
- Regularly inspect all bolts and screws to ensure they are tightened. Retighten as necessary.

3. Package Contents

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

- Seat Cushion

- Backrest
- Footrest Assembly
- Chair Base with Casters
- Gas Lift Cylinder
- Assembly Hardware (screws, washers, Allen wrench)

4. Assembly Instructions

Assembly typically takes 15-20 minutes. All necessary installation tools are included.

1. **Attach Casters to Base:** Insert the casters into the holes on the chair base until they click securely into place.
2. **Insert Gas Lift:** Place the gas lift cylinder into the center hole of the chair base.
3. **Assemble Seat and Backrest:** Secure the backrest to the seat cushion using the provided screws and Allen wrench. Ensure all connections are tight.
4. **Attach Footrest:** Connect the footrest assembly to the main seat structure according to the diagram.
5. **Connect Seat to Gas Lift:** Carefully place the assembled seat onto the gas lift cylinder. Apply downward pressure to secure it.



Figure 4.1: Product dimensions and indication of included installation tools. Assembly time is estimated at 15-20 minutes.



Figure 4.2: Visual representation of the chair's adjustable features, including height, footrest extension, and 360-degree rotation, which

are key during assembly and operation.

5. Operating Instructions

Your AtHope Cross Legged Office Chair is designed for ergonomic comfort and versatility.

5.1. Height Adjustment

To adjust the chair's height, locate the lever beneath the seat. While seated, pull the lever upwards to raise the chair. To lower the chair, pull the lever upwards while applying your body weight to the seat. Release the lever to lock the height in position. The seat height is adjustable from 17.3 inches to 21.3 inches.



Figure 5.1: Illustration of the chair's height adjustment lever and smooth-rolling casters for silent and effortless movement.

5.2. Footrest Adjustment and Rotation

The chair features an innovative footrest that can rotate 360 degrees, allowing for flexible posture adjustments without

needing to reposition the entire chair. The footrest can also be retracted or extended to accommodate various seating styles.



Figure 5.2: The footrest demonstrates its 360-degree rotation capability, offering dynamic support for various sitting positions.

5.3. Versatile Seating Positions

This chair is designed to support multiple active sitting positions, including cross-legged, squatting, or kneeling. The wide criss-cross design and lumbar support promote comfort and flexibility for users who prefer varied postures throughout the day.



Figure 5.3: Examples of various comfortable seating positions, including cross-legged, kneeling, and traditional sitting, highlighting the chair's versatility.



Figure 5.4: A user comfortably seated cross-legged on the chair, demonstrating its suitability for extended periods of varied posture.

6. Maintenance

Proper care will extend the life and appearance of your chair.

- **Cleaning:** The soft PU leather seat is water-resistant and stain-proof. For general cleaning, wipe with a damp cloth. For spot cleaning, use a mild soap solution and a soft cloth, then wipe dry. Avoid harsh chemicals or abrasive cleaners.
- **Inspection:** Periodically check all screws and bolts to ensure they are tight. Retighten as needed to maintain stability.
- **Casters:** Keep casters free of debris (hair, dust) to ensure smooth movement.



Figure 6.1: Details on the durable PU leather material, emphasizing its waterproof, breathable, easy-to-clean, and scratch-resistant qualities.

7. Troubleshooting

If you encounter any issues with your chair, please refer to the following common solutions:

- **Chair is unstable/wobbly:** Ensure all assembly screws are securely tightened. Check that the chair is on a flat, even surface.
- **Chair does not adjust height:** Verify that the gas lift lever is fully engaged and that the gas lift cylinder is correctly seated in the base and seat mechanism. If the issue persists, the gas lift may need replacement.
- **Casters do not roll smoothly:** Inspect casters for trapped debris (hair, lint) and clean them. Ensure the casters are fully inserted into the chair base.
- **Footrest is stiff or difficult to rotate:** Check for any obstructions. Ensure the footrest mechanism is clean and free of debris.

For issues not resolved by these steps, please contact AtHope customer support.

8. Specifications

Feature	Detail
Brand	AtHope
Model Name	D18
Color	Black
Product Dimensions	26.5"D x 28.5"W x 34"H
Seat Depth	15.5 inches
Seat Length	17.7 Inches
Chair Backrest Width	15.8 Inches
Adjustable Seat Height	17.3" - 21.3" (from image)
Item Weight	22 pounds
Material	Foam, Polyester (PU Leather upholstery)
Back Style	Solid Back
Special Feature	Ergonomic, 360-Degree Rotating Footrest
Recommended Uses	Office, Meditation, Gaming
Included Components	Caster, Cushion
UPC	683125195365

9. Warranty and Support

AtHope is committed to providing quality products and customer satisfaction. Your chair comes with worry-free aftersales support. If you encounter any problems or have questions, please do not hesitate to contact us.

Contacting Customer Support:

For assistance, you can reach us through the following methods:

- **Via Amazon:**
  1. Login to your Amazon Account.
  2. Go to 'Your Orders'.
  3. Find your order for the AtHope chair.
  4. Click 'Contact Seller'.

- **Email:** cs@athopes.com
- **Phone:** +1 (272) 999-2553



Figure 9.1: Detailed steps and contact information for reaching AtHope customer support.

© 2024 AtHope. All rights reserved.

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

Open the live page

https://manuals.plus/asin/B0DFXSCYFR

More documents and user manuals: **https://manuals.plus/**