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> Avalo Ergonomic Memory Foam Desk Footrest - Washable & Adjustable - Black User Manual

Avalo AP66

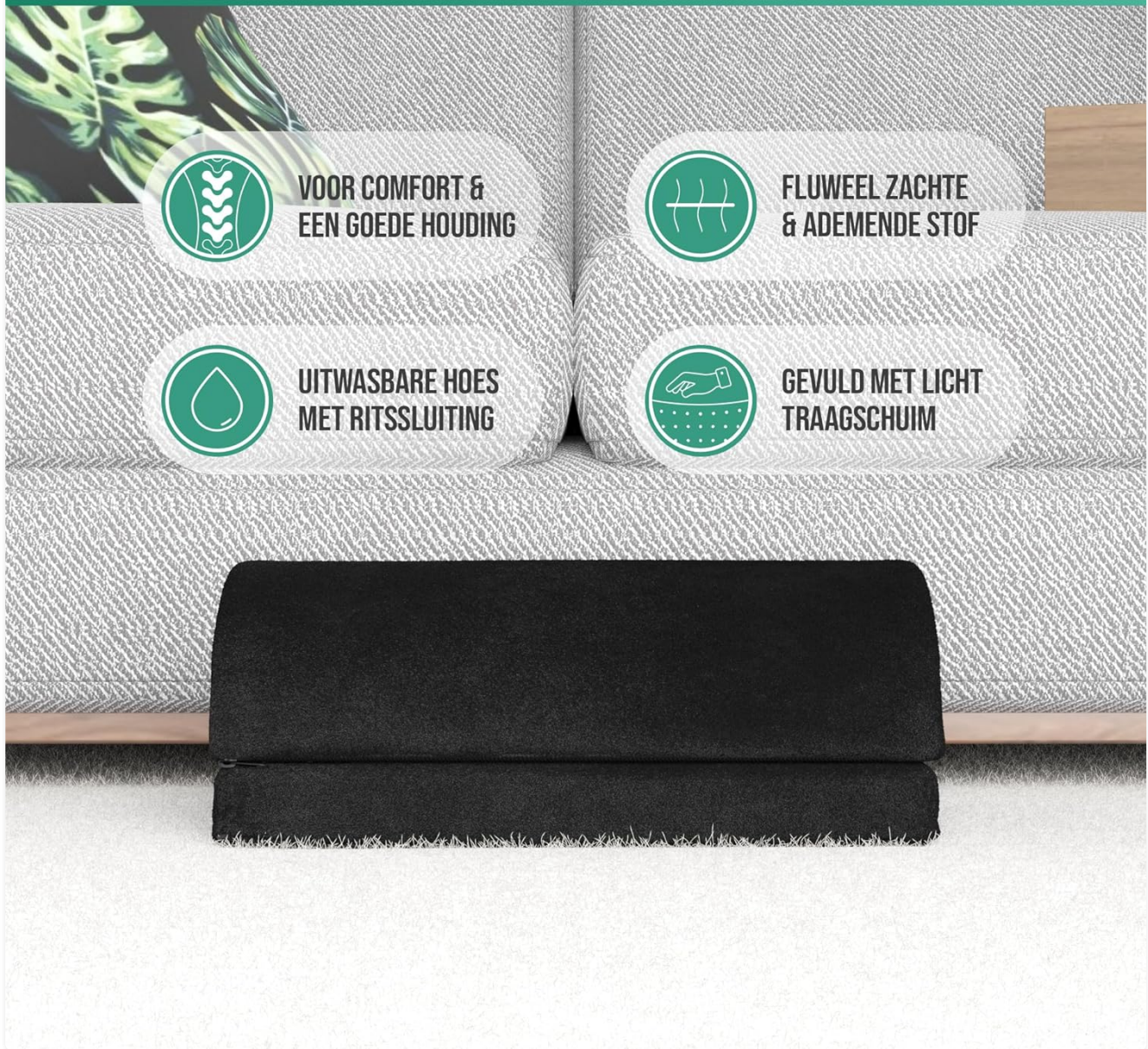
Avalo Ergonomic Memory Foam Desk Footrest

Model: AP66

INTRODUCTION

Thank you for choosing the Avalo Ergonomic Memory Foam Desk Footrest. This manual provides essential information for the proper setup, operation, and maintenance of your footrest. Designed to promote better posture and comfort, this footrest is an ideal addition to any home or office workspace.

VERSTELBARE VOETENSTEUN MET TRAAGSCHUIM



This image highlights the main features of the Avalo footrest, including its ergonomic design for comfort and posture, the soft and breathable velvet fabric, the washable cover with a zipper for easy cleaning, and the high-density memory foam filling.

SETUP INSTRUCTIONS

The Avalo footrest consists of two separate memory foam parts, allowing for adjustable height to suit your individual needs. Both parts are equipped with velcro fasteners to ensure secure attachment.

Assembling for Desired Height:

- 1. Single Part (Lower Height - Level 1):** For a lower elevation, use only the top, curved memory foam part. Place it directly on the floor under your desk. This configuration provides a height of approximately 10 cm.
- 2. Two Parts (Higher Height - Level 1+2):** For increased elevation, stack the curved top part onto the flat base part. Align the velcro fasteners on both pieces and press them together firmly to secure. This combined configuration provides a total height of approximately 15 cm (10 cm + 5 cm).

This image clearly illustrates the adjustable height feature. On the left, the footrest is shown at its lower height (Level 1), suitable for adults. On the right, both parts are stacked to achieve a higher level (Level 1+2), demonstrating its adaptability for different users or needs, such as for a child.

INNOVATIEF & ERGONOMISCH ONTWERP

Klittenband bevestiging



Traagschuim



2 verschillende hoogte niveaus



This image illustrates the footrest's innovative design, featuring a velcro fastening system that allows the two parts to be securely attached or separated. It also shows the memory foam material and the two distinct height configurations possible.

OPERATING INSTRUCTIONS

The Avalo footrest is designed for versatile use to enhance comfort and promote ergonomic posture. Experiment with different positions to find what works best for you.

Recommended Usage:

- **Under a Desk:** Place the footrest under your desk. You can use it with the curved side up to gently rock your feet, which can improve circulation and muscle activity. Alternatively, flip it over to use the flat side up for a stable, elevated foot position.
- **Relaxation:** Use the footrest while sitting on a couch or in a lounge chair to elevate your feet, reducing pressure on your lower back and legs.

- **Multi-functional Support:** The footrest can also be used as a comfortable cushion for floor seating, or even as a temporary support for your back or neck when reclining.



This image provides a visual comparison, showing how the footrest can alleviate discomfort. The 'Before' scenario depicts poor posture leading to back pain, while the 'After' scenario demonstrates improved ergonomic posture and comfort achieved by using the Avalo footrest.

OP MEERDERE MANIEREN TE GEBRUIKEN



This image highlights the versatility of the footrest, demonstrating its use in various scenarios: as a traditional footrest under a desk, for elevating feet while relaxing on a sofa, as a comfortable cushion for floor seating, or even as a support for the back or neck.

MAINTENANCE

Maintaining your Avalo footrest is simple, thanks to its washable cover.

Cleaning the Cover:

1. Locate the zipper on the velvet cover.
2. Carefully unzip and remove the cover from the memory foam inserts.
3. Machine wash the cover on a gentle cycle with cold water.
4. Air dry or tumble dry on low heat. Do not bleach or iron.
5. Once dry, carefully place the cover back onto the memory foam inserts and zip it closed.

Note: The memory foam inserts themselves are not washable. If they become soiled, spot clean with a damp cloth and mild detergent, then allow to air dry completely.

TROUBLESHOOTING

Most issues with the Avalo footrest can be resolved with simple adjustments.

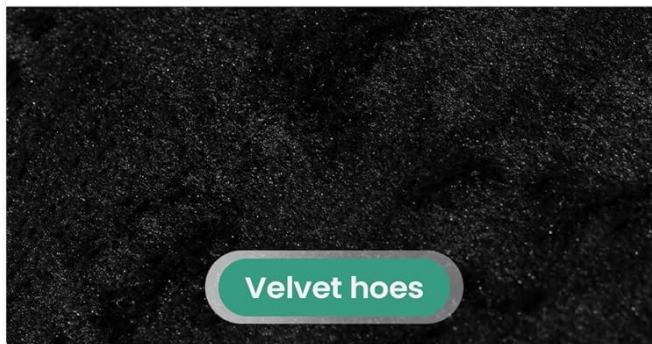
- **Footrest slides on floor:** Ensure the anti-slip bottom is clean and free of debris. For very smooth surfaces, consider placing a small rug or mat underneath for added stability.
- **Parts not staying together:** Check that the velcro fasteners are clean and fully engaged. Press firmly to ensure a secure connection between the two parts.
- **Discomfort during use:** Adjust the height configuration (single or double part) to find the most comfortable and ergonomic position for your body and desk setup. Experiment with the curved side up for rocking motion or flat side up for stable elevation.

If you experience persistent issues not covered here, please contact Avalo customer support.

SPECIFICATIONS

Product Type	Ergonomic Footrest
Brand	Avalo
Model Number	AP66
Material	High-density Memory Foam, Velvet Cover
Color	Black
Dimensions (L x W x H)	43 cm x 28 cm x 14.5 cm (combined)
Weight	700 grams
Special Features	Ergonomic, Non-slip, Washable Cover, Adjustable Height (2-in-1 design)
Recommended Use	Office, Home

AFMETINGEN



This image provides a visual representation of the footrest's dimensions, indicating a total length of 43 cm, width of 29 cm, and a combined height of 15 cm when both parts are used. Close-ups show the soft velvet cover and the non-slip base for stability.

WARRANTY AND SUPPORT

Avalo is committed to providing high-quality products. For specific warranty information, please refer to the packaging or contact your retailer. For any questions, concerns, or support needs regarding your Avalo footrest, please contact Avalo customer service through the retailer's platform or the official Avalo website.

We recommend keeping your purchase receipt as proof of purchase.