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> HOMCOM Ergonomic Kneeling Chair with Backrest (Model 921-788V00GY) User Manual

HOMCOM 921-788V00GY

HOMCOM Ergonomic Kneeling Chair with Backrest

Model: 921-788V00GY

Brand: HOMCOM

INTRODUCTION

Thank you for choosing the HOMCOM Ergonomic Kneeling Chair with Backrest. This chair is designed to promote a healthier sitting posture, reduce back and lumbar pain, and enhance focus during extended periods of work or meditation. Its unique rocking mechanism encourages active sitting, distributing weight evenly between your hips and legs.



The HOMCOM Ergonomic Kneeling Chair with Backrest, designed for improved posture and comfort.

SAFETY INFORMATION

Please read and understand all safety instructions before assembly and use.

- Use the chair gradually and take regular breaks to avoid injury.
- Do not exceed the maximum recommended weight capacity of 120 kg (264 lbs).
- Ensure all screws and fasteners are securely tightened before each use.
- Keep children and pets away from the chair during assembly.
- Use on a stable, level surface.

PACKAGE CONTENTS

Before beginning assembly, please ensure all components are present and undamaged. If any parts are missing or damaged, please contact customer support.

- Backrest
- Seat

- Knee Pads (2)
- Frame Components (Birch Wood)
- Assembly Hardware (Screws, Allen Key)

ASSEMBLY INSTRUCTIONS

This chair requires simple assembly. Follow the steps below for proper setup. An electric screwdriver can expedite the process, but avoid over-tightening.

1. Unpack all components and lay them out on a clean, soft surface to prevent scratches.
2. Attach the main seat to the wooden frame using the provided screws. Ensure it is oriented correctly.
3. Secure the knee pads to the lower rocking frame using the designated hardware.
4. Attach the backrest support to the main frame, then secure the backrest cushion to its support. The backrest height may be adjustable via a knob on the rear support.
5. Once all components are attached, gently tighten all screws. Do not overtighten.
6. Perform a stability check by gently rocking the chair and ensuring all parts are firm.



Rear view of the chair, highlighting the backrest and potential adjustment mechanism.

OPERATING INSTRUCTIONS

The HOMCOM Ergonomic Kneeling Chair is designed to encourage an open hip angle, which helps align the spine and reduce pressure on the lower back.

- **Sitting Posture:** Sit with your buttocks on the main seat cushion and your shins resting comfortably on the knee pads. Your hips should be open, and your spine naturally aligned.
- **Rocking Feature:** The chair's rocking base allows for gentle movement, which can help maintain focus and engage core muscles. Utilize this feature to find a comfortable and dynamic sitting position.
- **Backrest Use:** The backrest provides additional lumbar support. Adjust its position if possible (refer to assembly section for adjustment knob) to suit your comfort.
- **Initial Use:** If you are new to kneeling chairs, start with short periods of use (15-30 minutes) and gradually increase as your body adapts. Take regular breaks to stand and stretch.



Demonstration of correct sitting posture on the ergonomic kneeling chair.

MODE DE VIE SAIN



Répartir le poids
uniformément



Les hanches sont
ouvertes



Le noyau est
engagé



REMARQUE: L'utilisation d'une chaise à genoux active différents muscles, alors habituez-vous progressivement et faites une pause toutes les 15 à 30 minutes pour maintenir le confort.

Benefits of using the kneeling chair, including even weight distribution and core engagement.



Chaise de méditation



Chaise de dactylographie



Chaise de bureau à domicile

The versatile use of the kneeling chair for various activities such as meditation, typing, and home office work.

MAINTENANCE

To ensure the longevity and appearance of your HOMCOM Ergonomic Kneeling Chair, follow these simple maintenance guidelines:

- **Cleaning:** For fabric parts, spot clean only. Use a mild detergent and a damp cloth to gently wipe away spills or stains. Avoid harsh chemicals or abrasive cleaners.
- **Frame Care:** Wipe the wooden frame with a soft, dry cloth. Avoid prolonged exposure to moisture.
- **Regular Checks:** Periodically inspect all screws and fasteners. Tighten them as needed to maintain stability and prevent loosening over time.

TROUBLESHOOTING

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

- **Chair feels wobbly or unstable:** This is often due to loose screws. Re-tighten all assembly screws, especially those connecting the frame components and seat/knee pads. Do not overtighten.
- **Discomfort during use:** Kneeling chairs require an adjustment period. Ensure you are sitting with an

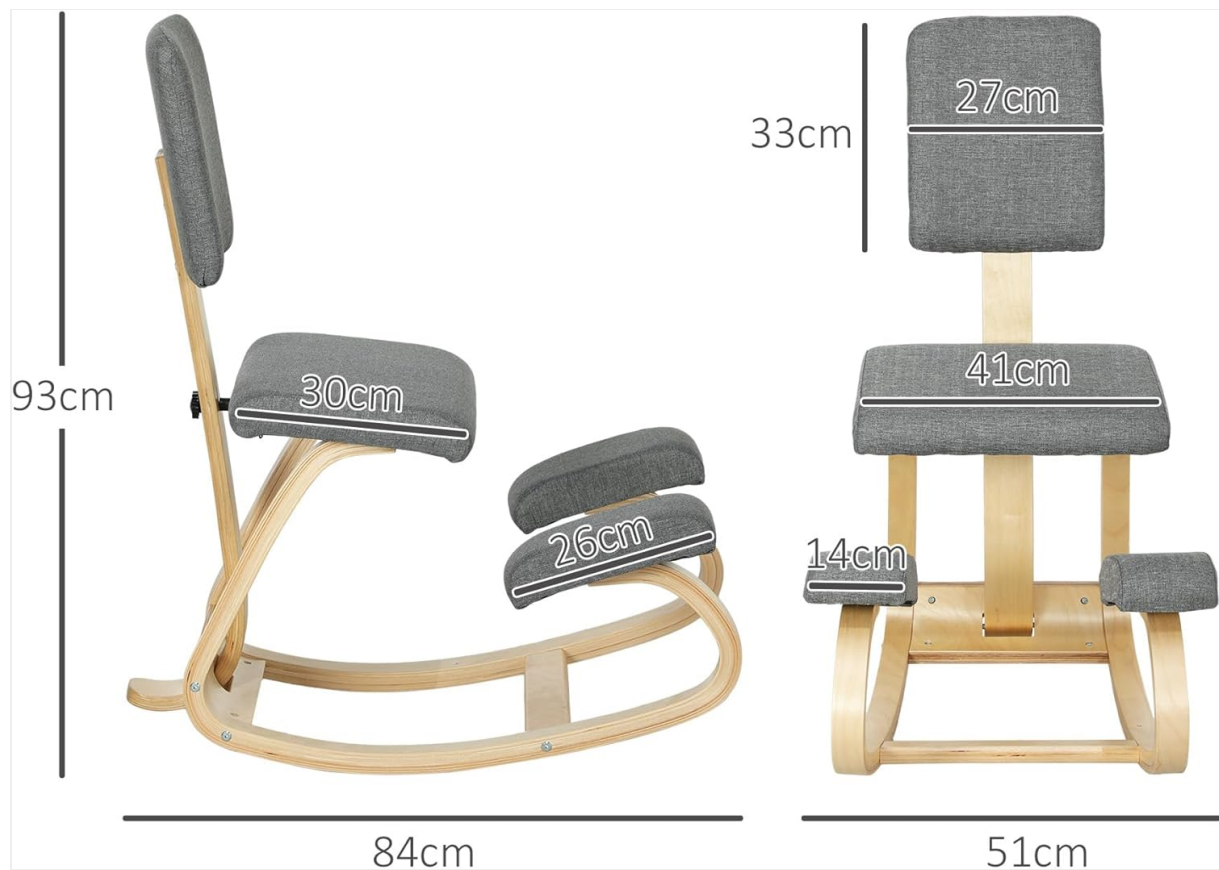
open hip angle and your shins are comfortably supported. Take frequent breaks. If discomfort persists, consult a healthcare professional.

- **Squeaking noises:** Check for any loose connections and tighten them. A small amount of lubricant on metal-to-metal contact points (if applicable and accessible) might help, but ensure it does not stain the fabric or wood.

SPECIFICATIONS

Detailed specifications for the HOMCOM Ergonomic Kneeling Chair (Model 921-788V00GY):

Brand	HOMCOM
Model Number	921-788V00GY
Color	Grey
Material	100% Polyester, Birch Wood, Foam
Overall Dimensions (D x W x H)	84P x 51l x 93H cm (33.1 x 20.1 x 36.6 inches)
Item Weight	6.3 Kilograms (13.9 lbs)
Max. Recommended Load	120 Kilograms (264 lbs)
Back Style	Full Backrest
Frame Material	Birch Wood
Special Features	Rocking, Ergonomic, Simple Assembly, Versatile, Stable and Robust
Recommended Use	Office, Meditation
Assembly Required	Yes



Detailed dimensions of the kneeling chair for reference.

WARRANTY AND SUPPORT

Warranty: This HOMCOM product comes with a 2-year manufacturer's warranty, covering defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

Customer Support: For any questions, missing parts, or assistance with assembly or operation, please contact HOMCOM customer service. Refer to the contact information provided with your purchase or visit the official HOMCOM website for support details.