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› HOMCOM Ergonomic Wooden Rocking Kneeling Chair Instruction Manual (Model 921-791V00GY)

## HOMCOM 921-791V00GY

# HOMCOM Ergonomic Wooden Rocking Kneeling Chair

Model: 921-791V00GY

## INTRODUCTION

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Thank you for choosing the HOMCOM Ergonomic Wooden Rocking Kneeling Chair. This manual provides essential information for the safe assembly, operation, and maintenance of your new chair. Designed to promote an upright posture and alleviate discomfort, this chair helps distribute body weight evenly, encouraging a healthier sitting experience. Please read these instructions carefully before use and retain them for future reference.



*Image: The HOMCOM Ergonomic Kneeling Chair positioned in a modern home office environment, featuring a desk and laptop.*

## SAFETY INFORMATION

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- **Maximum Weight Capacity:** The maximum body weight capacity for this chair is 120 kg (265 lbs). Do not exceed this limit to ensure the chair's stability and prevent damage or injury.
- **Assembly:** Ensure all components are securely fastened according to the assembly instructions. Do not use the chair if any parts are loose or damaged.
- **Usage:** Use the chair on a flat, stable surface. Avoid standing on the chair or using it for purposes other than sitting.
- **Adaptation:** Using an ergonomic kneeling chair engages new muscles. Adapt slowly to its use and take regular breaks (15-30 minutes) to maintain comfort and prevent muscle strain.
- **Children:** Keep children away from the chair during assembly. Do not allow children to play on or around the chair unsupervised.

## PACKAGE CONTENTS

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

- Kneeling Chair Frame (Birch Wood)
- Seat Cushion
- Knee Cushion
- Assembly Hardware (screws, bolts, wrench)
- Instruction Manual

## SETUP / ASSEMBLY INSTRUCTIONS

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Assembly is required for this product. Follow these steps carefully:

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, soft surface to prevent scratches.
2. **Identify Parts:** Refer to the included parts list and diagrams to identify each component.
3. **Assemble Frame:** Connect the wooden frame pieces using the provided hardware. Ensure all connections are snug but do not overtighten until all parts are aligned.
4. **Attach Seat Cushion:** Secure the seat cushion to the designated area on the frame using the appropriate screws.
5. **Attach Knee Cushion:** Attach the knee cushion to the lower part of the frame.
6. **Final Tightening:** Once all parts are assembled, carefully tighten all screws and bolts.
7. **Check Stability:** Before first use, gently rock the chair and ensure it is stable and all connections are secure.

## OPERATING INSTRUCTIONS

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The HOMCOM Ergonomic Kneeling Chair is designed to encourage an active and healthy sitting posture. Follow these guidelines for optimal use:

### Proper Sitting Posture

- **Positioning:** Sit with your buttocks on the main seat cushion and your shins resting comfortably on the knee cushion.
- **Spine Alignment:** Allow your spine to naturally align. The open hip angle promoted by the kneeling position helps maintain the natural curve of your lower back.
- **Weight Distribution:** The chair helps distribute your weight between your buttocks and shins, reducing pressure on your lower back.
- **Active Sitting:** The rocking feature allows for subtle movement, which can help engage core muscles and improve circulation.

# AMÉLIORER LA POSTURE ASSISE



*Image: A person sitting on the kneeling chair at a desk, illustrating the correct posture for back support.*

## Benefits of Use

- **Posture Improvement:** Helps correct slouching and promotes an upright sitting position.
- **Back Pain Relief:** Reduces pressure on the lower back by distributing weight more evenly.
- **Active Engagement:** The rocking motion encourages subtle movement, keeping you engaged and potentially boosting productivity.



Vue directe



Posture droite



Prévenir  
la cyphose



Offrir un soutien  
pour s'agenouiller



Prévenir le  
gonflement des  
membres inférieurs

*Image: Visual representation of the benefits, including straight posture, kyphosis prevention, and support for kneeling.*

## Versatile Applications

This kneeling chair is suitable for various activities and environments:

- Home Office
- Meditation
- Typing and Computer Work



Chaise de méditation



Chaise de  
dactylographie



Chaise de  
bureau à domicile

*Image: Examples of the kneeling chair being used for meditation, typing, and as a home office chair.*

## MAINTENANCE

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### Cleaning Instructions

- **Fabric Cushions:** The fabric cushions are made of 100% polyester. For general cleaning, spot clean with a damp cloth and mild detergent. For deeper cleaning, dry cleaning is recommended.
- **Wooden Frame:** Wipe the birch wood frame with a soft, dry cloth. Avoid abrasive cleaners or excessive moisture.



*Image: Close-up view of the padded seat cushion, demonstrating the fabric texture.*

## General Care

- Regularly check all screws and bolts to ensure they remain tight. Retighten if necessary.
- Avoid exposing the chair to direct sunlight or extreme temperature changes, which can damage the wood and fabric.
- Do not use sharp objects on the cushions or frame to prevent tears or scratches.

## TROUBLESHOOTING

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Problem	Possible Cause	Solution
Chair feels unstable or wobbly.	Loose assembly hardware. Uneven surface.	Check and tighten all screws and bolts. Move the chair to a flat, even surface.

Problem	Possible Cause	Solution
Discomfort during use.	Incorrect posture. Not accustomed to kneeling chair.	Review proper sitting posture. Take frequent breaks (15-30 minutes) and gradually increase usage time. Ensure knee pads are correctly positioned.
Squeaking noise.	Loose connections. Friction between wooden parts.	Tighten all assembly hardware. Apply a small amount of silicone lubricant to contact points if necessary.

## SPECIFICATIONS

Feature	Detail
Brand	HOMCOM
Model Number	921-791V00GY
Color	Grey
Material	Birch Wood (Frame), 100% Polyester (Fabric), Foam (Filling)
Overall Dimensions (L x W x H)	73 cm x 50 cm x 55 cm
Seat Height	55 cm
Seat Depth	30 cm
Item Weight	5.8 kg
Maximum Weight Recommendation	120 kg
Special Features	Ergonomic, Stable, Rocking Design, Versatile Use, Easy Assembly
Assembly Required	Yes
Care Instructions	Dry Clean (fabric), Wipe Clean (wood)



*Image: Diagram illustrating the key dimensions of the kneeling chair.*

## WARRANTY INFORMATION

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HOMCOM products are manufactured to high-quality standards. This product comes with a standard manufacturer's warranty against defects in materials and workmanship. Please refer to your purchase documentation or contact customer support for specific warranty terms and conditions applicable to your region.

## SUPPORT

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If you have any questions, require assistance with assembly, or need to report a missing or damaged part, please contact HOMCOM customer support. You can typically find contact information on the HOMCOM official website or through your retailer's customer service portal.

For online resources and frequently asked questions, visit the HOMCOM support page.