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› [FLEXISPOT ErgoX Premium Ergonomic Office Chair Instruction Manual](#)

FLEXISPOT ERGOX

FLEXISPOT ErgoX Premium Ergonomic Office Chair Instruction Manual

Model: ERGOX

1. INTRODUCTION

Thank you for choosing the FLEXISPOT ErgoX Premium Ergonomic Office Chair. This manual provides essential information for the proper assembly, operation, and maintenance of your new chair. Please read these instructions carefully before use to ensure optimal performance and longevity of your product.

2. SAFETY INFORMATION

WARNING:

- Assemble and use with caution.
- Do not exceed the maximum weight capacity of 400 pounds.
- Keep away from heat sources.
- Follow care instructions to prevent damage or injury.

3. INCLUDED COMPONENTS

Before assembly, ensure all components are present:

- Armrest
- Headrest
- Wheels
- Lumbar support
- Seat
- User manual
- Assembly tools

4. SETUP AND ASSEMBLY

Follow the steps below to assemble your FLEXISPOT ErgoX chair. It is recommended to have a clear, spacious area for assembly.

4.1. Installation Guide Video

Your browser does not support the video tag.

Video Description: This official FlexiSpot installation guide video demonstrates the step-by-step assembly process for the ErgoX chair. It covers connecting the chair base, installing wheels and the gas lift, attaching the backrest, installing the footrest, armrests, and mechanism, and finally, connecting the seat to the base and installing the headrest.

4.2. Step-by-Step Assembly (Visual Aid)

For detailed visual instructions, please refer to the installation guide video above. The general steps are:

1. **Install Chair Base:** Connect the 5 legs to the base using the provided screws and wrench.
2. **Install Wheels and Gas Lift:** Attach the 5 wheels and insert the gas lift into the chair base.
3. **Install Back:** Connect the keel to the backrest using screws and cover the holes.
4. **Install Footrest:** Connect the footrest parts to the seat using screws.
5. **Install Armrest:** Connect the armrests to the seat using screws.
6. **Install Mechanism:** Connect the mechanism to the seat using screws.
7. **Install Back to Seat:** Connect the keel of the back to the mechanism using screws.
8. **Put The Seat To The Base:** Place the assembled seat onto the gas lift.
9. **Install Headrest:** Insert the headrest into the backrest.

5. OPERATING INSTRUCTIONS

Your FLEXISPOT ErgoX chair offers extensive adjustability to ensure personalized comfort and ergonomic support.

5.1. Headrest Adjustment

3D HEADREST

Accommodate your head and neck from multiple angles, provide continuous and effective support

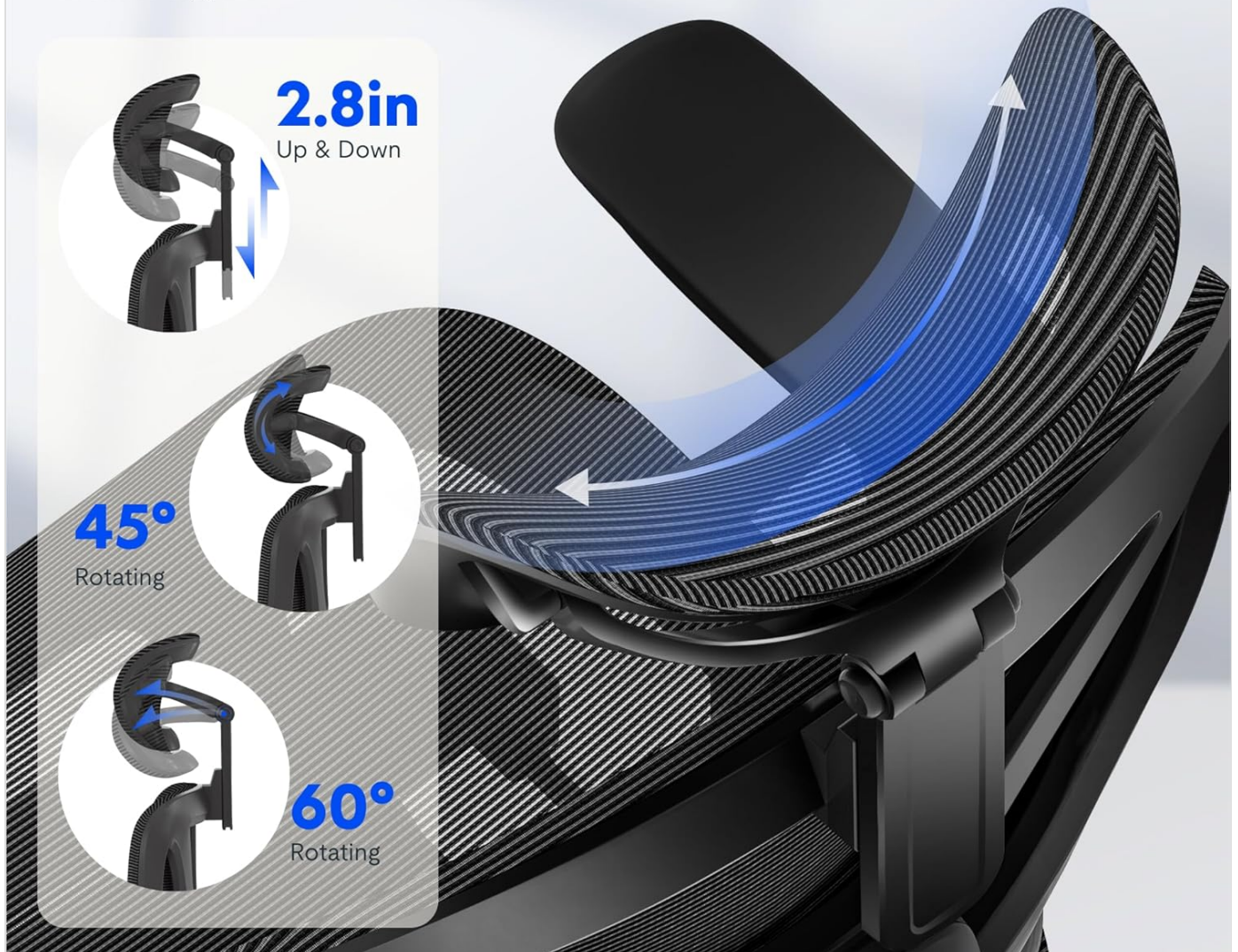


Image Description: A close-up view of the 3D adjustable headrest, illustrating its vertical (2.8 inches up & down) and rotational (45 and 60 degrees) movement capabilities. This allows for precise neck and head support.

The 3D adjustable headrest can be moved up/down and rotated to accommodate your head and neck from multiple angles, providing continuous and effective support.

5.2. Lumbar Support Adjustment



Image Description: A visual representation of the 3D dynamic lumbar support, showing its 5-level height adjustment and adaptive angle feature. The image highlights how the lumbar support moves to conform to the user's back. The dynamic lumbar support offers 5-level height adjustment and adaptive angle to provide optimal comfort and support for your lower back during long sitting periods. Adjust the knob to increase or decrease the firmness of the lumbar support.

5.3. Armrest Adjustment

3D ARMRESTS

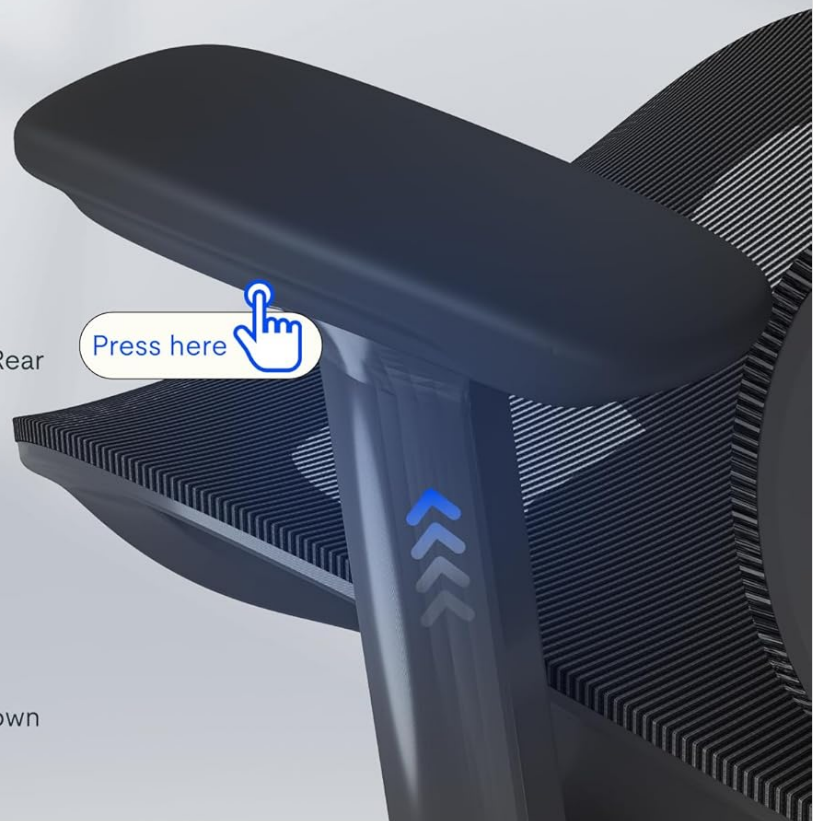


Image Description: A detailed view of the 3D adjustable armrests, showing their movement ranges: 2.8 inches up & down, 1.4 inches front & rear, and 60 degrees rotation. A hand icon indicates where to press for adjustment.

The 3D armrests are fully adjustable in height (up/down), forward/back, and swivel (60 degrees) to allow for precise positioning, reducing arm strain during extended use. Press the button on the side of the armrest to adjust its position.

5.4. Seat Depth Adjustment

SEAT DEPTH

Waterfall design, reduce leg pressure



Image Description: An illustration demonstrating the seat depth adjustment mechanism, showing the seat moving forward by 1.2 inches. A hand icon points to the lever used for this adjustment, emphasizing the 'waterfall design' to reduce leg pressure.

Adjust the seat depth from 17 to 20 inches using the lever located under the seat. This waterfall design helps reduce leg pressure and ensures a customized fit.

5.5. Seat Height Adjustment

The seat height can be adjusted from 20.1 to 22.4 inches. Use the lever located under the seat to raise or lower the chair to your desired height.

5.6. Recline and Tilt Function



Image Description: The chair reclined to its maximum 135-degree angle, with labels pointing to the back angle adjustment and tilt tension controls. This shows the chair's capability for three postures to meet different needs. The chair offers 3 reclining positions, allowing for a maximum recline of 135 degrees. Use the levers under the seat to adjust the back angle and tilt tension for optimal relaxation or focused work.

5.7. Optional Footrest

If your model includes the optional retractable footrest, pull it out from under the seat for added relaxation, perfect for breaks or reclined seating.

6. MAINTENANCE

To ensure the longevity and appearance of your FLEXISPOT ErgoX chair, follow these maintenance guidelines:

- **Cleaning:** For the mesh material, dry clean only. Avoid harsh chemicals that may damage the fabric.
- **Inspection:** Periodically check all screws and connections to ensure they are tight. Retighten if necessary.
- **Movement:** The smooth-rolling casters are designed for various surfaces. Keep them clean to ensure effortless movement.

7. TROUBLESHOOTING

If you encounter any issues with your FLEXISPOT ErgoX chair, please refer to the following common solutions or contact customer support.

- **Squeaking/Noise:** Check all bolted connections and tighten if loose. Applying a small amount of silicone lubricant to moving parts may also help.
- **Difficulty Adjusting:** Ensure no obstructions are blocking the adjustment mechanisms. Refer to the operating instructions for proper lever usage.
- **Chair Not Rolling Smoothly:** Check casters for trapped debris (hair, dust, etc.) and clean them thoroughly.

8. SPECIFICATIONS



Feature	Specification
Brand	FLEXISPOT
Model Name	Ergonomic Executive Chair (ErgoX)
Product Dimensions	25.6"D x 25.6"W x 52.4"H
Maximum Weight Recommendation	400 Pounds
Material	Mesh
Seat Height	20.1 - 22.4 Inches (Adjustable)
Seat Depth	17 - 20 Inches (Adjustable)
Reclining Position Count	3 (Max 135 degrees)
Arm Style	3D Adjustable, Padded
Product Care Instructions	Dry Clean
Included Components	Armrest, Headrest, Wheels, Lumbar support, Seat, User manual, Assembly tools





9. WARRANTY AND SUPPORT

FLEXISPOT is committed to providing high-quality products and excellent customer service. For any inquiries, troubleshooting assistance, or warranty claims, please contact FLEXISPOT customer support.

- **Return Policy:** Returnable until Jan 31, 2026.
- **Customer Support:** Visit the [FLEXISPOT Store](#) or refer to the contact information provided with your purchase.

Related Documents - ERGOX

	FlexiSpot C7 Morpher Ergonomic Office Chair Instruction Manual Comprehensive instruction manual for the FlexiSpot C7 Morpher ergonomic office chair, covering assembly, features, usage, safety, care, and warranty. Learn how to assemble, adjust, and maintain your chair for optimal comfort and support.
	FlexiSpot C7M-F2 Ergonomic Office Chair User Manual Comprehensive user manual for the FlexiSpot C7M-F2 ergonomic office chair, detailing assembly, adjustments, and safety precautions for optimal use.

	<p>FlexiSpot LC7-F1 Ergonomic Office Chair User Manual and Assembly Guide</p> <p>Comprehensive user manual and assembly guide for the FlexiSpot LC7-F1 ergonomic office chair, covering parts, assembly steps, functions, and safety instructions.</p>
	<p>FlexiSpot XC6 Recliner Chair User Manual: Assembly, Operation, and Safety Guide</p> <p>This user manual provides detailed assembly instructions, usage guidelines, maintenance tips, and safety warnings for the FlexiSpot XC6 recliner chair (Item No. XC6-BG-EU/XC6-OB-EU/XC6-LG-EU). Learn how to set up, operate, and safely use your chair.</p>
	<p>FlexiSpot Limited Warranty and Office Chair OC3B Installation Guide</p> <p>Official limited warranty information from FlexiSpot covering defects in materials and workmanship for their products, along with a detailed installation guide for the FlexiSpot OC3B Office Chair, including parts list and step-by-step assembly instructions.</p>
	<p>FlexiSpot DT3B-EU User Manual and Warranty Information</p> <p>Comprehensive user manual for the FlexiSpot DT3B-EU height adjustable desk frame, including detailed assembly instructions, parts list, and warranty coverage information.</p>