

Bestier H200571G

Bestier Cross Legged Office Chair (Model H200571G) Instruction Manual

Ergonomic Wide Meditation Chair with Wheels

INTRODUCTION

Thank you for choosing the Bestier Cross Legged Office Chair. This manual provides detailed instructions for assembly, operation, maintenance, and safety to ensure optimal use and longevity of your chair. This ergonomic chair is designed to support various sitting postures, including cross-legged, squatting, and kneeling, promoting comfort and focus during extended periods.

SAFETY INFORMATION

- Always use the chair as intended.
- Do not exceed the maximum weight capacity of 300 lbs.
- Keep fingers and loose clothing away from moving parts when adjusting the height or using the footrest.
- Always ensure the chair is stable and on a flat surface before use.
- Do not leave the chair unattended with the backrest in an upright position to prevent accidental tipping.

PACKAGE CONTENTS

Before assembly, verify that all components are present and undamaged. Refer to the assembly video for a visual guide to the parts.

- Backrest Cushion (1)
- Seat Cushion (1)
- Footrest Cushion (1)
- Chair Base (1)
- Gas Lift Cylinder (1)
- Casters (5)
- Footrest Legs with Casters (2)
- Backrest Support Bracket (1)

- Seat Plate Mechanism (1)
- Assembly Hardware (Screws, Allen Wrench)

SETUP AND ASSEMBLY

Follow these steps to assemble your Bestier Cross Legged Office Chair. For a visual demonstration, please watch the official installation video below.

Official Bestier Meditation Chair Installation Video. This video demonstrates the step-by-step assembly process for the chair components.

1. **Assemble the Chair Base:** Insert the gas lift cylinder into the center hole of the chair base. Attach the five casters to the ends of the chair base legs by pushing them firmly into place.
2. **Assemble the Footrest:** Attach the two footrest legs with casters to the underside of the footrest cushion using the provided screws. Secure the footrest support plate to the footrest cushion.
3. **Attach Seat Plate to Seat Cushion:** Align the seat plate mechanism with the pre-drilled holes on the underside of the seat cushion. Secure it with the provided screws and Allen wrench.
4. **Attach Backrest Support to Backrest Cushion:** Align the backrest support bracket with the pre-drilled holes on the underside of the backrest cushion. Secure it with the provided screws and Allen wrench.
5. **Connect Seat and Backrest:** Insert the backrest support bracket into the designated slot on the seat plate mechanism. Secure it with the provided hardware.
6. **Final Assembly:** Place the assembled seat and backrest unit onto the gas lift cylinder on the chair base. Ensure it is firmly seated.

OPERATING INSTRUCTIONS

The Bestier Cross Legged Office Chair is designed for versatile seating. Explore different positions to find what is most comfortable and conducive to your work or meditation.

Quick Look of Bestier Meditation Chair with Wheels. This video provides a brief overview of the chair's features and how it can be used.

Bestier Ergonomic Cross Legged Office Chair. This video showcases the ergonomic design and various seating positions supported by the chair.

Seating Positions

- **Cross-Legged:** Sit on the main seat cushion and place your legs crossed on the footrest. This position helps maintain an open hip angle and can alleviate pressure on the lower back.
- **Kneeling:** Position your knees on the footrest while sitting on the main seat. This posture can help distribute weight and promote an upright spine.
- **Traditional Seating:** For standard desk work, sit with your feet flat on the floor or on the footrest, utilizing the lumbar support.



A woman demonstrating a cross-legged meditation posture on the chair, highlighting its flexibility.



The chair positioned at a desk, illustrating its use in a home office environment with a user sitting with their legs on the footrest.

ADJUSTMENTS

The chair offers several adjustment features to customize your seating experience.

MOVES WITH YOUR BODY'S NATURAL POSTURE

Reinforced Support Base

2-Level

Adjustable Backrest

(0-6.3")

Adjustable Height System

360°

Swivel Design



A visual representation of the chair's adjustable features, including the 2-level adjustable backrest, 0-6.3 inch adjustable height system, and 360-degree swivel design.

- **Height Adjustment:** Use the lever located under the seat to adjust the chair's height. Pull the lever up to raise the seat, or pull it up while seated to lower the seat. Release the lever to lock the height. The chair offers a 0-6.3 inch height adjustment range.
- **Backrest Adjustment:** The backrest features a 2-level adjustment to provide optimal lumbar support. Adjust it to align with the natural curve of your spine.
- **360° Swivel:** The chair's seat and footrest can swivel independently, allowing for dynamic movement and easy access to your workspace.

MAINTENANCE

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

- **Cleaning the PU Leather:** The premium PU leather is waterproof and wear-resistant. Wipe spills immediately with a soft, damp cloth. For general cleaning, use a mild soap solution and a soft cloth, then dry thoroughly. Avoid harsh chemicals or

abrasive cleaners.

- **Caster Care:** Periodically check the casters for hair or debris that may hinder smooth movement. Clean them as needed to ensure effortless gliding.
- **Hardware Check:** Regularly inspect all screws and bolts to ensure they are tight. Re-tighten if necessary to maintain stability.



360° SWIVEL CASTERS

Glides on Hardwood/Carpet
/Tile Effortlessly

SUPER-THICK PADDING

Butter-Soft PU Leather
Spill-Proof Surface
Scratch-Resistant Finish



Detailed view of the chair's 360-degree swivel casters, designed for smooth movement, and the super-thick, butter-soft PU leather padding, which is spill-proof and scratch-resistant.

TROUBLESHOOTING

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

- **Chair is wobbly:** Ensure all screws and bolts are securely tightened. Check that the gas lift cylinder is properly seated in the base.
- **Difficulty adjusting height:** Verify that the gas lift lever is functioning correctly and not obstructed. Ensure the gas lift

cylinder is fully inserted into the base.

- **Casters not rolling smoothly:** Inspect casters for any trapped debris (hair, dust, etc.) and clean them thoroughly.
- **Squeaking noises:** Apply a small amount of silicone lubricant to moving parts or connection points if squeaking occurs.

SPECIFICATIONS

Product Size



UNIT: INCH

Detailed dimensions of the Bestier Cross Legged Office Chair, including height, width, and depth measurements for all components.

Feature	Detail
Brand	Bestier
Model Number	H200571G
Color	Black
Material	Engineered Wood, Faux Leather, Metal

Product Dimensions (D x W x H)	34"D x 28"W x 43"H
Maximum Weight Recommendation	300 Pounds
Seat Depth	15.7 inches
Chair Backrest Width	18.9 Inches
Additional Features	Adjustable Backrest, Adjustable Height, Foot Rest, Rolling, Scratch Resistant
Required Assembly	Yes

WARRANTY AND SUPPORT

Bestier is committed to providing quality products and customer satisfaction. For any product issues or support needs, please contact us using the information below.

Protection Plans

Optional protection plans are available for purchase to extend coverage beyond the standard warranty:

- 2-Year Protection Plan
- 3-Year Protection Plan
- Complete Protect (monthly renewal policy)

Please refer to your purchase documentation for specific terms and conditions of any purchased protection plan.

Customer Support

Our customer support team is available to assist you with any questions or concerns.

Region	Contact Information
North American	Phone: 888-666-1086 Email: Service.US@bestier.net
Europe	Email: Service.UK@bestier.net, Service.DE@bestier.net, Service.FR@bestier.net, Service.IT@bestier.net, Service.ES@bestier.net
Asia	Phone: 04-8888-0283 Email: Service.JP@bestier.net
Global	Email: Service@bestier.net

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