

MARK ADLER Expert 5.7

MARK ADLER Expert 5.7 Ergonomic Office Chair User Manual

Comprehensive guide for assembly, operation, and maintenance.

INTRODUCTION

The MARK ADLER Expert 5.7 is an ergonomic office chair designed to provide optimal support and comfort during extended periods of sitting, whether for work or gaming. Its advanced adjustment systems allow for a personalized seating experience, promoting healthy posture and reducing fatigue. This manual provides essential information for the proper assembly, operation, and maintenance of your chair.



Image: The MARK ADLER Expert 5.7 chair, showcasing its ergonomic design and multiple adjustment points including headrest, lumbar support, armrests, and footrest.

SETUP AND ASSEMBLY

Before beginning assembly, ensure all components are present and undamaged. It is recommended to assemble the chair on a soft, clean surface to prevent scratches. An Allen key is typically included for assembly.

1. **Unpack Components:** Carefully remove all parts from the packaging and verify against the included parts list.
2. **Attach Wheels to Base:** Insert the five silent nylon wheels into the reinforced nylon FX base until they click securely into place.
3. **Insert Gas Lift:** Place the BIFMA Class 3 gas lift cylinder into the center hole of the assembled base.
4. **Assemble Seat Mechanism:** Attach the seat mechanism to the underside of the seat cushion using the provided screws. Ensure the front of the mechanism aligns with the front of the seat.
5. **Attach Armrests:** Secure the 3D armrests to the seat base using the designated screws.

6. **Connect Backrest:** Attach the backrest to the seat mechanism using the appropriate screws.
7. **Mount Seat onto Gas Lift:** Carefully place the assembled seat and backrest onto the gas lift cylinder, ensuring it is centered and stable.
8. **Install Headrest and Lumbar Support:** Attach the adjustable headrest and lumbar support to the backrest as per the instructions.
9. **Attach Footrest:** Install the retractable footrest mechanism to the underside of the seat.

Always refer to the detailed assembly diagram provided with your product for precise instructions and screw placement. Ensure all screws are tightened securely before using the chair.

OPERATING THE CHAIR AND ADJUSTMENTS

The Expert 5.7 chair offers multiple adjustment options to customize your seating experience for optimal ergonomic support.

1. Seat Height Adjustment

- To raise the seat: While standing, pull the lever located on the right side of the seat upwards.
- To lower the seat: While seated, pull the same lever upwards. Adjust until your feet are flat on the floor and your knees are at a 90-degree angle.

2. Tilt Mechanism (Tilt Plus)

- To recline: Pull the lever on the left side of the seat outwards. Lean back to the desired angle.
- To lock the tilt: Push the lever inwards at your desired recline position.
- To unlock and return upright: Pull the lever outwards, lean forward slightly, and the backrest will return to its upright position.

DOSSIER RÉGLABLE ET TECHNOLOGIE SLIDE

La chaise combine un dossier réglable avec une technologie avancée Slide pour un confort maximal. Le dossier peut être positionné sur trois niveaux, permettant un passage facile du mode travail au mode détente. Le siège coulissant avant/arrière s'adapte à la taille de l'utilisateur, favorise une posture correcte et réduit la pression sur les cuisses et les genoux – idéal pour de longues heures au bureau.



Image: Illustration of the chair's adjustable backrest and the "Multilock" tilt mechanism, allowing for various recline positions.

3. Seat Depth Adjustment (Slide Technology)

- Locate the lever or button under the seat.
- Activate the mechanism and slide the seat forward or backward to ensure a comfortable distance between the edge of the seat and your knees, reducing pressure on your legs.

4. Lumbar Support Adjustment

- The lumbar support can be adjusted in both height and depth. Use the knobs or levers on the backrest to position it to comfortably support the natural curve of your lower back.



Image: A user seated in the chair, highlighting the adjustable lumbar support and the multi-directional movement of the 3D armrests for optimal back and shoulder comfort.

5. Headrest Adjustment

- The 2D adjustable headrest can be moved up and down, and tilted to provide optimal neck and head support. Adjust it to align with the curve of your neck.



APPUI-TÊTE RÉGLABLE

La chaise est équipée d'un appui-tête réglable en hauteur et en inclinaison. Cela garantit un soutien optimal pour la colonne cervicale – essentiel pour ceux qui passent de longues heures devant l'ordinateur. Une bonne position de la tête réduit le risque de tensions et de douleurs cervicales, tout en améliorant le confort de travail.



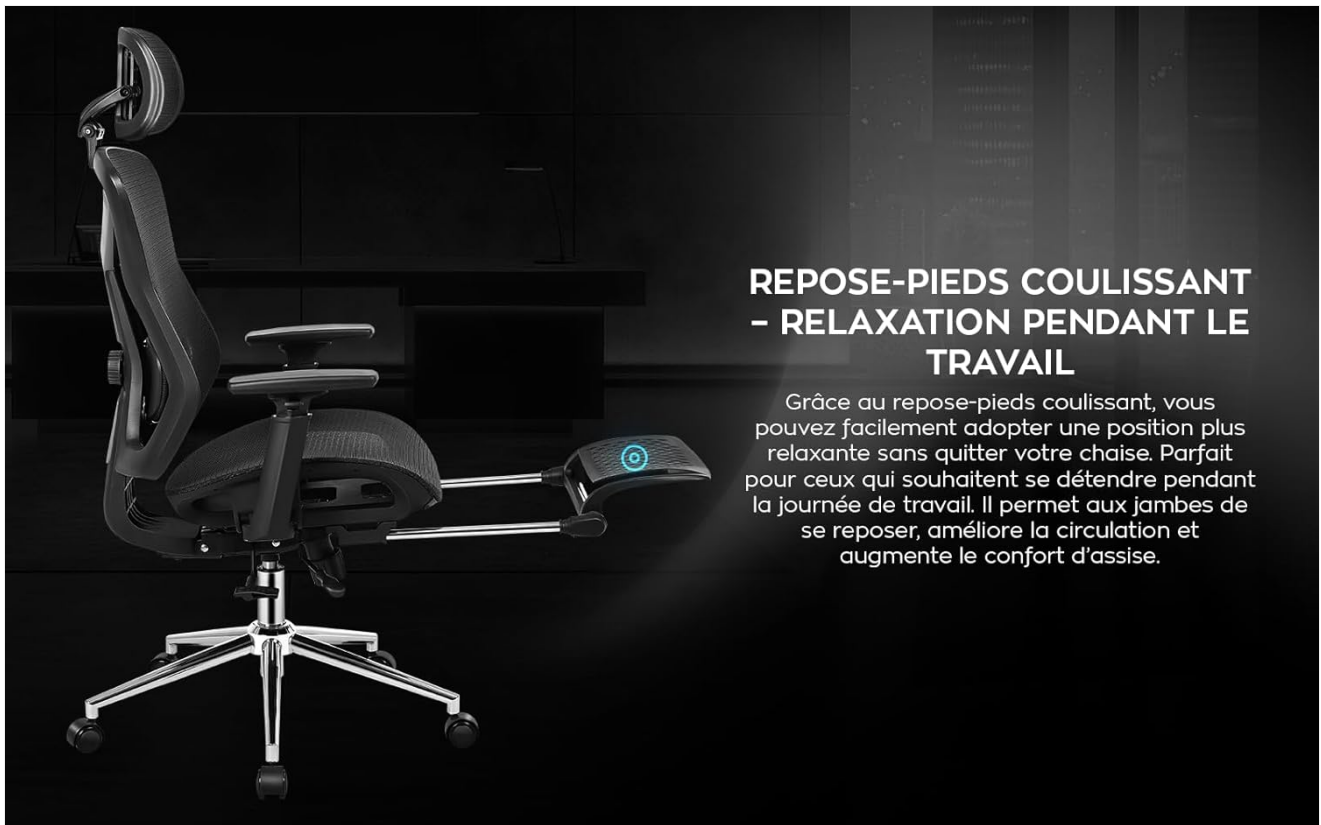
Image: Close-up of the chair's adjustable headrest, demonstrating its ability to move in height and tilt for optimal cervical spine support.

6. Armrest Adjustment

- The 3D armrests can be adjusted in height, forward/backward, and rotated inwards/outwards. Adjust them to support your forearms comfortably, keeping your shoulders relaxed.

7. Retractable Footrest

- To extend the footrest: Pull the footrest mechanism out from under the seat.
- To retract the footrest: Push it back under the seat until it is fully stored. This feature is designed for relaxation during breaks.



REPOSE-PIEDS COULISSANT – RELAXATION PENDANT LE TRAVAIL

Grâce au repose-pieds coulissant, vous pouvez facilement adopter une position plus relaxante sans quitter votre chaise. Parfait pour ceux qui souhaitent se détendre pendant la journée de travail. Il permet aux jambes de se reposer, améliore la circulation et augmente le confort d'assise.

Image: The MARK ADLER Expert 5.7 chair with its sliding footrest extended, illustrating its use for relaxation during work breaks.

MAINTENANCE

Regular maintenance will extend the life and performance of your MARK ADLER Expert 5.7 chair.

- **Cleaning the Mesh Fabric:** The breathable Mesh HD fabric can be cleaned with a soft cloth dampened with mild soap and water. Avoid harsh chemicals or abrasive cleaners. Allow to air dry completely.
- **Cleaning the Base and Wheels:** Wipe the reinforced nylon FX base and silent nylon wheels with a damp cloth. Periodically remove any hair or debris that may accumulate around the wheel casters to ensure smooth movement.
- **Inspecting Components:** Periodically check all screws and bolts to ensure they are tight. Re-tighten if necessary. Inspect the gas lift and other moving parts for any signs of wear or damage.
- **Lubrication:** Moving parts, such as the tilt mechanism, may benefit from occasional lubrication with a silicone-based spray to prevent squeaking and ensure smooth operation.

TROUBLESHOOTING

Here are solutions to common issues you might encounter with your office chair.

- **Chair Squeaks:**
 - Check and tighten all screws, especially those connecting the seat to the mechanism and the backrest.
 - Apply a small amount of silicone lubricant to moving parts of the tilt mechanism and where the gas lift meets the base.
- **Difficulty Adjusting Height:**
 - Ensure the gas lift lever is fully engaged when attempting to adjust.
 - If the gas lift is completely unresponsive, it may need replacement. Contact customer support.
- **Wheels Not Rolling Smoothly:**
 - Remove any hair, dust, or debris wrapped around the wheel casters.

- Ensure the wheels are securely inserted into the base.

• **Chair Feels Unstable:**

- Verify that all screws are tightened.
- Ensure the gas lift is properly seated in the base.
- Check for any damage to the base or gas lift.






SPECIFICATIONS

Brand	MARK ADLER
Model	Expert 5.7
Color	Black
Product Dimensions (L x W x H)	64 x 64 x 132 cm
Item Weight	19.1 kg
Maximum Load Capacity	130 kg (BIFMA Class 3 Gas Lift)
Upholstery Material	Breathable Mesh HD Fabric
Base Material	Reinforced Nylon FX
Wheel Type	Silent Nylon, Anti-scratch
Special Features	Adjustable Height, 3D Armrests, Ergonomic Design, Adjustable Headrest (2D), Adjustable Lumbar Support, Retractable Footrest, Tilt Plus Mechanism, Seat Depth Adjustment (Slide Technology)

WARRANTY AND SUPPORT

For warranty information, technical support, or to inquire about replacement parts, please refer to the documentation included with your purchase or contact MARK ADLER customer service directly. Keep your proof of purchase for warranty claims.

Related Documents - Expert 5.7

 <p>MARK ADLER EXPERT 4.6</p> <p>Includes: Assembly instructions, Safety guidelines, Parts list, Warranty information, Environmental protection, and more.</p>	<p>Mark Adler Expert 4.6 Office Chair Assembly and User Manual</p> <p>Detailed assembly instructions and safety guidelines for the Mark Adler Expert 4.6 office chair. Includes parts list, step-by-step assembly, and important warnings for safe use.</p>
 <p>MARK ADLER XENO 6.0</p> <p>Includes: Assembly instructions, Safety guidelines, Parts list, Warranty information, Environmental protection, and more.</p>	<p>Mark Adler Xeno 6.0 Standing Desk User Manual</p> <p>Comprehensive user manual for the Mark Adler Xeno 6.0 standing desk, covering assembly, operation, settings, troubleshooting, and environmental protection.</p>
 <p>COBRA HOME OFFICE</p> <p>Fotele Cobra Office Expert Model: HF703GY, HF702BK INTRODUKTION</p>	<p>Cobra Office Expert Ergonomic Chair - Assembly, User Manual, and Warranty</p> <p>Comprehensive guide for the Cobra Office Expert ergonomic chair (models HF703GY, HF702BK) from Cobra Home Office. Includes detailed assembly instructions, safety guidelines, package contents, manufacturer's declaration of conformity, WEEE information, and warranty terms provided by Technology Gate Poland.</p>
 <p>GRÖNFJÄLL</p> <p>Includes: Assembly instructions, Safety guidelines, Parts list, and more.</p>	<p>GRÖNFJÄLL Office Chair Assembly and Features IKEA</p> <p>Comprehensive assembly guide and feature overview for the IKEA GRÖNFJÄLL office chair, including parts list, step-by-step instructions, adjustment details, and safety information.</p>
 <p>BJÖRKBERGET</p> <p>Includes: Assembly instructions, Safety guidelines, Parts list, and more.</p>	<p>BJÖRKBERGET Swivel Chair Assembly Instructions IKEA</p> <p>Step-by-step guide to assembling the IKEA BJÖRKBERGET swivel chair. Includes parts list, assembly steps, and important safety warnings.</p>