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AtHope D20

AtHope D20 Cross Legged Office Chair Instruction Manual

Model: D20 | Brand: AtHope

1. Introduction

Welcome to the instruction manual for your AtHope D20 Cross Legged Office Chair. This guide provides essential information for the proper assembly, safe operation, and effective maintenance of your new chair. Please read this manual thoroughly before use to ensure optimal performance and longevity of the product.



Figure 1: AtHope D20 Cross Legged Office Chair

2. Product Overview

The AtHope D20 Cross Legged Office Chair is designed to offer a versatile and comfortable seating experience, promoting natural movement and varied postures throughout your workday. Its unique design caters to individuals who prefer alternative sitting positions, such as cross-legged or kneeling.

Key Features:

- **ADHD-Friendly Design:** Built for natural movement to reduce restlessness and enhance focus.
- **Premium PU Leather:** Upgraded, breathable, perforated, skin-friendly, and easy-to-clean material.
- **High-Density Sponge:** Provides lasting comfort and support for hips, feet, and legs.
- **Versatile Multi-Use:** Suitable for office, study, meditation, yoga, or gaming.
- **Space-Saving Design:** Features a pull-out footrest for easy storage in smaller spaces.
- **Adjustable Height:** SGS-certified gas lift for smooth height adjustments.
- **360° Swivel:** Allows for easy rotation and movement.



Figure 2: Cushion Material and Construction



Figure 3: Chair Base and Gas Lift Components

3. Setup and Assembly

Your AtHope D20 chair comes with all necessary tools and parts for assembly. Please follow the steps below carefully. It is recommended to assemble the chair on a soft, clean surface to prevent damage.

Included Components:

- Backrest
- Seat Cushion
- Footrest Assembly
- Base Plate
- Split Base Tube
- Central Base Tube
- Castors (Wheels)
- Air Rod (Gas Lift)

- Foot Ring
- Screws (M6x20mm, M6x18mm)
- Hexagon Wrench
- Backrest Knob

Assembly Steps:

1. **Assemble the Base:** Attach the split base tubes to the central base tube using the M6x20mm screws and hexagon wrench. Ensure all connections are secure.
2. **Install Castors and Air Rod:** Insert the 5 castors into the base assembly. Push firmly until fully seated. Then, insert the air rod into the central hole of the base.
3. **Attach Footrest:** Secure the foot ring to the footrest cushion using the M6x18mm screws. Attach the two additional castors to the footrest. Insert the footrest assembly into the air rod at your desired height and hand-tighten the knob until fixed.
4. **Assemble Seat and Backrest:** Fix the base plate to the bottom of the seat cushion using M6x18mm screws. Ensure the 'front' markings align. Attach the backrest to the seat cushion using the backrest knob, turning until fully secured.
5. **Connect Assemblies:** Carefully connect the assembled seat/backrest section to the footrest/base section. Ensure the air rod is properly seated.

For a visual guide, please refer to the official installation video:

▶ **Watch video online**
Installation video of D20

Video 1: Installation Guide for AtHope D20 Chair. This video demonstrates the step-by-step assembly process for the D20 chair, from unboxing to final setup.

4. Operating Instructions

The AtHope D20 chair is designed for flexibility, allowing you to switch between various comfortable positions. Experiment to find what works best for your body and task.

Adjusting Chair Height:

- To raise the chair, lift the lever located under the seat while taking your weight off the seat.
- To lower the chair, lift the lever while seated.

Utilizing the Footrest:

- The footrest can be pulled out or pushed in to accommodate different leg positions.
- For cross-legged sitting, ensure the footrest is extended to provide ample space and support.
- For kneeling, position your knees comfortably on the footrest.

360° Swivel Functionality:

Both the main seat and the footrest feature 360-degree swivel capabilities, allowing for dynamic movement and easy access to different areas of your workspace without straining.



Figure 4: Swivel and Adjustment Features

Recommended Sitting Positions:

The D20 chair supports various postures to alleviate discomfort from prolonged static sitting:

- **Traditional Sitting:** Sit with feet flat on the floor or on the footrest.
- **Cross-Legged:** Utilize the wide footrest to comfortably sit cross-legged.
- **Kneeling:** Place your knees on the footrest for an ergonomic kneeling posture.
- **Reversed Sitting:** Turn the chair around and lean against the backrest for chest support.



Figure 5: Versatile Sitting Postures

▶ **Watch video online**

A Chair for How You REALLY Sit | Cross Legged Office Chair

Video 2: Demonstrating various sitting positions on the AtHope D20 chair, including cross-legged and kneeling.

▶ **Watch video online**

Tired of Sitting Still? Cross Legged Office Chair for You

Video 3: Exploring different ways to sit comfortably on the AtHope D20 chair for extended periods.

5. Maintenance

Proper maintenance ensures the longevity and continued comfort of your AtHope D20 chair.

Cleaning:

- For routine cleaning, wipe the PU leather surfaces with a soft, damp cloth.
- For tougher stains, use a mild soap solution and wipe immediately with a clean, dry cloth.

- Avoid harsh chemicals, abrasive cleaners, or solvents, as these can damage the material.

General Care:

- Regularly check all screws and bolts to ensure they are tight. Re-tighten if necessary.
- Keep the chair away from direct sunlight and heat sources to prevent material degradation.
- Avoid contact with sharp objects to prevent punctures or tears in the upholstery.
- Do not exceed the maximum weight capacity of 250 lbs.

6. Troubleshooting

If you encounter any issues with your AtHope D20 chair, please refer to the common problems and solutions below. If the problem persists, contact customer support.

Common Issues:

- **Chair is wobbly:** Ensure all assembly screws are securely tightened. Check that the air rod is fully seated in the base.
- **Difficulty adjusting height:** Verify that the gas lift lever is functioning correctly and not obstructed. Ensure the air rod is properly installed.
- **Casters not rolling smoothly:** Check for any debris or hair caught in the wheels. Clean the casters if necessary.
- **Squeaking noises:** Apply a small amount of silicone lubricant to moving parts or re-tighten connections.

7. Specifications

Feature	Detail
Brand	AtHope
Model Number	D20
Color	Black
Product Dimensions	31.5"D x 29.13"W x 37.4"H
Recommended User Height	5'1" - 6'2"
Back Style	Cloud Shape Back, PU Leather Back, Solid Back
Special Features	Adjustable Height, Back Support, Foot Rest, PU Leather Fabric, Space Saving
Recommended Uses	ADHD, Kneeling, Meditation, Office, Yoga
Maximum Weight Recommendation	250 Pounds
Style	Modern
Fill Material	Memory Foam, Sponge
Seat Height	Adjustable, up to 22 Inches
Seat Depth	15.75 inches
Seat Length	18.5 Inches
Chair Backrest Width	17.32 Inches

Item Weight	27.5 pounds



Figure 6: Product Dimensions

8. Warranty and Support

AtHope is committed to providing quality products and customer satisfaction. For any questions, concerns, or assistance, please refer to the following information.

Important Information:

Always follow the assembly instructions provided. Ensure all parts are securely fastened before use. Do not exceed the maximum weight capacity of 250 lbs. Keep the chair away from heat sources and sharp objects to prevent damage. In case of any doubts, contact our customer service for assistance.

Contacting Customer Support:

For direct support, you can reach us via:

- **Email:** cs@athopes.com
- **Phone:** +1 (272) 999-2553

Alternatively, you can contact us through your Amazon account:

1. Login to your Amazon Account.
2. Navigate to 'Your Orders'.
3. Find the order for your AtHope D20 chair.
4. Click 'Contact Seller'.

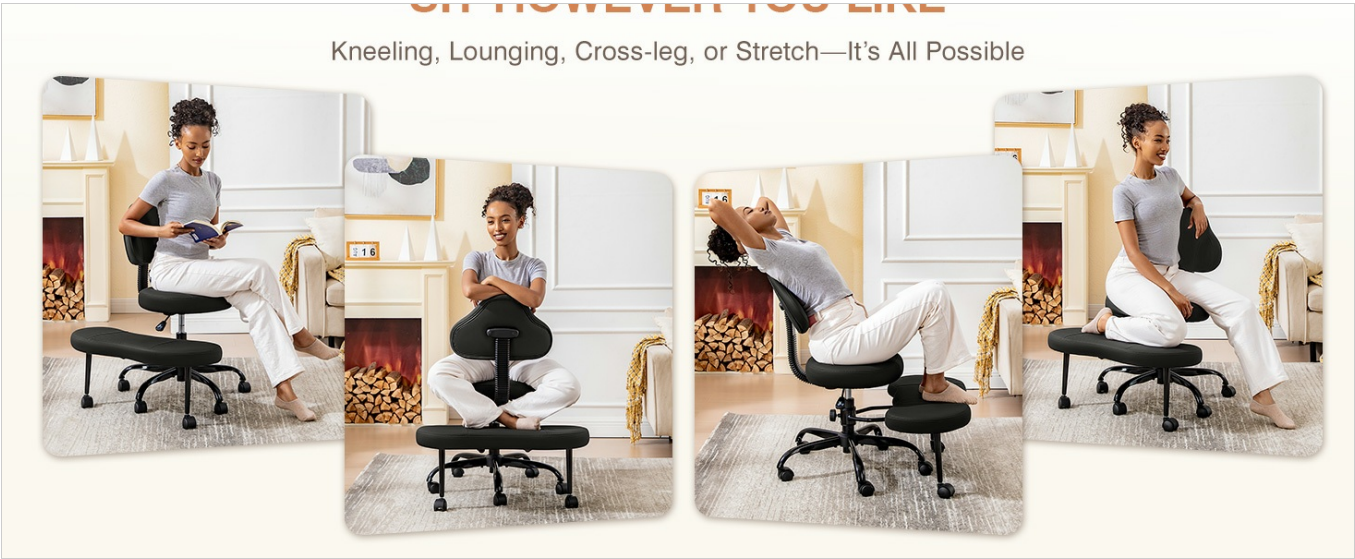

Figure 7: Customer Support Information

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Question

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Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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