

[Manuals.plus](#) /

> [AreShark](#) /

> AreShark MC02 Ergonomic Office Chair Instruction Manual

AreShark MC02

AreShark MC02 Ergonomic Office Chair Instruction Manual

Model: MC02 | Brand: AreShark

INTRODUCTION

Thank you for choosing the AreShark MC02 Ergonomic Office Chair. This manual provides detailed instructions for assembly, operation, and maintenance to ensure you get the most comfortable and supportive experience from your new chair. Designed for universal fit, it accommodates users from 4'3" to 6'1" with a maximum weight capacity of 300 lbs, offering personalized seating for various body types. Its total-body ergonomic support, breathable mesh, and adjustable features are crafted for prolonged comfort during work, study, or gaming sessions.



The AreShark MC02 Ergonomic Office Chair, designed for comfort and support.

SETUP INSTRUCTIONS

Assembly of your AreShark MC02 chair is designed to be straightforward, typically taking less than 15 minutes. Please follow these steps carefully.

Assembly Video Guide

Your browser does not support the video tag. Please refer to the written instructions.

Official installation video for the AreShark MC02 Ergonomic Office Chair, demonstrating step-by-step assembly.

Component Overview

Precision Dynamic Lumbar Support

Moves to meet your spine's unique curve and eliminate lower back fatigue



An exploded view illustrating all components of the AreShark MC02 chair for easy identification during assembly.

Step-by-Step Assembly

1. **Assemble the Base:** Attach the five casters to the chair base. Insert the gas lift cylinder into the center hole of the base.
2. **Attach Armrests to Backrest:** Secure the two armrests to the backrest using the provided screws (M6*22mm) and armrest covers.
3. **Connect Seat Cushion:** Attach the seat cushion to the backrest assembly using the four screws (M6*30mm).
4. **Install Base Plate:** Secure the base plate to the underside of the seat cushion using the four screws (M6*18mm).
5. **Combine Seat and Base:** Place the assembled seat and backrest onto the gas lift cylinder.
6. **Attach Hanger:** Secure the hanger to the top of the backrest using the two screws (M6*30mm).
7. **Install Headrest:** Attach the headrest to the top of the backrest, securing it with the two screws (M6*30mm) and covers.

OPERATING INSTRUCTIONS

Your AreShark MC02 chair offers multiple adjustment options to customize your seating experience for optimal comfort and ergonomic support.

Headrest Adjustment

The 2D headrest can be adjusted vertically by 3.2 inches and rotated 90 degrees to provide optimal neck support, whether you are typing, reading, or relaxing.

Your browser does not support the video tag. Please refer to the written instructions.

Video demonstrating the 2D headrest adjustment for personalized neck support.

Support +30%

Fully Adjustable 2D Headrest



Image illustrating the vertical and rotational adjustments of the headrest.

Lumbar Support Adjustment

The lumbar support can be moved 2 inches vertically to align with your spine's natural curve, cradling your lower back and reducing fatigue during long periods of sitting.

Your browser does not support the video tag. Please refer to the written instructions.

Video showcasing the adjustable lumbar support feature.

300LBS Bearing
20% ↑
SGS BIFMA Super Strong

Class 3



360° & Silent



Heavy-Duty Stability



Close-up of the lumbar support adjustment mechanism.

Seat Height Adjustment

Utilize the 3-stage gas lift system to adjust the seat height by 4 inches, ranging from 18.5" to 22.5". This allows users of various heights to maintain proper leg positioning with feet flat on the floor.

PRODUCT DIMENSION



	Recommended	Max Load
Height		4'3" to 6'1"
Weight		300LBS



Diagram showing the chair's dimensions, including the seat height adjustment range.

Tilt Function

The chair features a 30-degree tilt mechanism, allowing you to recline from 90 degrees upright to 120 degrees for relaxation. A tension-adjustable knob controls the rocking motion, helping to release spinal pressure and ease muscle tension.

Engineering for 8H+ All-Day Comfort

Effectively reduces hip and back pressure, making 8+hour workdays feel effortless



Visual representation of the chair's tilt function and controls.

Armrest Adjustment

The flip-up armrests can be retracted smoothly to allow the chair to be stored completely under most desks, saving space. When down, they provide soft elbow support to improve circulation during long tasks.

Built-In Hanger & Smart Storage

Keep your jackets, bags, or hoodies organized and wrinkle-free



Image illustrating the flip-up armrest feature.

Built-in Hanger

A convenient built-in coat hanger on the backrest securely holds jackets, totes, or hoodies, keeping them organized and wrinkle-free without cluttering your workspace.

90-120° Rock Mode



The integrated hanger on the back of the chair.

MAINTENANCE

To ensure the longevity and optimal performance of your AreShark MC02 Ergonomic Office Chair, please follow these maintenance guidelines:

- **Cleaning:** Wipe clean with a damp cloth. Avoid harsh chemicals or abrasive cleaners that may damage the mesh or sponge materials.
- **Inspection:** Periodically check all screws and connections to ensure they are tight. Re-tighten if necessary.
- **Weight Capacity:** Do not exceed the maximum weight capacity of 300 lbs to prevent damage to the chair's components.
- **Environment:** Keep the chair away from direct heat sources and sharp objects to prevent damage to the mesh and foam materials.

TROUBLESHOOTING

If you encounter any issues with your AreShark MC02 Ergonomic Office Chair, please refer to the following common solutions:

- **Chair feels unstable:** Ensure all assembly screws are securely tightened. Check that the gas lift is properly seated in the base.
- **Difficulty adjusting height:** Verify that the height adjustment lever is fully engaged or disengaged as needed. Ensure no obstructions are preventing movement.
- **Casters not rolling smoothly:** Check for any debris (hair, lint) caught in the caster wheels and clean them if necessary.
- **Backrest not tilting:** Ensure the tilt lock lever is disengaged and the tilt tension knob is adjusted appropriately.

If the problem persists, please contact customer support for further assistance.

PRODUCT SPECIFICATIONS

Feature	Detail
Brand	AreShark
Model Name	Office Chair with Headrest
Model Number	MC02
Color	Dark Gray
Material	Mesh, Sponge, Wood
Product Dimensions (D x W x H)	25.2"D x 25.2"W x 53"H
Item Weight	18 Pounds
Maximum Weight Recommendation	300 Pounds
Seat Height Range	18.5" to 22.5"
Headrest Adjustment	3.2" Vertical, 90° Rotation
Lumbar Support Adjustment	2" Vertical
Tilt Angle	90°–120°
Arm Style	Flip-up Padded Armrests
Casters	Noise-free PU casters
Assembly Required	Yes

WARRANTY AND CUSTOMER SUPPORT

AreShark stands behind the quality of its ergonomic seating with a **3-year service warranty**. This warranty covers manufacturing defects and ensures your comfort is protected long-term.

For any questions, concerns, or warranty claims, please contact our customer support team:

- **Email:** support@areshark.com (Example)
- **Phone:** 1-800-XXX-XXXX (Example)
- **Website:** www.reshark.com/support (Example)

Please have your model number (MC02) and proof of purchase ready when contacting support.