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AtHope D18

AtHope Ergonomic Cross-Legged Office Chair (Model D18) Instruction Manual

Brand: AtHope | Model: D18

Introduction

The AtHope Ergonomic Cross-Legged Office Chair (Model D18) is designed to provide versatile and comfortable seating for various activities, including office work, meditation, gaming, and yoga. Its unique design allows for multiple sitting positions, promoting active posture and reducing discomfort during extended periods of use.



Image: The AtHope Ergonomic Cross-Legged Office Chair in black, positioned in a home office setting.

Important Safety Information

Please read and understand all safety instructions before assembling and using this product. Failure to follow these instructions may result in injury or damage to the product.

- Always ensure the chair is on a stable, level surface before adjusting the height or using the casters.
- Keep fingers and other body parts away from moving parts to prevent injury during adjustments.
- Do not exceed the maximum weight capacity of the chair. Consult product specifications for details.
- Avoid standing on the chair or using it as a step stool.
- Regularly inspect all bolts and screws to ensure they are tightened.

Setup and Assembly

The AtHope Ergonomic Cross-Legged Office Chair is designed for quick and easy assembly, typically taking about 15 minutes. All

necessary tools are included in the packaging.

Assembly Steps:

1. Unpack all components and verify against the parts list in the included English instructions.
2. Attach the casters to the chair base.
3. Insert the gas lift cylinder into the center hole of the base.
4. Assemble the footrest according to the diagrams.
5. Attach the seat and backrest components to the gas lift and footrest assembly.
6. Ensure all screws are securely tightened before use.



Image: Diagram showing product dimensions and indicating an assembly time of 15-20 minutes with included tools.

Operating Instructions

Height Adjustment:

To adjust the seat height, locate the lever beneath the seat. While seated, pull the lever upwards to lower the seat. To raise the seat, stand up slightly and pull the lever upwards. Release the lever at the desired height to lock it in place. The seat height is adjustable from 17.3 inches to 21.3 inches.

360-Degree Rotating Footrest:

The chair features an innovative footrest that rotates a full 360 degrees. This allows you to effortlessly adjust your posture and leg position without needing to move the entire chair. The footrest can also be extended or retracted to suit your comfort needs.



Image: A detailed view of the chair highlighting the 360-degree rotation and retractable function of the footrest.

Versatile Seating Positions:

This chair supports various seating styles to accommodate individual preferences and promote active sitting:

- **Cross-Legged:** Sit with your legs crossed comfortably on the main seat or with one leg on the footrest.
- **Kneeling:** Utilize the lower footrest to support your knees, promoting an open hip angle and improved posture.
- **Traditional:** Sit with your feet on the floor, using the fixed backrest for lumbar support. The footrest can be retracted or rotated out of the way.

- **Squatting:** The wide design allows for squatting positions, engaging core muscles.



Image: A collage showing a user sitting in multiple positions on the chair, including cross-legged, kneeling, and with legs extended.

Lumbar Support:

The fixed backrest provides consistent lumbar support, encouraging a healthy posture and reducing lower back strain during prolonged sitting.

Maintenance

Cleaning:

The chair's soft PU leather seat is water-resistant and stain-proof, making it easy to clean. For general cleaning, wipe the surface with a damp cloth. For tougher spots, use a mild soap solution and then wipe dry. Avoid harsh chemicals or abrasive cleaners.

Durability:

Constructed with a sturdy steel base and durable casters, this chair is built for longevity. The FSC-Certified wood frame for the cushion ensures environmental responsibility and structural integrity.



Image: Visual representation of the chair's durable PU leather, highlighting its waterproof, breathable, easy-to-clean, and scratch-resistant properties.

Troubleshooting

If you encounter any issues with your AtHope Ergonomic Cross-Legged Office Chair, please refer to the following general guidance:

- **Wobbling:** Ensure all assembly screws are securely tightened. Check that the chair is on a flat, even surface.
- **Caster Movement:** If casters are not rolling smoothly, check for debris or hair caught in the wheels. Clean as necessary.
- **Height Adjustment Issues:** Verify that the gas lift lever is functioning correctly and not obstructed.

For persistent problems or specific concerns, please contact AtHope customer support.

Specifications

Feature	Specification
Brand	AtHope
Model Name	D18
Color	Black
Product Dimensions	26.5"D x 28.5"W x 34"H
Seat Height Range	17.3" - 21.3" (Adjustable)
Material	Foam, Polyester, PU Leather, Steel Base, FSC-Certified Wood
Special Feature	Ergonomic, 360-Degree Rotating Footrest, Lumbar Support
Item Weight	22 pounds
UPC	683125195365

Warranty and Support

AtHope is committed to providing quality products and customer satisfaction. For any questions, concerns, or warranty inquiries, please utilize our worry-free aftersales support.

Contacting Support:

1. Log in to your Amazon Account.
2. Navigate to 'Your Orders'.
3. Find your order for the AtHope Ergonomic Cross-Legged Office Chair.
4. Click 'Contact Seller'.

Alternatively, you may reach us directly via:

Email: cs@athopes.com

Phone: +1 (272) 999-2553



Image: AtHope customer support details, including steps to contact via Amazon and direct contact information.

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