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› GABRYLLY Ergonomic Office Chair GYMN01-B Instruction Manual

GABRYLLY GYMN01-BX

GABRYLLY Ergonomic Office Chair GYMN01-B Instruction Manual

Model: GYMN01-BX

1. SETUP AND ASSEMBLY

This section guides you through the unboxing and assembly process of your GABRYLLY Ergonomic Office Chair. Please ensure all components are present before beginning assembly.

Video: GABRYLLY Office Chair GYMN01 Assembly & Adjustment. This video provides a step-by-step visual guide for assembling your chair and making initial adjustments.

1.1 Unboxing and Component Check

Carefully open the packaging and remove all components. Verify that all parts listed in the user manual are present and undamaged. The chair comes with an Allen wrench and screw kit for easy assembly.

Adjustable Lumbar

1 important function
with 2 adjustments



Forward & backward



Up & down

Image: All chair components laid out for assembly. Ensure all parts are accounted for before proceeding.

1.2 Assembly Steps

Refer to the included user manual and the assembly video for detailed instructions. Assembly typically takes 15-25 minutes. It is recommended to use the packaging box as a stable surface during certain assembly steps, such as attaching the armrests and backrest to the seat mechanism.

- Attach the chair legs to the base.
- Insert the wheels into the chair legs and the gas lift into the center of the base.
- Attach the armrests to the seat base using the provided screws.
- Secure the seat mechanism to the underside of the seat.
- Attach the backrest to the seat mechanism.
- Assemble the footrest and attach it to the chair.
- Attach the headrest to the top of the backrest.
- Combine the assembled seat and backrest with the base and gas lift.

2. OPERATING AND ADJUSTMENTS

Your GABRYLLY Ergonomic Office Chair offers multiple adjustment options to customize your seating experience for optimal comfort and support.

2.1 Adjustable Lumbar Support

The chair features 2-way adjustable lumbar support (3" vertical & 1.6" horizontal) that dynamically conforms to your lower back. Use the knob on the backrest to adjust the depth and height of the lumbar support to reduce fatigue and improve posture.



Image: Lumbar support adjustment. Rotate the knob to move the support forward/backward and slide it up/down.

2.2 Recline Function

The 135° reclining chair offers 3 adjustable positions (90°/110°/135°). Use the lever located under the seat to lock the chair at your preferred angle for working, reading, or resting.



Image: 3-Gear Recline. Adjust the backrest to 90°, 110°, or 135° for various activities.

2.3 Retractable Footrest

The retractable steel footrest extends up to 18.1" for stable, comfortable leg support. It features 2 lockable positions. Pull out the footrest and flip it up to the desired angle. To retract, flip it to the highest position (unlock mode), then flip down and push it back under the seat.

3D

Armrest



Forward & backward



Up & down



In & out

Image: 2-Gear Footrest. Extend and adjust the footrest for leg support and relaxation.

2.4 3D Adjustable Armrests

The ergonomic office chair features 3-way adjustable armrests (up/down, front/back, in/out) to perfectly support your arms, reducing shoulder and wrist strain. Press the button on the armrest to adjust its height. The armrests can also pivot in and out, and slide forward and backward.

3D

Headrest



100°



Flip up

2.3"



Up & down

45°



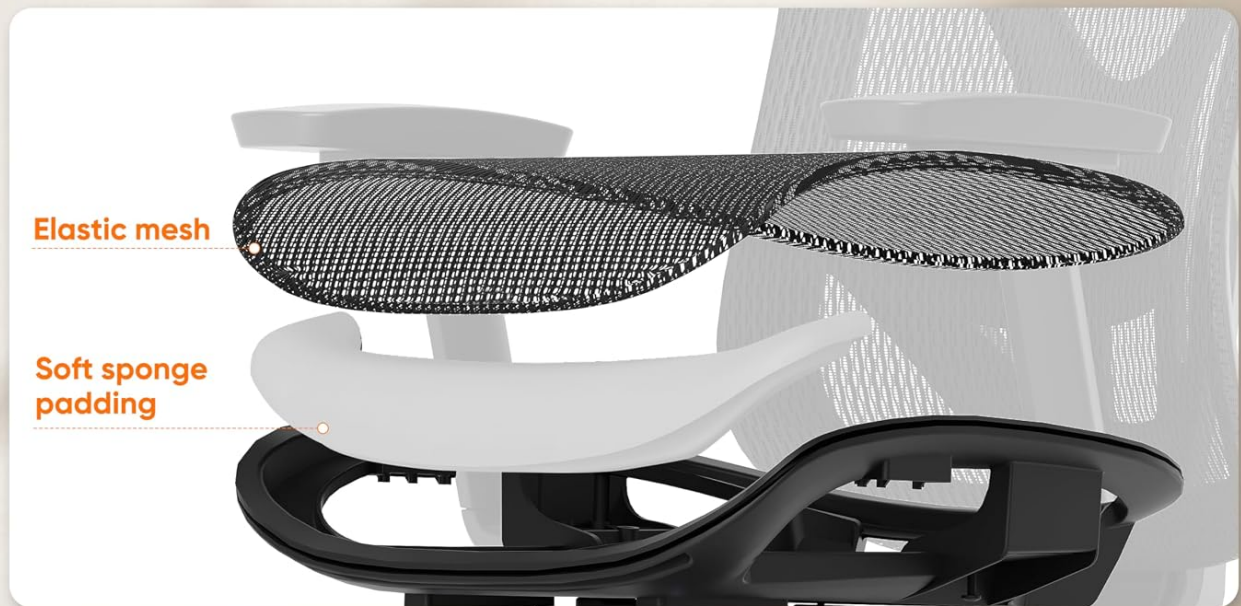
Rotate

Image: 3D Armrest Adjustments. Customize armrest position for optimal comfort.

2.5 3D Adjustable Headrest

The large mesh headrest offers 3 adjustments: height (up/down by 2.3"), angle (rotate), and bracket (flip up/down by 100°). This allows for personalized neck support, enhancing productivity while maintaining proper posture.

Full Mesh Design

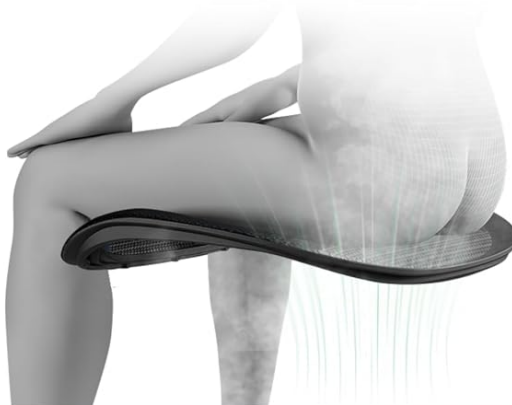


12h+

Comfort & cooler
airflow

-20%

Hip pressure



Porosity



Tensile



Resilient



Easy
to clean

Image: 3D Headrest Adjustments. Adjust height, angle, and bracket for personalized neck support.

2.6 Seat Height Adjustment

Use the lever under the seat to adjust the chair's height. Lift the lever forward to raise or lower the seat. The chair is designed for users between 5'3" and 6' tall. If a shorter gas lift is needed, contact GABRYLLY MANUFACTURER for assistance.

2.7 Tilt Tension Adjustment

The chair's tilting mechanism can be adjusted for tension. Rotate the knob under the seat to the right to allow for smoother and easier reclining. Rotate to the left to strengthen the back tightness, requiring more force to recline.

3. MAINTENANCE

- To ensure the longevity and optimal performance of your GABRYLLY Ergonomic Office Chair, follow these simple maintenance guidelines:
- **Cleaning:** Wipe clean with a damp cloth. Avoid harsh chemicals or abrasive cleaners that could damage the mesh or frame materials.
 - **Regular Checks:** Periodically check all screws and bolts to ensure they are tight. Retighten if necessary to maintain stability and safety.
 - **Caster Care:** The silent, smooth-rolling wheels are designed for various surfaces including hard floors, carpets, and wooden floors. Keep them free of debris to ensure effortless mobility.

4. TROUBLESHOOTING

- If you encounter any issues with your GABRYLLY Ergonomic Office Chair, please refer to the assembly video or contact customer support for assistance.
- **Chair feels wobbly:** Ensure all screws are tightened securely. Refer to the assembly instructions for proper tightening sequence.
 - **Adjustments not working smoothly:** Check for any obstructions in the mechanism. Ensure levers and knobs are fully engaged or disengaged as intended.
 - **Footrest not retracting/extending:** Ensure the footrest is in the unlock position before attempting to retract or extend it.

5. SPECIFICATIONS

Feature	Detail
Brand	GABRYLLY
Model Name	GYMN01-BX
Color	Onyx Black
Material	Nylon, Metal, Mesh
Product Dimensions (D x W x H)	19.3" x 25.2" x 45.3"
Item Weight	41 Pounds
Maximum Weight Recommendation	300 Pounds
Adjustable Lumbar Support	Yes (2-way: 3" vertical, 1.6" horizontal)
Reclining Positions	3 (90°/110°/135°)
Arm Style	Adjustable 3D arm (up/down, front/back, in/out)

Headrest	Adjustable 3D (height, angle, bracket)
Footrest	Retractable Steel (extends up to 18.1", 2-gear)
Base	Sturdy Steel (27.5" diameter)
Wheels	Smooth-rolling, Silent Casters
Recommended User Height	5'3" to 6' tall

6. WARRANTY

The GABRYLLY Ergonomic Office Chair is backed by a **3-year parts warranty**. This warranty covers manufacturing defects and ensures long-term protection and service for your product. Please retain your proof of purchase for warranty claims.

7. CUSTOMER SUPPORT

For any questions, assistance, or warranty claims, please contact GABRYLLY customer support:

- **Email:** gabrylly-service@hotmail.com
- **Phone:** (818) 587-2772
- **Manufacturer:** GABRYLLY

If you require a taller or shorter gas lift, please contact GABRYLLY MANUFACTURER for assistance.

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