



Manuals.plus /

› HOMCOM /

› HOMCOM Ergonomic Rocking Kneeling Chair with Backrest (Model 921-788V00BK) User Manual

HOMCOM 921-788V00BK

HOMCOM Ergonomic Rocking Kneeling Chair with Backrest

Model: 921-788V00BK

1. INTRODUCTION

Thank you for choosing the HOMCOM Ergonomic Rocking Kneeling Chair. This manual provides essential information for the safe assembly, operation, and maintenance of your new chair. Please read it thoroughly before use and retain it for future reference.

This kneeling chair is designed to promote improved sitting posture, which can help alleviate back and lumbar pain by distributing body weight more evenly across the hips and legs. It features a supportive backrest and a dynamic rocking motion to encourage active sitting.



Image 1: User demonstrating proper posture in the HOMCOM Ergonomic Rocking Kneeling Chair.

2. SAFETY INFORMATION

- **Weight Limit:** Do not exceed the maximum weight capacity of 264 lbs (120 kg).
- **Assembly:** Ensure all parts are correctly assembled and fasteners are tightened before use. Periodically check and re-tighten fasteners as needed.

- **Surface:** Use the chair on a flat, stable surface.
- **Acclimation:** Kneeling chairs engage different muscles. Gradually acclimate to using the chair, taking breaks every 15 to 30 minutes initially to maintain comfort.
- **Children:** Keep children away from the chair during assembly. This chair is designed for adult use.
- **Movement:** Be mindful of the rocking motion to prevent tipping or injury.

3. PARTS LIST

Please ensure all components are present before beginning assembly. If any parts are missing or damaged, contact customer support.

- Backrest Cushion
- Seat Cushion
- Knee Cushions (2)
- Wooden Frame Components (rocking base, uprights)
- Hardware Pack (screws, bolts, washers, Allen wrench)

4. ASSEMBLY INSTRUCTIONS

Assembly is required for this product. Follow these steps carefully. It is recommended to have a second person assist with assembly.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, soft surface to prevent scratches. Verify all parts are present against the parts list.
2. **Identify Hardware:** Separate and identify the different lengths of screws and other fasteners.
3. **Assemble Base:** Connect the wooden rocking base components. Ensure a secure fit. For enhanced stability, applying wood glue to dowels during this step is recommended, as noted by some users.
4. **Attach Uprights:** Secure the vertical wooden supports to the base.
5. **Install Cushions:** Attach the seat cushion, knee cushions, and backrest cushion to the wooden frame using the provided hardware. Note that the backrest attachment may require some pressure to compress the padding for the screws to engage properly.
6. **Final Tightening:** Once all components are in place, carefully tighten all screws and bolts. Do not overtighten.



Image 2: Dimensional diagram of the kneeling chair, showing measurements for width, depth, and height.

5. OPERATING INSTRUCTIONS

The HOMCOM Ergonomic Rocking Kneeling Chair is designed to encourage an active and ergonomic sitting posture.

5.1 Proper Sitting Posture

- Sit with your buttocks on the main seat cushion.
- Place your shins/knees on the lower knee cushions. This position naturally opens the hips and aligns the spine.
- Utilize the backrest for additional lumbar support as needed.




Direct vision



Erect posture



Prevent hunchback



Offer support to kneel



Prevent lower limb swelling

Image 3: Benefits of using the kneeling chair for posture and comfort.

5.2 Rocking Motion

The chair's dynamic rocking design allows for gentle movement while seated. This can help maintain focus and productivity during extended periods of use.

5.3 Acclimation Period

As kneeling chairs engage different muscle groups than traditional chairs, it is important to gradually acclimate to its use. Begin with short periods (15-30 minutes) and take regular breaks. Increase usage time as your body adjusts.

HEALTHY LIFESTYLE



Image 4: Illustration of how the kneeling chair promotes a healthy posture by distributing weight and engaging core muscles.

5.4 Versatile Use

This chair is suitable for various settings, including:

- Meditation Desk Chair
- Office Chair
- Typing Chair



Meditation Desk Chair



Typing Chair



Home Office Chair

Image 5: Examples of versatile use for the HOMCOM kneeling chair.

5.5 Product Video

Watch this video for a visual demonstration of the HOMCOM Ergonomic Rocking Kneeling Chair in use.

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HEALTHY LIFESTYLE



Distributing weight evenly



Hips are opened



Core is engaged



NOTE: Using a kneeling chair activates different muscles, so acclimate gradually and take a break every 15 to 30 minutes to maintain comfort.

Image 4: Illustration of how the kneeling chair promotes a healthy posture by distributing weight and engaging core muscles.

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This chair is suitable for various settings, including:

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- Office Chair
- Typing Chair



Meditation Desk Chair



Typing Chair



Home Office Chair

Image 5: Examples of versatile use for the HOMCOM kneeling chair.

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Image 6: The HOMCOM kneeling chair in a home office setting.

6. MAINTENANCE

- **Cleaning:** Wipe clean with a damp cloth. Avoid harsh chemicals or abrasive cleaners that could damage the wood or fabric.
- **Inspection:** Periodically inspect all fasteners and connections to ensure they remain tight. Retighten as necessary to maintain stability.
- **Storage:** Store the chair in a dry environment, away from direct sunlight or extreme temperature changes, to preserve the wood and fabric.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Chair feels unstable or rickety.	Loose fasteners; improper assembly.	Check all screws and bolts and tighten them securely. Ensure all wooden components are correctly interlocked. Consider applying wood glue during assembly for added rigidity.
Discomfort during use.	Lack of acclimation; incorrect posture.	Ensure you are sitting with your buttocks on the main seat and shins on the knee pads. Start with short usage periods (15-30 minutes) and gradually increase as your body adjusts. Take regular breaks.
Squeaking during rocking.	Loose connections; friction between wood parts.	Tighten all assembly hardware. If squeaking persists, a small amount of lubricant (e.g., silicone spray) can be applied to contact points between wooden parts, avoiding cushions.

8. SPECIFICATIONS

- **Model Number:** 921-788V00BK
- **Brand:** HOMCOM
- **Colour:** Black
- **Materials:** Birch wood, Linen fabric, Foam fill
- **Overall Dimensions (D x W x H):** 84D x 51W x 93H Centimetres (33.1" D x 20.1" W x 36.6" H)
- **Item Weight:** 6.35 kg (14 lbs)
- **Maximum Weight Recommendation:** 119.75 kg (264 lbs)
- **Back Style:** Solid Back
- **Special Features:** Back Support, Ergonomic Design, Rocking Base (No Wheels)
- **Assembly Required:** Yes
- **Care Instructions:** Wipe Clean

9. WARRANTY AND SUPPORT

Manufacturer Warranty: This product comes with a 90-day warranty against manufacturer defects.

Manufacturer: Aosom Canada

Contact Information:

Markham, Ontario, CA

Tel: 1-416-792-6088

For warranty claims or technical support, please contact Aosom Canada directly using the provided contact information. Please have your model number (921-788V00BK) and proof of purchase ready.

