



Manuals.plus /

› HOMCOM /

› HOMCOM Ergonomic Kneeling Chair with Backrest, Rocking Seat, Model 921-788V00DB User Manual

HOMCOM 921-788V00DB

HOMCOM Ergonomic Kneeling Chair with Backrest, Rocking Seat

Model: 921-788V00DB

Brand: HOMCOM

1. INTRODUCTION AND OVERVIEW

Thank you for choosing the HOMCOM Ergonomic Kneeling Chair. This chair is designed to promote a healthier sitting posture by distributing your body weight more evenly between your hips and legs, thereby reducing pressure on your lower back. Its unique rocking feature encourages active sitting, which can enhance focus and productivity during extended periods of use. This manual provides essential information for assembly, operation, maintenance, and safety to ensure optimal use of your new chair.



Image 1.1: A user demonstrating proper posture while seated on the HOMCOM kneeling chair.

2. SAFETY INSTRUCTIONS

- **Maximum Load Capacity:** Do not exceed the maximum recommended load of **120 kg (264 lbs)**. Exceeding this limit may cause damage to the chair or personal injury.
- **Assembly:** Ensure all components are correctly assembled and tightened according to the instructions before use. Regularly check all screws and bolts for tightness.
- **Placement:** Use the chair on a stable, level surface. Avoid using it on uneven floors or surfaces that could cause instability.
- **Movement:** When moving the chair, lift it rather than dragging it to prevent damage to the frame or floor.
- **Children and Pets:** Keep children and pets away from the chair during assembly. Do not allow children to play on or around the chair.
- **Gradual Acclimatization:** Using a kneeling chair activates different muscles. Acclimatize gradually and take breaks every 15 to 30 minutes to maintain comfort and prevent muscle strain.
- **Maintenance:** Follow the cleaning and maintenance instructions to ensure the longevity and safety of the product.

3. PACKAGE CONTENTS

Before beginning assembly, please verify that all parts listed below are present and undamaged. If any parts are missing or damaged, please contact HOMCOM customer support.

- Backrest (1x)
- Seat Cushion (1x)
- Knee Cushions (2x)
- Curved Base Frames (2x)
- Connecting Bars/Supports (various, as per assembly diagram)
- Hardware Pack (screws, bolts, Allen key)



Image 3.1: The fully assembled HOMCOM kneeling chair in a typical office environment.

4. ASSEMBLY INSTRUCTIONS

Simple assembly is required for this chair. Please follow these general steps. Refer to the detailed diagram included in your product packaging for specific part identification and screw placement.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, soft surface to prevent scratches.

2. **Assemble the Base:** Connect the curved base frames using the designated connecting bars and screws. Ensure all connections are secure but do not overtighten initially.
3. **Attach Seat and Knee Cushions:** Secure the main seat cushion and the two knee cushions to the frame using the provided hardware. Pay attention to the orientation of each cushion.
4. **Install Backrest:** Attach the backrest to the main frame. Ensure it is firmly secured and aligned correctly.
5. **Final Tightening:** Once all components are in place, gradually tighten all screws and bolts. Do not overtighten to avoid stripping threads or damaging the wood.
6. **Stability Check:** Before first use, gently rock the chair and apply light pressure to ensure it is stable and all parts are securely fastened.

5. OPERATING INSTRUCTIONS

The HOMCOM Ergonomic Kneeling Chair is designed for versatile use, promoting a healthy posture whether you are working, meditating, or engaging in other activities.

5.1 Correct Sitting Posture

- Sit with your buttocks on the main seat cushion.
- Place your shins/knees comfortably on the lower knee cushions.
- Ensure your back is straight and your core is engaged. The backrest provides additional lumbar support.
- The open hip angle helps align your spine naturally, reducing pressure on your lower back.



Image 5.1: Visual representation of posture benefits provided by the kneeling chair.

5.2 Utilizing the Rocking Feature

The chair's rocking mechanism allows for gentle, continuous movement. This feature can help maintain concentration and increase productivity by promoting active sitting. Simply shift your weight slightly to initiate a gentle rocking motion.



Image 5.2: Detail of the chair's rocking base.

5.3 Versatile Applications

This ergonomic chair is suitable for various settings:

- **Office Use:** Ideal for desk work, typing, and computer use to maintain an upright posture.
- **Meditation:** Provides a comfortable and supportive position for meditation practices.
- **Home Office:** A great alternative to traditional office chairs for teleworking.



Chaise de méditation



Chaise de
dactylographie



Chaise de
bureau à domicile

Image 5.3: Examples of the chair's versatile applications.

5.4 Taking Breaks

Even with an ergonomic chair, it is important to take regular breaks. Stand up, stretch, and move around every 30-60 minutes to promote circulation and prevent muscle fatigue.

AMÉLIORER LA POSTURE ASSISE



Image 5.4: A user taking a stretch break while using the kneeling chair.

6. MAINTENANCE

Proper maintenance will extend the life of your HOMCOM Ergonomic Kneeling Chair.

- **Cleaning:** The chair's upholstery is 100% polyester. For spills or stains, perform spot cleaning using a mild detergent and a damp cloth. Avoid harsh chemicals or abrasive cleaners.
- **Wood Frame Care:** The frame is made of birch wood. Wipe the wood surfaces with a soft, dry cloth. Avoid excessive moisture.
- **Hardware Check:** Periodically check all screws and bolts to ensure they remain tight. Retighten if necessary to maintain stability and safety.
- **Avoid Direct Sunlight:** Prolonged exposure to direct sunlight can cause fading of the fabric and drying of the wood.

7. TROUBLESHOOTING

If you encounter any issues with your HOMCOM Ergonomic Kneeling Chair, please refer to the following common solutions:

- **Chair feels unstable:**

- Ensure all assembly screws and bolts are fully tightened.
- Verify the chair is on a flat, level surface.

- **Discomfort during use:**

- Remember to acclimatize gradually to the kneeling posture. Start with shorter periods of use.
- Take regular breaks (every 15-30 minutes) to stand and stretch.
- Ensure your body weight is evenly distributed between the seat and knee cushions.

- **Squeaking noises:**

- Check and retighten all connections.
- Apply a small amount of silicone lubricant to any moving wooden joints if the noise persists (avoid oil-based lubricants on wood).

If these steps do not resolve the issue, please contact HOMCOM customer support for further assistance.

8. SPECIFICATIONS

Model Number	921-788V00DB
Brand	HOMCOM
Overall Dimensions (L x W x H)	84 x 51 x 93 cm (33.1 x 20.1 x 36.6 inches)
Seat Height	49 cm (19.3 inches)
Seat Depth	30 cm (11.8 inches)
Seat Length	41 cm (16.1 inches)
Backrest Height	33 cm (13 inches)
Backrest Width	27 cm (10.6 inches)
Knee Pad Length	26 cm (10.2 inches)
Knee Pad Width	14 cm (5.5 inches)
Weight	6.3 kg (13.9 lbs)
Maximum Load Capacity	120 kg (264 lbs)
Material	Birch Wood, 100% Polyester Fabric, Foam Filling
Color	Dark Blue
Assembly Required	Yes

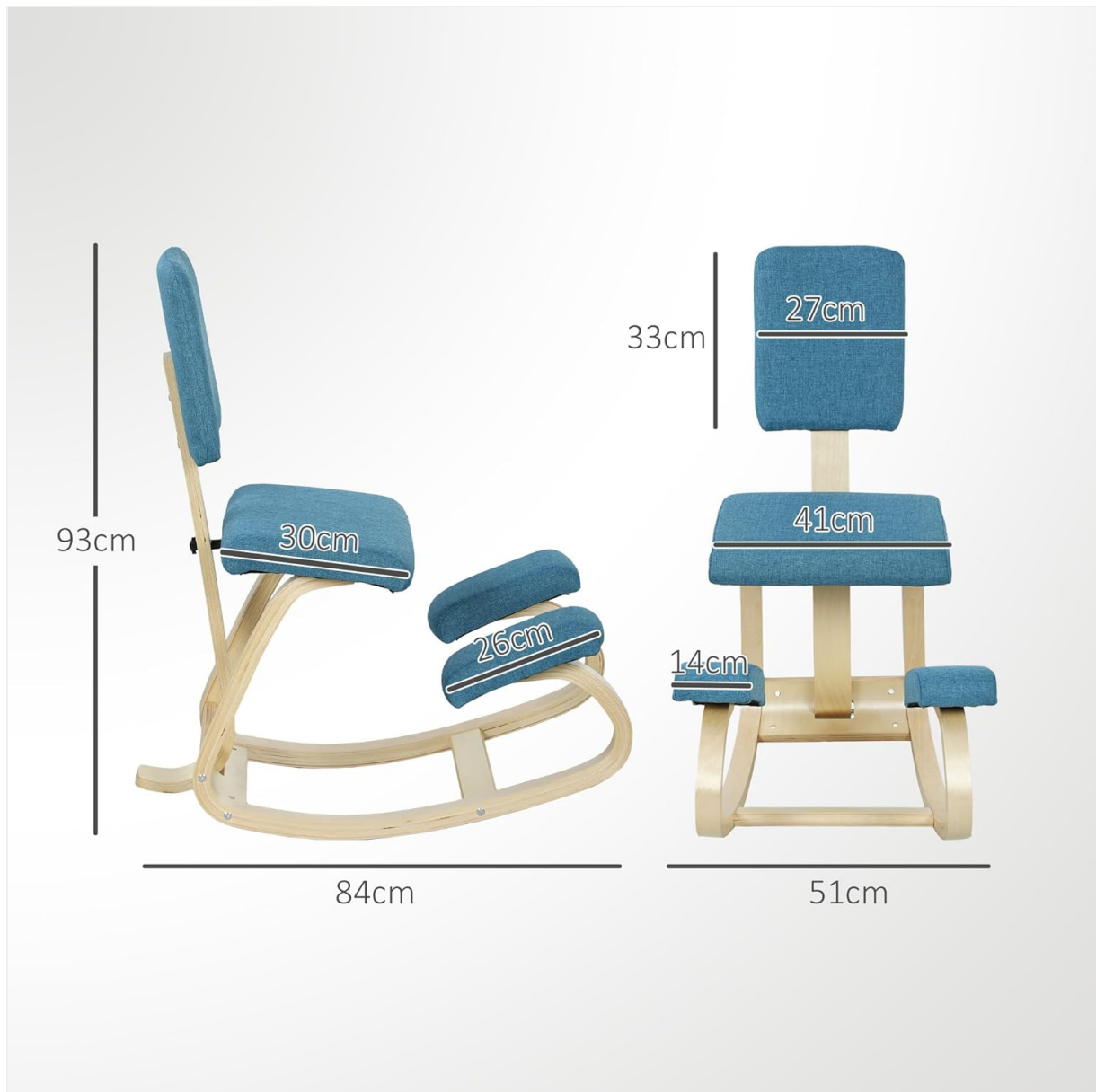


Image 8.1: Detailed dimensions of the kneeling chair.

9. WARRANTY AND SUPPORT

For warranty information or technical support, please contact HOMCOM customer service. Keep your purchase receipt and model number (921-788V00DB) handy when contacting support.

You can visit the official HOMCOM store for more information: [HOMCOM Store](#)