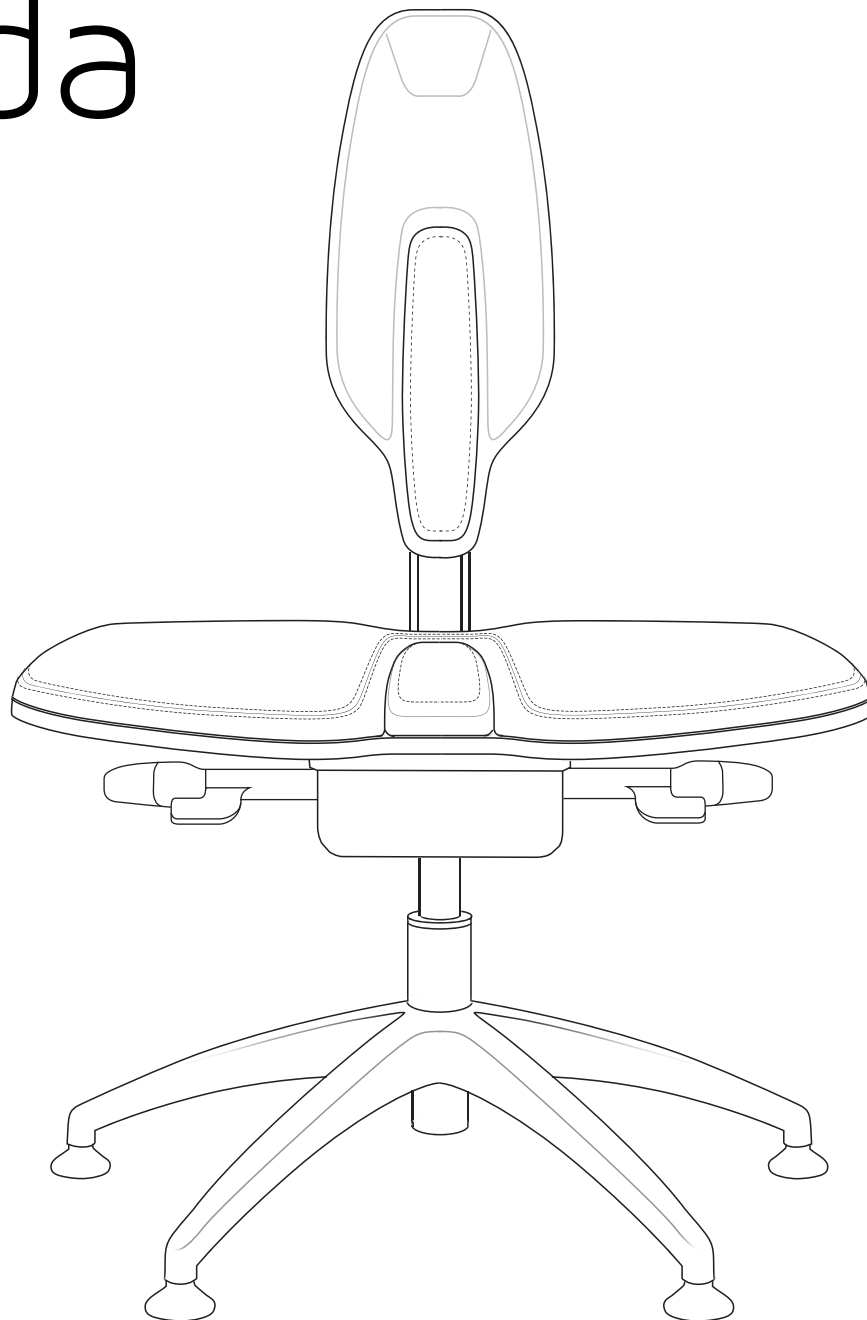


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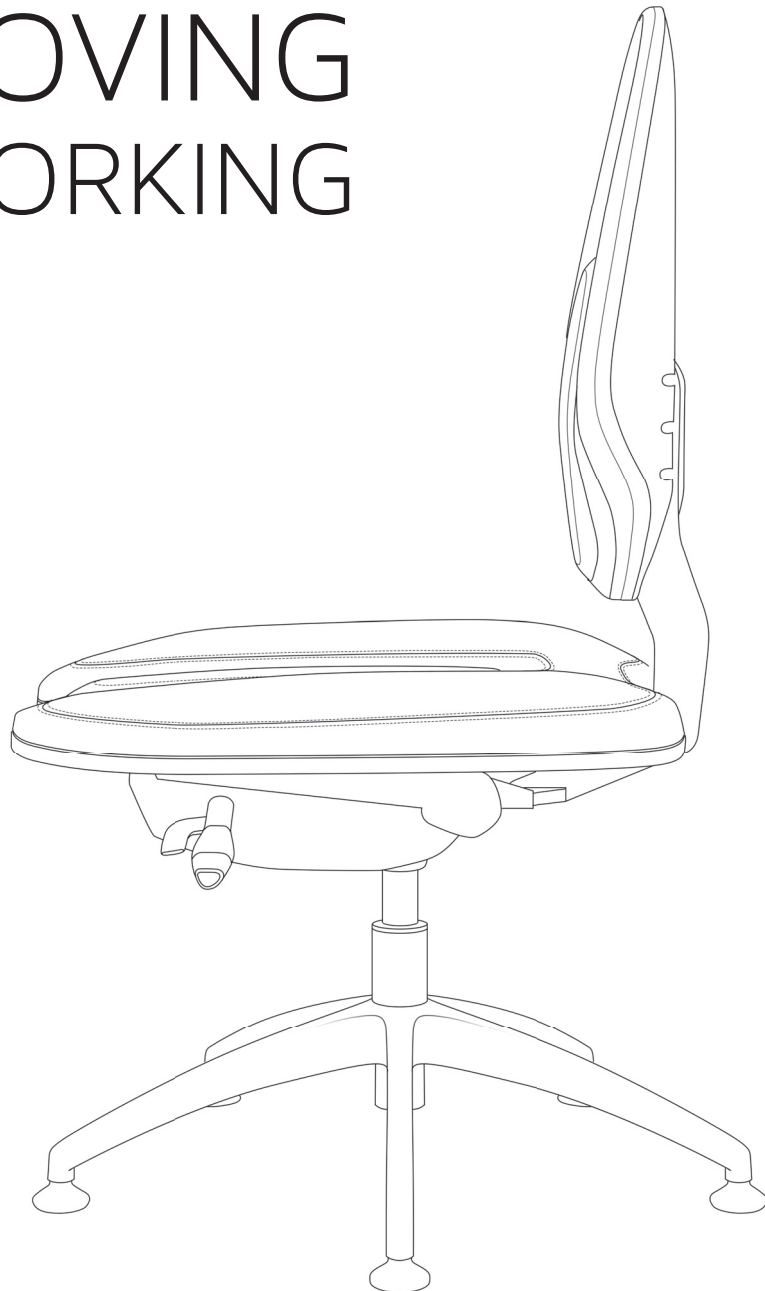
manual

v1.2



KEEP
MOVING
WHILE
WORKING

KEEP MOVING WHILE WORKING



DIGITAL VERSION OF THE MANUAL:
www.neseda.com/manual-v1.2-en.pdf



USER MANUAL ON HOW TO USE NESEDA CHAIR

Your life at the work desk won't ever be the same. neseda creates environment rich on substantial movement, without having to invest any extra of your time. As a result, you will slowly but surely transform your body into its better version. Your precious muscles won't get flabby and shrink.

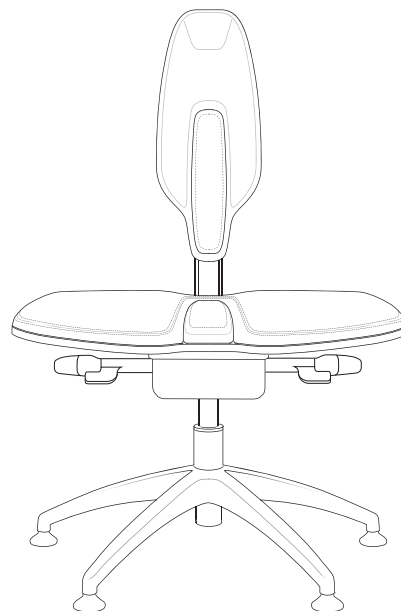
NESEDA chair:

- Supports active life style
(body movement at work)
- Protects muscles and tightens the tonus
- May fix some of the muscle imbalances
- Gives you freedom at work

*neseda chair was tested in the Testing room of furniture
at the Faculty of Forestry and Wood Technology,*



*Mendel University Brno (Protocol
No. N-007-17). neseda fulfils all
requirements for testing office
furniture related to European norms,
specifically standard EN 1335.*



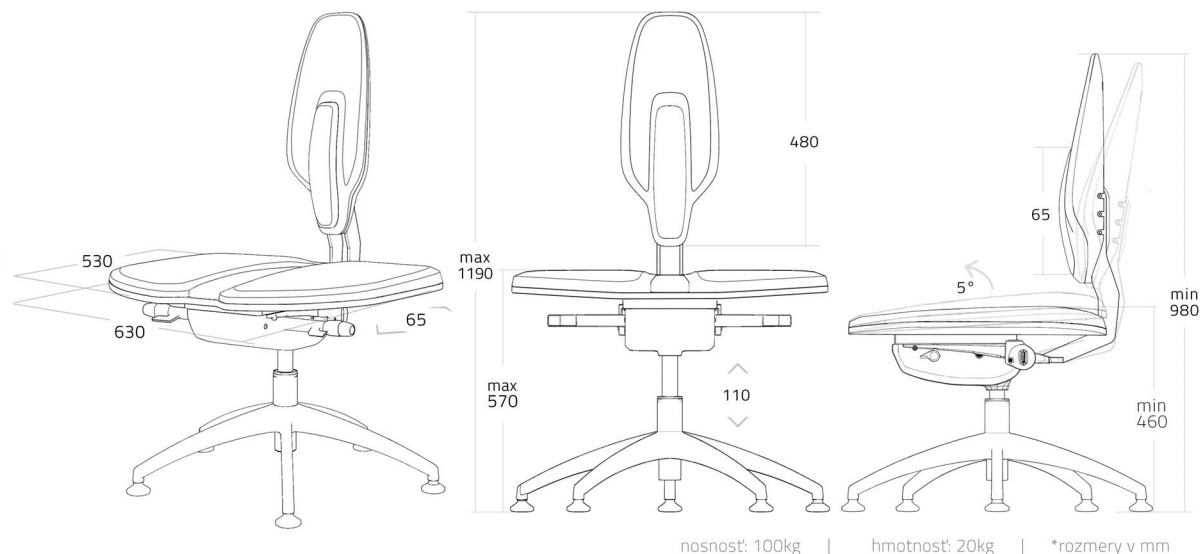
ESSENTIAL INFORMATION ABOUT NESEDA CHAIR

- the chair is designed for adults not kids
- the maximum load/limit of the chair is 100kg and the ideal height of the sitting person is up to 190 cm (at the moment only L size is available)
 - in the future we also plan the kids version (size M)
 - and also, a version for people with height above 190 cm (size XL)
- the chair is not a medical equipment
 - if you are disadvantaged with reduced mobility, please consult a professional before using the chair (medical practitioner, physiotherapist), who will advise you on correct usage of the chair, taking into consideration your individual limitations

*Using the chair in any other way than stated in this manual may cause health issues or an injury.
If you are not in good health, always consult your medical practitioner or physiotherapist prior to using neseda chair and individual positions.*

BASIC TECHNICAL PARAMETERS OF THE CHAIR AND POSITION SET-UP

In all of the below positions, the neseda chair allows multiple set-up using the multifunctional actuator mechanism and a gas lift cylinder. The details are revealed in the following technical illustration:



Adjust neseda chair in line with your individual specifics. The multifunctional mechanism allows: height adjustment, forward/backward adjustment, front/backrest spring firmness adjustment, tilt adjustment, front/backrest angle actuator.

Using the chair in any other way than stated in this manual may cause health issues or an injury. If you are not in good health, always consult your medical practitioner or physiotherapist prior to using neseda chair and individual positions.

HOW TO CORRECTLY USE

NESEDA CHAIR

During the day, NESEDA chair enables you to alternate a few working positions. We know, that no sitting position is healthy if you remain in it for too long. We recommend to spend in one positions not more than 45 minutes, ideally switch them every 30 minutes (in some positions even more often). If you experience discomfort, which you can determine to be unhealthy, make sure to switch the position.

The neseda chair enables following seating options:

1. TRADITIONAL SITTING

- safe position for everyone (also using wheels)
- enables full focus without interruption (muscle toning)
- significantly supports lumbar part of the back, partially prevents shortening of muscles, mostly affected due to long sitting periods
- the maximum recommended time for sitting in this position without break is 45 minutes
- NO PRIOR consultation with a medical practitioner or physiotherapist is required if you belong to individuals at risk (varicose veins, problems with musculoskeletal system)





2. **CROSS- LEGGED**

- safe position for everyone (also using wheels)
- enables full focus without interruption (muscle toning)
- the position of legs relaxes tonus in the sacrum area and partially prevents shortening of muscles
- the maximum recommended time for sitting in this position without break is 45 minutes
- NO PRIOR consultation with a medical practitioner or physiotherapist is required if you belong to individuals at risk (varicose veins, problems with musculoskeletal system)

3. SITTING WITH CHEST-SUPPORT (BACK TO FRONT)

- safe position for everyone (also using wheels)
- position rather suitable for discussion or brainstorming
- ladies wearing bigger bra size can experience minor discomfort when leaning more heavily into the front/backrest (greater caution is required)
- when used correctly, may help to relieve the widely spread text neck, causing neck pain to many individuals
- the maximum recommended time for sitting in this position without break is 20 minutes
- PRIOR consultation with a medical practitioner or physiotherapist is required if you belong to individuals at risk (varicose veins, problems with musculoskeletal system, text neck)





4. LOW KNEELING POSITION

- relatively safe position for selected groups of people
- enables relative focus without interruption (muscle toning)
- closer attention recommended when getting into the position (especially when using wheels)
- older and physically less fit people cannot use this position with wheels installed
- the maximum recommended time for sitting in this position without break is 15 to 20 minutes
- PRIOR consultation with a medical practitioner or physiotherapist is required if you belong to people at risk (varicose veins, problems with musculoskeletal system, text neck)

5. HIGH KNEELING POSITION

- relatively safe position for selected groups of people
- enables relative focus without interruption (muscle toning)
- closer attention recommended when getting into the position (especially when using wheels)
- older and physically less fit people cannot use this position with wheels installed
- the maximum recommended time for sitting in this position without break is 15 to 20 minutes
- PRIOR consultation with a medical practitioner or physiotherapist is required if you belong to people at risk (varicose veins, problems with musculoskeletal system, text neck)





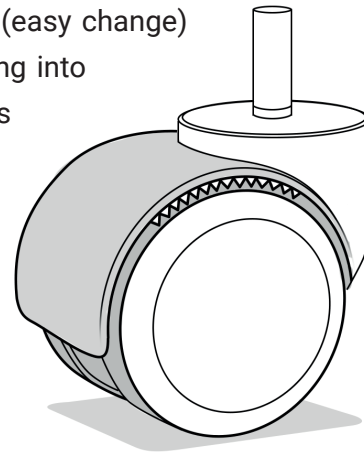
6. SQUATING POSITION

- relatively safe position for selected groups of people
- enables less focus due to significant muscle toning
- one of the most important and antidegenerative sitting positions, thanks to stretching muscles, that have been shortened over years by long and all day sitting
- closer attention recommended when getting into the position (especially when using wheels)
- older and physically less fit people cannot use this position with wheels installed
- the maximum recommended time for sitting in this position without break is 15 to 20 minutes
- PRIOR consultation with a medical practitioner or physiotherapist is required if you belong to people at risk (varicose veins, problems with knees or musculoskeletal system)

EXTRAS

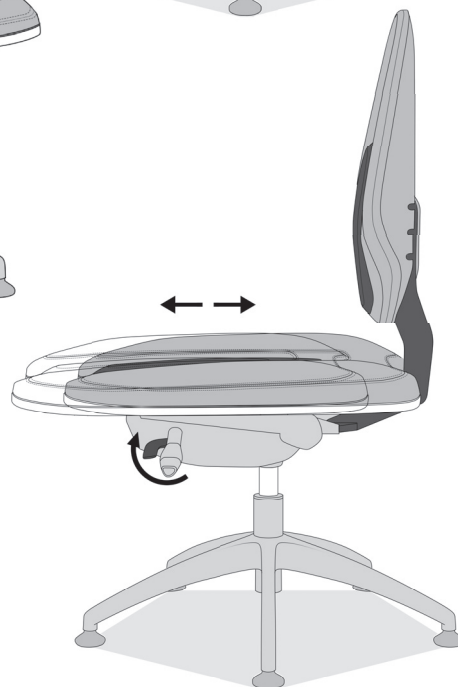
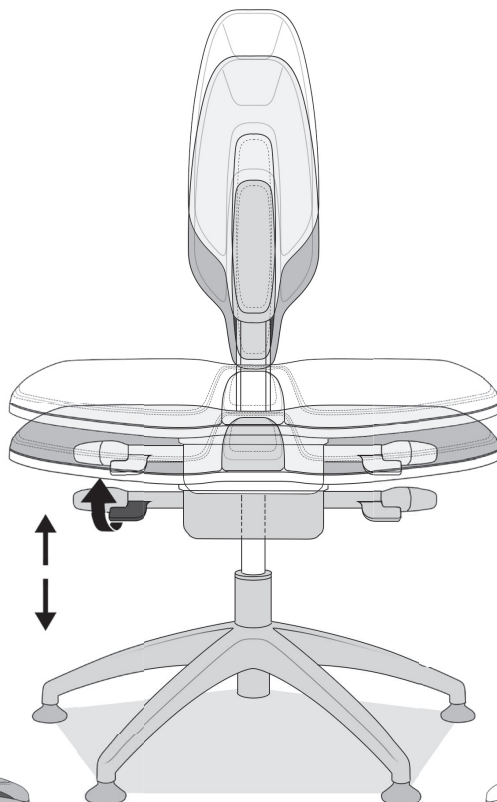
NESEDA AND THE ACCESSORY WHEELS

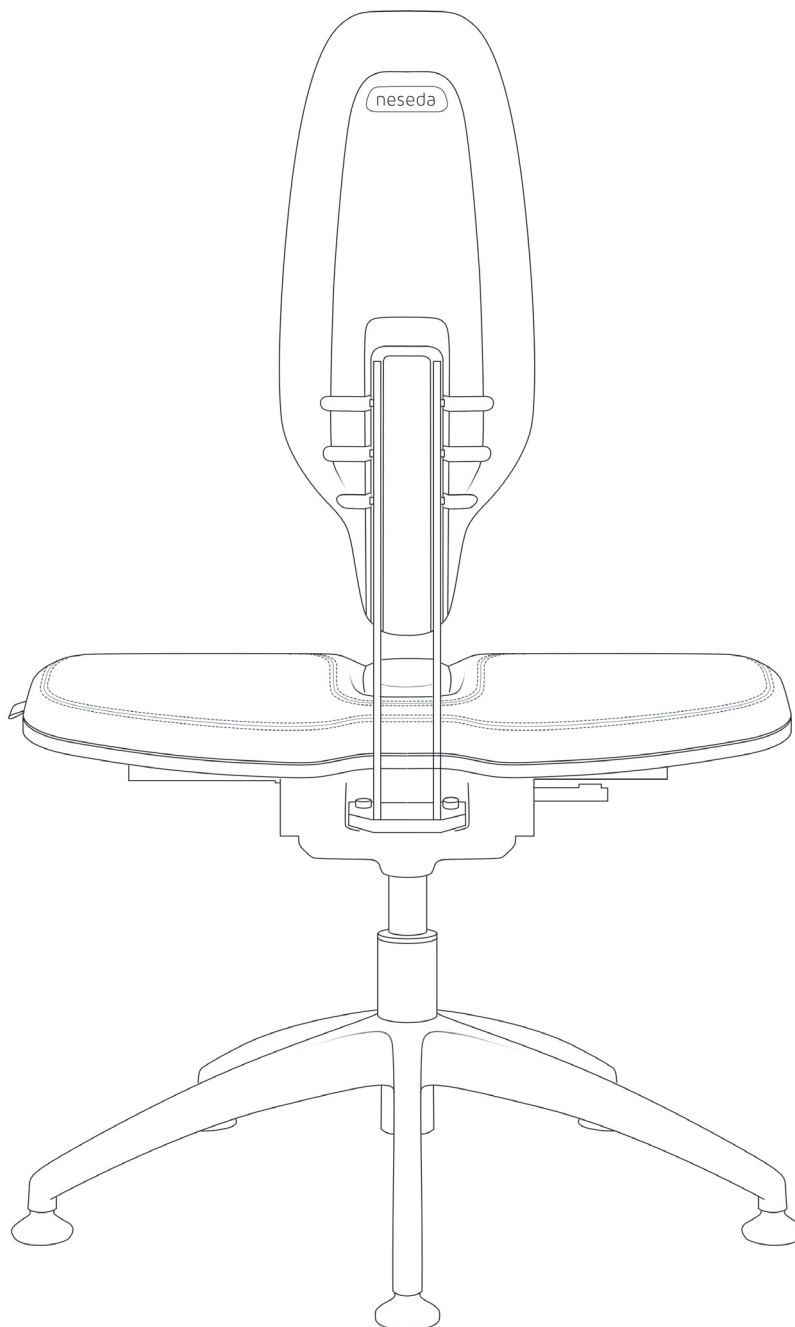
We deliver neseda chair with fixed stands and two types of wheels - regular and special wheels with locking mechanism for the chair, immobilizing the chair after you sit down on it. It is important to advise, that installing the wheels (easy change) poses increased risk of falling down from the chair when getting into some positions. As a result, we do not recommend the wheels to the physically less fit individuals, or else we cannot take the responsibility for any chair and/or health damage suffered. Please consult your medical practitioner or physiotherapist prior using the chair with or without wheels.



NESEDA AND HEALTH LIMITATIONS

Our NESEDA chair is not a medical equipment. It does not serve to treat health related issues. Should you have any, please consult the issues and the chair manual together with your medical practitioner or physiotherapist. The health professional diagnoses how to use the chair, taking into consideration your individual health limitations or reduced mobility. You can also order special wheels with locking mechanism for the chair, immobilizing the chair after you sit down on it. It is important to advise, that installing the wheels (easy change) poses increased risk of falling down from the chair when getting into some positions. As a result, we do not recommend the wheels to the physically less fit individuals, or else we cannot take the responsibility for any chair and/or health damage suffered. Please consult your medical practitioner or physiotherapist prior using the chair with or without wheels.





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