




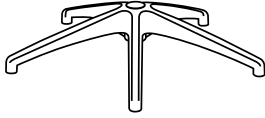
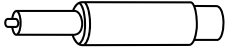
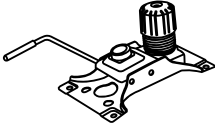
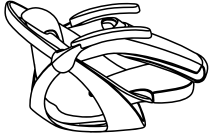
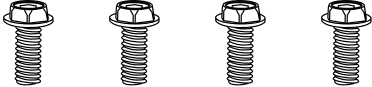
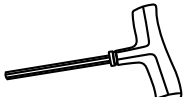
# BackStrong C1

ASSEMBLY INSTRUCTIONS



[all33.com](http://all33.com)

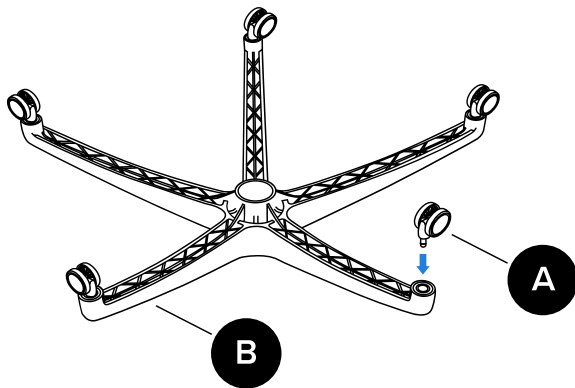
# Parts

			Quantity
	<b>A</b> Casters		5
	<b>B</b> Star Base		1
	<b>C</b> Gas Lift		1
	<b>D</b> Seat Plate		1
	<b>E</b> Seat Assembly		1
	<b>F</b> 3/4" Bolts		4
	<b>G</b> Allen Key		1

# Assembly

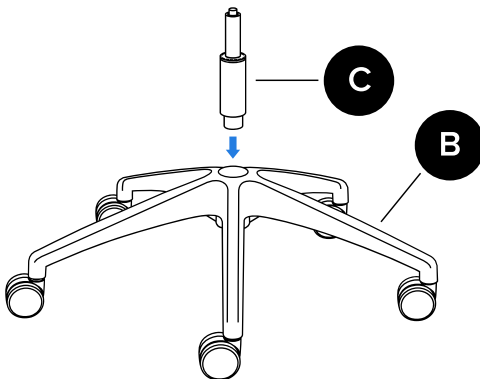
Chair assembly typically takes around 11 minutes.

REMEMBER TO WORK ON A SOFT, PROTECTIVE SURFACE



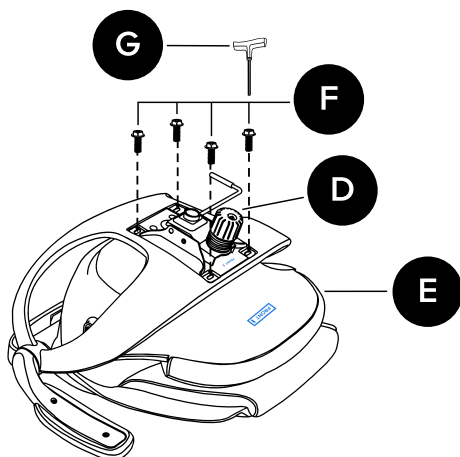
1

Place the **Star Base (B)** upside down and insert five **Casters (A)** firmly into the holes on the **Star Base (B)**.



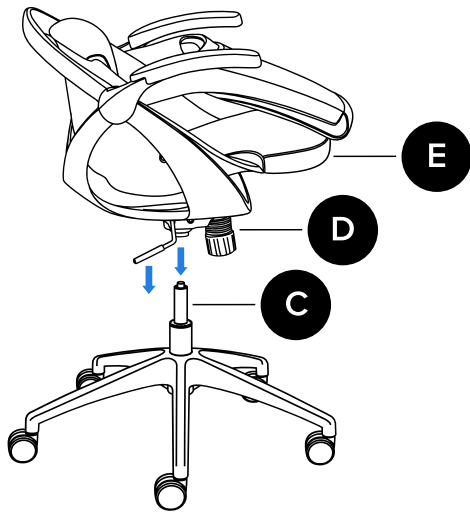
2

Flip the **Star Base (B)** over and insert the **Gas Lift (C)** through the center hole on top of the **Star Base (B)** so that the narrowest part is at the top.



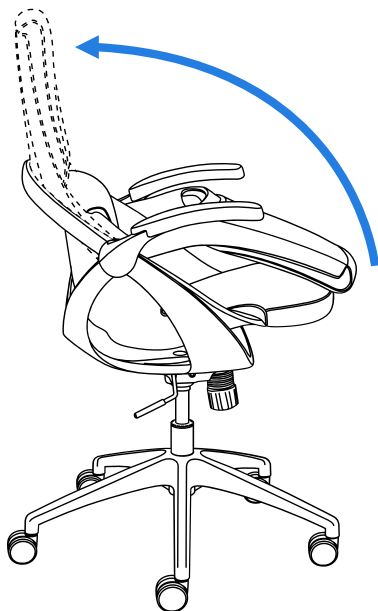
3

Place the **Seat Assembly (E)** on a protective surface with the bucket closed. Attach **Seat Plate (D)** to the bottom of the **Seat Assembly (E)** by placing four  $\frac{3}{4}$ " **Bolts (F)** through the holes of the **Seat Plate (D)** and using the **Allen Key (G)** to tighten the bolts completely so that the seat plate and assembly are secure.



4

Place the **Seat Assembly (E)** with **Seat Plate (D)** on top of **Gas Lift (C)** and press down until fully engaged.



5

While standing in front of the chair, push the back cushion into an upright position until you hear a “click-lock” sound confirmation. Take caution and avoid pinching your fingers.

YOU'RE DONE!



Adjusting for a Perfect Fit and Helpful Videos



# BackStrong C1

OWNER'S MANUAL



[all33.com](http://all33.com)

# Welcome to all33

**We're thrilled that you've joined a passionate community whose shared purpose is simple: to find freedom through movement.**

After decades in chiropractic medicine and industrial design, we recognized that sitting itself wasn't the problem, it's the way people sit that needs to change. We promised ourselves that we would not only create an experience that helps you sit better, but also one that helps you live better.

We're proud to have brought that promise to life in the form of breakthrough technology that optimally and instantly aligns and moves all 33 of your spine's vertebrae.

As a member of the all33 community, you will have access to exclusive discounts on our future products and services, which we're excited to share with you soon. And, your feedback will be invaluable to us as we continue to innovate.

Share your experience with us on Instagram, Facebook and Twitter or email us personally at [founders@all33.com](mailto:founders@all33.com).

We look forward to improving your health, boosting your productivity, and most importantly, helping you feel good.

Let the movement begin!

Sincerely,

*dr. Dennis Coponello*

*Jim Grove*

Co-Founders of all33

# Using Your all33 Chair



DON'T SIT AT THE FRONT OF THE CHAIR



To reap the full benefits, you must sit all the way back in your all33 chair.

To learn more about the “Second Sit” technique, visit <https://all33.com/mychair>.



SIT ALL THE WAY BACK

To operate the pivot function, which allows you to strengthen your core and sit in motion, first sit back in the chair. Your body weight will now balance in the pivot of the chair. Push up from the floor with your toes to feel the pivot rebalancing. You will feel your core muscles engage. Do this to strengthen your core anytime.

# ADJUSTING TO YOUR CHAIR

Our chairs are made for active motion; they effectively and quietly strengthen your core and spinal muscles. Like with any new exercise, you may experience some muscle soreness in the first few weeks. This is normal and will go away with continued use.

*Should you continue to experience back pain, or if you experience an increase in pain or other issues for a prolonged period of time, please consult a medical professional with regard to your specific condition.*

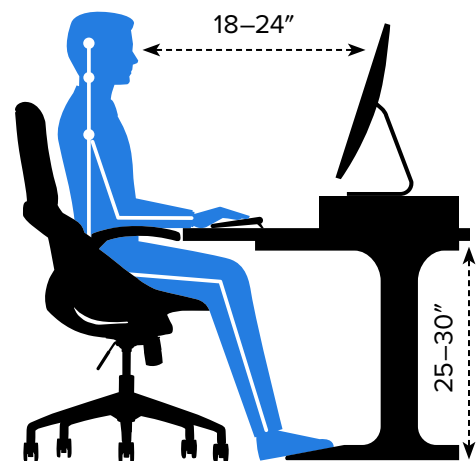


## ERGONOMICS

When using your all33 chair, it's important to follow ergonomic guidelines for your entire workspace.

Set the height of the chair so that your feet are able to rest naturally on the floor (or on a footrest) and your elbows are at a 90 degree angle when using your keyboard and mouse.

For more information about ergonomics, health, and safety, visit <https://all33.com/pages/support>.



## MOVEMENT BREAKS

Taking frequent breaks is beneficial to your long-term health and will improve your productivity. It is advised that you take a 30 second to 1 minute break from work every 30 minutes.

For videos of stretches and exercises you can do right from your chair, scan this code ➡



<https://all33.com/movement>



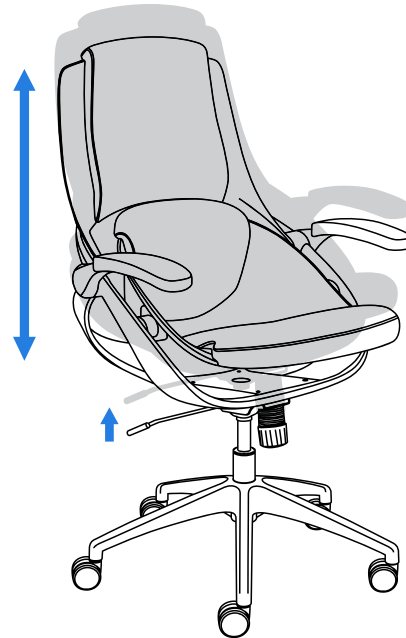
# Chair Adjustments



FOR VIDEOS OF HOW TO ADJUST YOUR CHAIR, SCAN QR CODE 

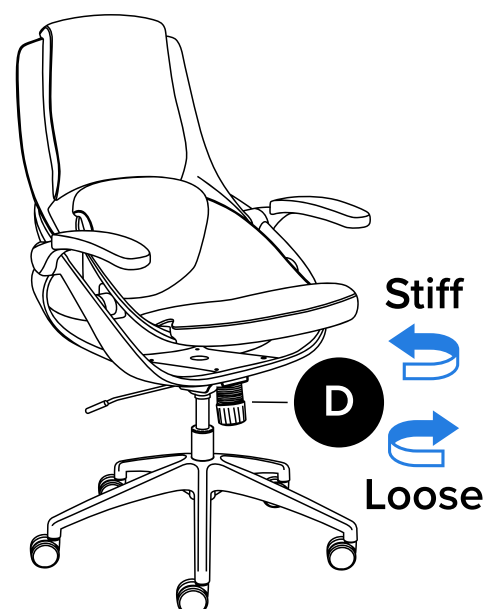
## TO ADJUST SEAT HEIGHT:

While seated, lean forward and reach under the right side of the chair to find the handle. Lift the handle and raise your body up slightly to allow the chair to rise to the desired height. Once desired height is reached, release handle to lock chair in place. To lower the seat, lift the handle while seated. The chair will descend until the handle is released or the chair reaches the lowest possible position.



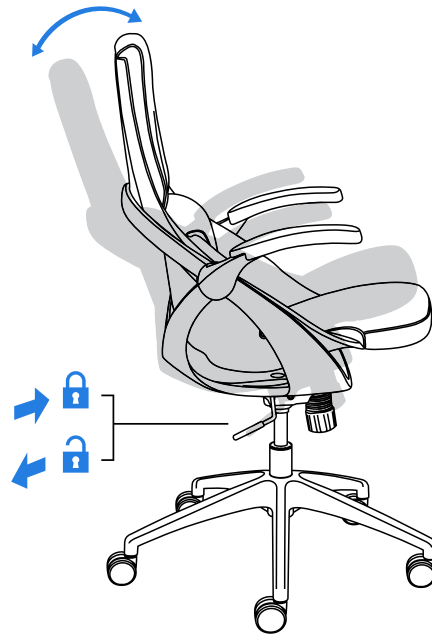
## TO ADJUST TENSION ON THE TILT:

Reach under the front center of the chair, grasp the round knob and turn it counterclockwise to stiffen the tilt mechanism for a heavier user. Turn the knob clockwise to loosen the tilt mechanism for a lighter user. Rotate the knob until the desired resistance is reached.



### TO OPERATE TILT LOCKOUT:

While seated, lean forward and reach under the right side of the chair to find the handle. Lift the handle and raise your body up slightly to allow the chair to rise to the desired height. Once desired height is reached, release handle to lock chair in place. To lower the seat, lift the handle while seated. The chair will descend until the handle is released or the chair reaches the lowest possible position.



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### TO OPERATE PIVOT FUNCTION:

First, sit on the chair, then lift yourself slightly and make sure you are sitting all the way to the back of the chair. Your body weight will now balance in the pivot of the chair. Push up from the floor with your toes to feel the pivot rebalancing. You will feel how your core muscles engage and can get stronger with this action!



### TO ADJUST ARMS:

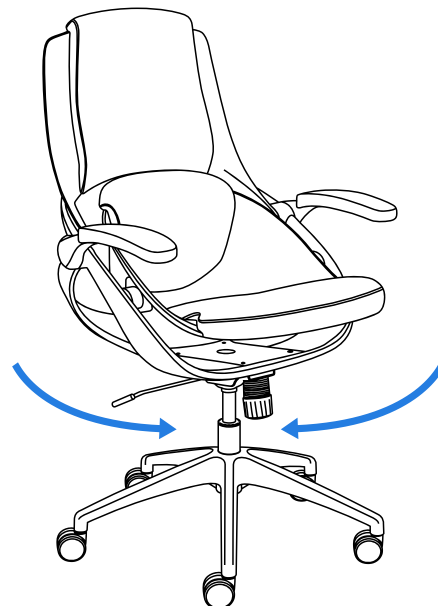
While seated, reach under the right side of the chair to find the height adjustment handle. Pull the handle all the way out (away from the seat plate) to allow the chair to tilt backwards. To stop the tilt mechanism, push height adjustment handle in toward the seat plate.



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### 360° SWIVEL:

Adjust the seat before sitting in order to easily find your sweet spot.



# Chair Maintenance & Upkeep

Our chairs are made with a modular design that allows all components to be individually removed and replaced.

For video tutorials on use, replacing parts, assembly, and disassembly, scan this code:



Or visit <https://all33.com/howto>.



# CLEANING YOUR CHAIR

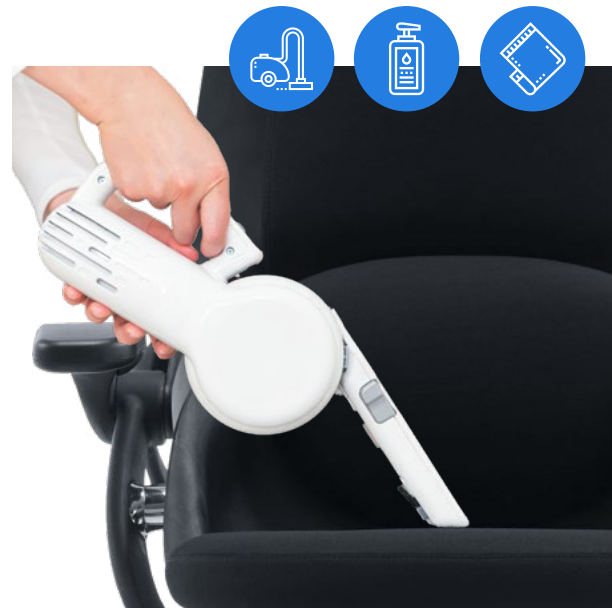
Our chairs are exceedingly durable, but proper care is still crucial. In order to ensure it remains in good condition, you must take care to clean it regularly and keep liquids (including sweat) away from your chair.



## VEGAN LEATHER

Use a slightly-dampened microfiber cloth. Simply sprinkle the cloth with a little water and wipe the vegan leather clean from dirt and light stains. Leave the chair to air dry.

Leather cleaning products work well on our vegan leather. Make sure to spot test the product on a small area before cleaning your chair completely. Spray a small amount onto a clean microfiber cloth and gently wipe clean.



## FABRIC

Over time, it's natural for fabric to trap loose particles and dirt. These can be easily removed with a vacuum. Clean any spills as soon as possible by blotting with a dry cloth or paper towel, taking care not to rub the stain into the fabric.

Stubborn spots may require the use of a fabric cleaner or stain remover. Spray a small amount onto a clean microfiber cloth, and clean according to the cleaner's instructions.

# Warranty & Returns

## LIMITED WARRANTY

all33 seating products are warranted against defects in material and workmanship while owned by the “Original Purchaser.”

The term “Original Purchaser” is defined as that party or entity which purchased all33 furniture from an authorized all33 retailer as shown by the original sales receipt.

This warranty does not apply to “as is” or previously owned seating products.

all33 warrants its products to be free from defects in materials and workmanship (normal wear and tear, fading and stretching excepted), for five years from the date of purchase, except as provided below under the limited warranty.

The exceptions or exclusions to this warranty are as follows:

- Upholstery material and foam cushion material is warranted against defects in material and workmanship for a period of one year, beginning on the date of purchase as shown on the original sales receipt.
- Any warranty claim that is submitted after the limited warranty period, or without proper proof of purchase will not include the cost of parts or delivery.
- This warranty shall not apply to the all33 products which have been subjected to misuse, neglect, alteration, modification, or attachments, either caused by the original purchaser, shipping, storage, accident, fire, flood, or acts of God.

In the event of a defect in material or workmanship covered by this warranty, all33 will repair or replace, at their discretion, without charge, the warranted furniture within a reasonable amount of time.

We reserve the right to require damaged parts to be returned to us upon request.

Natural markings such as scars, brands, grain variations, wrinkles, color variations, etc. will be considered normal characteristics and not construed as defects.

We cannot warrant leather against scratching or scuffing, as all leather is subject to blemishes with use.

For claims or questions concerning this warranty, please contact all33 Customer Service department on the web at [www.all33.com](http://www.all33.com).

Be prepared to provide your name, address, daytime phone number, the model and purchase order number of the product, date of purchase, and the store where it was purchased.

all33 requires that the original sales receipt be submitted with all requests to confirm that you are the original purchaser according to our written warranty.

This warranty gives you specific rights, and you may also have other rights, which vary from state to state.

All warranties are limited to the original purchaser for normal use which is defined as a standard workweek of forty hours by a person weighing less than 275 lbs (125 kg).

For assistance with assembly or installation, parts and customer service, call: (855) 223-6010 or email: [support@all33.com](mailto:support@all33.com).

## RETURN POLICY & SHIPPING:

In the event of less-than-perfect fit, our goal is to help customers adjust the chair to their bodies and create a fit that does work, and we have a support team trained to help the chair fit you best. We recommend you keep and use your chair for at least 10 days to allow your body to properly adjust to your Backstrong C1 because of the unique functionality of the SIM (Sit In Motion® Technology). If you still wish to request a return after 10 days, please call all33 Customer Service at (855)223-6010 or send an email to [support@all33.com](mailto:support@all33.com).



Shipping



Returns



## Warnings

- This chair's intended use is on even flooring.
- Do not lean all the way back in your all33 chair or use it near stairways.
- Never stand on the chair or use it as a stepstool or for kneeling.
- The chair is designed for one person's use at a time.
- Do not sit on the armrests.
- The seat is designed to tilt backwards up to 90 degrees to mimic natural hip movement. It does not tilt forward.
- If the seat ever tilts to make contact with the frame, stop use immediately and contact us.
- In the event of loose, damaged, or missing parts, please contact us at [support@all33.com](mailto:support@all33.com).



[all33.com](http://all33.com)