

# Chairs

**Desk Chairs  
Counter Chairs  
Heavy Duty Chairs  
NPR1813 Chairs**



## Chairs

### Design armrests:

-Height adjustable (7 cm)  
Available on all models  
-Width adjustable (4 cm) – no tools required thanks to the snap clip. Available only on SH08735



**Ergonomically formed backrest with integrated lumbar support**

**Ergonomically formed moulded seat with breathing moulding foam**

# Shape Swivel Chairs

## Mechanisms

### PC - Permanent Contact mechanism

The backrest permanently follows the movements of the upper body. Backrest counterpressure is set at approx. 60 kg. backrest can be locked at any position.

### ST - Syncro®-Tension

Seat and backrest follow the movements of the user ensuring correct posture. Infinite adjustment of backrest counterpressure (for weights of approx. 50-125 kg). Infinite locking of synchronised movement with seat-depth adjustment.

## Standards

Swivel chairs: ergonomically formed moulded seat and backrest with breathing moulding foam; covers glued.

Seat technologies: Permanent Contact for animated sitting or Syncro®-Tension for dynamic sitting.

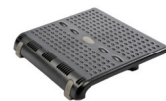
Backrest adjustable in height by 6 cm.

All plastic parts and bases are black (RAL 9011). Safety gas spring. Delivered with hard dual-wheels castors (Ø 50 mm) for soft floors.

Color combinations available



Footrest available on pg. 92



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for more info !**

# Create your Own

Options (depending on model):  
 Armrests: fixed, adjustable in height or width. Seat depth adjustment using sliding seat (5 cm) for swivel chairs. Soft castors for hard floors.



## Shape medium back

Shape swivel chair with medium backrest and double curvature posture seat. Features PC mechanism

- |           |                                 |
|-----------|---------------------------------|
| Stock nr. |                                 |
| SH08120   | without armrests                |
| SH08123   | with fixed armrests             |
| SH08124   | with height adjustable armrests |

## Shape high back

Shape swivel chair with high backrest and double curvature posture seat. Features PC mechanism

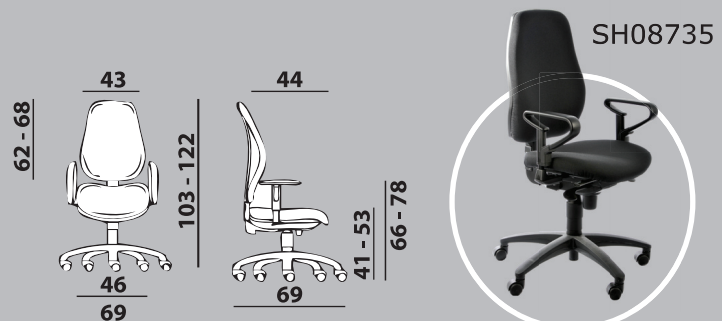
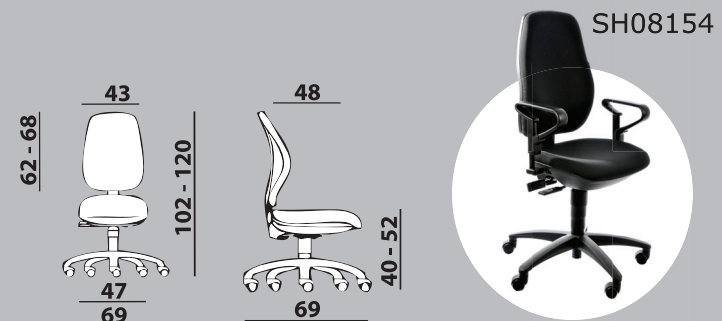
- |           |                                 |
|-----------|---------------------------------|
| Stock nr. |                                 |
| SH08150   | without armrests                |
| SH08153   | with fixed armrests             |
| SH08154   | with height adjustable armrests |

## Shape high back with sliding seat

Shape swivel chair with high backrest, sliding flat seat (5 cm). Features ST mechanism. Delivered standard with seat depth adjustment by means of a sliding seat.

- |           |   |
|-----------|---|
| Stock nr. |   |
| SH08735   | with height and width adjustable armrests |

Colors available on page 158



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## Chairs



SH08128

SH08128x



4CHHN0003

# Specialty Chairs

### Counter chair – high level work chair

Shape high level work chair with medium backrest and double curvature seat. Features PC mechanism. Gas units standard 45-65 cm in height (with castors). Optional gas unit 55-80 cm in height (with glides). This chair can be delivered with fixed or height adjustable armrests.

### Standard gas unit

Stock nr.  
SH08128 45 to 65 cm in height

### X-high gas unit

Stock nr.  
SH08128x 55 to 80 cm in height

Colors available on page 158

### Big and tall desk chairs

We address your every need with this chair that suits all widths and lengths of workers and work days. The big and tall series is styled with the big or tall person in mind; it even has an extra-large cast aluminum base. Warranted for persons up to 450 pounds. Pneumatic height adjustment. Fully upholstered outer back. Available only in black. Armrests are upholstered in black.

Stock nr.  
4CHHN0003 height & width adjustable armrests

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## MotionFlex® Contract

### Mechanism

C11 - Motionflex -Synchron mechanism:  
Seat and backrest follow the movements of the person sitting in a synchronised manner and at the correct angle. Infinite, immediately noticeable adjustment of the constant backrest counterpressure with the help of spring-force adjustment at the side (for a body weight of approx. 40 - 125 kg). Seat-depth adjustment of 10 cm (using a sliding seat which can be locked in 10 positions).

### Standards

Swivel chairs: ergonomically formed moulded seat and backrest with breathing moulding foam; covers glued.

All versions delivered standard with seat depth adjustment using a sliding seat (10cm).

All version delivered standard with height and width adjustable armrests.

Backrest adjustable in height by 7 cm.

All plastic parts and bases are black (RAL 9011).  
Safety gas spring. Delivered with hard dual-wheels castors for soft floors.

### @Just high back

@Just swivel chair with high back rest and sliding seat (10). Features C11 mechanism.

Stock nr.

AJ36715                      height & width adjustable armrests

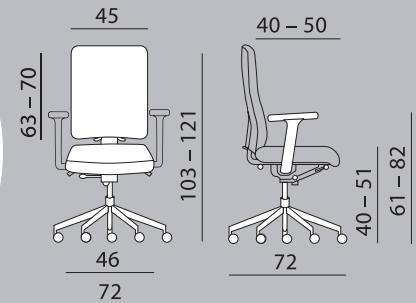
### @Just high back with head rest

@Just swivel chair with high back rest, head rest and sliding seat (10). Features C11 mechanism.

Stock nr.

AJ36915                      height & width adjustable armrests

Colors available on page 158



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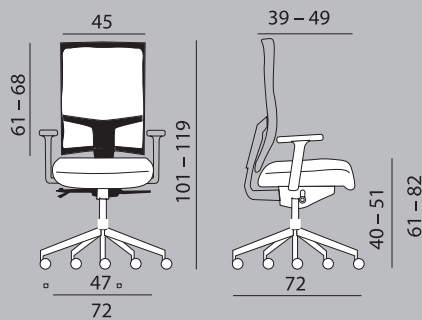
## Chairs



TA37715



TA37715



# MotionFlex® Contract

### Mechanism

C11 - Motionflex -Synchron mechanism:

Seat and backrest follow the movements of the person sitting in a synchronised manner and at the correct angle. Infinite, immediately noticeable adjustment of the constant backrest counterpressure with the help of spring-force adjustment at the side (for a body weight of approx. 40 - 125 kg). Seat-depth adjustment of 10 cm (using a sliding seat which can be locked in 10 positions).

### Standards

Swivel chairs: ergonomically formed moulded seat and backrest with black mesh with lumbar support.

All versions delivered standard with seat depth adjustment using a sliding seat (10cm).

All version delivered standard with height and width adjustable armrests.

Backrest adjustable in height by 7 cm.

All plastic parts and bases are black (RAL 9011). Safety gas spring. Delivered with hard dual-wheels castors for soft floors.

### Take-Over high back

Take-Over swivel chair with high back rest and sliding seat (10). Features C11 mechanism. Mesh back rest with lumbar support.

Stock nr.

TA37715

height & width adjustable armrests  
and lumbar support

Colors available on page 158



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# NPR 1813 Desk Chair

## @Just Chair NPR1813

Perfect ergonomics for everyone! The height adjustable backrest can be regulated on both sides while seated. The seat and backrest follow the movement of the person sitting in a synchronised manner and at the correct angle (for a body weight of approx. 40-125 kg). This chair complies with 100% of the NPR 1813 standards. Delivered with seat-depth adjustment (10cm) and lumbar support.

The soft PU-armrests are multi-function (5 functions): height-adjustable in 10 cm, width-adjustable in 3.5 cm, depth-adjustable in 5 cm, armrest side-adjustable 2 cm and with a rotation of 360°. The width in between the armrests is 36 cm to 51 cm. Available only in black and blue.

## @Just high back NPR1813

With a 3,5 cm in depth lumbar support adjustment.

Stock nr.	Color:	
AJ34806-NR	Black	NPR 1813 approved
AJ34806-BL	Blue	NPR 1813 approved



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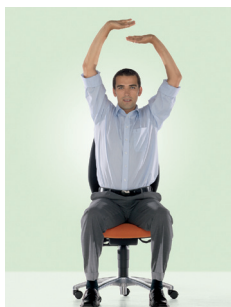
## Chairs - Tips and tricks



Press your left hand down towards the floor and tilt your head to the right so that you feel a noticeable tension in muscles in the left side of your neck. Change sides.



Move your shoulders in wide circles. Breathe in when you move your shoulders up and back. Hold in this position and breathe out whilst moving your shoulders forwards and down.



Raise both arms towards the ceiling and exert an imaginary pressure against the ceiling with your left and right palms alternately. Breathe deeply.



Place both hands on your back. One elbow is pointing up and the other down. Breathe in and pull your elbows back until you feel a tension between your shoulder blades. Hold in this position and breathe out when you move your elbows forwards again. Change sides.



Raise your arms and place your thumbs on your shoulder joints. Bring your elbows together in front of you and at the same time raise them to their maximum tension. Then move your elbows back, down and back to the front.



Hold both arms to your sides. Breathe in and at the same time turn your palms outwards. Hold in position, turn your palms back whilst breathing out.



Clasp your hands behind your back as high as possible. Breathe in and press your elbows back. Hold in this position, move your elbows back to the front whilst breathing out.



Place your right hand on your left shoulder and your left hand on your right shoulder. Breathe out fully and at the same time lower your elbows and head. Raise your elbows up to shoulder level again whilst breathing in. Tilt your head back into your neck.



Grasp your left elbow with your right hand and push the lower arm past the right side of your body. Keep your shoulders relaxed! You should feel a noticeable tension diagonally across your back. Change sides.



Your arms hang loosely at your side in an upright and free seated position. Your hands are relaxed and rest on the seat. Now lift your left and right hip alternately. The shoulders should remain horizontal.

Make these **exercises** part of your **daily routine** - in whatever sequence you like. You'll soon see that they will do you good.

As a rule, five minutes **active back training** every day is better than half an hour every week