

FEHN ASSEMBLY INSTRUCTIONS

WARNING

Please read this warning carefully before using the FEHN.


The FEHN is different than any other chair on the market, and requires some time and care when using it.

- The Assembly and Setup Instructions must be strictly followed. The FEHN should always be used directly on the floor or other solid, level surface.

- **Height and Weight Limits:**

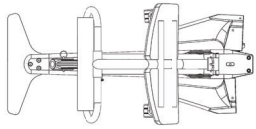
Model #	Max. Weight	Max. Height
700S-R (standard height)	250lbs	6'0"
700S-T (tall height)	250 lbs	6'2"
700E-R (standard height)	250lbs	6'0"
700E-T (tall height)	250 lbs	6'2"
700L-R (standard height)	250lbs	6'0"
700L-T (tall height)	250 lbs	6'2"

**If you are not sure what model chair you have, check the label on the chair frame. That label includes the model# as well as the height and weight limits.*

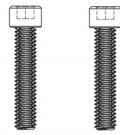
- Children under the age of 14 should not use the FEHN.
- The seat is designed to move freely. It rocks and swivels 360 degrees. You should use caution getting in and out of the FEHN; use the handles to stabilize yourself.
- Always have both feet fully supported by the foot rests or the floor when using the FEHN.
- Wearing pumps or stiletto heels on the FEHN is not recommended. 
- Do not lean sideways on the FEHN.
- Do not sit on the footrest.
- Always adjust the chair position, height and spring tension as described in the FEHN Setup Instructions.
- The FEHN is for indoor use only. Do not store the FEHN outdoors, near water, or at high humidity levels.
- You are solely responsible for determining if you are physically fit and capable of using the FEHN chair. If you have any doubts about your ability to use the FEHN safely (including, without limitation, vertigo, balance issues, or another injury or impairment) consult a physician before using the FEHN.

FEHN ASSEMBLY INSTRUCTIONS

In the Box



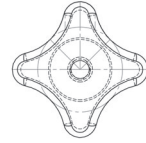
A



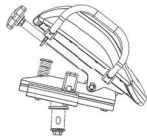
B



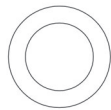
C



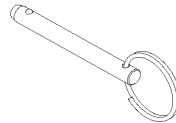
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E



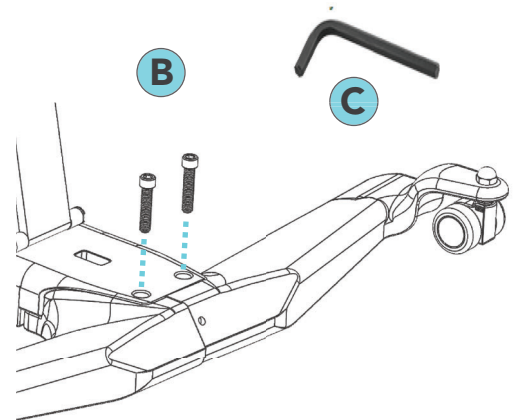
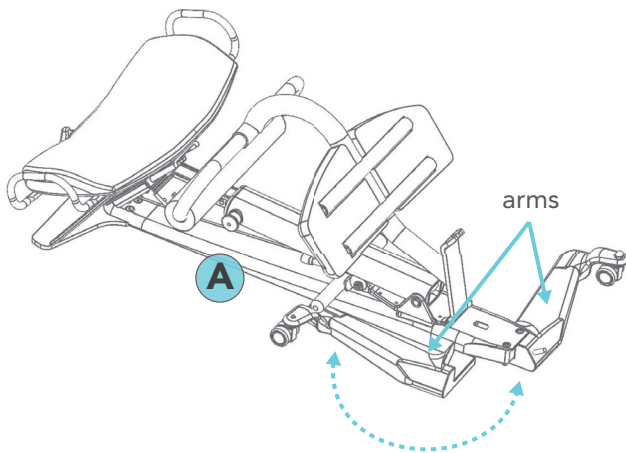
F



G

A	Base Assembly	1 ea
B	5/16" Socket Head Bolt	2 ea
C	1/4" Allen Wrench	1 ea
D	Knob	1 ea
E	Seat	1 ea
F	Bronze Washer	1 ea
G	Quick Release Pin	1 ea

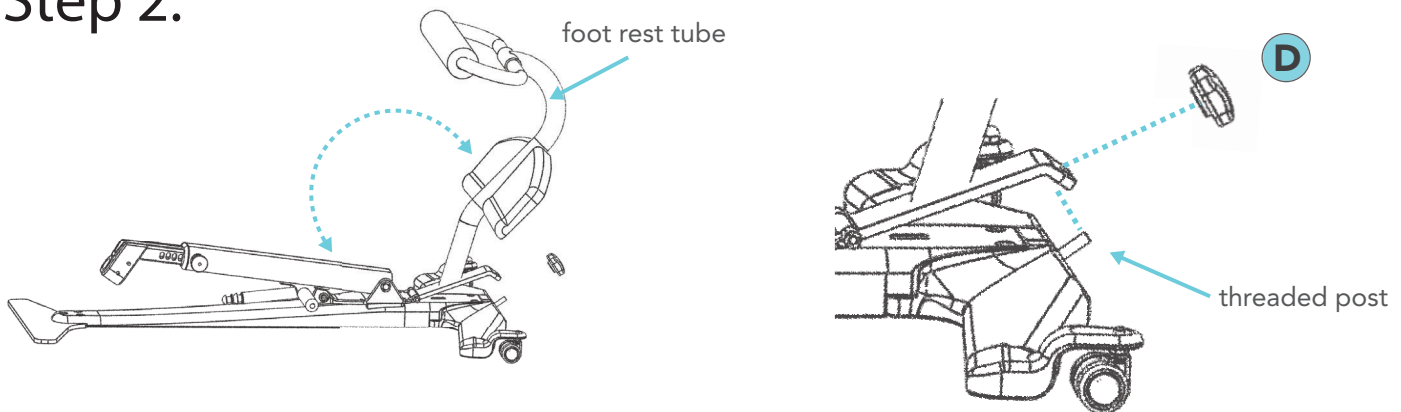
Step 1:



- Swing open the arms in the Base Assembly (A)
- Using the Allen Wrench C, screw the Socket Head Bolts (B) into the arms to lock them in place. Make sure the bolts are well tightened and the heads are flush with the top of the base. If they are secured correctly, the arms should not move at all.

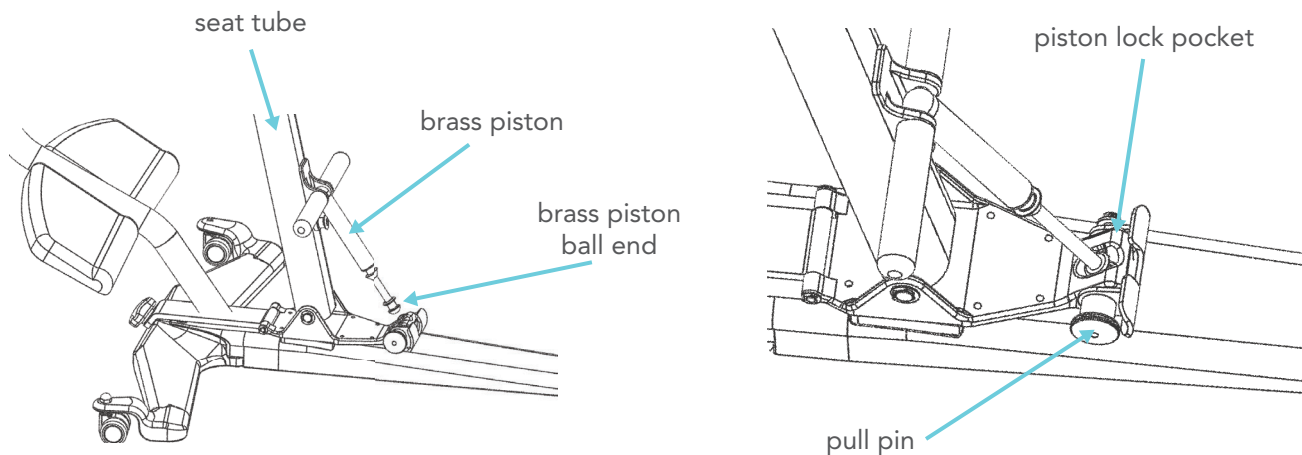
FEHN ASSEMBLY INSTRUCTIONS CONTINUED

Step 2:



- Unfold the Foot Rest Tube until the slot at bottom fits over the threaded post on the base.
- Screw the Knob (D) onto the post until it is firmly tightened against the base. You should not be able to fold the Foot Rest Tube when it is installed properly.

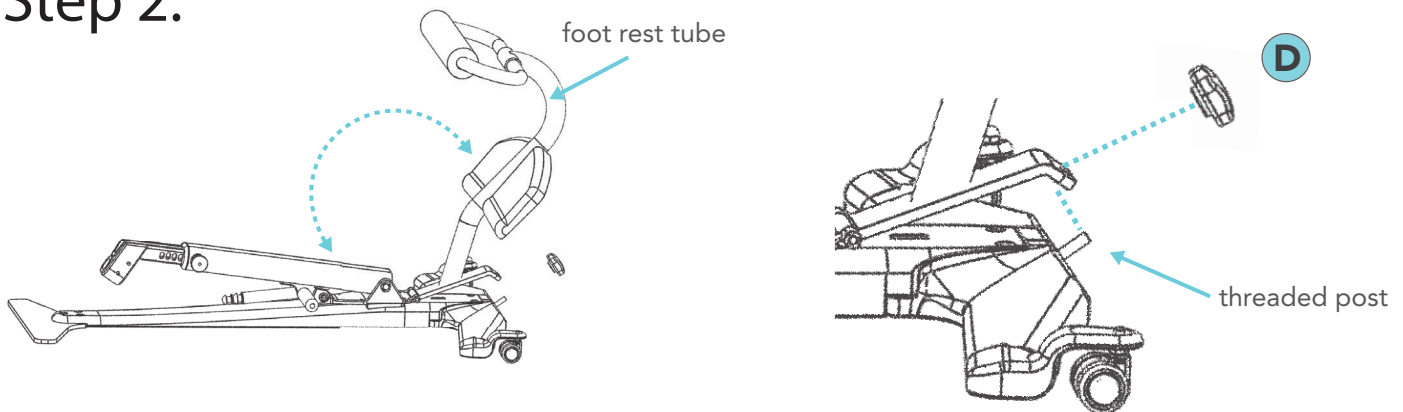
Step 3:



- Unfold the Seat Tube and Brass Piston. Place the Ball End of the Brass Piston into the Piston Lock Pocket on the base.
- Pull down on the Seat Tube until the Brass Piston Ball End is securely locked into the Piston Lock Pocket. You will hear a loud click when it locks securely.
- **Caution:** Do Not sit on the Fehn unless you are certain that the bottom of the Brass Piston is securely locked into the Piston Lock Pocket.
- (If you later need to fold the Fehn up for transport, use the Pull Pin to release the Brass Piston from the Piston Lock Pocket)

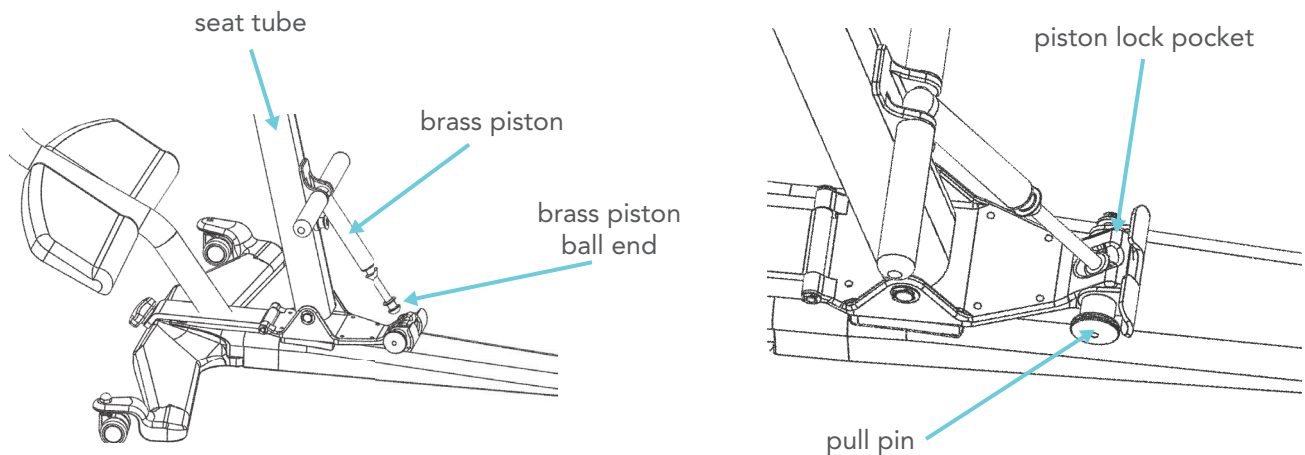
FEHN ASSEMBLY INSTRUCTIONS CONTINUED

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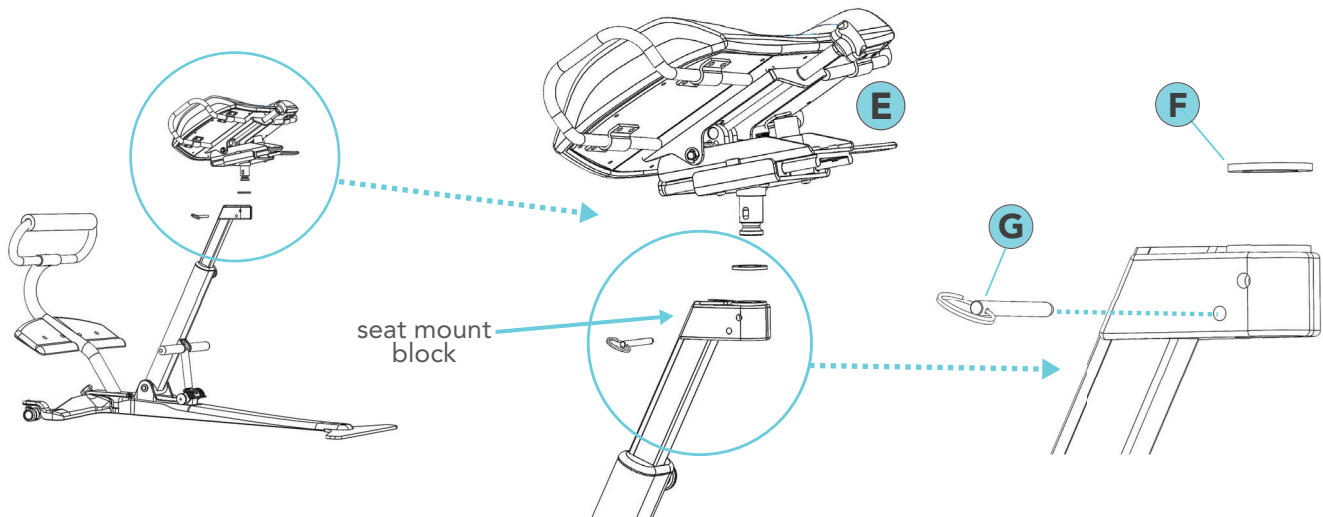
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Step 4:



- Install the Seat (E) into the Seat Mount Block placing the Bronze Washer (F) as depicted above. The Bronze Washer (F) should be placed above the Seat Mount Block.
- Once the seat is in the Seat Mount Block, insert the Quick Release Pin (G) into the lower hole on the Seat Mount Block to secure the seat in place. **DO NOT USE THE FEHN WITHOUT INSTALLING THE QUICK RELEASE PIN PROPERLY.**
- **Note:** If you need to pack or transport the seat you can move the Quick Release Pin to the upper hole in the Seat Mount Block to prevent the seat from rotating. You should not use the FEHN when the Pin is in the upper hole. This is for transport only.

IMPORTANT: Before using the FEHN follow the Setup Instructions on the following pages or watch the video at www.TheFehn.com/setup to ensure the chair is adjusted properly for your comfort and body!