

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:

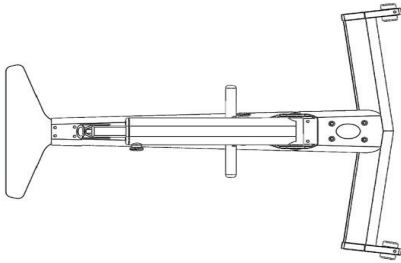
Model #	Max. Weight	Max. Height
700S-R (standard height)	250lbs	6'0"
700S-T (tall height)	250 lbs	6'2"
700E-R (standard height)	250lbs	6'0"
700E-T (tall height)	250 lbs	6'2"
700L-R (standard height)	250lbs	6'0"
700L-T (tall height)	250 lbs	6'2"

**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.*

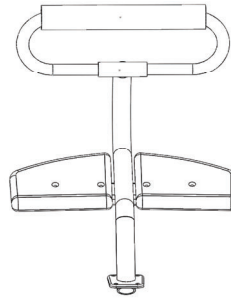
- Children under the age of 14 should not use the FEHN.
- The seat is designed to move freely. It rocks and swivels 360 degrees. You should use caution getting in and out of the FEHN; use the handles to stabilize yourself.
- Always have both feet fully supported by the foot rests or the floor when using 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

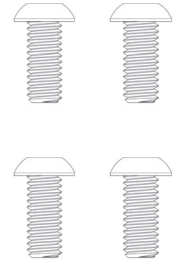
In the Box



A



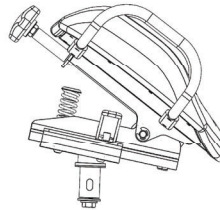
B



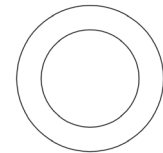
C



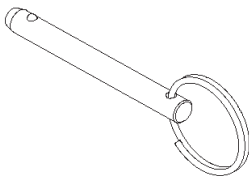
D



E



F

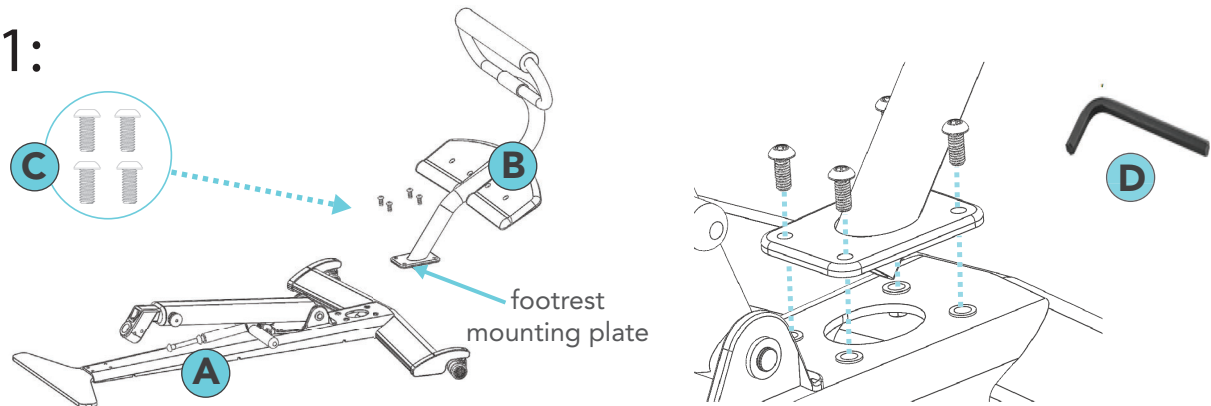


G

A	Base Assembly	1 ea
B	Footrest Assembly	1 ea
C	5/16" Button Head Screw	4 ea
D	Allen Wrench	1 ea
E	Seat	1 ea
F	Bronze Washer	1 ea
G	Quick Release Pin	1 ea

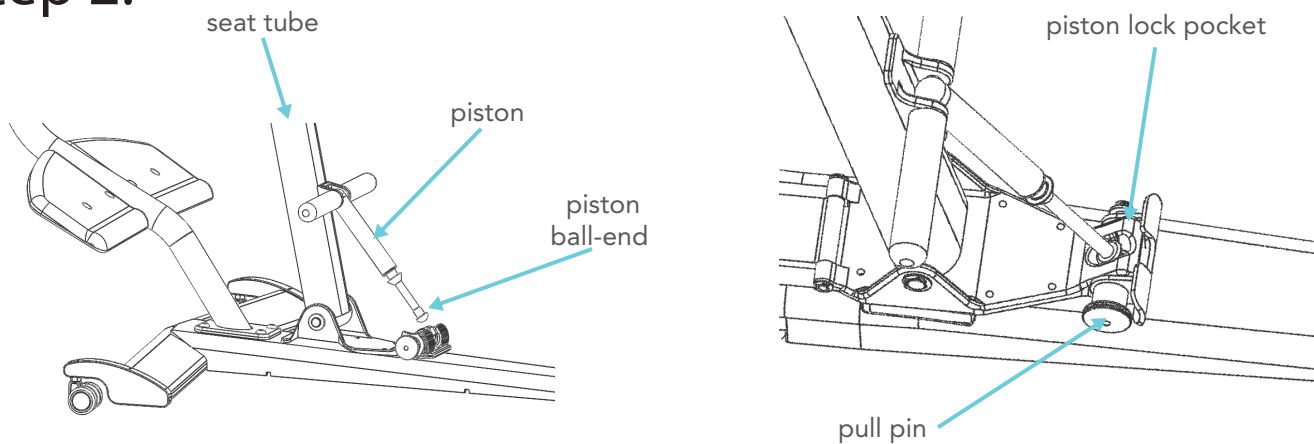
FEHN ASSEMBLY INSTRUCTIONS CONTINUED

Step 1:



- Place the mounting plate of the Footrest Assembly (B) onto the Base Assembly (A) so that the four holes on the footrest mounting plate align over the four holes in the Base Assembly.
- Using the Allen Wrench (D), screw the four Button Head Screws (C) through the Footrest Mounting Plate and into the Base Assembly. First tighten all screws half-way. Then tighten all screws completely.
- Make sure the screws are well tightened and the heads are flush with the top of the footrest mounting plate. If they are secured correctly, the Footrest Assembly should not move at all.

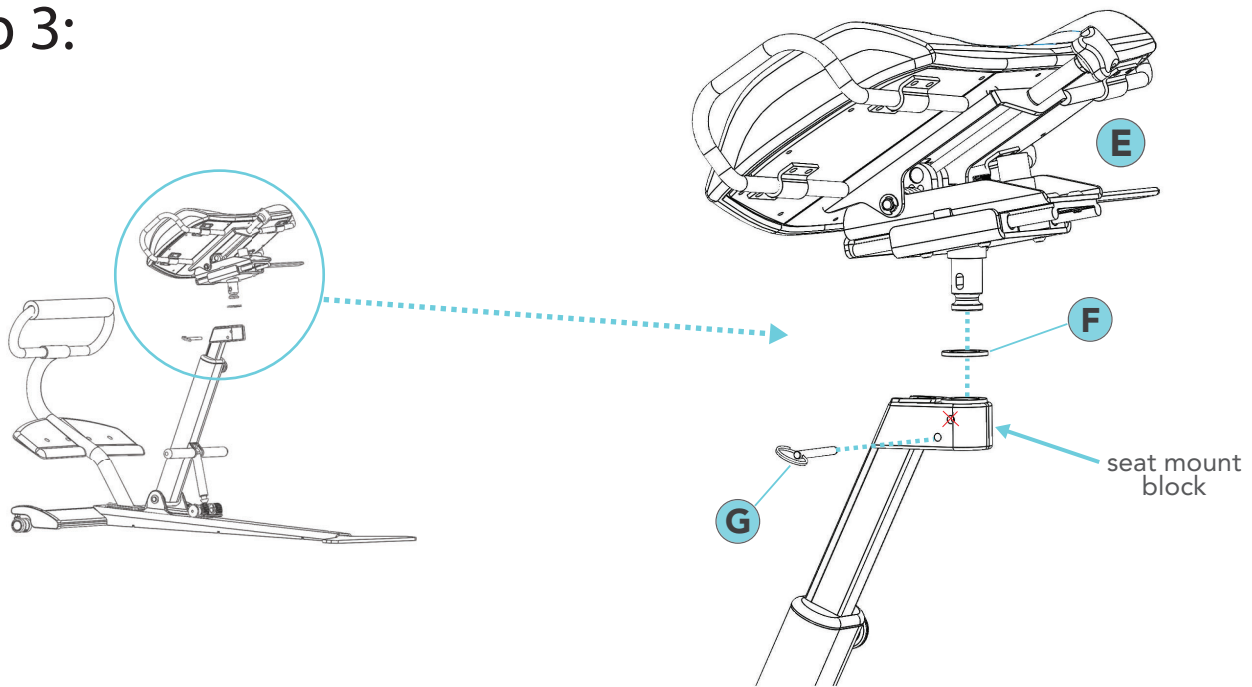
Step 2:



- Unfold the Seat Tube and Piston. Place the Piston Ball-End 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 Piston Ball-End 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 Piston from the Piston Lock Pocket)

FEHN ASSEMBLY INSTRUCTIONS CONTINUED

Step 3:



- Install the Seat (E) through the Bronze Washer (F) and into the Seat Mount Block. The Bronze Washer (F) should be placed above the Seat Mount Block as depicted above.
- 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!