

SETTING UP YOUR FEHN

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.

SETTING UP YOUR FEHN

Optimal Setup



Elbows form an angle that is slightly larger than 90 degrees

Back lined up with the back edge of seat

Knees slightly bent

Feet comfortably reach bottom foot rest

Follow the instructions on the following pages to optimize your comfort on the Fehn.

If you prefer watching a video, check out www.TheFehn.com/setup

SETTING UP YOUR FEHN CONTINUED

Step 1 - Chair Placement

Setting the Distance to the Desk

- **Caution:** Before setting up your Fehn, make sure the bottom of the Brass Piston is fully locked into the Piston Lock Pocket of the base. (fig. 1)
- Lock the Seat Tube by rolling the Seat Tube Foot Lock forward onto the brass tube with your foot. (fig. 2, fig. 3)
- Using the front wheels, move the chair to a comfortable working distance from your desk. Then unlock the Foot Lock (fig. 4)
- No need to perfect the placement now. You will fine-tune this later once you have made a couple of other key adjustments.

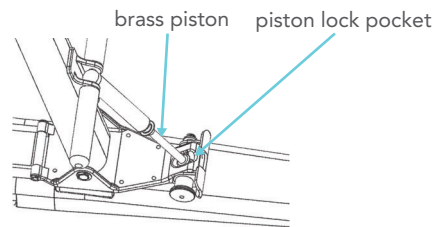


fig. 1

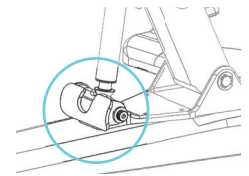


fig. 2 - unlocked

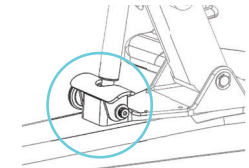


fig. 3 - locked

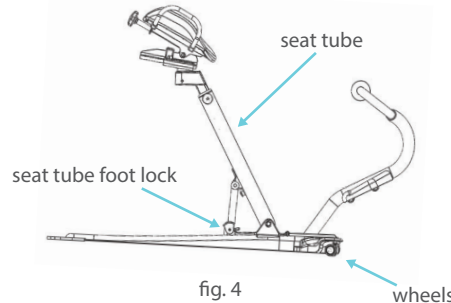


fig. 4

Step 2 - Desk Height

- Fold your seat forward under your desk and out of the way.
- Move the desk up or down until your elbows form an angle that is slightly larger than 90 degrees. (fig. 5, fig. 6)

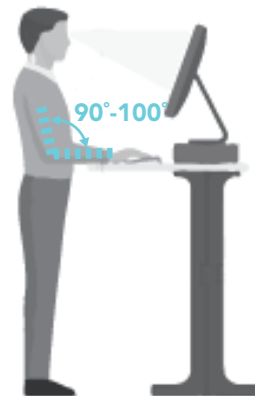


fig. 5

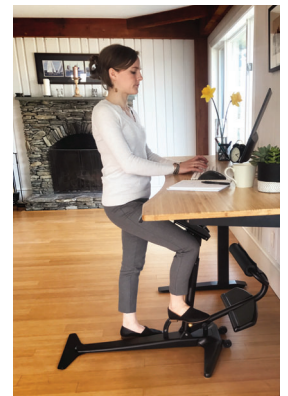


fig. 6

Step 3 - Seat Height

- A simple Pull Pin allows you to adjust the height. (fig. 7) This adjustment has the biggest impact on comfort.
- Adjust the height so when seated your elbows are in the same 90+ degree position as they were while standing in Step 1. Your knees should only be slightly bent. (fig. 8)
- Make sure the Pull Pin is fully engaged (you will hear a loud click).
- Do not change the desk height that you set in Step 1.

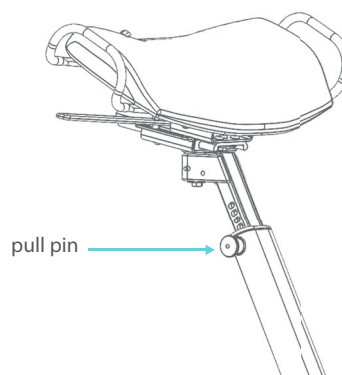


fig. 7



fig. 8

SETTING UP YOUR FEHN CONTINUED

Step 4 - Seat Slider

Setting the Distance to the Footrest

- To adjust the distance to the footrests (fig. 9), lift the Lever on the right side of the seat and slide the seat forwards and backwards. (fig. 11)
- Release the Lever to lock it.
- In the correct position, your back should be aligned with the back edge of the seat with your feet on the platforms and your knees slightly bent. (fig. 10, fig. 12)
- * **Check Distance to Desk:** Now that you have set your seat height and footrest distance you may need to readjust the seat's distance to the desk. Refer to the instructions in Step 1.

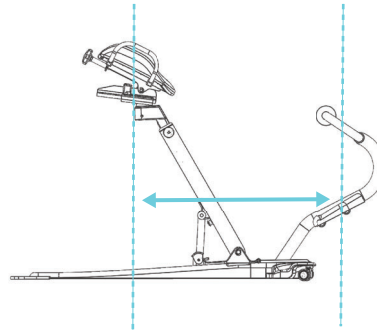


fig. 9

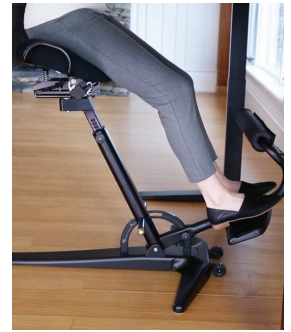


fig. 10

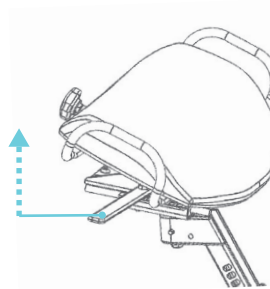


fig. 11



fig. 12

Step 5 - Seat Spring Stiffness

How Much Do You Want to Rock?

- The seat spring resistance Knob controls how easily the seat rocks and how much support it provides. (fig. 13)
- Turn the Knob clockwise to increase the spring resistance, making it harder to rock the seat. Turn it counter clockwise to decrease the resistance. (fig. 14)
- Test different settings to find the sweet spot that gives you the optimal amount of movement and support.

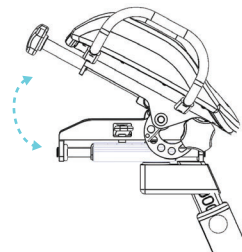


fig. 13

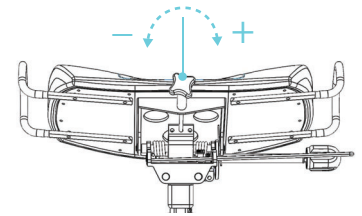


fig. 14

Confirming and Fine-Tuning Setup

These adjustments should get you started. Spend some time sitting in the chair to confirm that the seat height, foot rest distance, and spring resistance are set correctly for your comfort needs.

If you have questions about setup or are uncomfortable please contact us at info@thefehn.com or visit our website for more information.