

FEHN



User Manual | Assembly Instructions

Fehn Models: 700L-R, 700L-T

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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:**

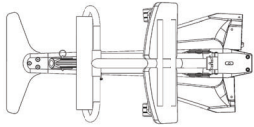
Model #	Max. Weight	Max. Height
700S-R (standard height)	250lbs	6'0"
700S-T (tall height)	250 lbs	6'2"
700E-R (standard height)	250lbs	6'0"
700E-T (tall height)	250 lbs	6'2"
700L-R (standard height)	250lbs	6'0"
700L-T (tall height)	250 lbs	6'2"

**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.*

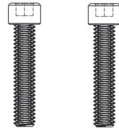
- Children under the age of 14 should not use the FEHN.
- The seat is designed to move freely. It rocks and swivels 360 degrees. You should use caution getting in and out of the FEHN; use the handles to stabilize yourself.
- Always have both feet fully supported by the foot rests or the floor when using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



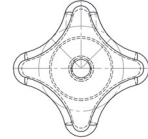
A



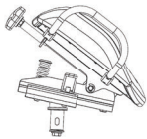
B



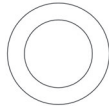
C



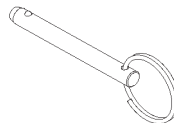
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E



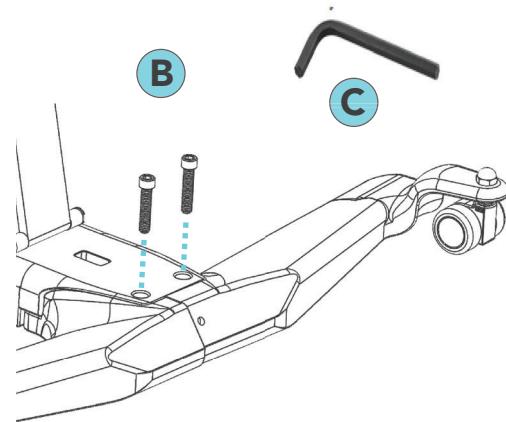
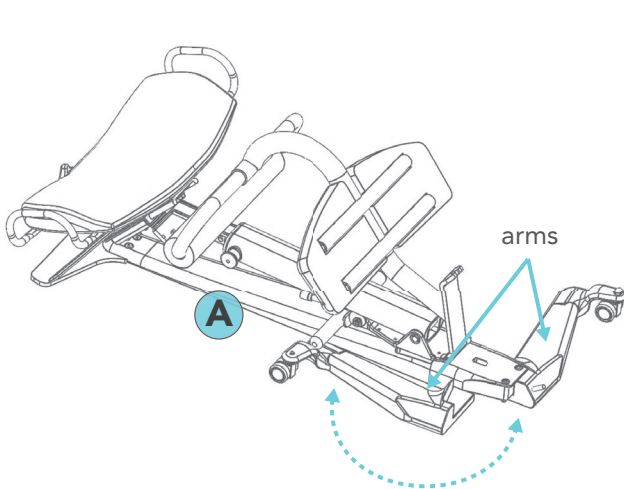
F



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

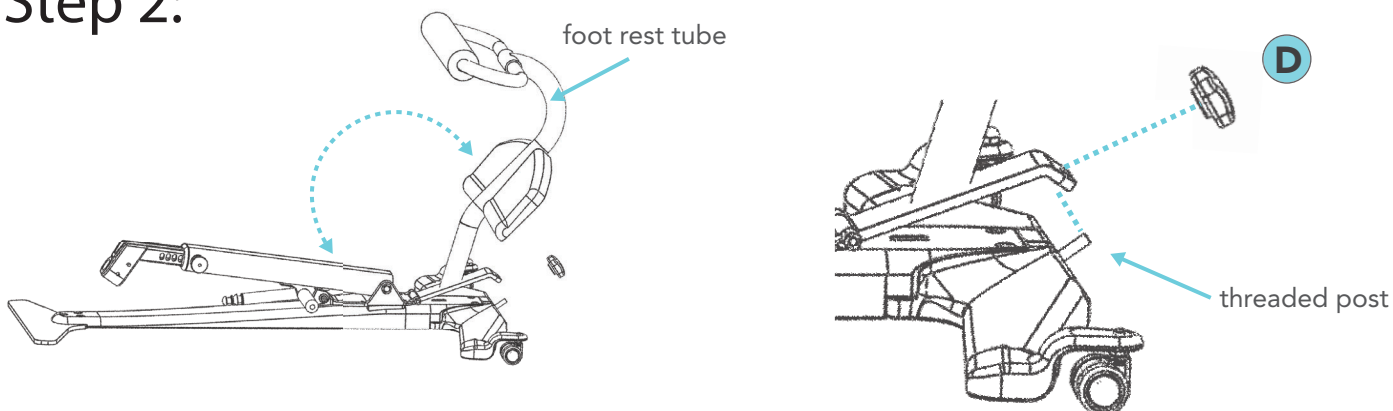
Step 1:



- 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.

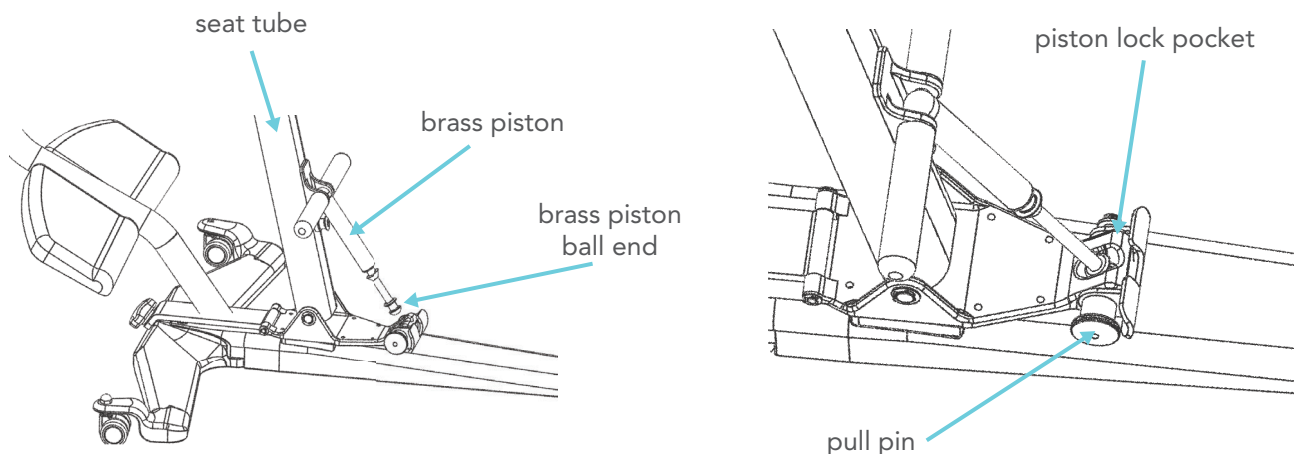
FEHN ASSEMBLY INSTRUCTIONS CONTINUED

Step 2:



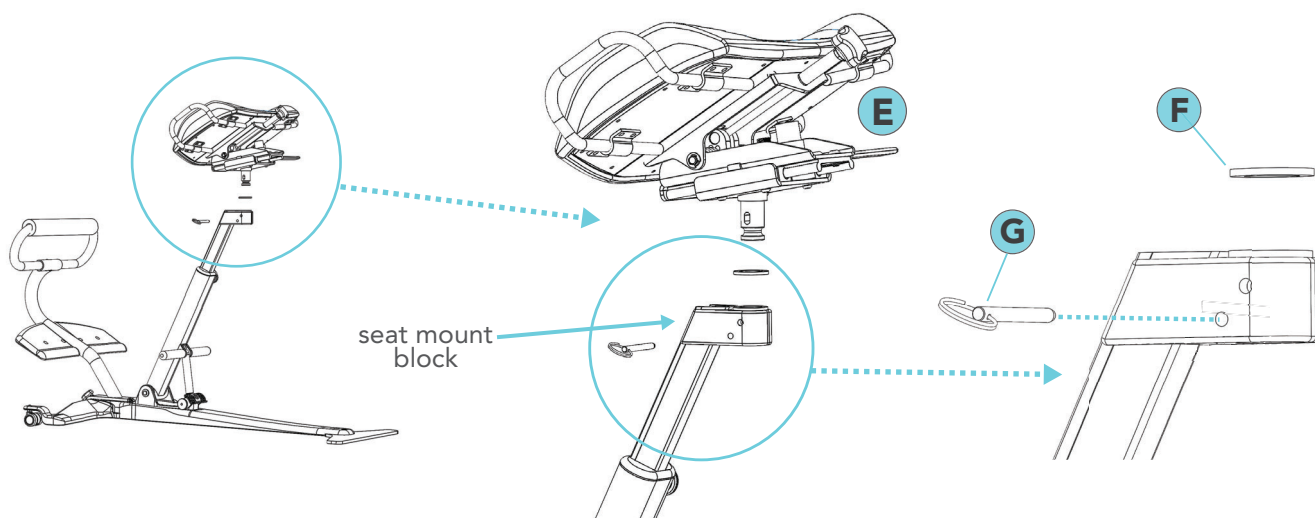
- Unfold the Foot Rest Tube until the slot at bottom fits over the threaded post on the base.
- Screw the Knob (D) onto the post until it is firmly tightened against the base. You should not be able to fold the Foot Rest Tube when it is installed properly.

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)

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!

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.

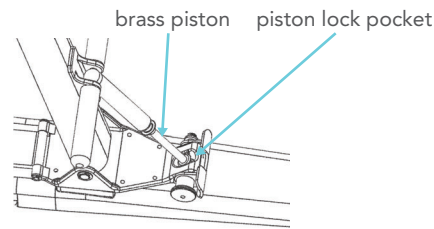


fig. 1

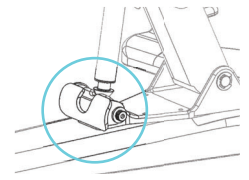


fig. 2 - unlocked

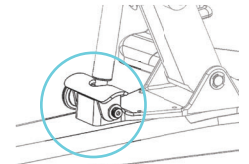


fig. 3 - locked

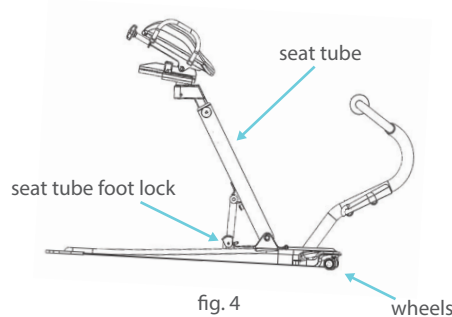


fig. 4

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)

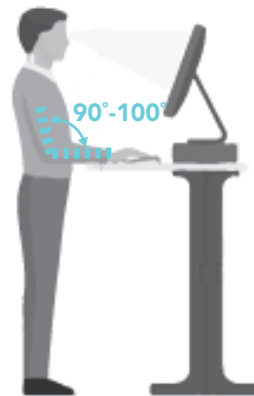


fig. 5



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.

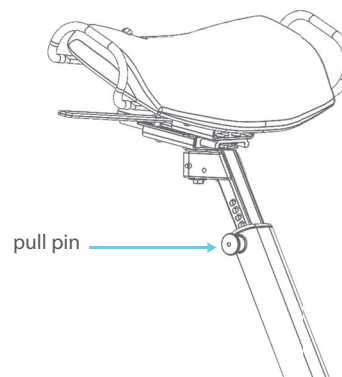


fig. 7



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.

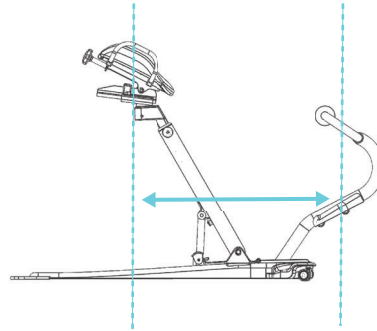


fig. 9

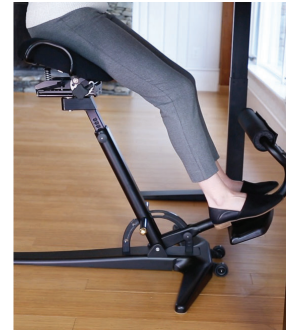


fig. 10

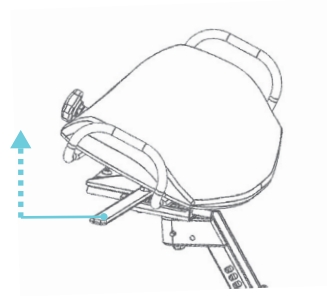


fig. 11



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.

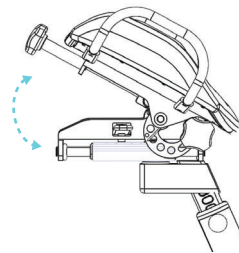


fig. 13

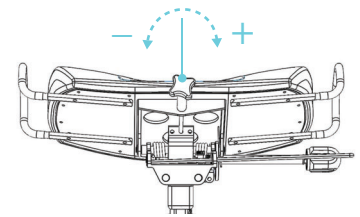


fig. 14

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.

LIMITED WARRANTY

The Fehn Has Your Back

What this Limited Warranty Covers: Derecktor Design LLC, dba Fehn LLC ("Fehn") will replace or repair at its factory or nominated service facility any Fehn model# FEHN700L product ("the Product") found to be defective in material or workmanship for a period of **ONE (1) YEAR** from the date of initial shipment of the Product. This Limited Warranty is upgradeable to **FIVE (5) YEARS** by registering the Product within the first year of purchase. The seat fabric and foam are excluded from this FIVE (5) Year warranty extension. The seat fabric and foam have a maximum warranty of ONE (1) YEAR. Fehn warrants against any replacement spare part received from The Fehn or any of its authorized dealers for a period of NINETY (90) DAYS after the date of shipment. This Limited Warranty applies to the initial purchasers of the Product or spare part and is not transferable to any other party. This warranty is Fehn's sole warranty for the Product, and is Fehn's sole obligation and your sole remedy. Fehn hereby disclaims all other warranties, express or implied, including but not limited to any implied warranty of merchantability or fitness for a particular purpose. Some states (countries and provinces) may not allow for these limitations, so the above limitation may not apply to you.

How Can a Customer Obtain Warranty Service: A customer making a warranty claim is responsible to return the defective Product or component to Fehn's factory or its nominated service center, prepaying all postage or other shipping charges. The customer must first notify Fehn Customer Service of his/her intent to return the Product or component by email at info@thefehn.com and receive a confirmation from Fehn before the Product is returned.

Claimant's Responsibilities: A claimant must ensure that the defective Product or components are properly packed to protect them from damage during shipping. Fehn will not be responsible for any damage that occurs to the Product or component during shipment.

What Fehn Will Do: Fehn, will review, repair or replace the Product or component, at Fehn's discretion. Fehn will then return the repaired or replaced Product or component to the claimant at Fehn's expense. Fehn will ground/economy ship all replacement warranty Products or components to claimant. Charges will apply for any alternative shipping methods requested by claimant. Product shipped outside of its initial purchase country may be subject to additional shipping costs. Where the product warranty has been deemed void, the costs of repair and any associated shipping costs shall be borne by the claimant. Fehn will contact the claimant prior to return of the repaired Product or component.

How This Limited Warranty Will be Void: This Limited Warranty will be void if the claim has resulted from: (a) improper assembly of the Product, (b) usage of the Product beyond its design as explained in the Fehn Owner's Manual, (c) use of improper cleaning materials, (d) use and/or storage of the Product outdoors, near water or in areas of high humidity or in a manner inconsistent with use and storage limits set forth in the Owner's Manual; (e) accident, abuse, misuse, misapplication or as a result of any modification other than that authorized by Fehn, (f) improper preventative maintenance steps as described in the Fehn Owner's Manual and (g) repairs or use of spare parts not provided or approved by Fehn.

Restriction on Other Damages: Fehn shall not be liable for any direct, consequential, incidental, indirect or special damages under this Limited Warranty or any implied warranty that may be imposed under your country, province or state law. Some states (countries and provinces) do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Governing Law; Venue; Waiver of Jury Trial: The terms of this Limited Warranty are governed by the internal laws of the State of Rhode Island, USA. Any dispute arising from the terms of this Limited Warranty is subject to the exclusive jurisdiction of the courts of the State of Rhode Island and the Federal courts resident therein. To the extent allowed by applicable law, by purchasing and using the Product, the Customer agrees to waive the right to trial by jury.

If you try The Fehn and don't agree that it is the most comfortable way you have ever worked, return it to us within 30 days, in its original condition, for a full refund.



Thank you for
choosing the
FEHN. Please visit
our website,
www.thefehn.com
or contact us at
info@thefehn.com
if you have any
further questions
or concerns.

