



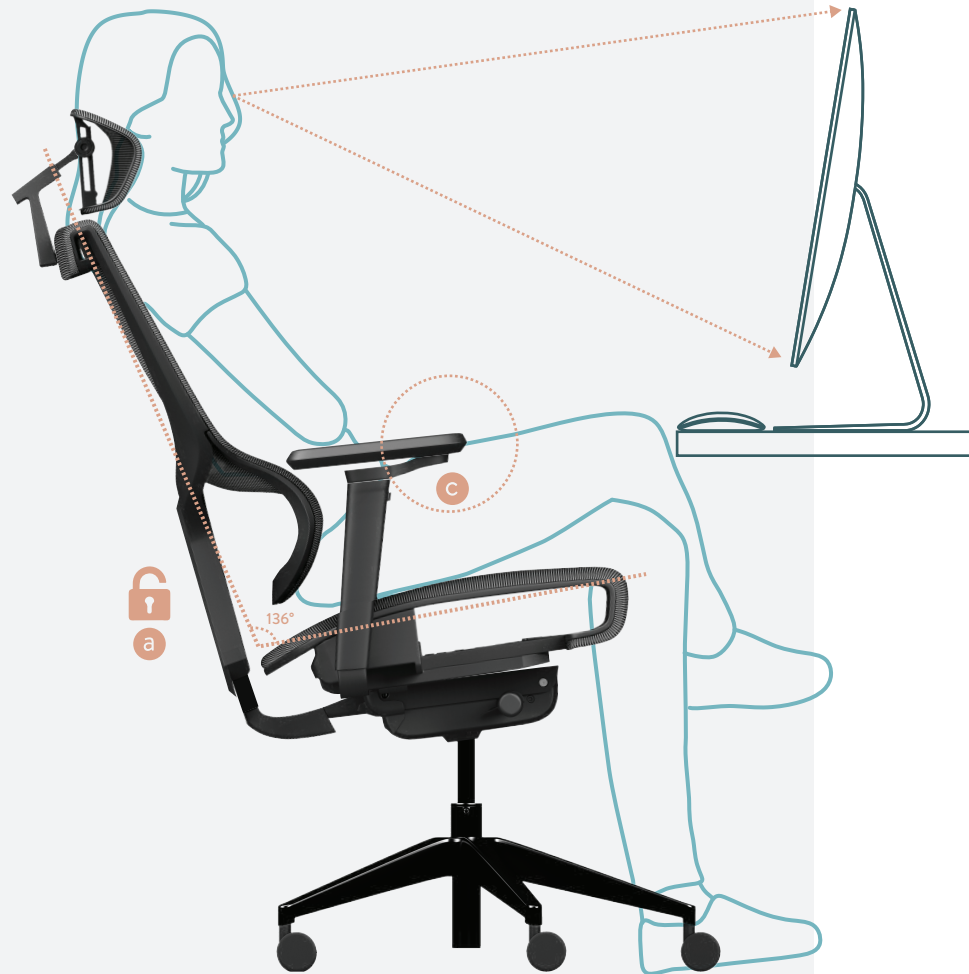
ERGOTUNE
supreme

**ACTIVITY
ADJUSTMENTS**

*Switch it up based on your
activities through the day*

...BEFORE ADJUSTING
THROUGH THE DAY

After calibrating the ErgoTune to your body*, follow the recommendations here to adjust it according to your activities through the day.



*refer to Key Calibrations booklet if you have not done so

ERGOTUNE

Use these 3 adjustment points to activate the activity modes in the following pages.

a Recline

The left knob controls the backrest's ability to recline.

- Turn it forward to lock the recline
- Turn it backward to unlock the recline

Here are some positions you can set:

1. Backrest kept upright: Take your weight off it before locking it.
2. Backrest locked at a specific angle: Unlock it, then lean back. When you're at the desired angle, lock it again.
3. Reset backrest after locking it at a specific angle: Unlock it, then put your weight against the backrest.



The right knob calibrates the backrest's resistance when you lean against it (while recline is unlocked):

1. Each turn forwards increases the resistance by one level.
2. Each turn backwards decreases the resistance by one level.



COMPOSE

For the artists, writers, and the students. Compose mode is perfect for drawing, writing, and formulating your thoughts. When your eureka moment arrives while you're leaning back, lean forward and spring to action quickly.

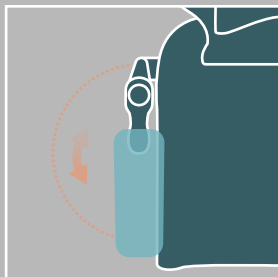
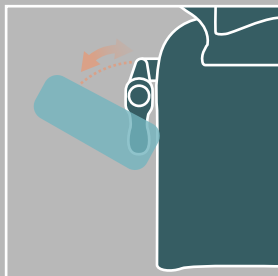
- a Unlock the seat's recline and set the recline tension to your preferred resistance level.

Now, you can sit upright while writing or rocking back on your seat and pondering.

- b Set the armrest to its maximum length. Move your seat in until it's flushed with the edge of your desk.

This allows you to comfortably interact with the zone of engagement without forcing your body to curl up.

b Armrest Length



The armrest has two length settings:

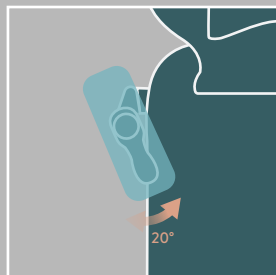
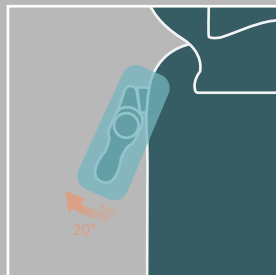
1. Maximum length — swivel the left armrest outwards clockwise, and the right armrest outwards anti-clockwise.
2. Minimum length — swivel the left armrest inwards anti-clockwise, and right armrest inwards clockwise.

c Armrest Angle

You can change the armrest's angle at both its minimum and maximum lengths.

At its minimum length, grip the armrest's neck located right below it. Then, shift it left or right to your desired angle.

At its maximum length, grip the front of the armrest and shift it left or right to your desired angle.



FOCUS

For the professionals, video editors, and accountants. Focus mode helps you be at your most productive while sitting upright and working on your PC or laptop. You'll never feel battered after a long day typing away again.

- a Set the backrest's recline angle at an upright position, then keep the recline locked.

This provides your back with maximum support while you sit straight and focus on your screen.

- b Toggle the armrest to its minimum length. Move your seat in until it's flushed with the edge of your desk.

This gives your arms access to your desk's full zone of engagement, ensuring that you can reach everything you need easily.

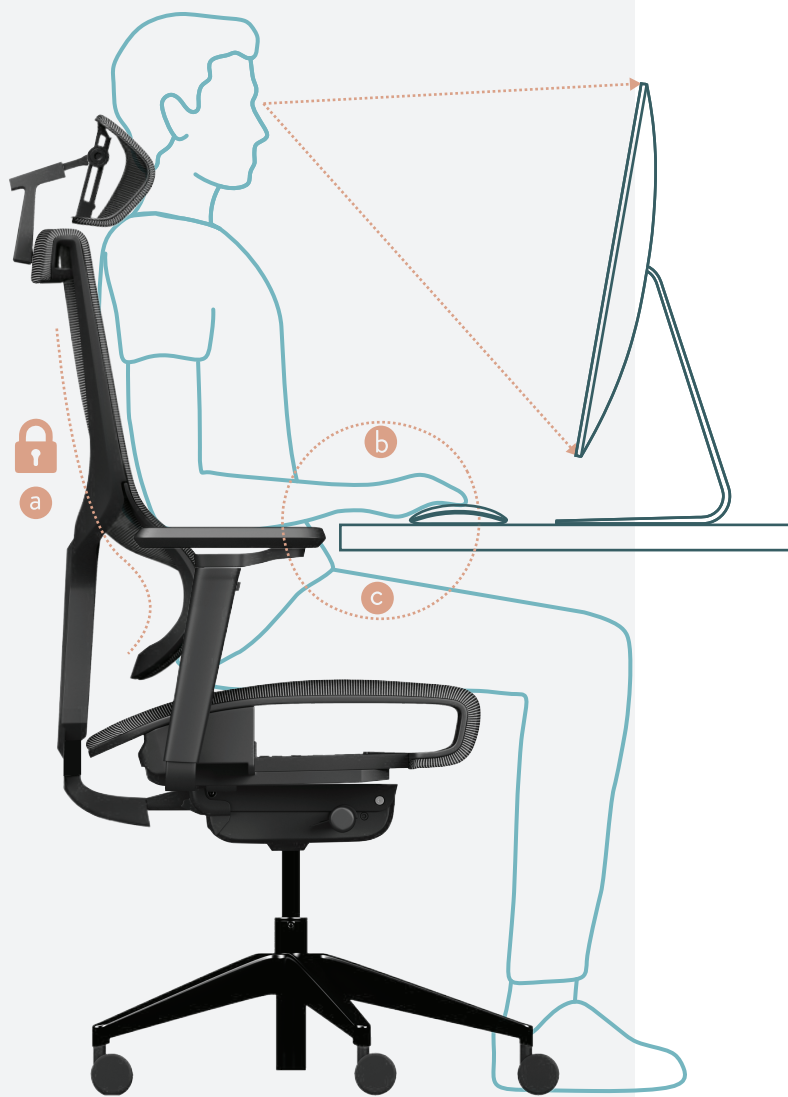
- c Adjust the armrest's angle based on your input device's width. This ensures that your forearms and elbows are fully supported by the armrest, regardless of device width.



If you're typing on a laptop or tablet, you might want to angle the armrest inwards.



If you're using a full-sized keyboard and mouse, you might want to straighten the armrest or even angle it outwards.



RELAX

Convert from day to night to relax after a hard day's work. Relax mode lets you zone out after clocking out. Whether you're watching a movie on your PC or lounging with your favourite novel in hand, the ErgoTune's got your back. Careful, you might even end up falling asleep in it.

- a Recline to your preferred angle, then lock it. This allows you to sit back and relax while you watch a movie or read a book.

- c Angle the armrest to fit your resting style or until you're comfortable. Just make sure that your forearms and elbows are fully supported.

If you're resting your arms while watching a movie, you might want to straighten the armrest.

If you're reading a book, you could angle the armrest inwards instead.

