

KICKSTAND

USER GUIDE

Introducing a whole new way to work. There's sitting. There's standing. And now there's perching with Kickstand. It's an active alternative that provides limitless opportunities for body-benefitting postures, giving you support you need to lean forward and focus on what's in front of you.

Lean into work.



KICKSTAND

SitOnIt • Seating®

FEATURES AND BENEFITS

HANDLE

Lightweight frame with easy-grip handle means your new posture is always within reach

SEAT

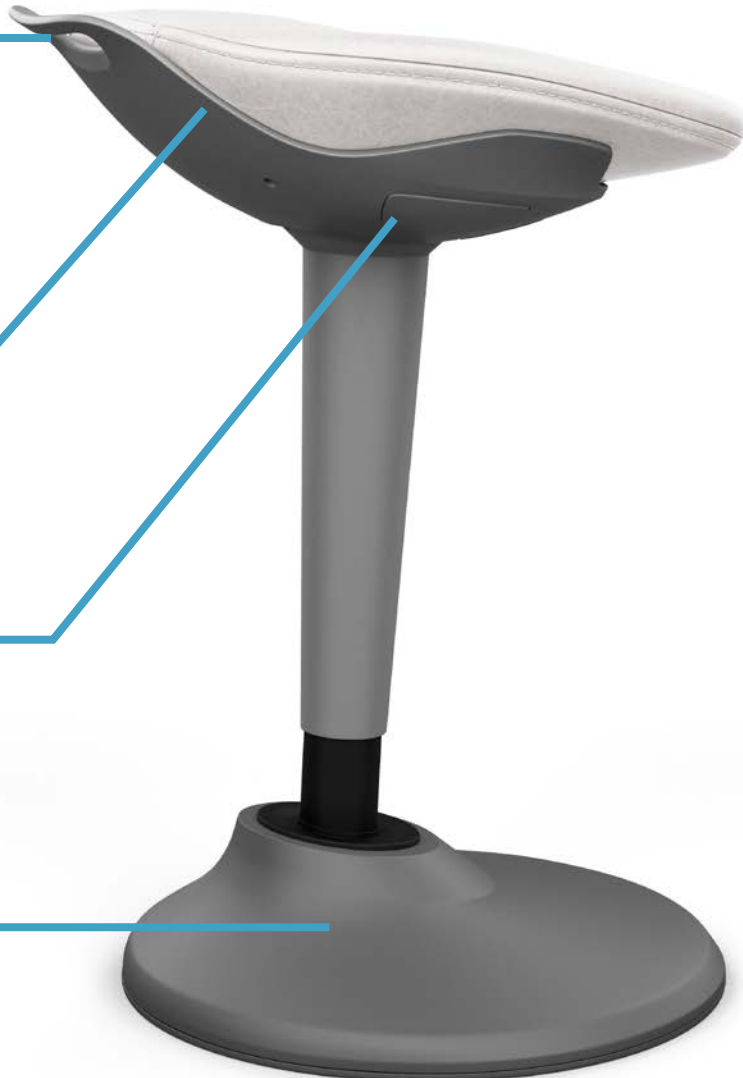
Ergo-sculpted, bolstered seat alleviates pressure points while offering soft, flexible edges

HEIGHT-ADJUSTMENT BUTTON

Streamlined ambidextrous controls makes it easy to adjust from either side

BASE

Stable base follows your slightest sways with 360 degrees of responsive movement



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USER INSTRUCTION

DO'S OF PERCHING

- Squarely position on the seat cushion.
- Form legs and the seat post into a triangle shape under the user, opening up back-to-hip angle to 130 degrees.
- Place feet firmly on the ground. The base must be flat on the floor at all times.
- Sit towards the back of the seat and not on the seat edge.
- Bend knees slightly.

DON'TS OF PERCHING

- Don't lean or tilt the stool back.
- Don't remove pressure from your legs and lean to the side or backward. You may lose your balance and fall.
- Don't point seat edge away from desk.
- Don't sit on the seat edge.



WARNING

FALL HAZARD

To minimize risk of serious injury:

- Read all instructions before assembly or use at www.sitonit.net/userguide
- Do not use if you have difficulty balancing as this stool is designed to tilt & rotate
- Do not use if you are more than 250 lbs
- When using, keep both feet firmly on the ground
- Do not sit on edge of the seat or stand on stool
- Regularly inspect before using. Remove from service if you see any damage or loose parts

MAINTENANCE

If found unstable due to loose bolts and screws, tighten them. Regular maintenance is recommended for long product life. Make requests to our warranty department immediately when a repair or inspection is needed.

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STEP 1: POSITION

Position your seat in between the two lines (use reference example image below).

Place your Kickstand stool about where you would place a tall stool—close enough to the table that you can reach things easily, but not so close that the table is digging into your stomach.

STEP 2: ADJUST THE HEIGHT

Lean into or perch on top of the seat cushion so you're positioned towards the back of the seat and not on the seat edge. Your legs and the seat post should form a triangle shape under the user, opening up with a back-to-hip angle of approximately 130 degrees. Feet should stay firmly on the ground or footrest at all times. The base must be flat on the floor at all times and used on even and clean floor surfaces.

You can adjust the seat height using either the left or right height adjustment button located under the seat. Face the seat and push your weight into the seat while engaging the adjustment button will decrease the height, and letting up on your weight while engaging the adjustment buttons will increase the height. The seat height adjusts from 23.5"–33.75".

STEP 3: ADJUST YOUR BODY

Once you're squarely positioned on the entire seat surface, bend your knees slightly; then, shift your weight from side to side as needed. This gives you the stability to stay upright, the flexibility to move to the left, right, forward and back as you need.

