

USER MANUAL

ANTHROS CHAIR



ANTHROS

EXPERIENCE THE DIFFERENCE WITH ANTHROS

CONTENTS

- 4** How to Assemble Your Chair
- 7** Control Knob Locations
- 8** How to Adjust Your Chair to Your Body
- 12** Chair Care + Cleaning
- 12** Removing Back Panels
- 14** Cleaning
- 16** Policies
- 16** 30-Day Guarantee
- 16** Limited Warranty
- 17** Return Policy + Shipping
- 18** Dimensions
- 19** Proper Use + Safety

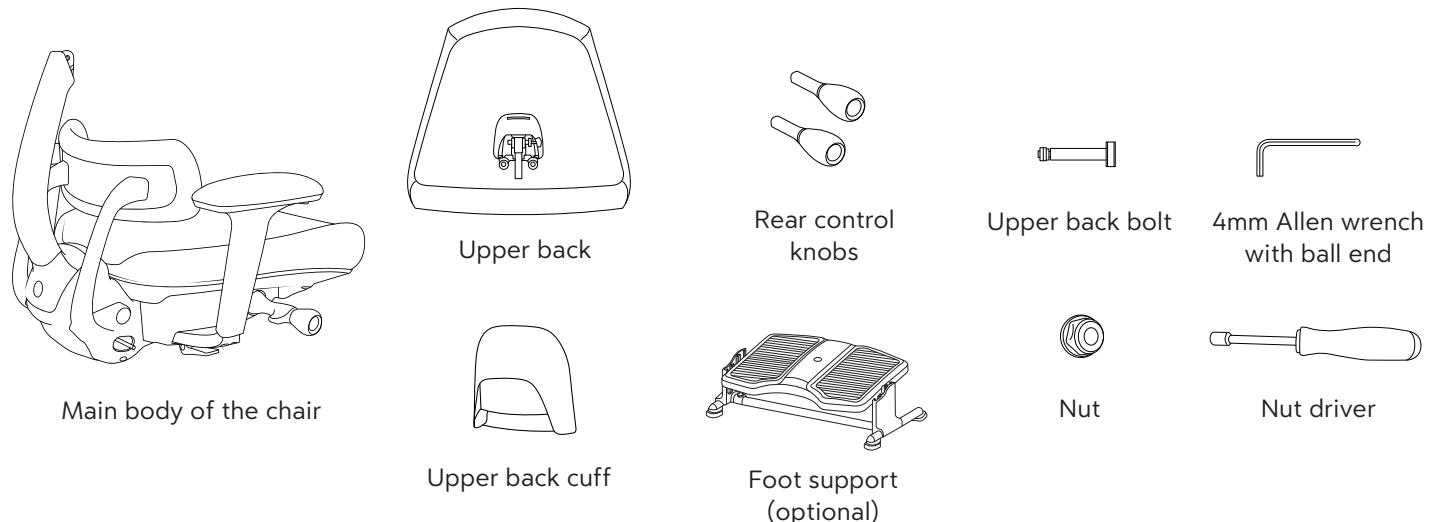


LET'S **FIX YOUR SIT**®

HOW TO ASSEMBLE YOUR CHAIR

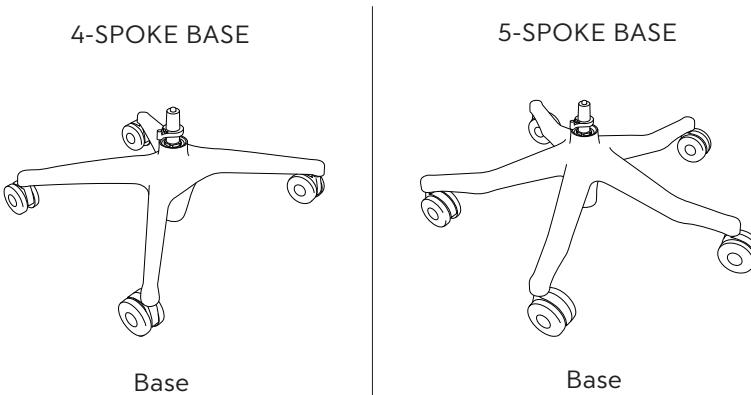
REMINDER! If for any reason you want to return your Anthros chair, you will **NEED** the two boxes the chair comes in. Please save the boxes and do not throw them away.

1 REMOVE COMPONENTS FROM BOX 1



2 REMOVE COMPONENTS FROM BOX 2

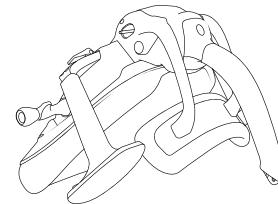
You will have one of the two types of bases: the 4-spoke base or the 5-spoke base.



NEED MORE HELP?
For a video on how to assemble your chair, scan this code.

3 TIP THE MAIN BODY OF THE CHAIR

Carefully tip the main body of the chair upside down on a clean surface so that it rests on the arms (if present) and upper back bar. Only lift the chair by the seat structure or the upper back arm.

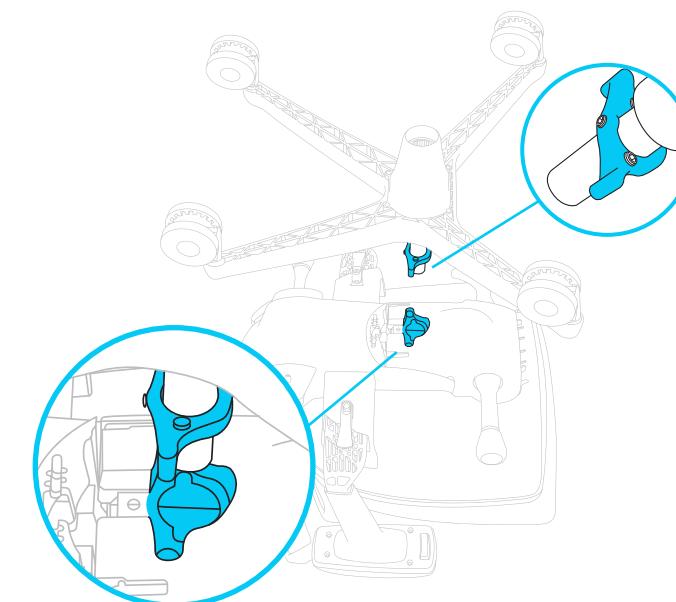


4 INSTALLING THE CYLINDER INTO THE MAIN BODY OF THE CHAIR

Install the **cylinder** into the main body by aligning the shaft collar highlighted below with the corresponding holes. Push together with hard force.

NOTE: Make sure to match the direction of the image below to ensure the cylinder is installed properly.

4-SPOKE BASE SHOWN

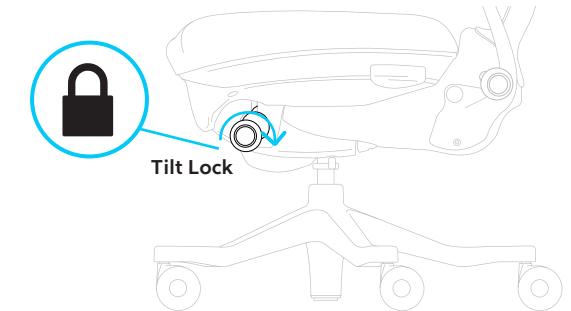


CAUTION: DO NOT tighten the bolts on the collar, it is not required to secure the base to the chair. This collar is a cylinder removal device; it is only required for disassembling a chair. Please contact customer service for proper disassembly instructions.

5 FLIP THE CHAIR OVER

CAUTION STEPS BEFORE CONTINUING:

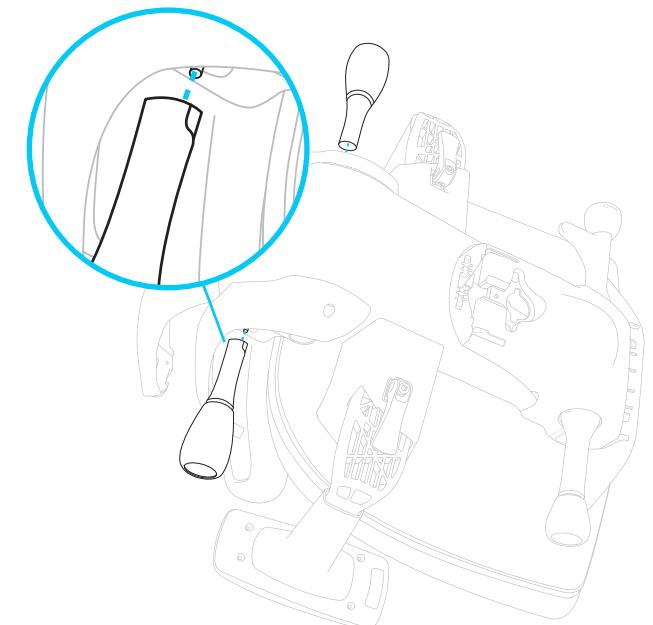
Slowly turn the chair upright, DO NOT SIT on the chair until the upper back is installed. Ensure cylinder remained inserted and aligned in the base—do a visual check under the chair.



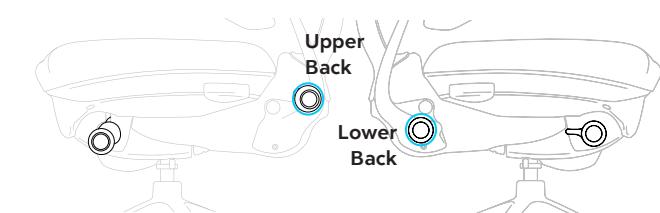
REMINDER! Before continuing, make sure the tilt lock is in the **LOCKED** position. If not, turn the control knob a quarter turn rearward.

6 INSTALL REAR CONTROL KNOBS

Insert the control knob, turning to match the groove of the metal pin. Push firmly to lock in place. Once properly installed, knobs can't be pulled off. Repeat on the other side.

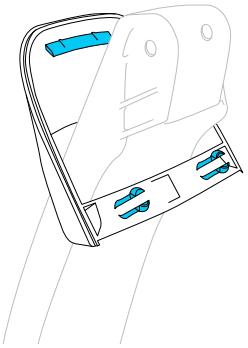


Turn the two rear control knobs to place the upper and lower back pads in the most rearward position.



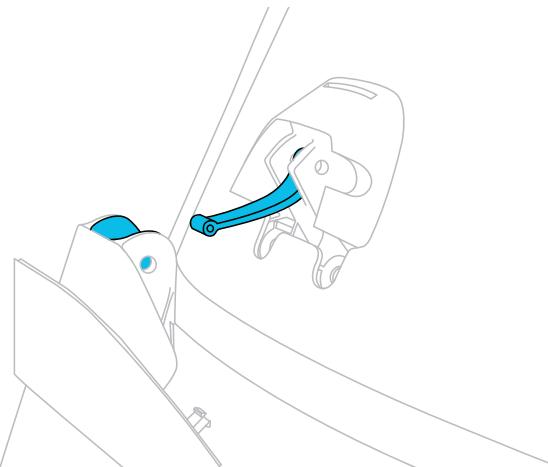
7 PREPARE THE UPPER BACK CUFF

Slide the **upper back cuff** onto the upper back arm and leave it there for the next step.



8 INSTALL THE UPPER BACK PAD

Slide the torsion bar into the upper back arm and align the holes.

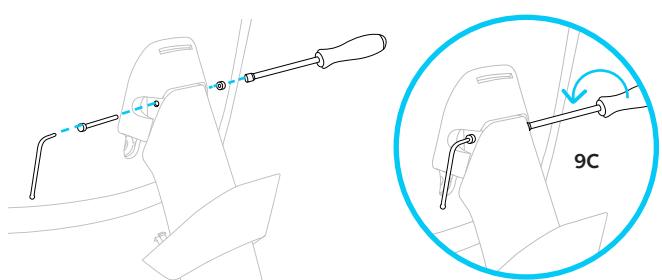


9 SECURE THE UPPER BACK

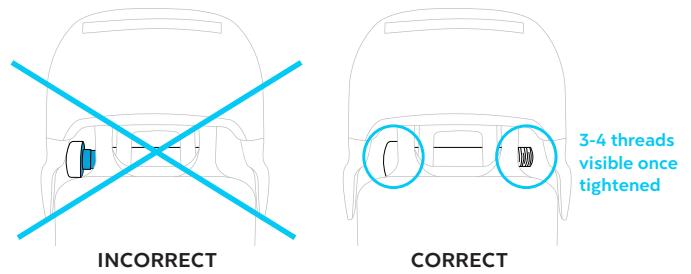
9A: Insert the small end of the 4mm Allen wrench into the bolt, then insert the bolt through the holes from the **LEFT** side. If the bolt won't go in, wiggle the upper back to better align the holes.

9B: Once inserted, continue to hold the bolt with the 4mm Allen wrench.

9C: Place the nut in the nut driver and thread onto the bolt on the **RIGHT** side. Tighten the nut until it comes to a **complete stop**.



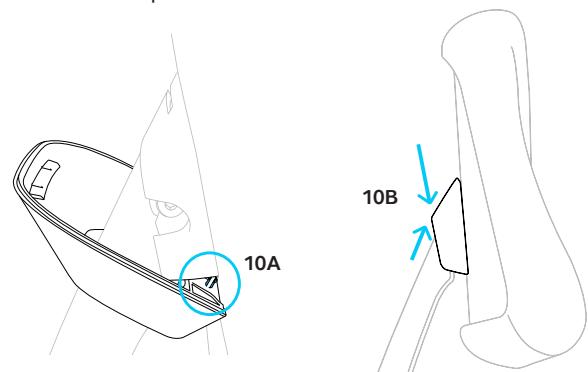
CAUTION: Ensure bolt is fully inserted and nut is tightened properly. Failure to install upper back correctly could result in upper back failure and/or injury.



10 INSTALL UPPER BACK CUFF

10A: Hinge the upper back all the way rearward and visually locate the lower holes in the back pad. A flashlight may be necessary. Align the lower tabs with the holes and firmly press them in. The lower tabs are fully engaged when you hear two **distinct** clicks.

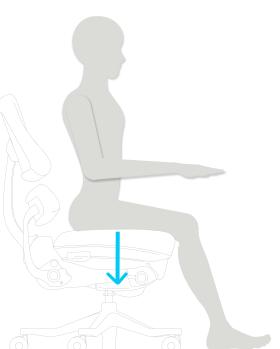
10B: Lift the cuff up to engage the upper lip, listening for a click. Then press the cuff downward to lock into place.



NOTE: The lower tabs are not properly in the holes if unable to install the upper lip. Remove the cuff and start again.

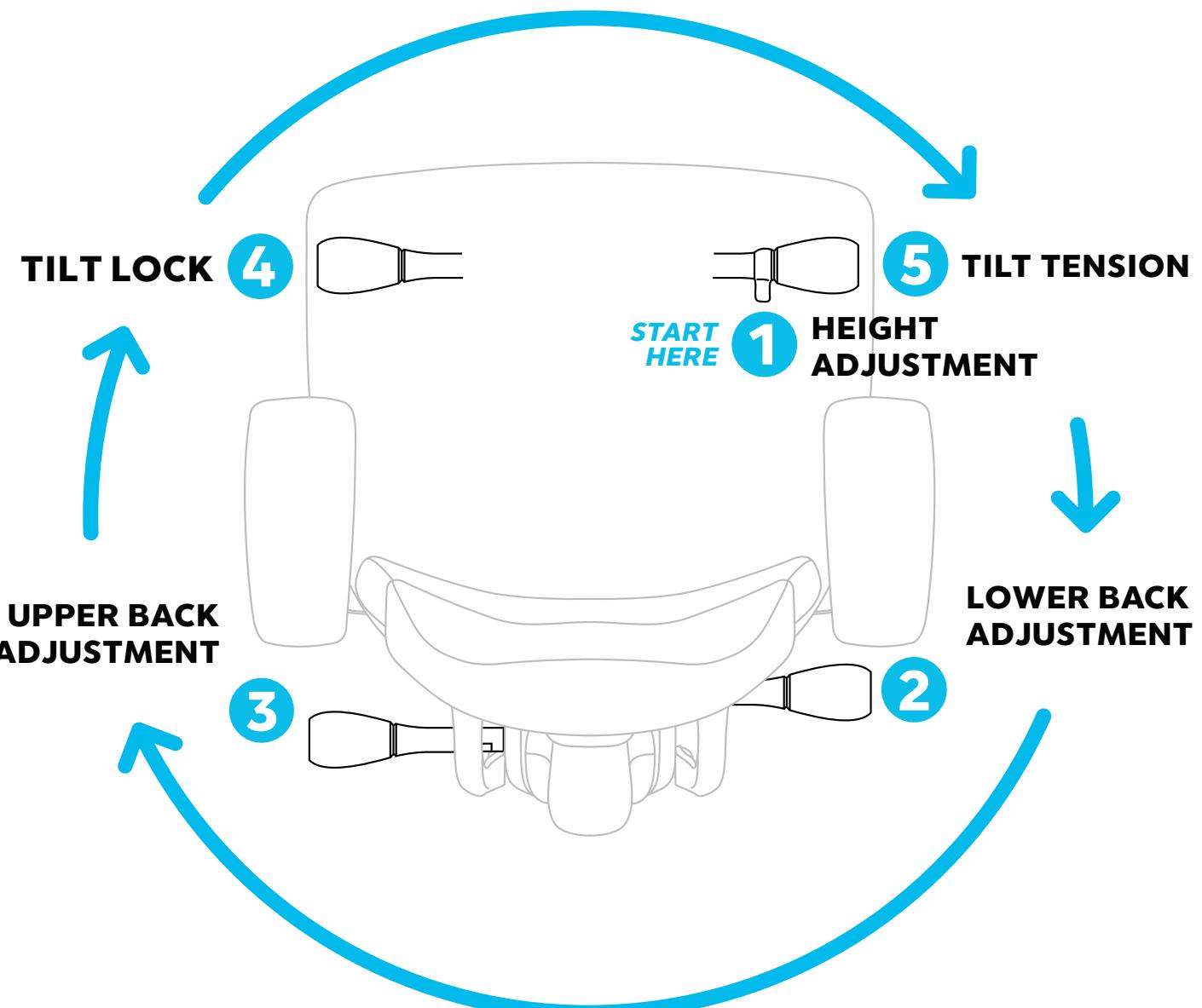
11 ENSURING THE CYLINDER IS SECURELY ATTACHED

Firmly sit on the seat. This will ensure proper attachment of the cylinder to the base and tilt mechanism.



CONTROL KNOB LOCATIONS

Refer to the chart below for the location of each control knob.



HOW TO ADJUST YOUR CHAIR TO YOUR BODY

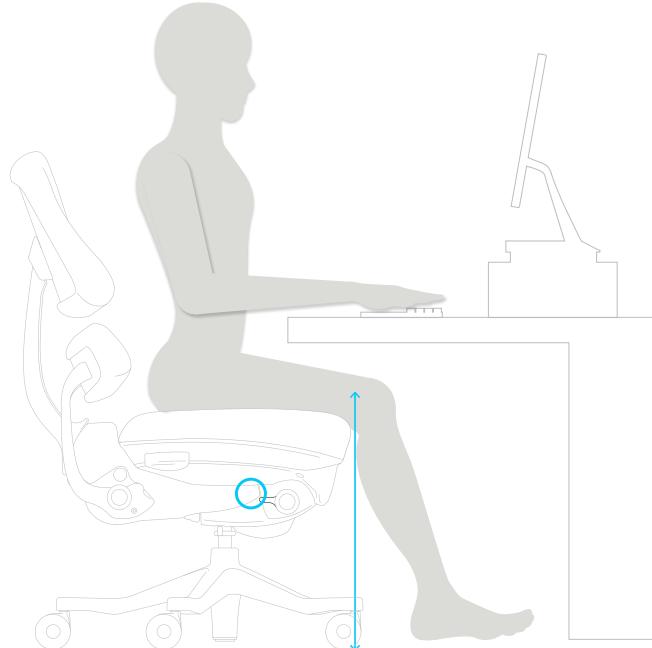
The Importance of Adjusting Properly to Your Body

To maximize your benefits with the Anthros chair, take the time to adjust your chair to your best posture. Everyone has a unique baseline and personal habits of sitting during the day. Follow the steps below to find your own ideal posture, and aim to improve over time as your body adapts to your Anthros chair.

BEFORE YOU BEGIN: Prior to adjusting, make sure the two back pads are in the most rearward position and LOCK the tilt lock by turning the control knob a quarter turn rearward.

1 SEAT-TO-FLOOR HEIGHT

Seat-to-floor height is determined by the height of your desk. For the desired position, lift the lever on the front right control knob with force so that your thighs are parallel to the floor and your feet are comfortably planted either on the floor or on a foot support. Your elbows should be at 90 degrees with hands easily reaching the keyboard.



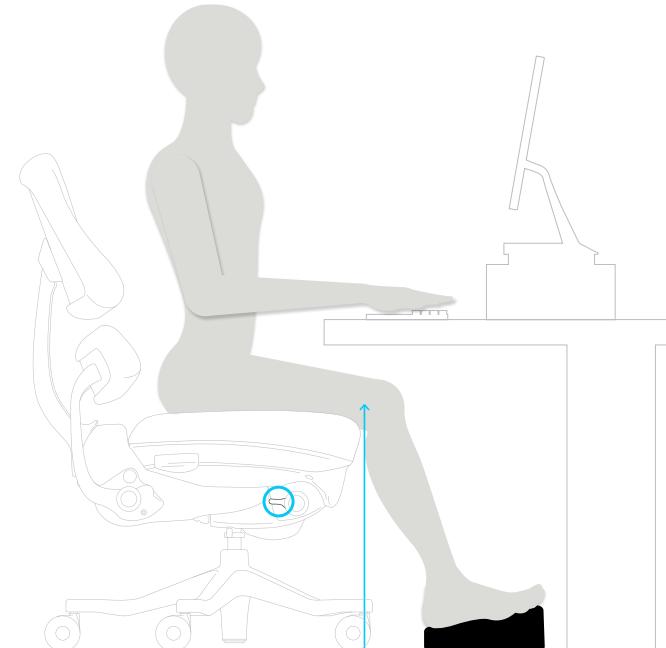
ADJUSTABLE HEIGHT DESK

If you have an **adjustable height desk**, lower the desk so that your arms rest comfortably with elbows at 90 degrees.



NEED MORE HELP?

For videos of how to adjust your chair, scan this code.



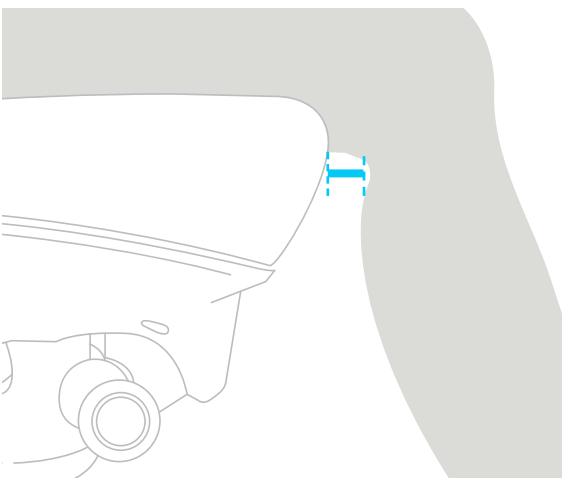
FIXED HEIGHT DESK

If you have a **fixed height desk**, raise your seat height and use a foot support so that your elbows are at a 90 degree angle.

2 LOW BACK SUPPORT

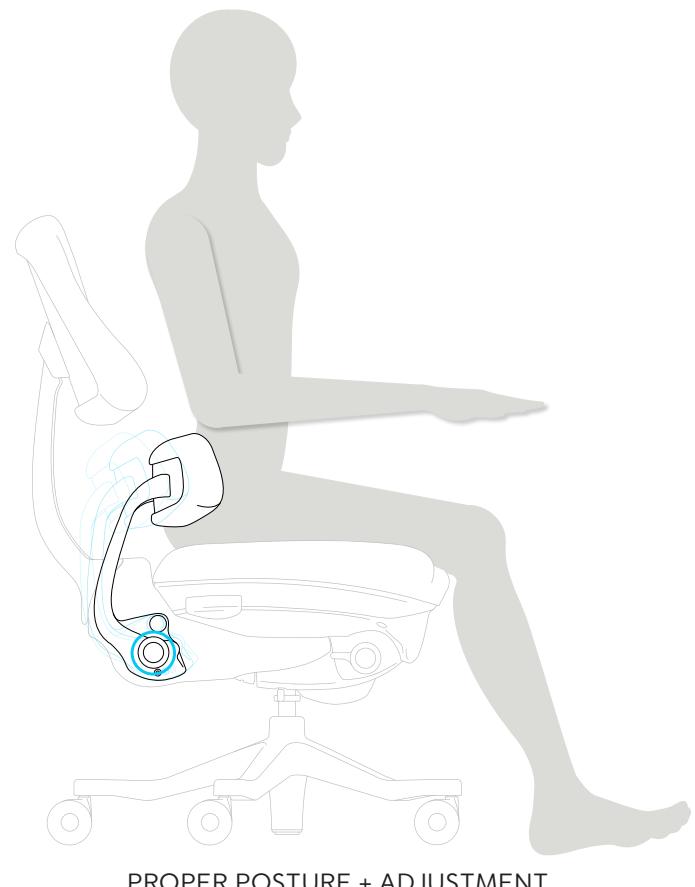
2A: Seat Depth

Sit down on the seat leaving at least a finger width of space between the inside of the knee and the front of the seat.



2B: Pelvis Support

Sit in the chair in YOUR best posture. Bring the low back towards the pelvis until the pelvis feels supported in an upright position and is unable to roll backward.



PROPER POSTURE + ADJUSTMENT



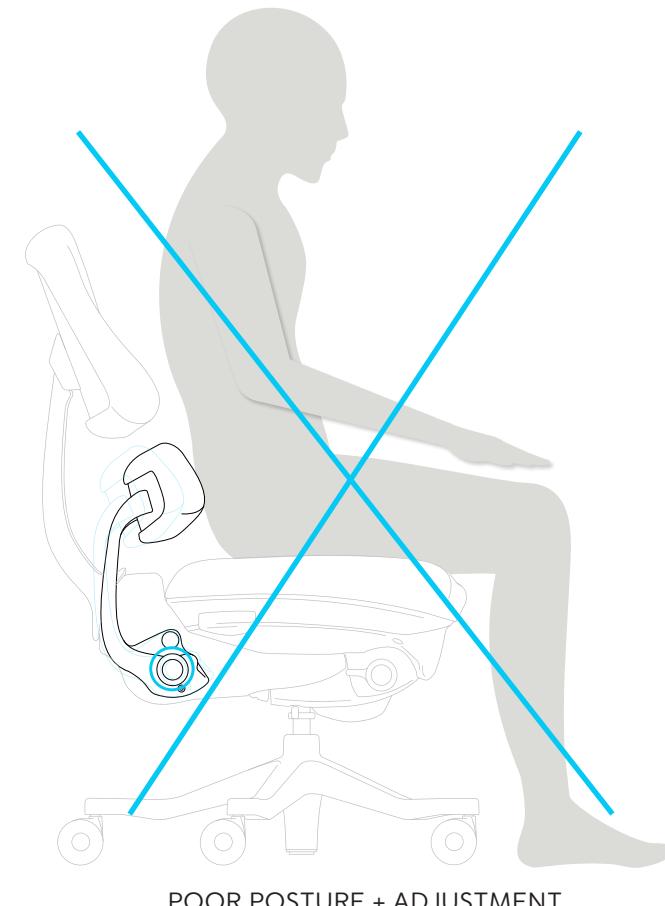
HOW TO IMPROVE POSTURE OVER TIME

Scan this code to learn how to use your Anthros chair to improve your posture

PRO-TIP! For ease of use, please consider leaning slightly forwards from the back supports while making adjustments. It is recommended to not adjust the **backs** or **tilt tensioning device** while in any tilted position.

REMINDER! Make sure you are sitting as deep as possible on the seat, leaving a finger width space at the front.

NOTE: Taller users can expect to have more space between the front of the cushion and back of knee. Cushion is designed to optimize pressure distribution for taller users.



POOR POSTURE + ADJUSTMENT

3

UPPER BACK SUPPORT

Using the rear left control knob, bring the upper back pad to the upper torso until posture feels supported and balanced.



4

DECOMPRESS MODE (TILT)

TILT LOCK > LEFT FRONT CONTROL KNOB

Turn forward to unlock tilt. Turn rearward to lock tilt in your desired position.

TILT TENSION > RIGHT FRONT CONTROL KNOB

Turn rearward to decrease tension. Turn forward to increase tension to match your bodyweight.

DECOMPRESS MODE TILT OPTIONS

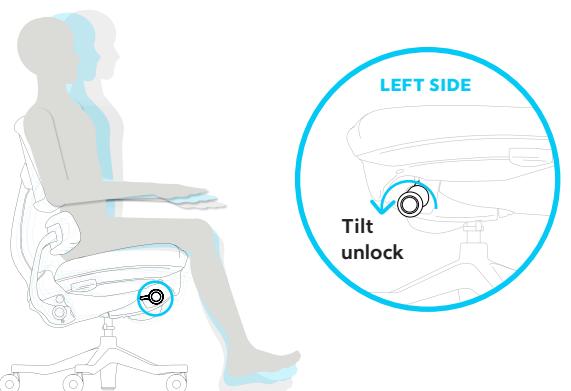
Unlocked Positions

Free-Float Decompress Mode: Keep Tilt Unlocked. Adjust tension so you can comfortably float between upright and halfway tilted.

Full Decompress Mode: Leave tilt unlocked and loosen tension until you can fully tilt to 16°.

Locked Positions

Active Mode	Standard Mode*	Decompress Mode
-2°	1°	5°



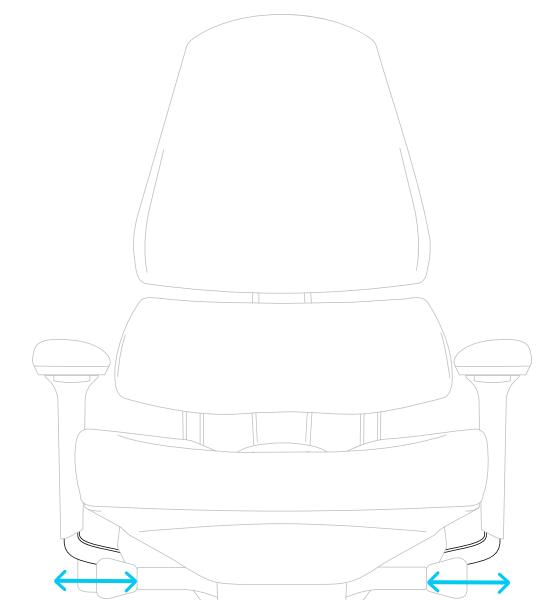
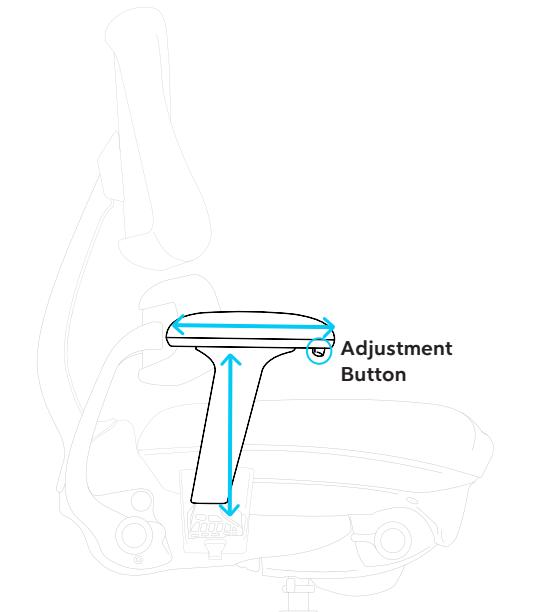
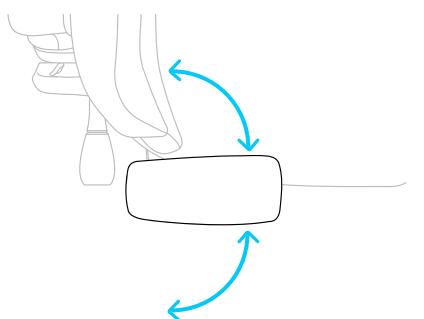
NOTE: Use a foot support if your heels lift off the floor or you feel pressure under the front of your legs when in tilt.

* Chair is shipped in Standard Mode.

OPTIONAL ITEMS TO ADJUST:

Arm Adjustment

Arms are meant to not interfere with the desk. The arm pads can be moved backward to allow the chair to be positioned closely to the desk. They can also be adjusted in height, width, depth, and angle.



THAT'S IT!

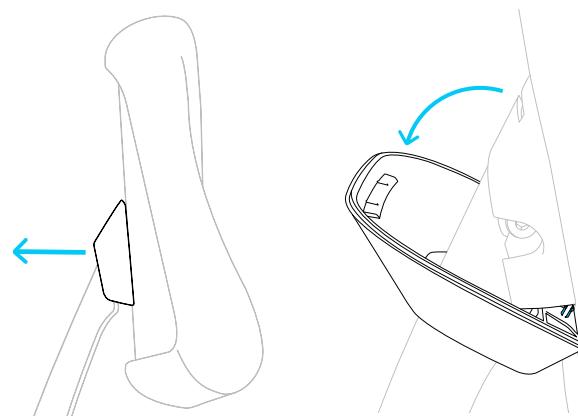
**YOUR NEW CHAIR IS
WAITING TO FIX YOUR SIT**

REMOVING BACK PANELS

UPPER BACK

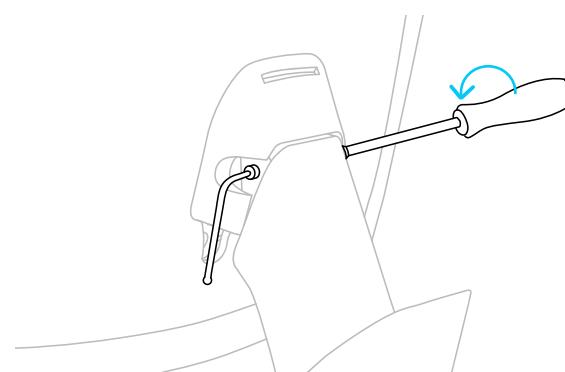
1 REMOVE UPPER BACK CUFF

Pop out the bottom of the cuff using two fingers on each side of the bottom edge. Tilt back pad backwards and lift the cuff up and out of the slot. Let it slide down the arm.



2 REMOVE BOLT

Insert the small end of the 4mm Allen wrench into the bolt to anchor it. Using the nut driver, loosen and remove the nut then remove the bolt.

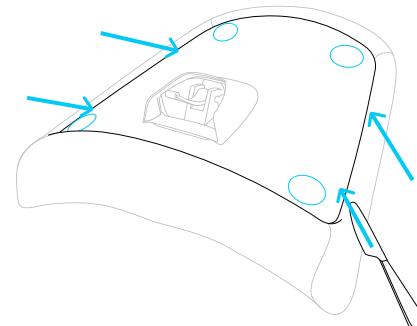


PRO-TIP! Push the bolt out using the 3mm Allen wrench from the right side.

3 REMOVE THE UPPER BACK PANEL

Place the upper back pad on a firm surface. Using a smooth, dull, rounded butter knife, pop out back in four locations on the sides near the corners, but not on the top edge, bottom edge, or in the corners.

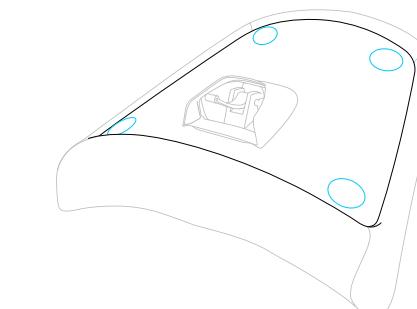
NOTE: Use CAUTION to not damage the upholstery or back panels.



PRO-TIP! Inserting the knife too deeply will make it difficult to remove the back. Barely get under the edge 1/4" to pop the panel up and use your fingers to pull it out.

4 REPLACING THE UPPER BACK PANEL

Align the new back panel and snap it down into place, listening for four **distinct** snapping sounds. Press down on four attachment points indicated below to ensure it is secure.



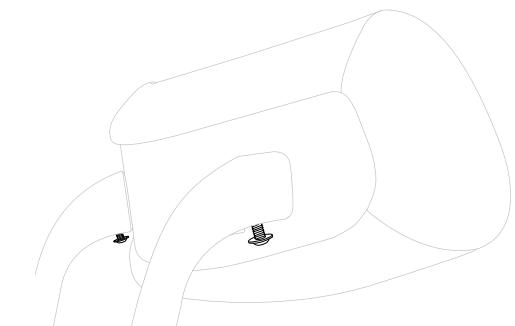
5 FOLLOW STEPS 6-9 ON PAGE 6 TO INSTALL THE UPPER BACK ON THE CHAIR

LOWER BACK

1 REMOVE LOWER BACK PAD

Using the 4mm Allen wrench, slightly loosen the screws that secure the lower back. When loose, remove the lower back pad by pulling forward. **Once in hand, fully remove the screws and washers.**

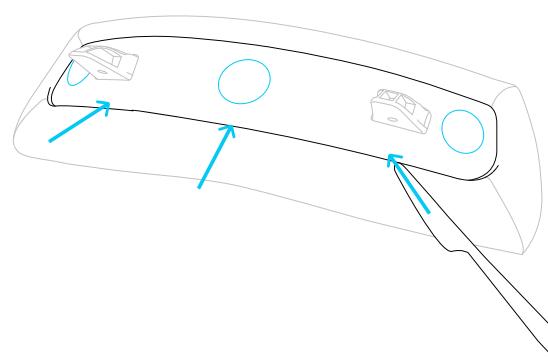
NOTE: While using the Allen wrench, use CAUTION to not damage the upholstery.



2 REMOVE LOWER BACK PANEL

With the screws and washers fully removed, place the lower back pad on a firm surface. Using a smooth, dull, rounded butter knife, pop out the back panel in the three locations on the bottom edge of the pad as indicated below, but not in the corners.

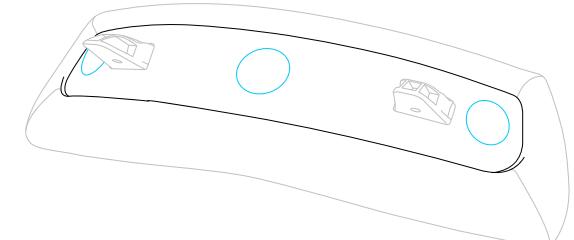
NOTE: Use CAUTION to not damage the upholstery or back panels.



PRO-TIP! Inserting the knife too deeply will make it difficult to remove the back. Barely get under the edge 1/4" to pop the panel up and use your fingers to pull it out.

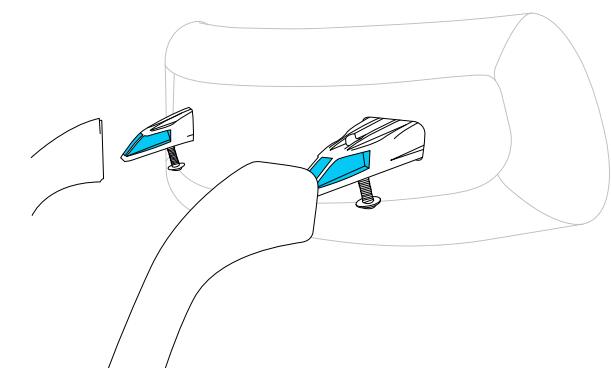
3 REPLACING THE LOWER BACK PANEL

Align the new back panel and snap into place, listening for three **distinct** snapping sounds. Press down on the three attachment points indicated below to ensure it is secure.

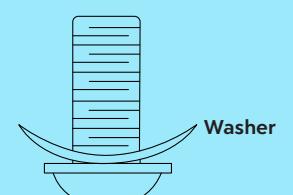


4 REINSTALL THE LOWER BACK PAD

Reassemble the low back pad by loosely installing the screws and washers from the bottom side. (See REMINDER below for proper orientation of washer.) **Make sure you have the pad in the correct orientation shown below, and install the back pad.** Tighten the screws.



REMINDER! Make sure to properly install the washer in the orientation below with the **cup side up**.



CLEANING

THE BASE AND PANELS

Simply use soap and warm water or cleaning wipes to clean the back panels, arm pads, and all plastic.



NEED MORE HELP?

For video tutorials on cleaning, repair, disassembly, and replacing parts, scan the QR code.

THE FABRIC COVERS

Our covers were selected for their beauty, comfort, durability, and ease of care. See below for details of cleaning our different fabric options.

ATHLON

The Gabriel Athlon fabric is made of polyester. It is particularly easy to maintain, and spots can be removed easily and without problems.

Easy Maintenance

To preserve the fabric's attractive color and appearance, we recommend regular vacuuming, preferably every week, with a soft fitting.



Important points about spot removal

- A golden rule: always remove the spot as quickly as possible – before it penetrates into the fibers.
- Most types of spots can be removed with lukewarm water, possibly with a pH-neutral dishwashing detergent.
- Avoid soaking as this can damage the material.
- Never rub hard to remove a spot.
- Use only the cleaning methods specified in the stain guide.
- Always use a clean white cotton cloth with only small amounts of detergent at a time

NOTE: N.B.! Benzene/acetone and similar can dissolve Inlay on soaking. Be careful with naked flames Hazardous when inhaled. Follow the guidelines from the supplier of the product.

Coffee, tea, and milk

Remove as much as possible with blotting paper. Wash with water containing a neutral detergent.

Grass and vegetables

Wash with lukewarm water, possibly containing a neutral detergent.

Jam, syrup, fruit, and juice

Remove as much as possible with a spoon, then wash with lukewarm water containing a neutral detergent.

Ink

Remove as much as possible with blotting paper. Clean with 20% methylated spirit. Then wash with water containing a neutral detergent.

Nail polish

Dab with nail polish remover. Use acetone if the spot does not disappear.

Oil

Sprinkle talcum on the spot and allow it to work. Brush it away and carefully dab with a cloth moistened with benzene or methylated spirit.

Paint

Oil-based: clean with turpentine and dab with water containing a neutral detergent.

Water-based: wash with cold water containing a neutral detergent. Ask an expert if the spot is old.

Shoe polish

Carefully dab with a cloth moistened with benzene or methylated spirit.

Urine

Use one part colorless vinegar mixed with two parts of water. Use a dry cloth as an underlay when the spot is soaked. Remove the diluted vinegar with alternate dry and wet cloths.

Wine and spirits

Remove as much as possible with blotting paper. Wash with water containing a neutral detergent and clean with thinned methylated spirit.

For proper stain removal, proceed as follows:

- First absorb as much of the liquid as possible with plain white kitchen towel or a cloth.
- If the spot has dried, remove as much as possible by vacuuming.
- Rub gently with a clean white cloth.
- Press a dry towel or piece of plain white kitchen roll against the fabric each time liquid is added so that moisture and impurities are absorbed.
- Use water only for final wiping.

NOTE: Always remove stains as quickly as possible!

Stain Guide

Ballpoint pen and cosmetics

Clean with methylated spirit.

Blood

Wash off with cold water. If this does not help, add a neutral detergent.

Candle wax

Iron over absorbent paper (be careful that the polyester doesn't melt at excessive temperature). Clean with turpentine. Dab with lukewarm water containing a neutral detergent. Alternative: see chewing gum.

Chewing gum

Cool with ice blocks in a plastic bag or frozen item. Scrape away any remaining gum. This can be carefully removed with benzene.

Chocolate, grease, and sweets

Wash with lukewarm water containing a neutral detergent.

PORT LEATHER ALTERNATIVE

Soap and Warm Water

Use an upholstery shampoo/soap in warm water. To wipe down by hand, use a clean cloth, squeeze out well, and be careful not to over-wet the upholstery. Alternatively, injection extraction cleaners can be used, which deep clean, rinse, and remove excess water at the same time. Leave the upholstery to dry.

Bleach

General commercial disinfection: Use a household bleach (containing ~4.5oz per 100oz of sodium hypochlorite), which should then be used in a 1:10 dilution. Follow the instructions of the brand you're using. Measure out the required dose in relation to the quantity of water, soak a white or lightly colored cloth in the solution, squeeze out any excess liquid and gently wipe the fabric, before leaving to dry.

High level disinfection: Where a higher concentration of bleach is needed, for example healthcare infection control protocols, it is possible to use a 1:4 dilution of bleach in water. This solution will contain ~ 1% sodium hypochlorite and is a highly effective disinfectant. Apply as above, on fabrics rated as suitable in the disinfection matrix below, at 1:4 dilution. Observe any manufacturer safety guidelines and wear appropriate PPE.

Anti-bacterial spray/wipes

Anti-bacterial sprays and wipes are typically based on Benzalkonium chloride solutions (0.4oz per 100oz) and are fast-acting biocidal agents effective against bacteria, some viruses, and fungi. Use anti-bacterial wipes to wipe down the upholstery to disinfect, or apply as a spray and wipe.

CLEANING TYPE	VINYL
Vacuum	X
Upholstery soap + water	X
Upholstery shampoo	X
Bleach cleanable*	X

*See also disinfection matrix for proper concentrations of bleach.

DISINFECTION TYPE	VINYL
Upholstery soap + water	X
Steam	
Bleach - General disinfection diluted 1:10	X
Bleach - General disinfection diluted 1:4	X
Alcohol/antibacterial spray/wipes	X
Washable to 60°C	



60-DAY GUARANTEE

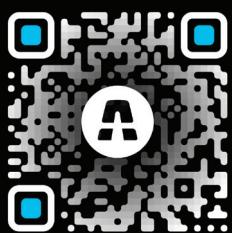
Love your Anthros or return it for free in 60 days. We are so convinced you will love your Anthros that you can try it for 60 days and return it for free if you're not completely satisfied with your results of improved posture and decreased pain.

THE ONLY CHAIR THAT COMES WITH A THERAPIST

At Anthros, our commitment extends beyond just selling chairs; we're dedicated to assisting you with your sitting posture and office setup regardless of whether you choose to buy from us.

Schedule a complimentary 1:1 video call with one of our on-staff therapists to discuss:

- Workplace setup recommendations
- Setting up your Anthros chair
- How to improve your posture over time
- And anything else that can help FIX YOUR SIT



LIMITED WARRANTY

THIS LIMITED WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY ALSO HAVE OTHER RIGHTS, WHICH VARY FROM STATE TO STATE.

At Anthros, we stand firmly behind our employees, products, and the partners we use to create them. We are confident in the superior quality of our office chair, and this excellence is evident in the high-quality components, trusted partners, and expansive sales networks we utilize. No other chair on the planet can give you the comfort and proper seating form that an Anthros chair does.

WARRANTY

Our warranty is very simple: we want to make it right. We warrant that every component on your chair, and the workmanship performed to build your chair, will be free from defects in materials and workmanship for a period of **12 years** from your date of purchase.

REMEDY

Our responsibility for defective goods is limited to, in our sole discretion, repair or replacement of the defective component.

DURATION AND CLAIMS PROCESS

The warranty begins on the date you purchase the chair. If you cannot produce the original bill of sale, the warranty period will start based on your chair's date of manufacture. To submit a warranty claim, email warranty@anthros.com or call us at (940) 268-4767.

Once Anthros has confirmed your information, Anthros will work with you to determine what needs to be replaced or repaired on the chair. If necessary, Anthros may require you to send pictures of the damaged or broken component to us for review. Once that review is complete, we will work with you to replace or repair the damaged or broken part(s).

WARRANTY TRANSFER

The warranty is in place for the original purchaser of the chair. Chairs sold in the secondary market or purchased from an unauthorized dealer or retailer will not have any conditions of the warranty honored. The warranty is non-transferable.



POLICIES

RETURN POLICY + SHIPPING

Anthros offers a no-questions-asked, 60-day money-back guarantee. If you are not satisfied, you may return the item within 60 days of delivery for a full refund of the purchase price within the continental United States or \$199.99 less for orders in Alaska, Hawaii, or Canada. International orders, including Puerto Rico, are considered final sale and are not eligible for returns.*

3 WEEKS

We recommend using the chair for at least three weeks to see the full benefit of our science-backed design. We have a full clinical staff to assist with any discomfort or difficulty adjusting the chair that can be reached by calling (940)ANTHROS or 940.268.4767 or emailing hello@anthros.com.

If you still wish to request a return within 60 days, contact Anthros Customer Service to process your return at (940)ANTHROS or 940.268.4767 or emailing us at hello@anthros.com. Anthros will then provide you with instructions to properly disassemble and package your chair, then issue a return RMA along with a FedEx return label that needs to be attached to the box.



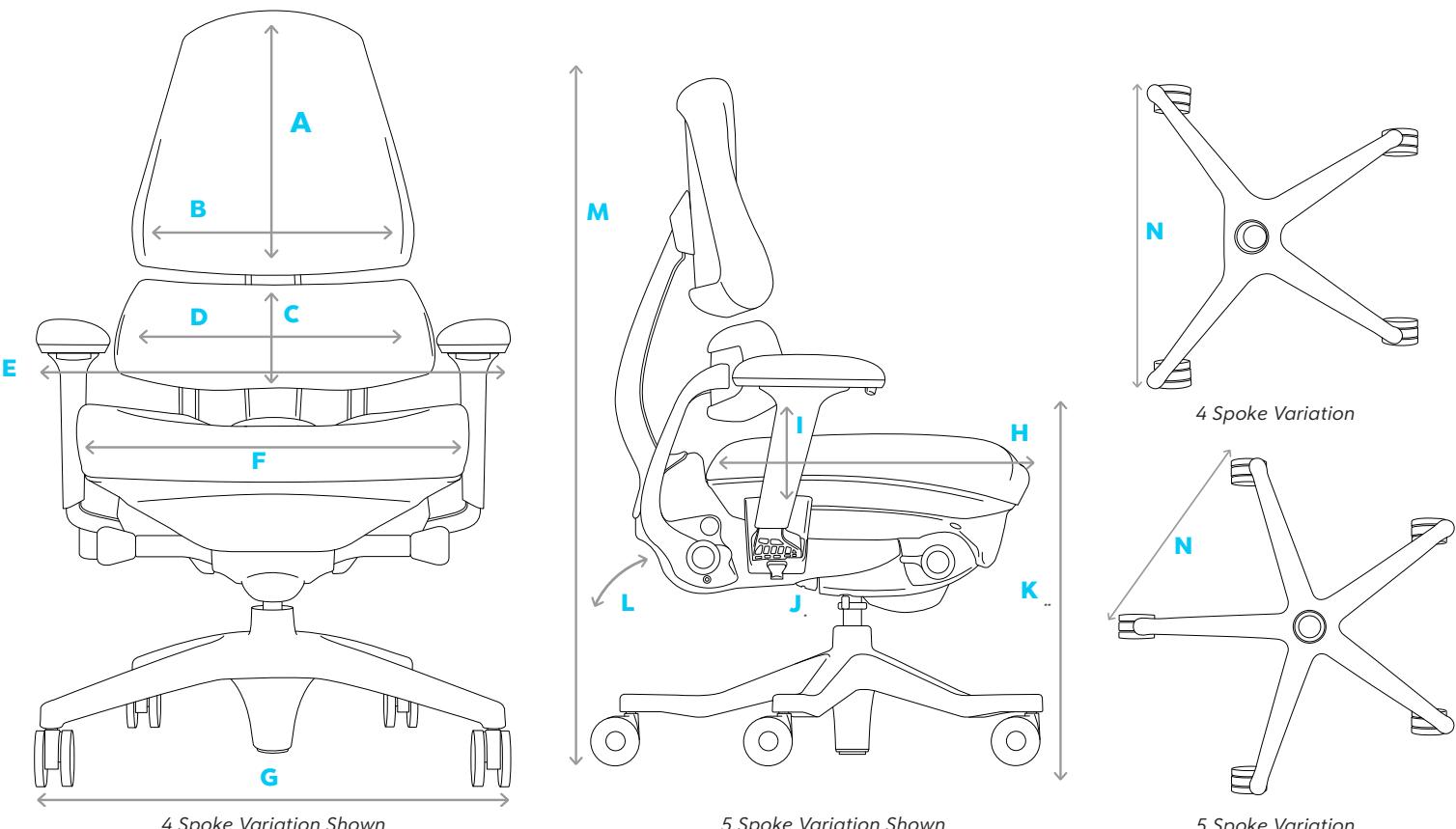
RETURNS

*Refund to be issued upon receipt of return and coinciding product inspection. The chair must be returned in like-new condition, or the customer will be charged a fee for associated damage.

EXTRAS

DIMENSIONS

- A** **Upper Back Height:** 14.2" (50 cm)
- B** **Upper Back Width:** 15.2" (38.6 cm)
- C** **Lower Back Height:** 5.8" (14.7 cm)
- D** **Lower Back Width:** 17.3" (43.9 cm)
- E** **Arm Width:** 24.75" - 27" (62.9 - 68.6 cm)
- F** **Seat Width:** 21.2" (53.8 cm)
- G** **Base Diameter**
 - 4 Spoke:** 22.6" (57.4 cm)
 - 5 Spoke:** 28" (71.1 cm)
- H** **Seat Depth:** 15.2" - 18.3" (38.7 - 46.6 cm)
- I** **Arm Height:** 7.7" - 11.8" (19.5 - 30 cm)



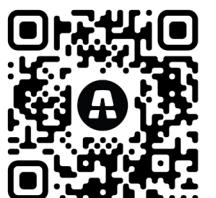
* Seat height to floor measured using industry-standard, and weighted, chair measurement device.
** Non-weighted, and non-standard, measurement taken from the front of the seat to floor.

PROPER USE

STAY SAFE

Improper use or failure to follow these warnings could result in injury. To ensure your safety, please always follow the given instructions.

- Proper adjustment of the chair is needed for your health and safety. Please reference the adjustment procedure found on the Anthros website at the QR code below.
- Never stand or kneel on the chair.
- While using the chair, keep all casters in contact with the floor. Do NOT tilt beyond the chair's 16 degrees of tilt.
- Carry the chair by the seat structure and the base ONLY. NEVER lift the chair by the back arms, the back pads, the control knobs, or the arm supports.
- If any parts are missing, broken, damaged, or worn, stop using this chair until repairs are made and factory replacement parts are installed. Please contact customer support for replacement parts.
- This chair has been tested and approved for users weighing up to 300 lbs (136kg).
- This chair is sold with hard (standard casters) or soft tread casters (scratch-resistant casters). For use on carpeted areas, please ensure you are using hard tread. For use on a hard surface (or on a chairmat), soft tread casters should be used. Using hard casters on hardwood floors may damage finish of floors.
- This chair is designed for one person's use at a time.
- Do NOT sit on the armrests or lower back support.
- Before sitting, ALWAYS make sure the tilt tension is appropriately adjusted for your user weight and the tilt lock is on.
- While adjusting the height of the chair and/or tilting, make sure no humans or animals are underneath the chair.
- The light spring chair has been tested and approved for users weighing up to 140 lbs (63kg). The standard spring chair has been tested and approved for users weighing 140-300 lbs (63-136 kg). We recommend users under 140lbs select the light spring, and users 140lbs-300lbs select the standard spring.
- Failure to follow the instructions for proper set up, use, and care for your product can increase the risk of serious personal injury to you and those around you, death, or property damage.



ADJUSTMENTS

ANTHROS SUPPORT

Phone: 940.268.4767

Email: hello@anthros.com

Website: anthros.com/contact



ANTHROS

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OUR BACKSTORY

Curious what it took
to get this to you?



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