

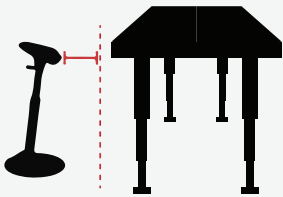


## USING YOUR MOBIS® SEAT

The Mobis® may look similar to your neighborhood bar stool, but this seat has quite a few tricks up its sleeve.

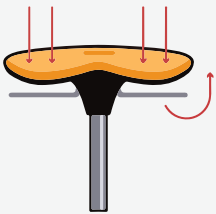
The Mobis® is built to move with you, so as you lean to the left and right, you'll feel the seat move too. And that height-adjustment lever under the seat? It's your new best friend. Whenever you feel the need to change positions, you can use the lever to make micro-adjustments.

Follow our instructions below for getting set up with your Mobis®. Then, check out the posture guide for the Do's and Don'ts of Mobis® postures.



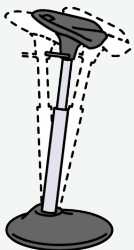
### 1. Position Your Seat

Position your seat 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.



### 2. Adjust the Height

Lean into or perch on top of the seat cushion so the seat hits at the top of the back of your thigh, right under your bum. Using the levers on the side, you can adjust the seat height. Pushing your weight into the seat will decrease the height, and letting up on your weight will increase the height.

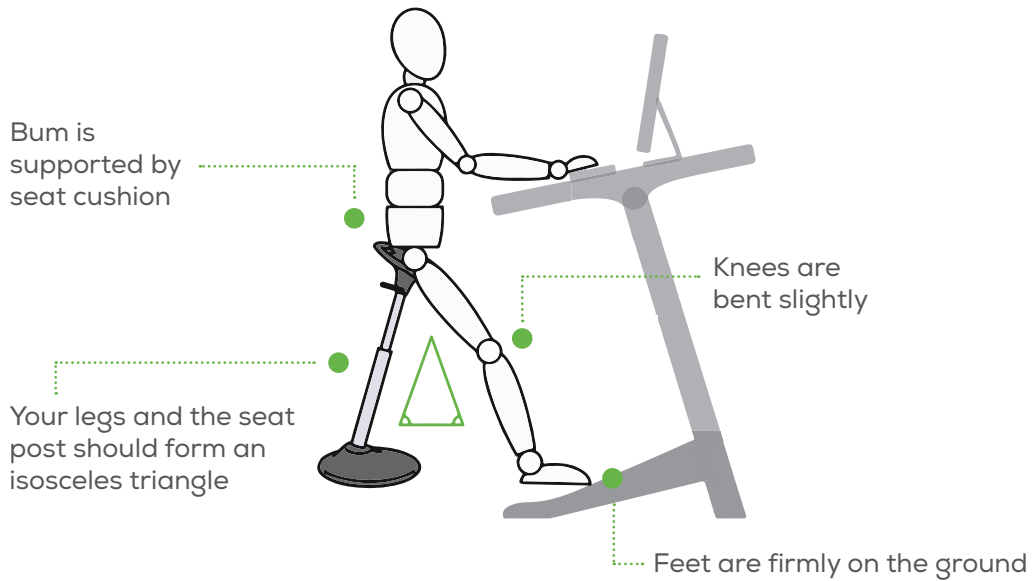


### 3. Adjust Your Body

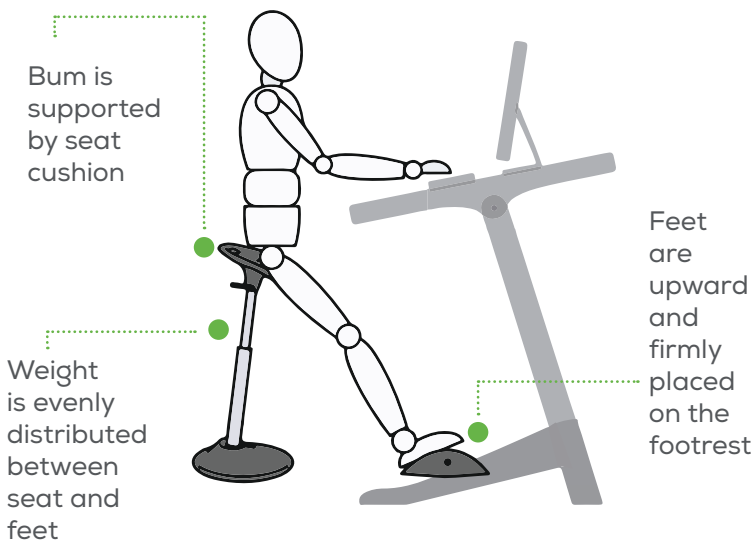
Rather than sitting on the Mobis® seat, picture yourself using a tipped-forward bar stool. Once you're squarely positioned on the seat pan, bend your knees slightly; then, shift your weight from side to side. The seat will be angled underneath you, whereas the bar stool would feel unstable, the Mobis® will stay where it is. This gives you the stability to stay upright, the flexibility to move to the left, right, forward and back as you need.

# DO'S:

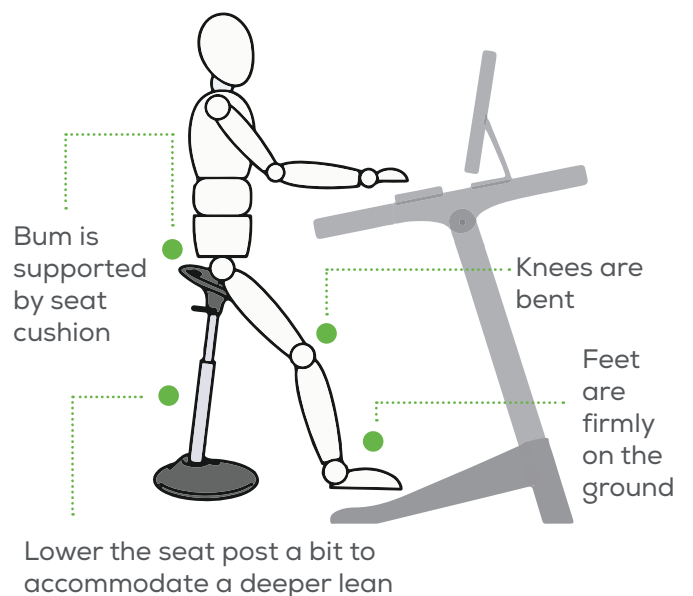
## LIGHT LEANING WITHOUT FOOTREST



## DEEP LEANING WITH FOOTREST



## DEEP LEANING WITHOUT FOOTREST

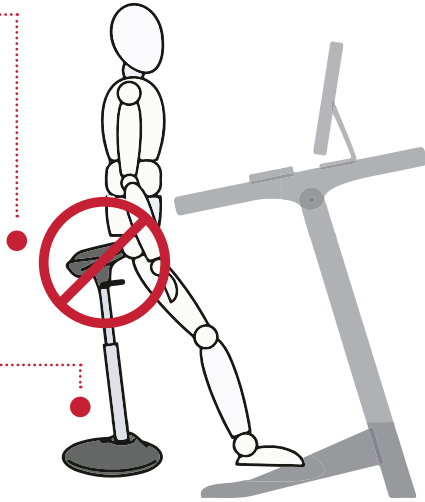


# DON'TS:

## BACKWARDS LEANING

Bum should be supported by the seat, not leaning against the back edge. Weight is not supported, risking injury

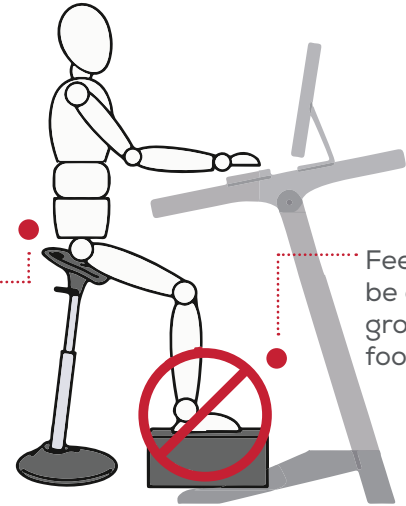
Improper stress on the seat may cause it to tip forward



## SITTING

The sitting posture only allows minimal movement

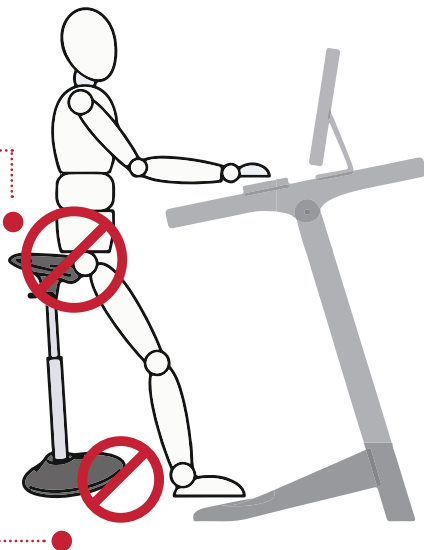
Feet should be on the ground or footrest



## TILTING SEAT BACKWARD

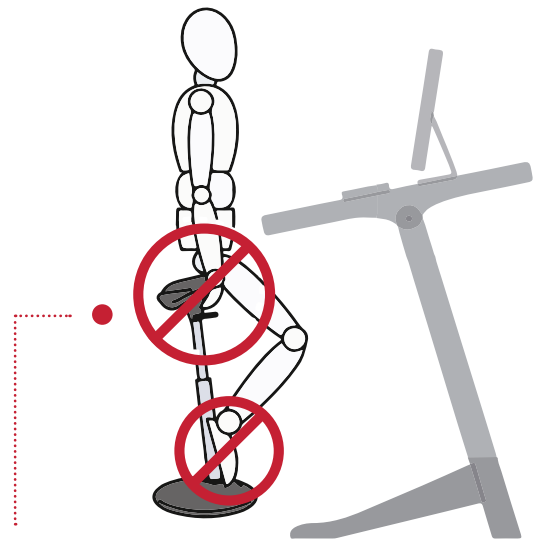
Tilting the seat back may cause injury

Base should remain flat on the floor



## SITTING BACKWARDS

Sitting backwards may cause the seat to tip or cause you to fall



# FREQUENTLY ASKED QUESTIONS

**Q: How do I know if my seat height is right for me?**

**A:** You can adjust the height in a variety of ways: for a more traditional sitting experience, keep the seat pan firmly beneath your bum, and bend your knees slightly as you tip your body forward. Setting it higher while aiming your weight backward and keeping straight-legged will create a more upright lean.

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**Q: Can I adjust my seat angle?**

**A:** The seat pan is set at a fixed angle. It's designed to help you achieve a hip angle of 130 degrees, letting you lean without letting you down (literally). If you're looking for a seat pan that offers greater flexibility, our Locus™ Seat by Focal Upright™ or Pivot Seat by Focal Upright™ might be a better fit.

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**Q: My bum hurts, what can I do about it?**

**A:** Switch it up! Our seats are upright and active. Adjust your height and posture often, alternating between leaning and standing eight times an hour.

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**Q: It's been 2 weeks, why am I still uncomfortable?**

**A:** You've spent a lifetime sitting. Upright-working can be pretty exhausting for a lot of folks, and chances are you may be one of them. Hang in there and give it another 2 weeks of adjusting – remember, you've got a whole month of working to learn to love your Mobis® Seat!

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**Q: Am I too short? Am I too tall?**

**A:** Maybe! The seat height adjusts from 25" – 35" and should accommodate most individuals of average height. To gauge your fit, you should be able to keep your bum firmly on the seat pan and comfortably extend, and bend your legs (without straining). We recommend the seat for users between 4'11" and 6'8".

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**Q: I'm having trouble lowering my seat.**

**A:** Facing the seat, keep it upright and engage the levers. Force your weight, evenly and directly, onto the seat pan.

