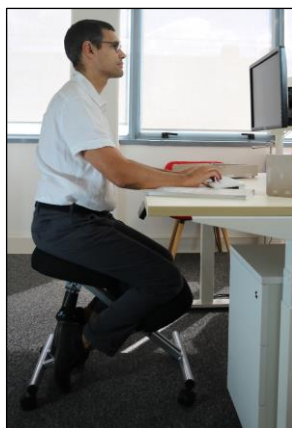


ERGO LEG

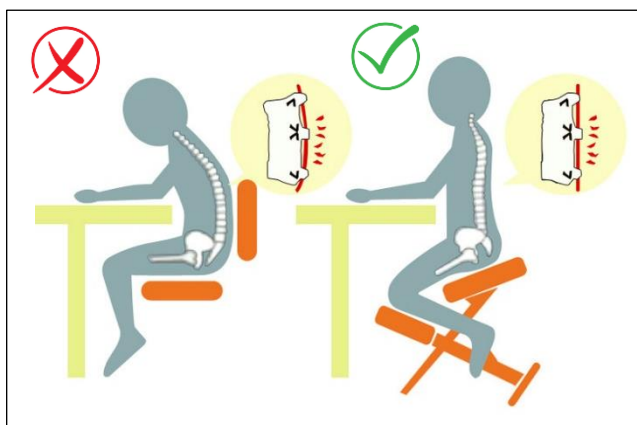


- **Quality:** The posture chair is made of fabric-covered foam and an excellent steel frame, making it balanced and sturdy for long-term service. 4 lockable wheels can keep the chair portable and flexible.
- **Ergonomic:** This ergonomic stool is designed to correct posture. The seat cushion tilted to a comfortable upright position can reduce pressure on the spine, lumbar spine, back, shoulders, neck after a long session or work.
- **Adjustable:** You can manually adjust the angles of this kneeling posture chair (5 levels). It also supports height adjustment from 52-62 cm with hydraulic pump and device. It will fit all body types
- **Comfortable:** The generous 9 cm padding of the seat and knee supports covered with a resistant fabric guarantees a high level of comfort
- **High load capacity:** This office kneeling stool has a load capacity of up to 150 kg. Installation: Includes 1 kneeling chair and 1 installation kit. The computer desk chair is quick and easy to assemble by following the installation instructions
- **Office or home use:** This posture kneeling chair is suitable for home and office use. It can be used as an office chair, meditation chair, computer chair, etc.

- Maximum weight supported: 150 Kg
- Seat thickness: 9 cm
- Knee pad thickness: 9 cm
- Type of padding: 24% cotton, 80% recycled cotton
- Finish: black fabric
- Assembly time: 3 minutes



Technical features



SAP no.	Colours	Dimensions	Warranty	Net weight	EAN code
400165094	Black/metal grey	47 x 53-62 x 68 cm	2 years	7,7kg	3595560034642

UNILUX'S ADVICES: Fight against sedentarity

A sedentary lifestyle and reduced physical activity pose health risks and have become a major public health problem.

1-Some figures

60%

of our time in sitting position every day at your workplace

7 hours

7h sitting in front of a computer

94%

employees admit to sitting up without moving for long periods

2-The risks

Sitting for 10 hours or more a day can result in:



In the OECD countries, it is **THE first CAUSE OF MORTALITY** avoidable, in front of tobacco



40%

Risk of developing heart disease, cancer at 8am sitting position (1 working day)



48%

Risk of developing diabetes, hypertension, and obesity

3-Save your employer money?

A person with MSD costs the company an average of € 21,500 *. However, the lack of ergonomics in a workstation can have a negative impact on employee productivity and company finances. Today, to attract and retain employees, companies must make efforts on the working conditions offered and invest to improve the well-being of their employees.

Average cost of
aTMSfor an employee



21 500 €

Average cost of a complete equipment

35 € footrest
20€ wrist rest
100 € screen arm support
200€ ergonomic chair
200 € ergonomic stool
700 € electric desk office

That is an economy per
employée of about



20 250 €

*Source: CNAMTS CCMSA – Chiffre 2010

4-The benefits of ERGO LEG

Movement is easier

The angle at the hips is more open and the body is naturally straighterWeight is ideally distributed between the buttocks, knees and feet

Core muscle development: the lack of back support in a kneeling chair forces your abdominal muscles to work and keeps them engaged throughout the day. After regular use, you will notice a great improvement in muscle strength and improved muscle tone.
Comfort: One of the biggest misconceptions people have about kneeling chairs is that they cause discomfort in the knees. Despite its name, the kneeling chair distributes weight between the spine, thighs and shins.

Increased concentration: poor posture eventually leads to fatigue, discomfort and loss of productivity. By keeping the spine properly aligned, comfort and concentration are greatly improved.

If you are still hesitating to buy a kneeling chair, you should know that it is suitable for all body types. It will become the ally of your office that you want to be ergonomic. Your concentration will be redoubled, your work more efficient and backache forgotten.