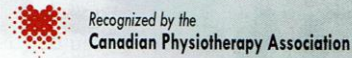


# INSTRUCTION BOOKLET



*Thank you for  
joining the evolution*



[www.evolutionchair.com](http://www.evolutionchair.com)



*The Evolution Chair™ provides a medically sound way to integrate movement, improve core strength, and enhance back health. The Evolution Chair™ is widely recommended by medical professionals and recognized by the Canadian Physiotherapy Association. People everywhere are embracing active sitting as a healthy and energizing alternative to traditional seating.*

## The Evolution Chair™ Advantage

1. Ergonomic adjustability has a profound influence on your musculoskeletal health. The Evolution Chair™ has a height adjustable base, which is vital for correct seated posture (hips higher than knees). In addition, the Evolution stability ball adjusts in size to optimize seated comfort. The Evolution Stability ball is made of a very durable, anti-burst material that varies in size by adjusting the level of inflation. This allows people of different heights and weights to attain their ideal ergonomic seated position and personal comfort level. Please do take the time to read the inflation and assembly instructions provided.
2. Optimum health benefits, the back-less Evolution Chair™ design ensures rehabilitative core strengthening. The absence of a backrest creates dynamic active-sitting, triggering movements of the spine to balance and stabilize the muscles in your lumbar and abdominal areas. Please ensure you follow the incremental usage guidelines as illustrated on the "Just Move It" poster and detailed on our website [www.evolutionchair.com](http://www.evolutionchair.com).
3. The smooth rolling sturdy design of the base offers ease of balance for safety and unparalleled maneuverability. This compact design allows close positioning to your work area and tucks neatly away at the end of the day.
4. The Evolution Chair™ now includes our "Just Move It" exercise series poster, which transforms the Evolution Chair™ into an exercise platform. This poster is a handy at-a-glance reference of 34 daily stretching and strengthening routines, specifically designed to reduce the pain and stress caused by static sitting. This POSTER was developed by Physical Therapist Timothy J. Caruso PT, MBA, MS, Cert. MDT, CEAS.

*Follow us on Social Media or sign up for our quarterly newsletter featuring special offers, newsworthy articles and new product launches. [www.evolutionchair.com](http://www.evolutionchair.com)*

## IMPORTANT SAFETY PRECAUTIONS!

Please read before setting up or using the Evolution Chair™

1. The weight limit for the Evolution Chair™ is 300lbs/112kg.
2. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before using the Evolution Chair™ or the ball within an exercise program. The instruction presented herein is in no way intended as a substitute for medical counseling.
3. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before beginning the workout.
4. Perform exercises in a slow and controlled manner.
5. Use the Evolution Chair™ only on smooth surfaces. Do not use the Evolution Chair™ on floor surfaces with deep scratches or gouges.
6. Use this product only as intended and demonstrated on [www.evolutionchair.com](http://www.evolutionchair.com). This product is sold without any warranties or guarantees of any kind, the manufacturer and the distributor disclaim any liability, loss, or damage caused by its use.

## Evolution Chair™ Premium Accessories

Match your home or office décor with our wide variety of colorful Cozys and Casters.

Cozy Slipcovers are made of a soft comfortable stretch fabric that fits snugly over the Evolution Chair™. Add a splash of color with our practical and fun Cozy slipcovers.

Evo Casters are a high quality option. Available in multiple colors, these smooth rolling, non-marking casters are ideal for all floor surfaces.



Find Us:



[www.evolutionchair.com](http://www.evolutionchair.com)

EVOLUTION CHAIR™

Tel: 604.985.0634 • Toll Free: 1.800.964.8566 • Fax: 604.985.4554 • Email: [info@evolutionchair.com](mailto:info@evolutionchair.com)



## Chair Base Assembly

1. Lay the Evolution Chair™ base on the floor with the legs pointing up. Insert the stem of each caster into each leg by pressing firmly down on the caster until it clicks into place.
2. The design of the caster housing affords two height options. The stem of the casters can connect directly into the base (recommended for individuals up to 5ft 5 inches). An additional two inches of seating height can be gained by utilizing the accompanying height inserts (recommended for individuals over 5ft 6 inches tall). The height insert clicks into the caster housing on the base and the stem of the casters then connects into the height attachment. Once the casters are firmly in place, turn the base over so the casters have contact with the floor, now place the ball on top of the chair, sit on the ball, assess the position of your knees relative to your hips, and adjust the inflation pressure accordingly.



## Evolution Chair™ Usage Tips

Your body will need time to get accustomed to sitting on the ball. Please follow the suggested usage instructions found on the enclosed “Just Move It” poster for an incremental approach to transition to active sitting.

## Care of the Ball and Chair

- Avoid sharp objects. Your ball is burst resistant; nevertheless, we recommend that you clear the workout area of sharp objects that may puncture the ball when using it off the chair. Use only on a smooth surface.
- Hand wash the ball with a soft cloth and warm soapy water. Do not use harsh or abras chemicals or cleaning tools that may scratch.
- Avoid exposing the ball to heat or excessive sunlight.
- Avoid rolling on deep pile carpets. A plastic floor mat is recommended for any chair on casters when used on thick carpets.
- Replacement balls are available. Order online or by telephone 1-800-964-8566.

## Ball Inflation, Height Adjustment

1. Remove the Evolution Chair™ base and ball from box and check for shipping damage (it is normal for balls to have slight creases or fold marks when first inflated). Allow ball to reach room temperature before inflating.
2. The ball may be inflated with an air compressor or the pump provided. Screw inflator tip into tip of pump. Insert inflator tip into the hole located at the bottom of the ball. The ball can also be inflated at a facility that has an air compressor (gas station, bicycle store, dental office etc). Inflate the ball to the recommended height and firmness (see below).
3. The Evolution stability ball is made of a very durable anti-burst material that varies in size by adjusting the level of inflation. We recommend using the included tape measure as a guide for initial inflation. Attach the tape measure to the plug and guide the tape half way around the ball to reach the minimum inflation mark of 50cm. Add more air as needed until you achieve your ideal ergonomic seated position (hips slightly higher than knees while seated). The correct inflation varies per individual as it is determined by a combination of leg length, body weight and base height.
4. Let the ball sit and rest for 24 hours to allow the material time to stretch and relax, then gradually release air until your desired firmness level and correct ergonomic position is achieved.



You will want to fill the ball to a level that provides you with a comfortable yet supportive cushion. The amount of inflation will depend on your height and body weight. Ideally, if you are sitting on the Evolution Chair™ with your feet flat on the floor, your hips and knees should form an angle slightly greater than 90 degrees i.e. hips slightly higher than the knees.

