

# ERGONOMICS THAT WORKS FOR YOU

#### **CUSTOMISE** YOUR SITTING POSITION

The Pivot Certified Ergonomic Chair boasts an extremely impressive 6 points of adjustment, a feat that not many office chairs are able to provide for their users. Included is a padded and adjustable lumbar support that allows the users spine to maintain a natural S curve. Ergonomic design like this provides a way to maintain a healthy posture with less fatigue, this level of adjustment means that anyone can optimise this incredible chair to fit their needs.



#### TAKE THE PRESSURE OFF

The Pivot Certified Ergonomic Chair comes standard with a high-density foam that can support up to 135 kgs of bodyweight. The cushion does an excellent job of distributing the user's weight evenly, allowing for long periods of sitting while still maintain maximum comfort and breathability.



Available in three colours













#### UNBFATABLE 8 YEAR WARRANTY

The Pivot chair has been designed for long term usage with our unbeatable All Office 8 year warranty providing you with peace of mind.

## PROMOTING HEALTH AND WELLNESS

Pivot is a certified Ergonomic chair helping your body move naturally, supporting you throughout the day and increasing productivity. A healthy posture can decrease stress in the back, shoulders, arms and legs.

### USEFUL EXERCISES FOR A **HEALTHY POSTURE**



Using the base of your seat, lift your body upward and hold for 5 seconds. Doing a few reps strengthens your core to improve spinal support.



Sitting upright, clasp your hands and stretch your arms above your head, holding for 10 seconds. This will stretch and align your spine and supporting muscles.



Connect your hands behind your back and hold for 10 seconds. This helps to stretch your back and shoulder muscles as well as relieve muscle tension.



Moving to the edge of your seat, place one hand on your seat and pivot to face away from your desk. Rotating the spine loosens it's lateral supporting muscles.

## **GET IN TOUCH WITH US**

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