

USING THE ENERGY CHAIR

Simplified version

1. Loosen the button on the small triangular bag and take out the **headrest**.
2. Loosen the button on the strap to **the legs of the chair**, replace the small triangular bag outside the strap. Extend and spread open the legs of the chair. Put the chair down.
3. Extend the **armrests**.
4. Place yourself behind the chair, bend down and pull out the wooden blocks underneath the **knee rests**. Loosen the wooden wheels and lean against the kneerests.
5. Loosen the locking device and push up the **chest rest**.
6. Loosen the wooden wheel on the **seat** and extend the seat. Tighten the wooden wheel.

Folding the chair the other way around, beginning with folding the seat.

This simplified version of instructions shall always be supplemented with the more fully detailed version of the instruction in every stage. This simplified version is only meant to be an assistant guide.

1. **Headrest**
2. **The legs of the chair**
3. **Armrest**
4. **Knee rest**
5. **Chest rest**
6. **Seat**

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