## **Ergo**Perfect®

How To Build a Sit-Stand



**Parts** 



Insert glides into base



Place base with glides on floor



**Insert cylinder** 



Insert seat onto cylinder shaft



**Push seat down firmly** 



Paddles on seat mechanism adjust height and tilt

info@ergomat.com

Tel. 1-440-282-4651

1.877. ERGOMAT.com

www.ergomat.com

Fax 800-357-2113