

## Operating and assembly instructions

Congratulations on your purchase of the innovative ONGO®Classic, which strengthens back muscles and relieves tension via active sitting.

Its innovation lies in the curved surface of its base and the ball track integrated into the foot. Every movement you make while sitting on the ONGO® Classic starts the ball rolling. The ball provides motivation and lets you keep track of your active sitting via acoustic feedback. This way, movement is playfully integrated into everyday life to improve both posture and productivity.

### Height adjustment

The seat adjusts precisely to your needs. To adjust the height, sit on the ONGO®. Press the inner disk under the seat on one side only to tilt the disk as you would a lever.



### Ball track

Insert one of the three balls supplied – made of steel, glass, and rubber – into the ball track. Move your hips in a circle so that the ball starts to roll. The different ball materials represent different levels of difficulty in getting the ball rolling (steel easy, glass moderate, and rubber difficult) while providing different levels of acoustic feedback. Actively integrate the stool into your movements when you move forward, backward, or to the side, keeping both feet firmly on the ground as you do so.

### ONGO®Move

You can playfully integrate back exercises into your daily routine at home or at work with the specially developed ONGO®Move training program. For the exercises, please visit [www.ongo-move.eu](http://www.ongo-move.eu)

### Changing the cover

It is easiest to remove the knit microfiber cover with the seat taken off. To do this, secure the base of the foot with both of your feet (preferably without shoes, to avoid scratching the base) and pull on the seat while turning it. Then loosen the four screws of the retaining ring and remove the cover. To put the cover back on, pull it tightly and evenly over the seat cushion, use the retaining ring to push the thick ring along the edge of the cover to the seat, and secure the ring again by tightening the four screws. Then put the seat back on the pneumatic height adjuster and secure it on the cone by sitting on it several times.

Seat covers made out of skai® leather or genuine leather cannot be changed, but the whole seat may be replaced.

### Care

- To clean the microfiber cover, it can either be left in place and cleaned with standard commercially available cleaning products, or it can be removed and washed with mild detergent (either by hand or in the machine) or dry cleaned. Clean skai® leather regularly with a mild foaming soap and a microfiber cloth or a soft hand brush. Stains caused by oils, grease, or ink must be removed immediately. For genuine leather, use a mild leather care product regularly. If necessary, clean with lukewarm water and a soft cloth. Please do not use solvents, chloride, abrasive, or chemical cleaning agents. Please note that discoloration caused by jeans or other textiles is excluded from any manufacturer's warranty.
- The plastic parts can be kept clean with mild, diluted household cleaners and a soft cloth. Do not use solvents or abrasive materials.

### Recycling

Sustainability and durability are top priorities in all of our design, production, and distribution activities. Short transportation distances reduce environmental impact. The materials of the stool can be separated relatively easily for recycling. The components either have material labels or can be identified easily using the material list. Dispose of individual materials and components properly according to local recycling and disposal requirements. To avoid unnecessary transportation, the main components of the ONGO® Classic are manufactured by a capable, ISO-certified

company, configured with other components (pneumatic height adjuster, cover, etc.) according to the customer's specifications, and shipped directly.

ONGO® GmbH accepts discarded stools for recycling.

### Made in Germany

The design, origin of the materials used, and assembly of our products stand for lasting quality and durability.

### Warnings

- **Danger, small parts.** Although the ball track has been designed so that the ball should not fall out, it can be removed with a moderate amount of force. If the ball comes into the hands of small children, it could present a choking hazard. The balls as well as all other removable parts of the ONGO®Classic are not suitable or dedicated to be taken and/or inserted into the mouth and/or other body orifices.
- **Seek medical advice before using.** Although physicians were involved in the development and testing of the stool, you should consult your doctor or physical therapist regarding proper use in your specific case, especially in case of acute back pain.
- **Tipping hazard.** Despite the non-slip coating of the foot base, inappropriate movements can cause the base to slide outward, causing the stool to tip over. Do not stand or balance on top of the stool. Do not use the ONGO®Classic as a ladder. Be particularly careful with children who cannot yet reach the floor with their feet when sitting on the stool.
- **Proper use of the ONGO®Classic.** The ONGO®Classic has been designed for dynamic, healthy sitting. It has not been designed and manufactured for any other purposes. Use the ONGO®Classic only for the intended purpose.

- **Use by one person only.** The ONGO®Classic was designed and manufactured only for the use by one person at any time. If it is being used by several persons simultaneously it might collapse and cause serious injuries.

**Its maximum load is 120 kg or 264 lbs.**

- **Do not perform mechanical work on the pneumatic height adjuster.** Working on or replacing the pneumatic height adjuster must be performed by trained personnel only.
- **Use of force.** Any misuse and/or application of force on the ONGO®Classic might result in serious physical injuries.
- **Packaging material.** Dispose of any packaging material properly. Keep packaging material out of the reach of children. A risk of suffocation might occur.

#### **Technical specifications**

- Seat area Ø 35.5 cm/14 in.
- Seat height 42–64 cm/16.6–25 in. for regular height or 55–77 cm/21.7–30.3 in. for standing stool
- Foot Ø 42 cm/16.5 in.
- Weight less than 6 kg/13 lbs.

#### **Materials**

- **Seat cover**

**a) Knit microfiber** – 97% polyester and 3% spandex, knit to form, Öko-Tex standard 100, colorfastness according to automotive standard, abrasion: 40,000 cycles using the Martindale method

**b) skai® leather** – PVC on knit cotton fabric, abrasion: > 50,000 cycles using the Martindale method, lightfast, resistant to disinfectants

**c) skai® nature base** – approx. 80% natural and renewable raw materials, Öko-Tex standard 100, meets

German medical product requirements, durable, lightfast, abrasion resistant

**d) Genuine leather:** lightfast, abrasion resistant, tear resistant

- **Seat foam:** CFC-free polyurethane foam
- **Seat support:** Fiberglass-reinforced polyamide
- **Retaining ring:** Polyamide
- **Casing and upper foot piece:** ABS
- **Conical receptacle on the seat:** Aluminium
- **Pneumatic height adjuster:** Steel/plastic
- **Cone retainer on the foot:** Steel
- **Foot base and ball track:** Polypropylen
- **Base surface of the foot base:** TPE

#### **Warranty**

The ONGO®Classic is a high-quality product. Its over 15 individual components meet the highest quality requirements. Therefore, we are able to provide a warranty of functionality for the ONGO®Classic for three full years. This warranty is valid for all original parts and starts when the seat is delivered. Please keep your receipt/delivery slip for warranty claims. During the warranty period, ONGO® will provide repair or replacement free of charge after a claim has been submitted and approved by ONGO®. All you need to pay is the costs of transportation. The warranty does not apply to normal wear and tear of parts subject to wear, such as the cover material, defects resulting from improper handling (particularly improper care or damage from knocks, scratches, or rips, use of force) and any modifications made by third parties that are not authorized by ONGO® and not TÜV-certified.

Operating and Assembly Instructions

Say good-bye to sitting still!

Congratulations on your purchase of the ONGO®Kit. With the curved surface of its base, it supports the natural urge for movement especially in children and so continuously activates important muscle groups in all regions of the body. Positive effects of active sitting in comparison to sitting on static furniture are:

- Improved concentration and better ability to learn due to improved blood circulation and up-take of oxygen.
- Enhancement of coordination and balance, which play an important role in the development of the brain and nervous system.

The innovation consists of the curved base and the integrated balltrack. Every movement on the ONGO®Kit brings the ball into motion and motivates you to active sitting.

Technical specifications

- Seat area ø 28.5 cm/11 in.
- Minimum seat height 30 cm/12 in. adjustable with extension elements in 8 cm/3 in. increments
- Foot ø 36 cm/14 in.
- Weight 3 kg/6 lbs.

Best sitting height

Adjust the height of the ONGO®Kit with the separate height extension kit according to the need of its user. To do so, you may orient yourself on the DIN EN 1729-1:2006-09. Please note, however, that active sitting with its tilted position generally calls for taller sitting heights, which correspondingly call for higher table tops.

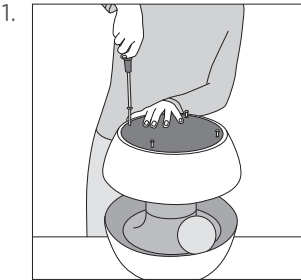
Recommendation of seat heights corresponding to body height according to DIN EN 1729-1:2006-09:

Body height	Seat height	Distribution of levels									Color coding
		1	2	3	4	5	6	7	8	9-13	
108 - 121 cm 42,5 - 47,6 in.	- 31 cm - 12,2 in.	●									purple
119 - 142 cm 46,9 - 55,9 in.	- 35 cm - 13,8 in.	●	●	●	●						yellow
133 - 159 cm 52,4 - 62,6 in.	- 38 cm - 15 in.		●	●	●	●	●	●			red
146 - 176,5 cm 57,5 - 69,5 in.	- 43 cm - 16,9 in.					●	●	●	●	●	green
159 - 188 cm 62,6 - 74,0 in.	- 46 cm - 18,1 in.							●	●	●	blue
174 - 207 cm 68,5 - 81,5 in.	- 51 cm - 20,1 in.									●	brown

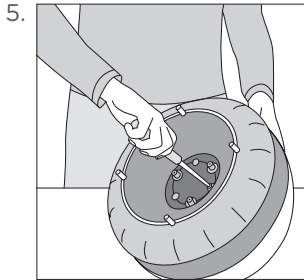
Different heights of ONGO®Kit:

Seat height	Number of extensions	0	1	2	3	4
						4
62 cm/24,4 in.					3	
54 cm/21,3 in.				2		
46 cm/18,1 in.			1			
38 cm/15,0 in.						
30 cm/11,8 in.	0					

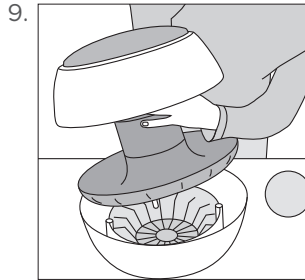
Instructions for height adjustment



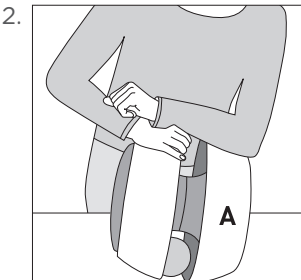
To insert or remove an extension element, remove the four screws on the bottom of the ONGO®Kit with a Phillips head screwdriver.



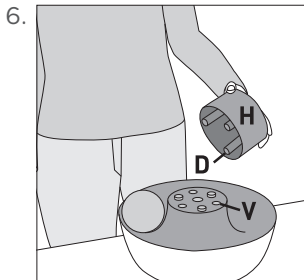
Remove the three screws on the bottom of the inner body.



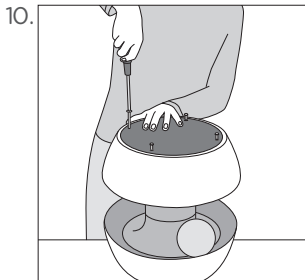
Put the inner body in the recesses of the outer body.



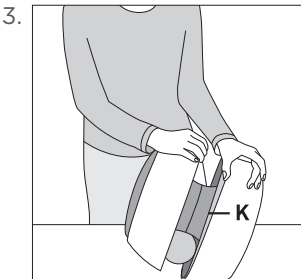
Loosen the outside body (A) by pushing on the rim.



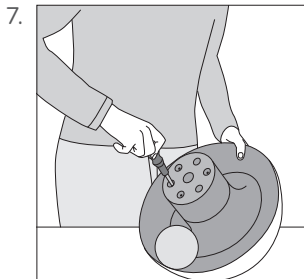
Now insert the extension element (H) so that the three cylinders fit into the three indentations (V).



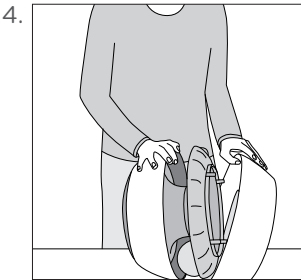
Finally screw both parts together again.



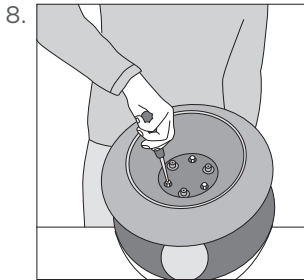
Move the rim over the inner body (K).



Turn the three screws firmly, but without destroying the thread. To reach the desired height, repeat this step or reverse it.



And take it off.



Then screw onto the inner body the extension element.

Warnings

**Tipping hazard.** Despite the non-slip coating of the base, inappropriate movements may cause the stool to slide outward and tip over. Do not stand or balance on top of the stool. Do not use the ONGO®Kit as a ladder. Do not use for children who cannot yet reach the floor with their feet when sitting on the stool.

**Danger, small parts.** Screws are used to connect the individual extension elements. Please make sure that they do not get into the hands of small children to avoid the danger of being swallowed.

**Proper use of the ONGO®Kit.** The ONGO®Kit has been designed for dynamic, healthy sitting. It has not been designed and manufactured for any other purposes. Use the ONGO®Kit only for the intended purpose.

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**Its maximum load is 120 kg or 264 lbs.**

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**Seek medical advice before using.** Although physicians were involved in the development and testing of the stool, you should consult your doctor or physical therapist regarding proper use in your specific case, especially in case of acute back pain.

**Packaging material.** Dispose of any packaging material properly. Keep packaging material out of the reach of children to avoid the risk of suffocation.

Materials

Seat cover: Knit microfiber made of 100% polyester  
Seat foam: CFC-free polyurethane foam  
Body: Propylene  
Surface of the base: TPE  
Ball: PVC  
All materials fulfil regulatory requirements for nontoxic substances and durability.

Care

- The microfiber cover may be cleaned with water and/or commercially available cleaning products.
- The body of the ONGO®Kit can be kept clean with mild, diluted household cleaners and a soft cloth. Do not use solvents or abrasive materials.