

# The LeanRite™

## Product Usage Guide



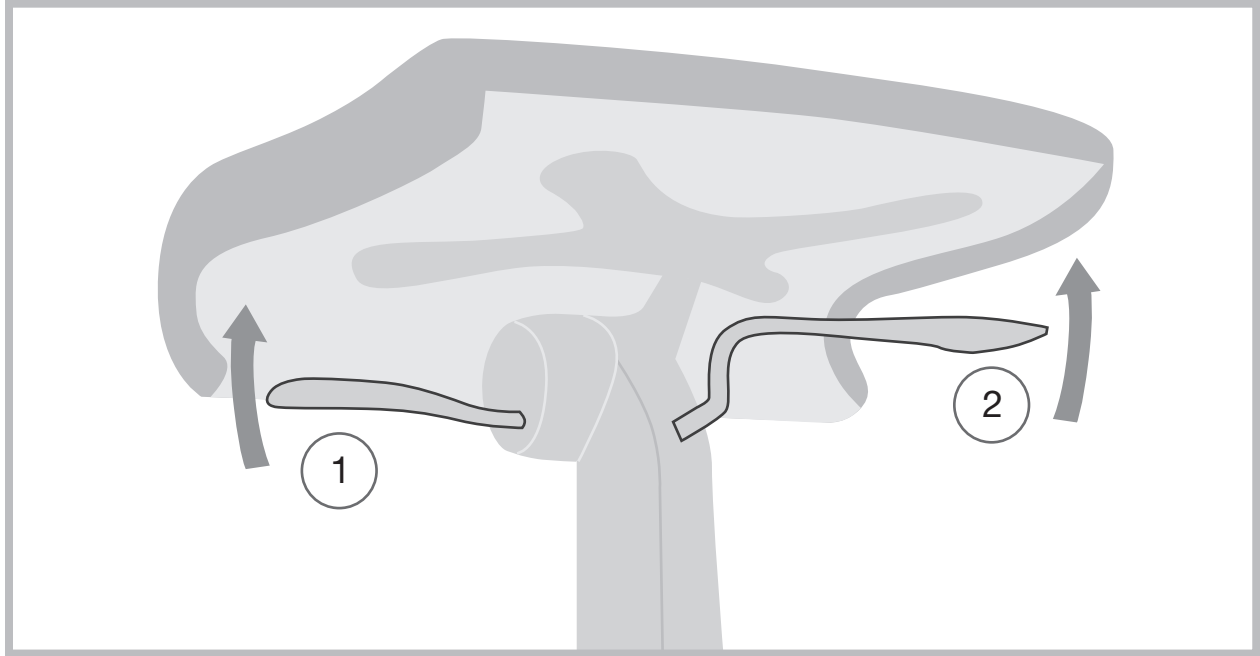
Postures | Contact Points | Stretches

# The LeanRite™

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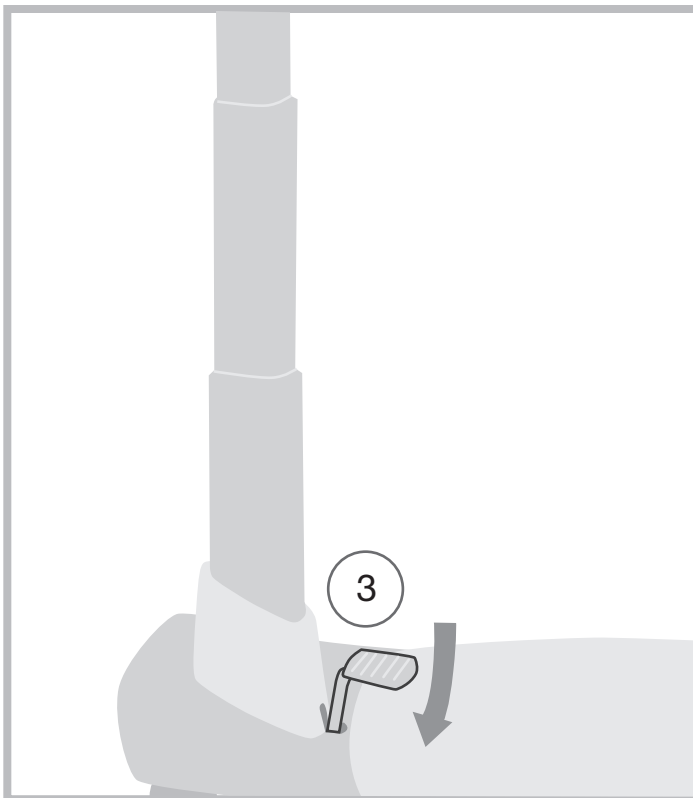
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## Directions: Adjustment & Levers



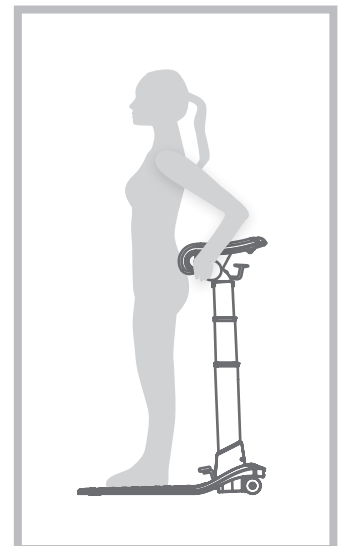
**1 Seat Rotation Lever:**  
Located under the left side of the seat. Pull lever up to tilt seat angle.

**2 Height Adjustment Lever:**  
Located under the right side of the seat. Pull up to raise or lower seat.

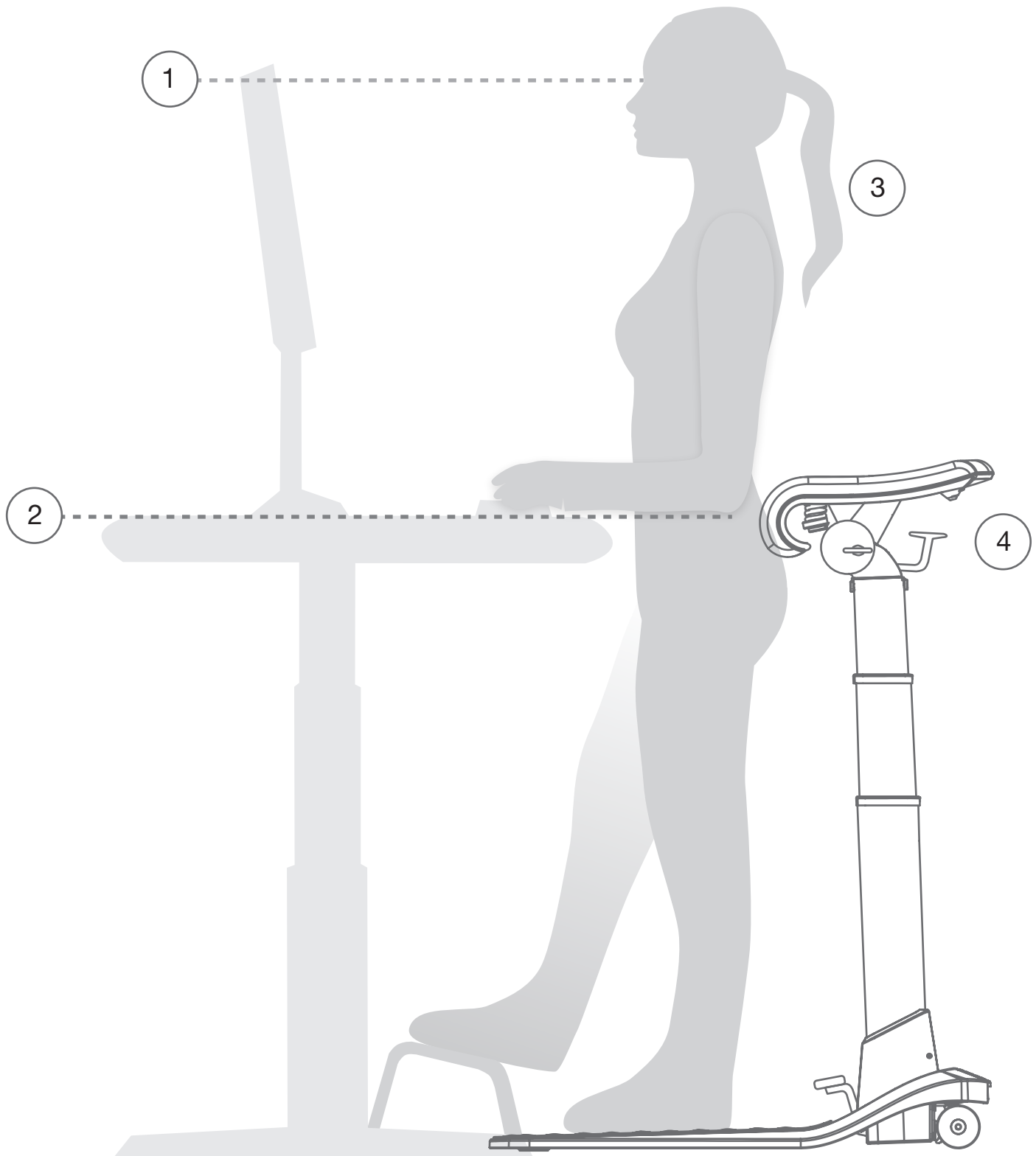


**3 Height Adjustment Pedal:**  
Located near feet on the base of the post. Press down with feet to adjust seat height.

*Tip:  
Adjust  
while  
facing  
forward*



Posture Guide: Standing Position



Tip: Try a footstool

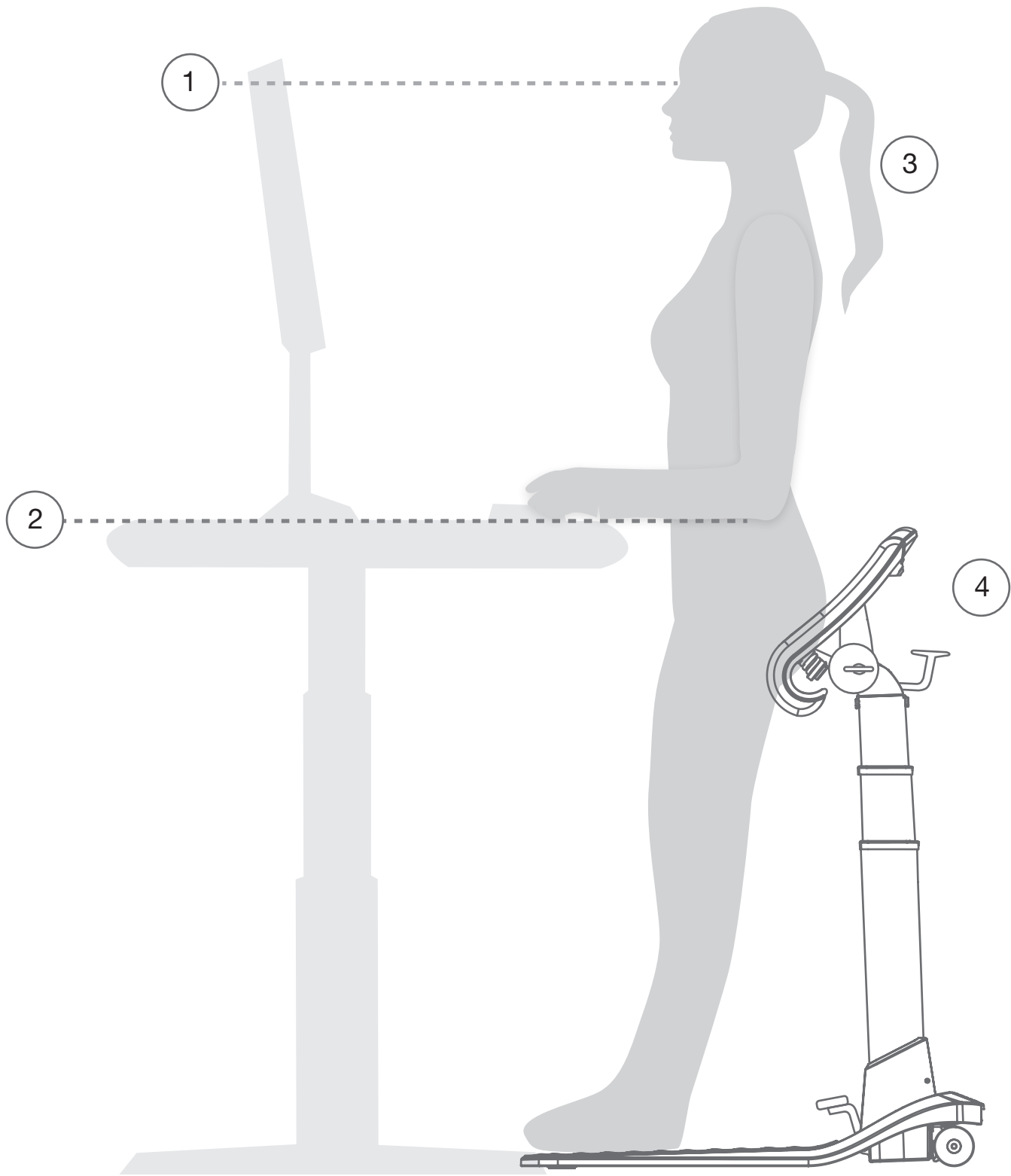
1 Top of Screen at Eye Level

2 Elbow at Desktop Level

3 Maintain Upright Back and Neck

4 Seat in Flat Position

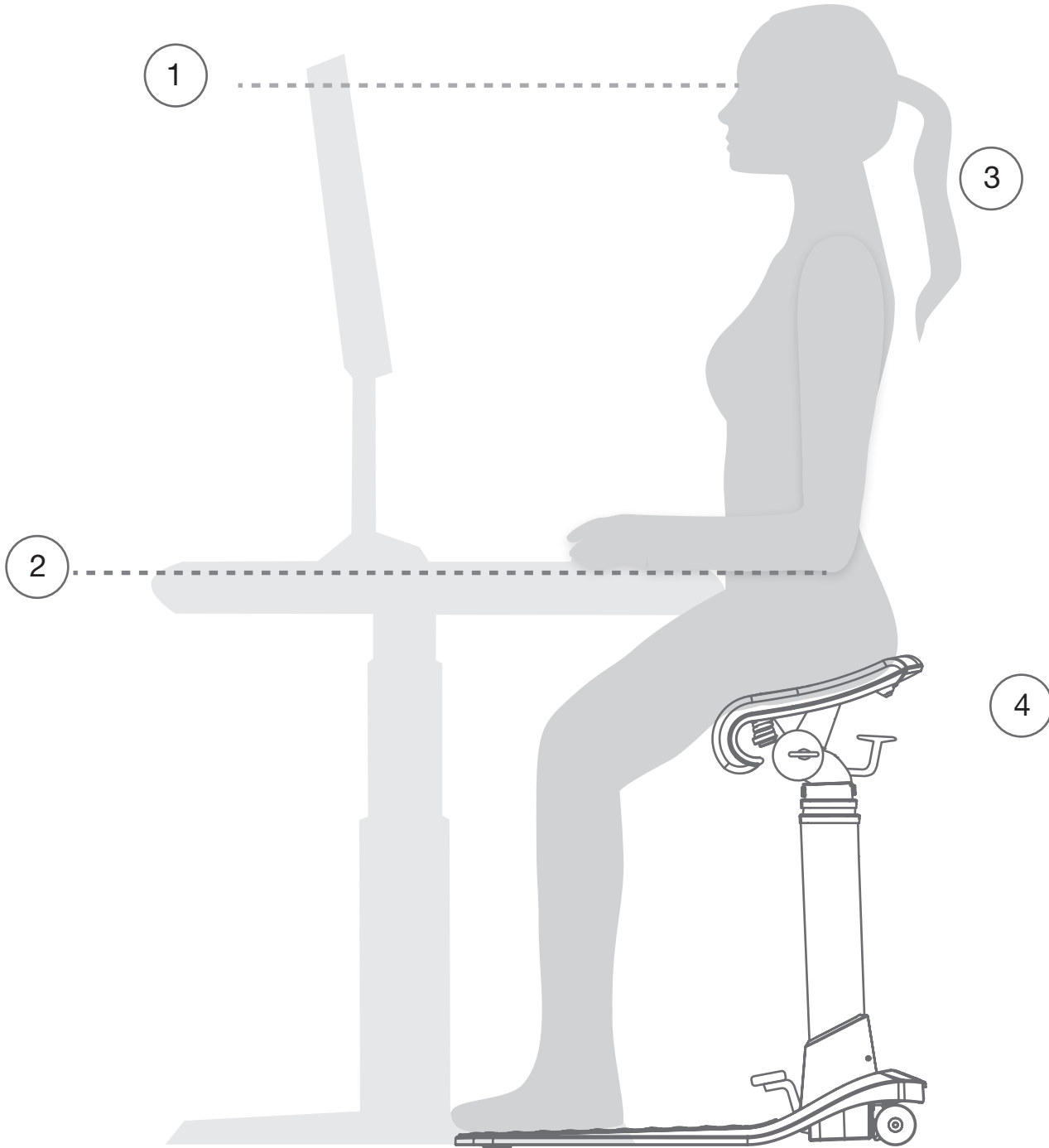
## Posture Guide: Angled Perch Position



*Tip: For full support in this position, allow end of seat to provide upward lift instead of leaning further up on the seat pad.*

- 1 Top of Screen at Eye Level
- 2 Elbow at Desktop Level
- 3 Maintain Upright Back and Neck
- 4 Seat at 45° Angle

Posture Guide: Full Sitting Position



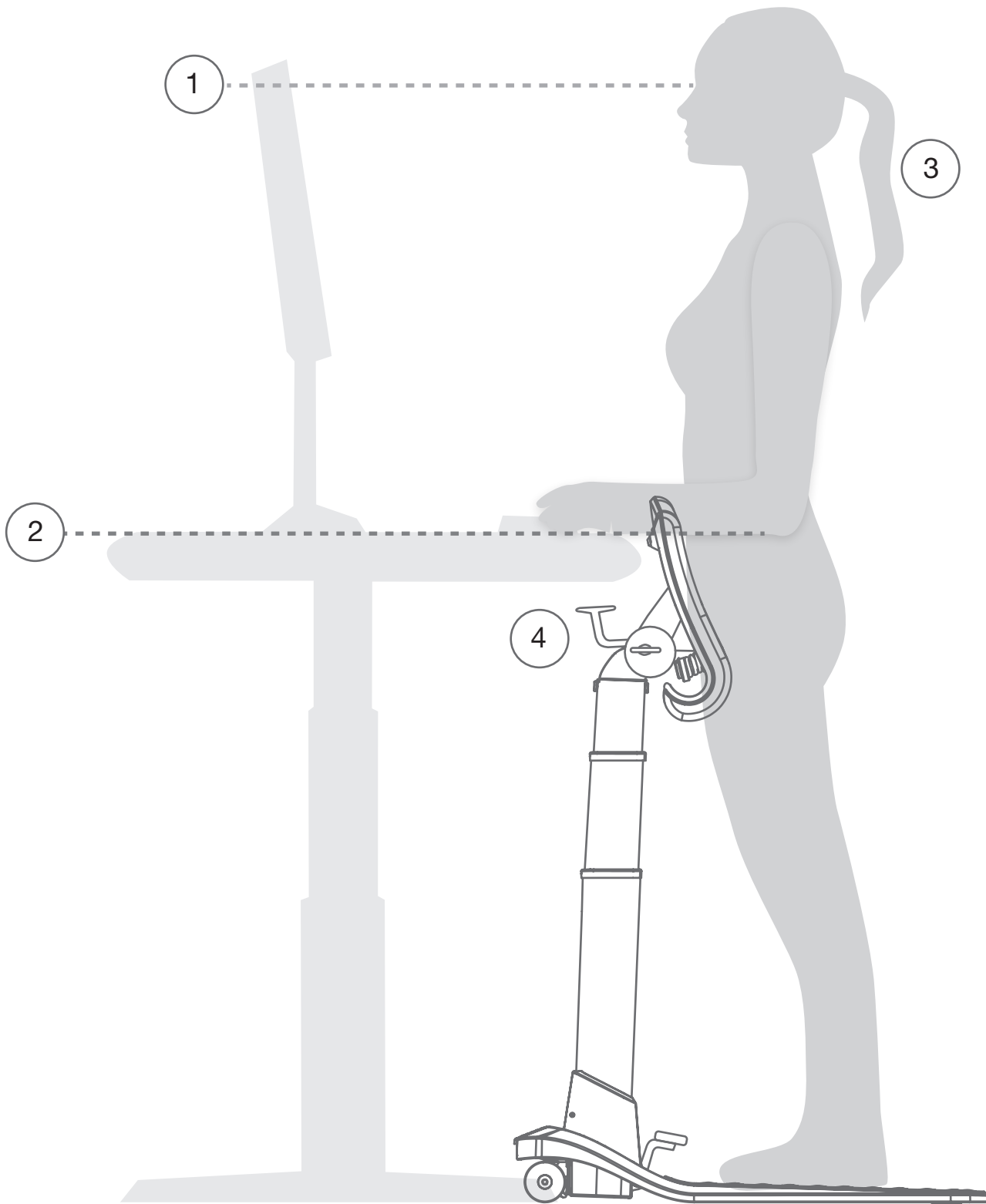
1 Top of Screen at Eye Level

2 Elbow at Desktop Level

3 Maintain Upright Back and Neck

4 Seat at 15° Angle

Posture Guide: Forward Lean



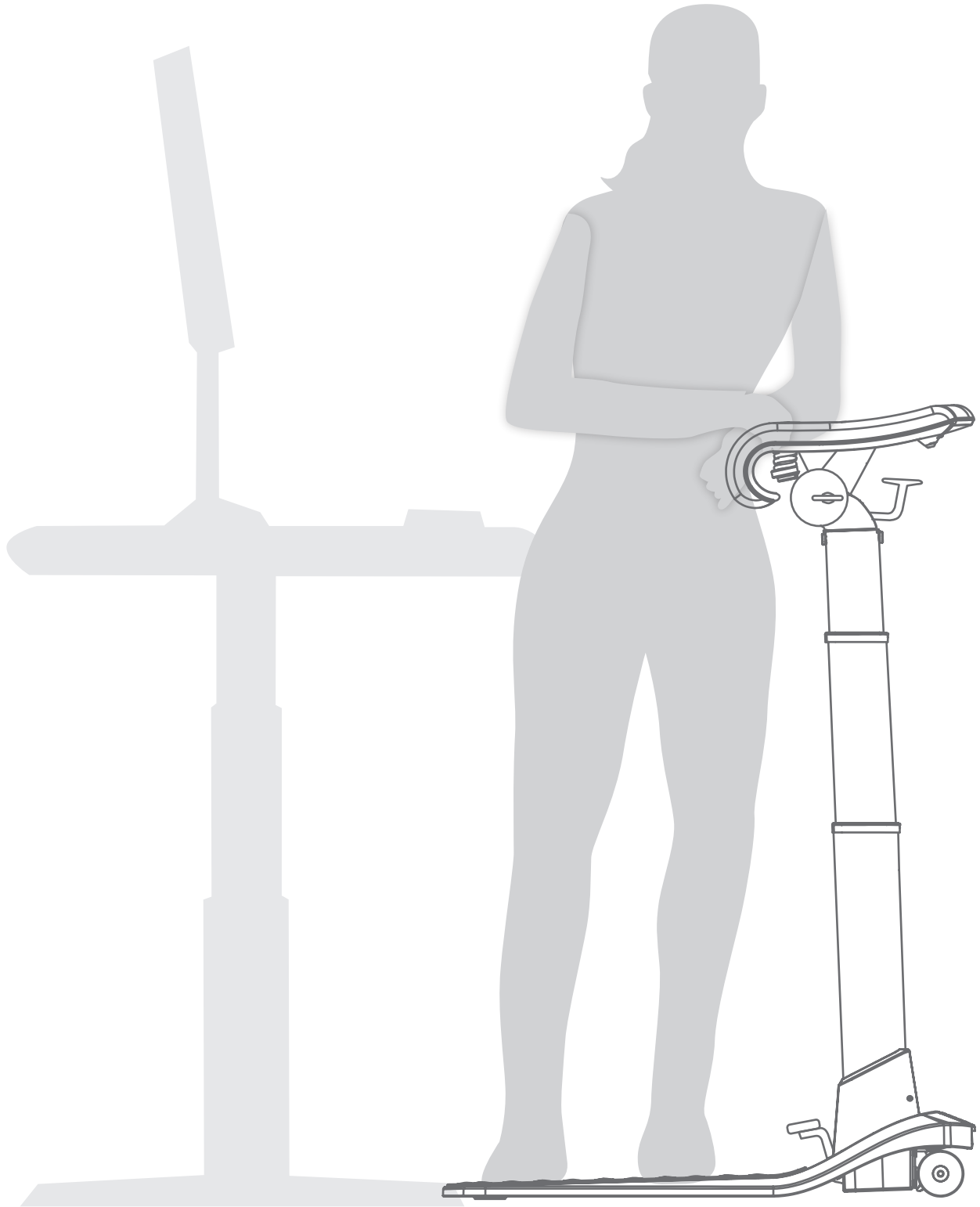
1 Top of Screen at Eye Level

2 Elbow at Desktop Level

3 Maintain Upright Back and Neck

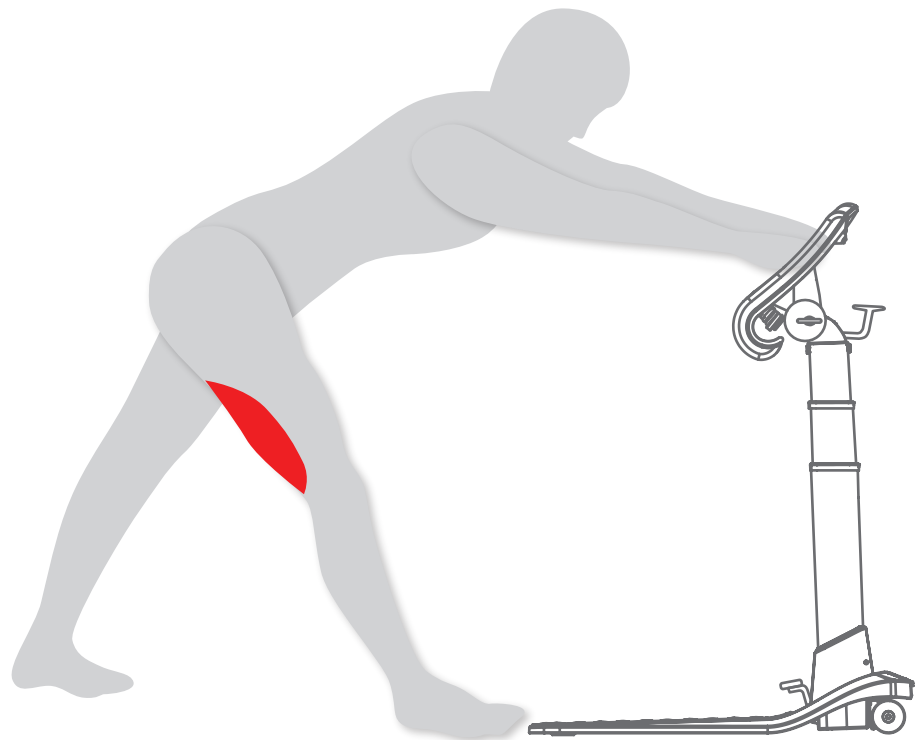
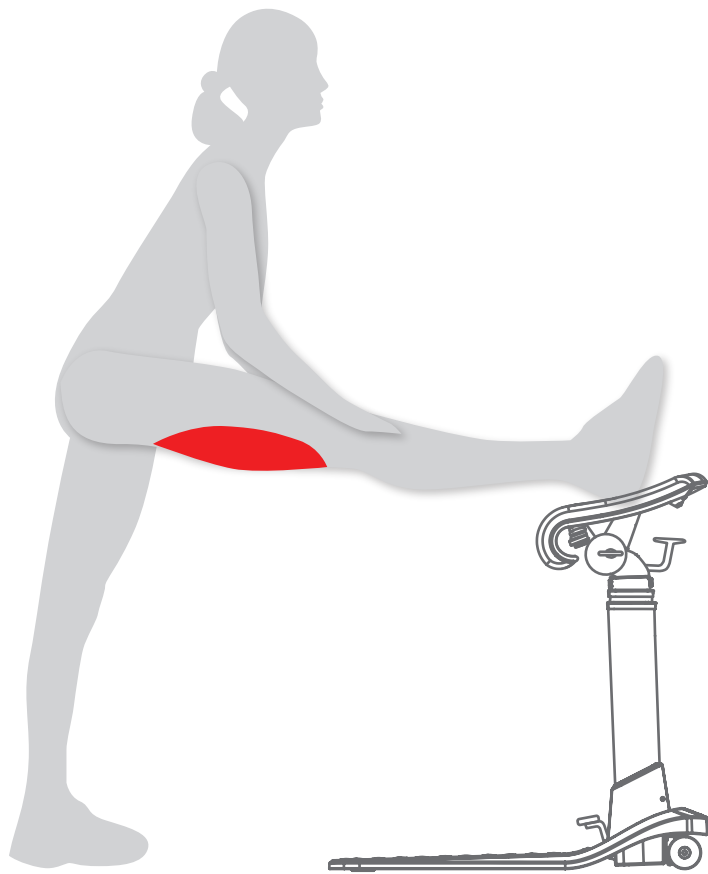
4 Seat Nearly Vertical

**Posture Guide: Break Time**





**Stretching Guide: Hamstring Muscles**



**Stretching Guide: Quad Muscles**

