2026V2

ASSEMBLY INSTRUCTION

Ergonomic Office Chair

Installation video:

Model: 001-1



Parts

Note: Please check all parts are included.

❶ *1	❷ *1	❸ *1	❹ *2
			
Headrest	Backrest	Seat	Armrests-above (left+right)
❺ *2	❻ *1	❼ *1	❽ *5
			
Armrest-below (left+right)	Mechanism	Gas Lift	Legs
❾ *1	❿ *5	⓫ *1	
			
5-Star Base	Casters	Headrest Cap	

Screws

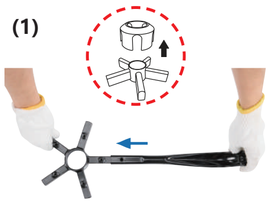
Ⓐ *8+1(backup)	Ⓑ *4+1(backup)	Ⓒ *4+2(backup)
		
M6*25 (Mechanism*4)(Backrest*2) (Headrest*2)	M6*35 (Seat)	M6*25 (Armrests*2)(Washers*2)
Ⓓ *5+1(backup)	Ⓔ *1	
		
M6*14 (5-Star Base)	Allen Wrench	

For demonstration purposes, this manual shows the screws for the Black chair. Actual screw colors may vary — please verify the correct model and quantity.

Installation steps

Step 1.

(1)



(2) Use Ⓓ M6*14screws



STEP 1: Assemble the Five-star Base

First, pull out the plastic slot cover from the five-star base. Then, connect the five legs ❽ to the five-star base ❾, insert screws Ⓓ×5 and fix them with Allen Wrench Ⓔ.

Step 2.

(3) (4) (5)



STEP 2: Assemble the Casters

Insert the 5 casters ❿ into the chair legs that were installed in step1 respectively, then cover the plastic slot cover back onto the five-star base, and finally insert the gas lift ❼ into the five-star base.

Installation steps

Step 3.

(6) (7) (8)







Use Ⓒ M6*25screws +

STEP 3: Connect the Two Parts of the Armrest

Connect the armrests-above ❹ and armrests-below ❺ using armrests washers Ⓒ x 2. Then assemble the complete armrest using screw Ⓒ ×2.

Note: Armrests washers need to be placed before screws are locked.

Step 4.

(9)



Use Ⓐ M6*25screws +

Armrest Backrest Assenbly Video

STEP 4: Connect Armrest with the Backrest

Tighten the armrest and backrest ❷ with screw Ⓐ×2.

Installation steps

Step 5.



Armrest Seat Installation Video

STEP 5: Connect the Armrest and Seat Cushion

Attach the seat 3 to the armrests and then insert screws B x 4. Do not fully tighten the screws until all screws are in place. You may fine-tune the screw positions during assembly.

Note: Insert all screws into the holes first, then tighten them gradually.

Step 6.



Step 6: Connect the Tilt Control Mechanism with the Seat

Align the four holes of the tilt control mechanism 6 with the four holes on the seat 3.Then insert screws A x 4.Do not fully tighten the screws until all screws are in place.

Note: If you feel that the seat cushion is too hard, you can contact us to send you a soft sponge seat cushion.

Installation steps

Step 7.

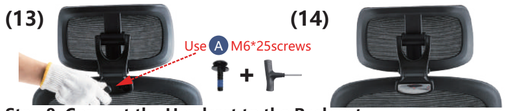
(12)



Step 7: Connect the Seat with the Five-star Base

Connect the other end of the gas lift with the tilt control mechanism.

Step 8.

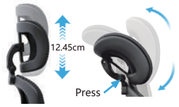


Step 8: Connect the Headrest to the Backrest

Align the holes on the headrest 1 with the holes on the backrest, insert screws A ×2, then tighten them. Finally, put on the headrest cap 11

Adjustment

1.Adjusting the 3D Headrest



1.Up and Down Function Demo

Hold the headrest and adjusts height directly up or down.

2.Angle Adjustment Demonstration

Press and hold the button indicated by" press " then turn the connecting rod to adjust the angle.

2.Adjusting the Lumbar Support



Turn the knob on the back-rest to move the lumbar supppt forward or backward by 4cm for personalized support.

Adjustment

3.Adjusting the Seat Height

Twist the handle, add or subtract weight to adjust the seat height up and down.



*Reach out to the manufacturer if you have any questions about height adjustment.

Mechanism Operation Video

4.Adjusting the Tilt Back Function



Tilt Function
Pull out/push in the handle

Unlock: Pull out the handle and gently press the backrest. The backrest enters reclining mode.

Lock: Push in the handle while the backrest is at the natural 90-degree position to lock.

Note: Only 90 ° locking. If you have any questions about tilting, please also contact us.

5.Adjusting the Tilt Tension



Tilt Tension
Rotate the knob

Weight Adjustment Guide: For users weighing under 130 lbs, turn the knob three full turns toward the " - " direction.

" - " Turn the knob counter-clockwise to decrease the resistance and the chair will recline more easily

" + " Turn the knob clockwise to increase the resistance and strengthen the tilt resistance.

6.Adjusting the Arm



3cm Fore-and-Aft Armrest Adjustment



Flip Directly Upwards

After-Sales Support

A SINCERE NOTE ABOUT YOUR TRALT CHAIR

Thank you for choosing TRALT. A professional support team ready to assist you within 12 hours, 7 days a week. Your satisfaction is our top priority, and we're committed to serving every customer with care. If anything falls short of your expectations, please give us a chance to make it right – contact us immediately.

1. HASSLE-FREE RETURNS & EXCHANGES

Repacking a heavy chair is difficult and time-consuming. Before you struggle with the box, reach out to us. We'll provide a simple, convenient return or exchange solution – so you don't have to do the heavy lifting.

2. HOW TO ACTIVATE YOUR 5-YEAR COVERAGE

Your 5-Year Coverage Includes:
Part replacement & updates
A satisfactory solution for any issue affecting normal use

3. INSTALLATION SUPPORT

Missing or Damaged Parts
If any parts are missing or damaged upon arrival, contact us immediately. With our local U.S. warehouse, we'll ship what you need within 3–5 business days.

Assembly Difficulties
If screws don't fit or holes seem misaligned, stop and contact us. Our team will guide you through assembly.

Note: After 6 months or more of use, please check whether the screws on key parts have become loose. If they are loose, please retighten them. If the screws are stripped, contact us and we will send you new screws.

4. FABRIC & COSMETIC ISSUES

If your chair arrives with stains, tears, wrinkles from shipping, or any fabric imperfections, please let us know right away. We'll provide a solution that ensures your complete satisfaction.

5. COMFORT & ADJUSTMENT CONCERNS

If the chair doesn't meet your expectations after setup – height feels off, it squeaks, or the seat isn't comfortable – just contact us. We'll send you a replacement gas lift (3–5 business days), or help with lumbar support adjustments. We're here to make it right.

TRALT Team
We're in your corner.