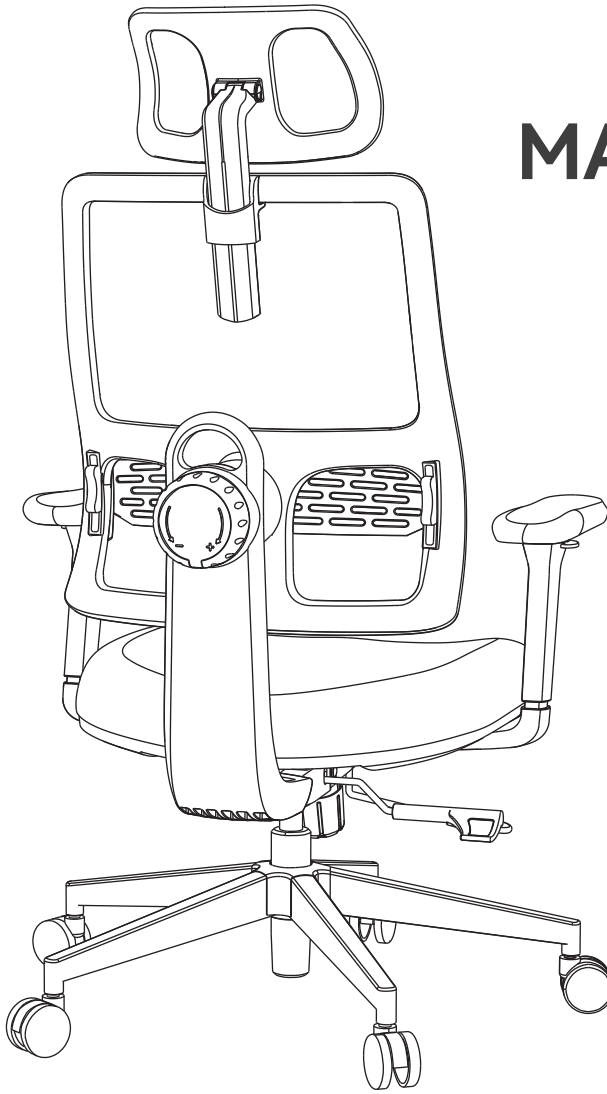
NEWTRAL

USER MANUAL

MagicH-003
Color: Black

MagicH-003
Color: Grey



Contact Us

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3.Manuel de l'utilisateur ---------- 15 — 21

4.Manuale per l'utente ---------- 22 — 28

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Thank you for choosing NEWTRAL.

For any assistance, our customer service team is here to help.
Please contact us at:

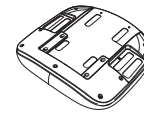
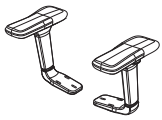
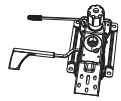
service@newtralchair.com

Tip: For faster service, please include your order number.

User Manual

Parts List

(Please refer to the actual size. Each type of screw and washer has one reserved as a spare.)

A  1PC	B  1PC	C  1PC	D  1PC
E  1SET	F  1PC	G  1SET	H  M6*35mm 4PCS
I  M6*35mm 6PCS	J  M8*16mm 3PCS	K  1PC	L 1PC
M  1PC	N  5PCS	O  1PC	P  M6*12mm 10PCS
Q  5PCS	R  1PC		

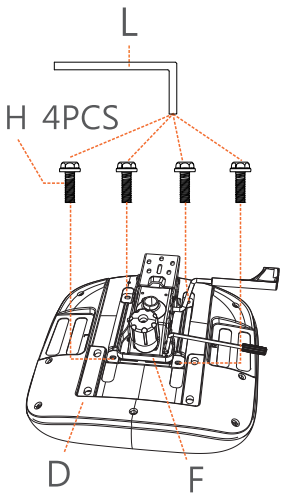
Assembly Instructions

(Please refer to the actual size.)

Scan for Video Guide

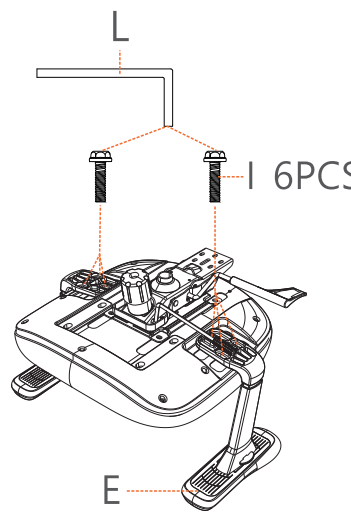
Step 1

Mechanism Assembling



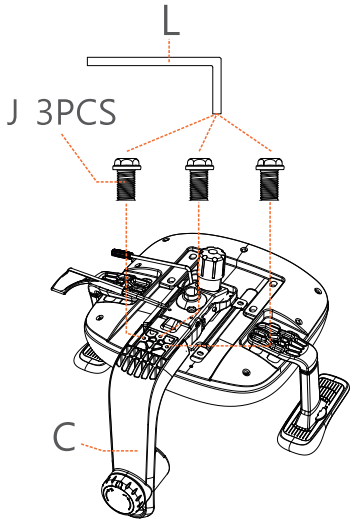
Step 2

Armrest Assembling



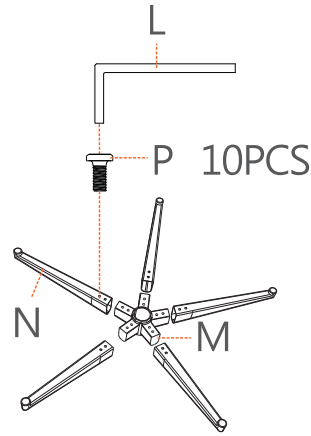
Step 3

Backrest Bracket Assembling



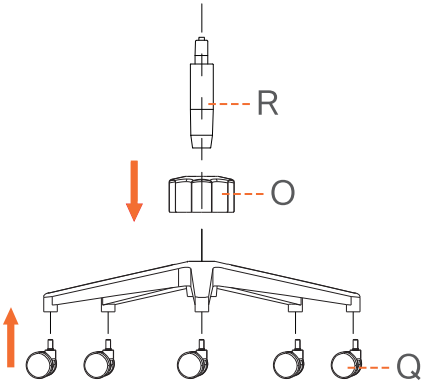
Step 4

Base Assembling



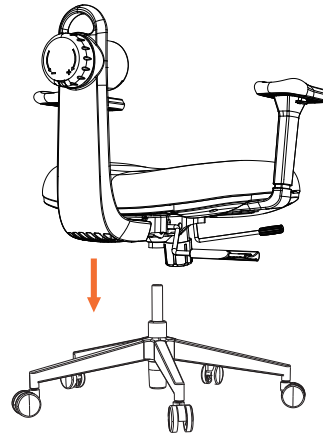
Step 5

Gas Lift Assembling
Wheels Assembling
Base Cover Assembling



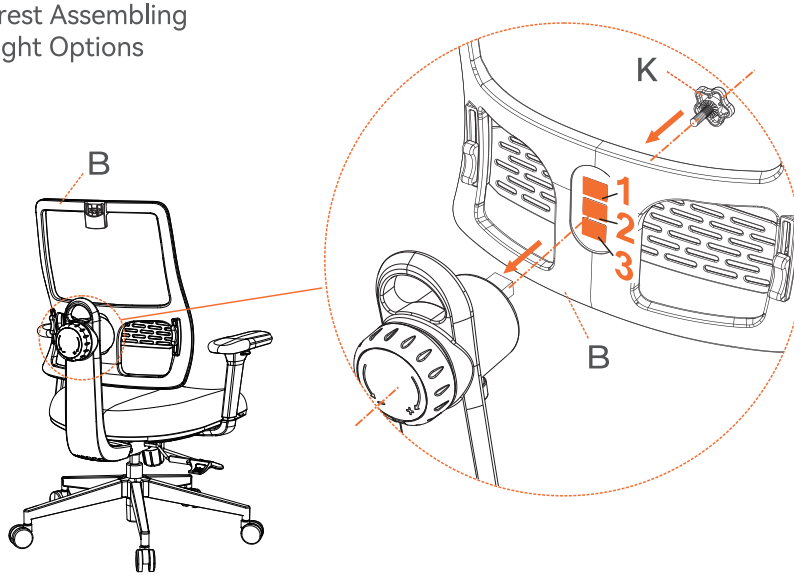
Step 6

Put the Seat and Base Together



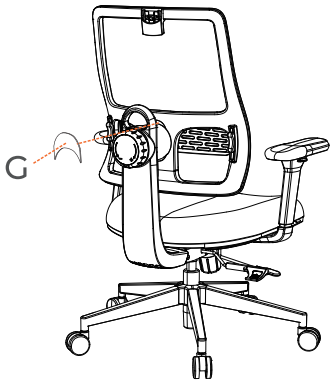
Step 7

Backrest Assembling
3 Height Options



Step 8

Silicone Cover Attaching



Step 9

Headrest Assembling



Operation Instructions

(Please refer to the actual size.)

Adjustment Video

Backrest Tilt Adjustment

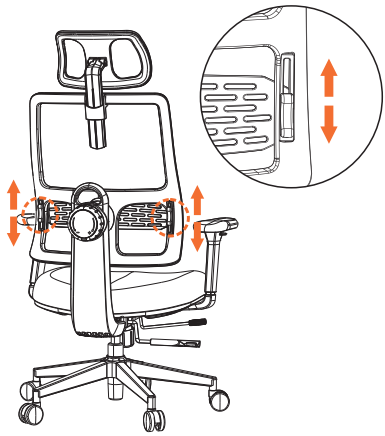


❶ Tilt
❷ Upright

Seat Depth Adjustment



Lumbar Support Height Adjustment



Seat Height Adjustment



❶ Lift Up
❷ Lower the Seat

Armrest Adjustment



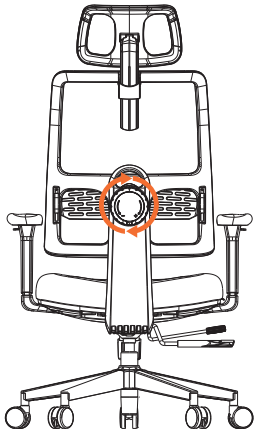
❶Height Adjustment
❷Front and Back Adjustment
❸Inward and Outward Adjustment

Headrest Adjustment

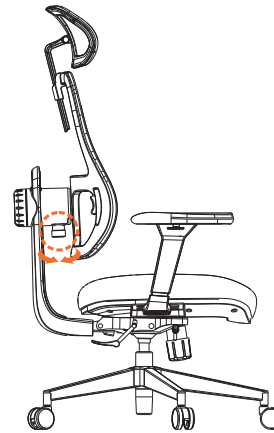


❶Height Adjustment
❷Angle Adjustment

Lumbar Support Strength Adjustment



Lock/Unlock the dynamic lumbar support



Backrest Tilt Strength Adjustment



Q&A

Q: The backrest mesh is damaged.
A: Please contact us, and we will arrange a replacement delivery!

Q: What if I receive a damaged or incorrect product?
A: Please check that all parts are properly installed. If the issue persists, the mechanism may be faulty. We recommend sending us a short video for further inspection.

Q: I hear noises when sitting on the chair.
A: Please check if all parts of the chair have been installed tightly. If not, there might be a problem with the mechanism, and we recommend you send us a video for further evidence first.

Q: Why do the armrests wobble?
A: Please first check whether the screws are tightened properly, then inspect the armrest pads for looseness.

Q: The backrest wobbles.
A: The backrest might not be securely installed. Please try reinstalling it.

Q: There is an odor when the chair is unpacked.
A: Please leave the chair in a well-ventilated area for 2–3 days before use.

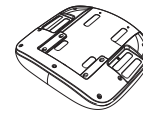
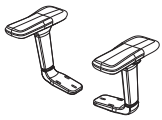
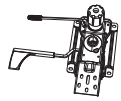
Q: There are scratches or cracks on the backrest or other parts.
A: We hope this does not affect normal use. You can contact us for replacement parts if needed.

Q: Some parts are missing.
A: Please inform us which parts are missing and provide your order number along with photos of all received parts. We'll report this to the factory and arrange delivery or work with you on a suitable solution.

Q: The chair feels uncomfortable, but I can't identify the issue.
A: We're sorry to hear that. Please send us a photo or short video indicating the issue so we can help locate the problem and offer a suitable solution.

Teileliste

(Bitte beachten Sie die tatsächlichen Maße. Für jede Art von Schrauben und Unterlegscheiben gibt es eine Reserve.)

A  1PC	B  1PC	C  1PC	D  1PC
E  1SET	F  1PC	G  1SET	H  M6*35mm 4PCS
I  M6*35mm 6PCS	J  M8*16mm 3PCS	K  1PC	L 1PC
M  1PC	N  5PCS	O  1PC	P  M6*12mm 10PCS
Q  5PCS	R  1PC		

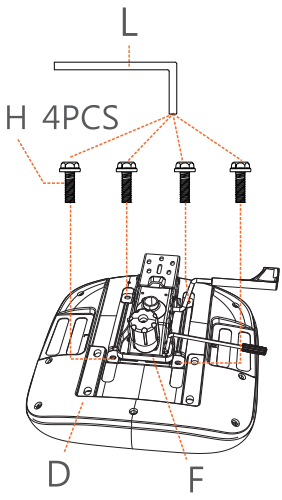
Installationsleitung

(Bitte beachten Sie die tatsächlichen Maße.)

Installation
Videoanleitung

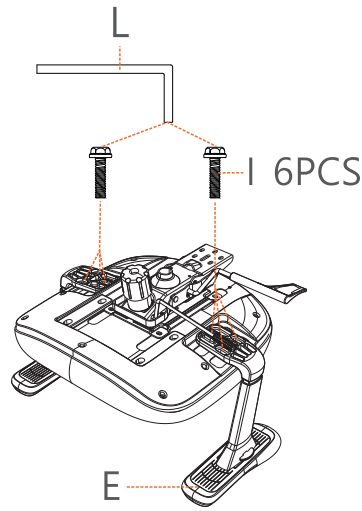
Schritt 1

Mechanische Einheit installieren



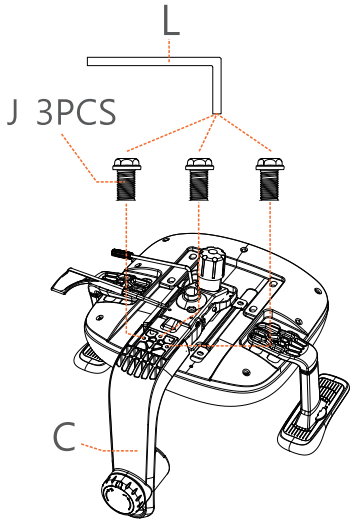
Schritt 2

Armlehne installieren



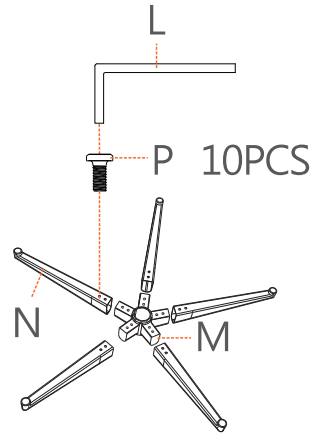
Schritt 3

Rückenlehnenträger installieren



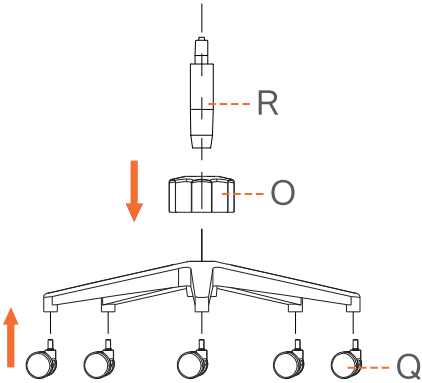
Schritt 4

Stuhlfuß installieren



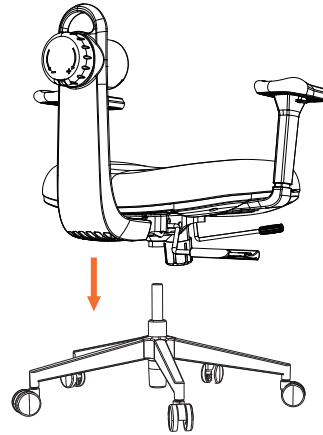
Schritt 5

Gasfeder installieren
Rollen installieren
Stuhlfuß Abdeckung installieren



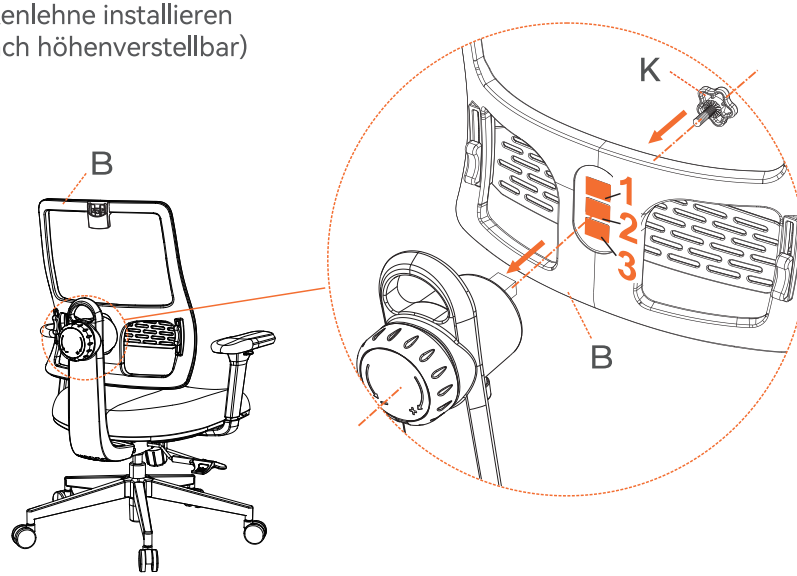
Schritt 6

Setzen Sie Sitz und
Stuhlfuß zusammen



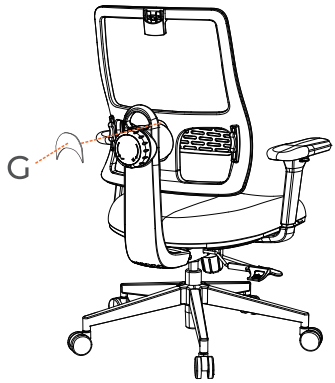
Schritt 7

Rückenlehne installieren
(3-fach höhenverstellbar)



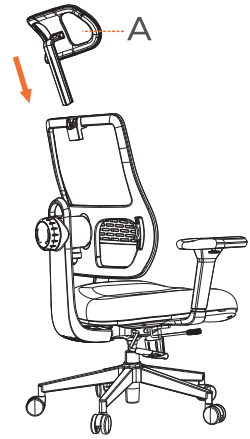
Schritt 8

Abdecken der Schraubenlöcher



Schritt 9

Kopfstütze installieren



Einstellungsanleitung

(Bitte beachten Sie die tatsächlichen Maße.)

Einstellungsvideo

Neigung der Rückenlehne anpassen

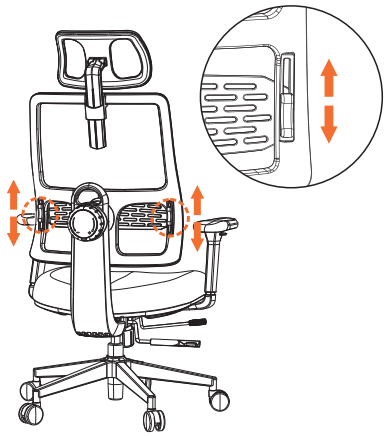


❶ Neigen
❷ Aufrecht

Sitztiefe anpassen



Höhe der Lumbalstütze einstellen



Sitzhöhe einstellen



❶ Heben
❷ Senken

Armlehne einstellen



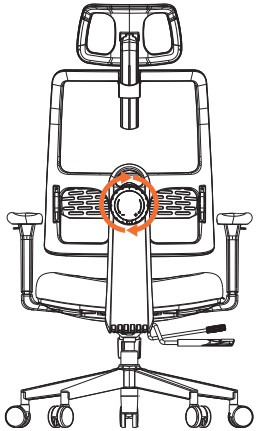
❶Heben/Senken
❷Vorwärts/Rückwärts
❸Links/Rechts

Kopfstütze einstellen

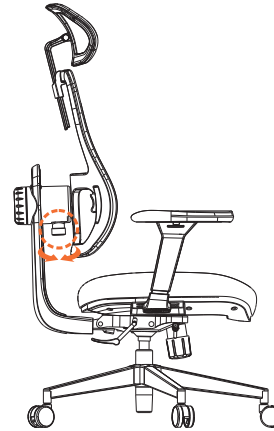


❶Höhe einstellen
❷Drehwinkel einstellen

Kraft der
Lumbalstütze einstellen



Dynamische
Lumbalstütze sperren



Kraft der
Rückenlehnenneigung einstellen



FAQ

Q: Die Rückenlehnennetzstruktur ist beschädigt.

A: Bitte kontaktieren Sie uns, und wir werden die Lieferung eines Ersatzteils arrangieren!

Q: Was passiert, wenn ich ein beschädigtes oder falsches Produkt erhalte?

A: Wenn Sie ein defektes, falsches oder unvollständiges Produkt erhalten, kontaktieren Sie uns umgehend und bewahren Sie alle Gegenstände sowie Verpackungsmaterialien auf, bis Ihr Anspruch bearbeitet ist.

Q: Ich höre Geräusche, wenn ich auf dem Stuhl sitze.

A: Bitte prüfen Sie, ob alle Teile des Stuhls fest installiert sind. Falls nicht, könnte es an einem Problem mit dem Mechanismus liegen – wir empfehlen Ihnen, uns zuerst ein Video als weiterer Beweis zukommen zu lassen.

Q: Warum wackelt die Armlehne?

A: Bitte prüfen Sie zuerst, ob die Schrauben ausreichend festgezogen sind, und prüfen Sie anschließend das Wackeln der Armlehnenschale.

Q: Die Rückenlehne wackelt.

A: Die Rückenlehne ist möglicherweise nicht fest installiert. Es wird empfohlen, sie zuerst neu zu installieren.

Q: Der Stuhl hat einen unnormalen Geruch, wenn er aus der Box genommen wird.

A: Bitte stellen Sie den Stuhl vor der Nutzung 2-3 Tage in einem gut belüfteten Raum auf.

Q: Die Rückenlehne oder andere Teile haben Kratzer oder Risse.

A: Wir hoffen, dass dies die normale Nutzung des Stuhls nicht beeinträchtigt – Sie können uns bezüglich des Ersatzes der fehlerhaften Teile konsultieren.

Q: In dieser Bestellung fehlen Teile.

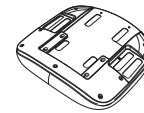
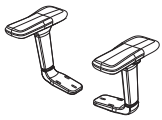
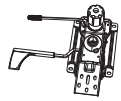
A: In diesem Fall teilen Sie uns bitte mit, welche Teile fehlen, zusammen mit Ihrer Bestellnummer, und senden Sie uns ein Foto aller Teile, die Sie derzeit besitzen. Anschließend melden wir dies der Fabrik, arrangieren die Lieferung oder arbeiten mit Ihnen an einer zufriedenstellenden Lösung.

Q: Der Stuhl macht mich unbehaglich, aber ich kann das Problem nicht finden.

A: Es tut uns leid zu hören, dass Sie eine unbefriedigende Nutzungserfahrung machen. Bitte senden Sie uns freundlicherweise ein Foto oder Video des möglichen Problembereichs. Auf diese Weise können wir das Problem besser lokalisieren und Ihnen eine Lösung anbieten.

Liste des pièces

(Veuillez vous référer aux dimensions réelles. Chaque type de vis et rondelle est fourni avec un extra.)

A  1PC	B  1PC	C  1PC	D  1PC
E  1SET	F  1PC	G  1SET	H  M6*35mm 4PCS
I  M6*35mm 6PCS	J  M8*16mm 3PCS	K  1PC	L 1PC
M  1PC	N  5PCS	O  1PC	P  M6*12mm 10PCS
Q  5PCS	R  1PC		

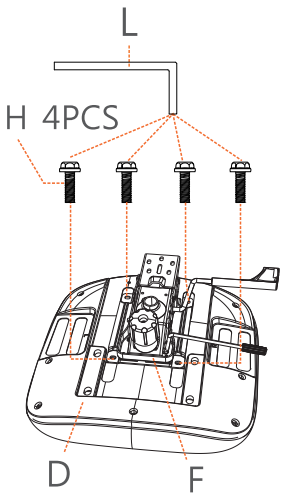
Guide d'installation

(Veuillez vous référer aux dimensions réelles.)

Guide vidéo d'installation

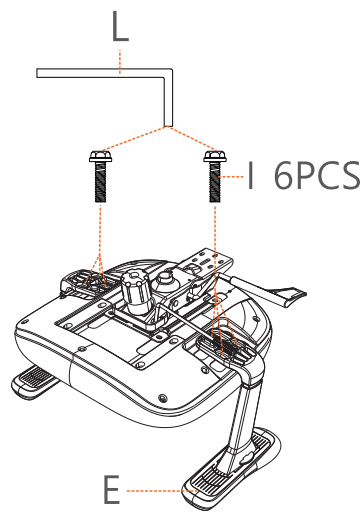
Étape 1

Installation de mécanisme



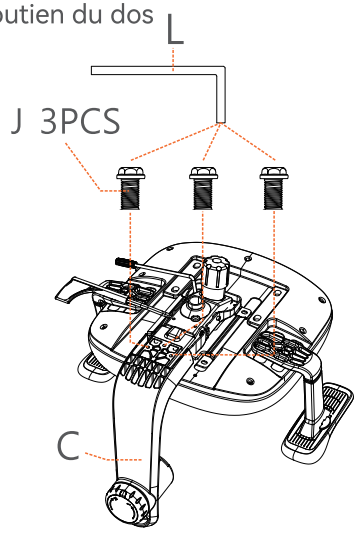
Étape 2

Installation de l'accoudoir



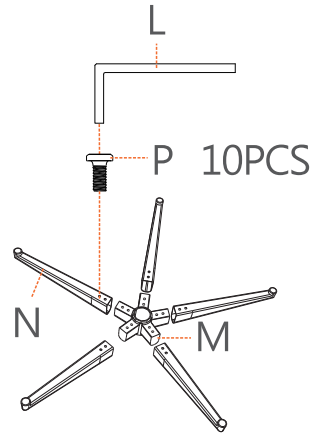
Étape 3

Assemblage du support du Soutien du dos



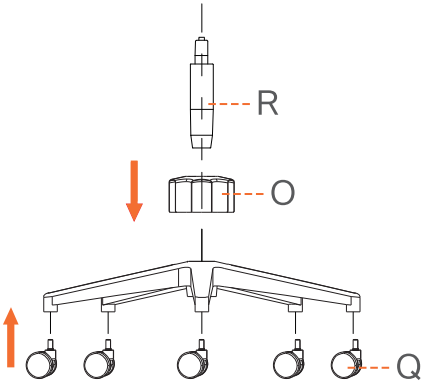
Étape 4

Installation de la base



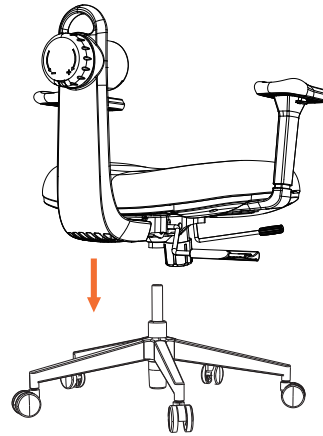
Étape 5

Installation de Ressort à gaz
Installation des roues
Installation du capot de base



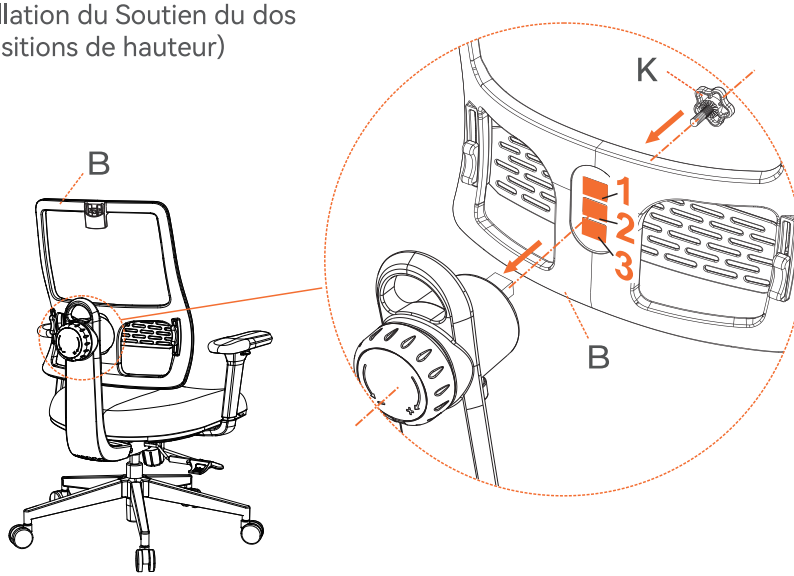
Étape 6

Connexion de la siege et de la base



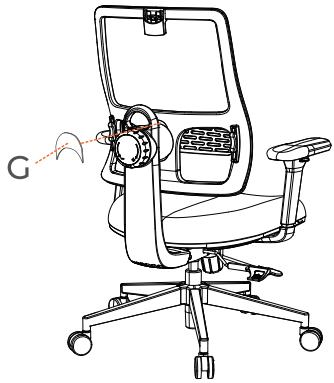
Étape 7

Installation du Soutien du dos
(3 positions de hauteur)



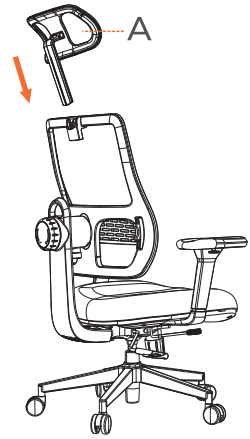
Étape 8

Cachement des trous de vis



Étape 9

Installation de l'Appui-Tête



Guide de réglage

(Veuillez vous référer aux dimensions réelles.)

Vidéo de réglage

Réglage de l'inclinaison du Soutien du dos

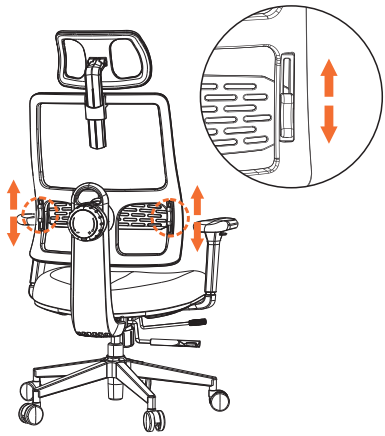


❶ Incliner
❷ Redresser

Réglage de la profondeur de siege



Réglage de la hauteur du soutien lombaire



Réglage de la hauteur du siege



❶ Élever
❷ Baisser

Réglage de l'accoudoir



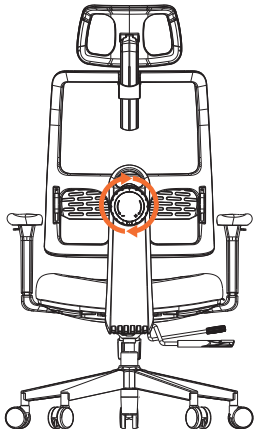
❶Élever/Baisser
❷Vers l'avant/Vers l'arrière
❸Vers la gauche/Vers la droite

Réglage de l'Appui-Tête

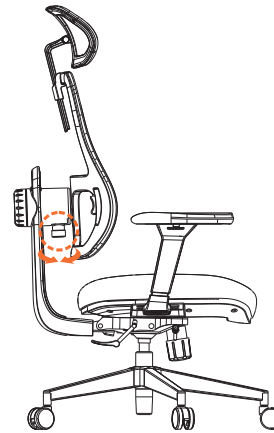


❶Réglage de hauteur
❷Réglage de l'angle de rotation

Réglage de la force du soutien lombaire



Le soutien lombaire dynamique peut être verrouillé



Réglage de la résistance à l'inclinaison du Soutien du dos



Q&A

Q: Le filet du soutien du dos est endommagé.
A: Veuillez nous contacter, nous allons arranger la livraison d'un remplacement !

Q: Que faire si je reçois un produit endommagé ou incorrect ?
A: Si vous recevez un produit défectueux, incorrect ou incomplet, veuillez nous contacter immédiatement et conserver tous les articles et matériaux d'emballage jusqu'à ce que votre réclamation soit résolue.

Q: J'entends un bruit quand je suis assis sur la chaise.
A: Veuillez vérifier si toutes les pièces de la chaise sont solidement installées.
Si ce n'est pas le cas, le mécanisme pourrait présenter un problème ;
nous vous suggérons d'abord de nous envoyer une vidéo pour obtenir plus d'évidences.

Q: Pourquoi les accoudoirs bougent ?
A: Veuillez d'abord vérifier si les vis sont serrées, puis vérifier le mouvement des coussins d'accoudoir.

Q: Le soutien du dos tremble.
A: Le soutien du dos n'est peut-être pas installé solidement. Nous suggérons de le réinstaller d'abord.

Q: Il y a une odeur étrange quand je sors la chaise de la boîte.
A: Veuillez placer la chaise dans une pièce bien ventilée pendant 2 à 3 jours avant de l'utiliser.

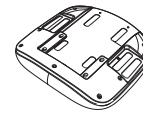
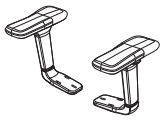
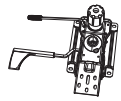
Q: Le soutien du dos ou d'autres pièces ont des rayures ou des fissures.
A: Nous espérons que cela n'affectera pas l'utilisation normale de la chaise ;
vous pouvez nous consulter pour remplacer les pièces défectueuses.

Q: Des pièces manquent.
A: Dans ce cas, veuillez nous informer quelles pièces manquent ainsi que votre numéro de commande, et nous fournir des photos de toutes les pièces que vous avez actuellement. Ensuite, nous rapporterons le cas à l'usine, arrangerons la livraison ou collaborerons avec vous pour trouver une solution satisfaisante.

Q: La chaise me rend mal à l'aise, mais je ne trouve pas où est le problème.
A: Nous regrettons d'apprendre que votre expérience utilisateur n'est pas satisfaisante. Veuillez nous envoyer une photo ou une vidéo expliquant où le problème pourrait être. Ainsi, nous pourrons mieux localiser le problème et vous fournir une solution.

Elenco delle parti

(Si prega di fare riferimento alle dimensioni reali. Per ogni tipo di vite e rondella, c'è una ricopia di riserva.)

A  1PC	B  1PC	C  1PC	D  1PC
E  1SET	F  1PC	G  1SET	H  M6*35mm 4PCS
I  M6*35mm 6PCS	J  M8*16mm 3PCS	K  1PC	L 1PC
M  1PC	N  5PCS	O  1PC	P  M6*12mm 10PCS
Q  5PCS	R  1PC		

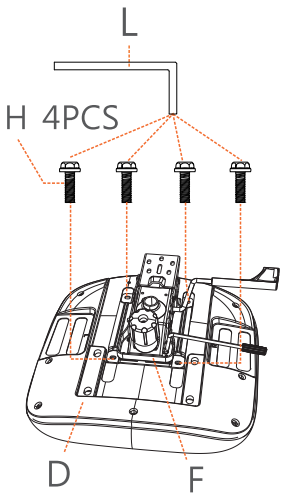
Guida all'installazione

(Si prega di fare riferimento alle dimensioni reali.)

Guida video all'installazione

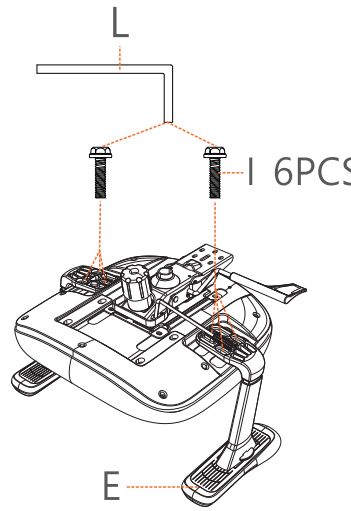
Passo 1

Installare il meccanismo



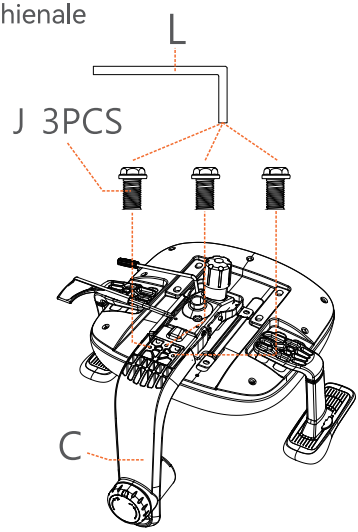
Passo 2

Installare le braccioli



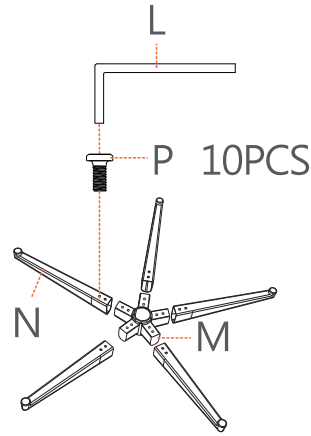
Passo 3

Installare il supporto dello schienale



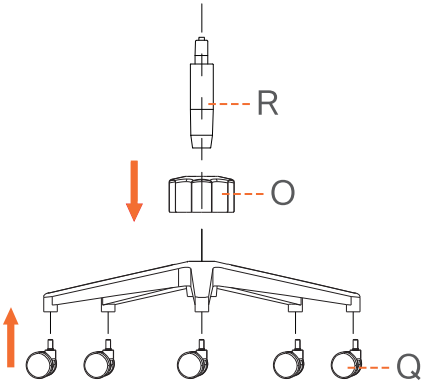
Passo 4

Installare la base della sedia



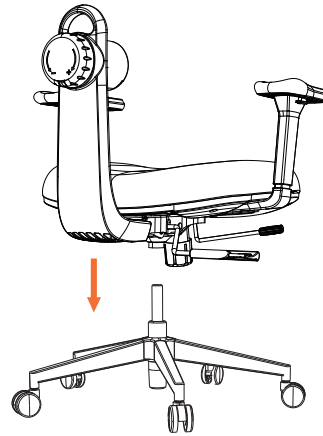
Passo 5

Installare il molle a gas
Installazione delle ruote
Installazione copertura base



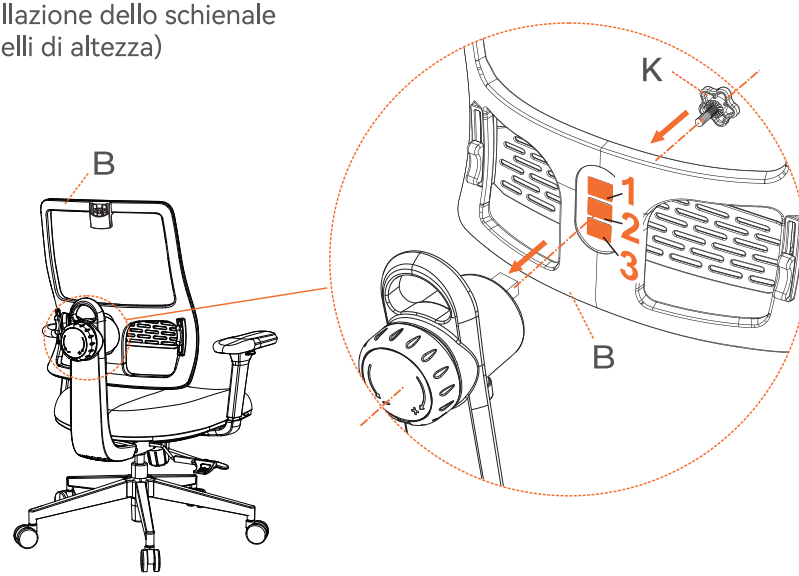
Passo 6

Collegamento tra seduta e base



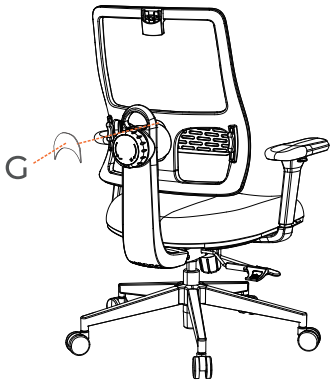
Passo 7

Installazione dello schienale
(3 livelli di altezza)



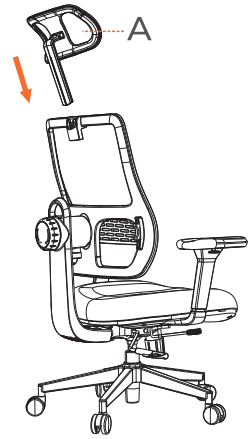
Passo 8

Coprire i fori delle viti



Passo 9

Installazione del poggiatesta



Guida all' regolazione

(Si prega di fare riferimento alle dimensioni reali.)

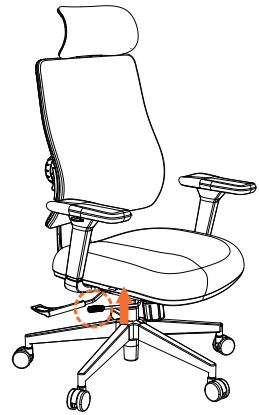
Video
di regolazione

Regolare l'inclinazione dello schienale

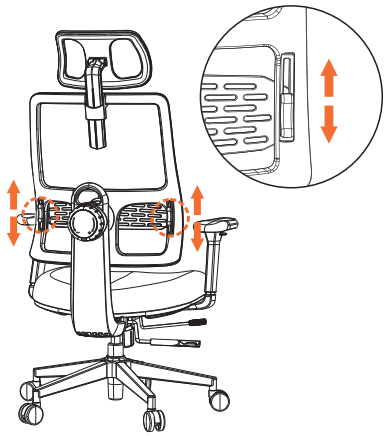


❶ Inclinazione
❷ Verticale

Regolare la profondità del sedile



Regolare l'altezza del supporto lombare



Regolare l'altezza del sedile



❶ Aumentare l'altezza
❷ Diminuire l'altezza

Regolare i braccioli



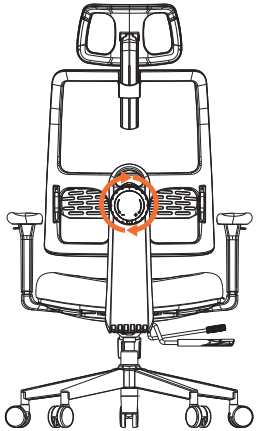
❶Alzare/abbassare
❷Verso l'avanti/verso l'indietro
❹Verso sinistra/verso destra

Regolare il poggiatesta

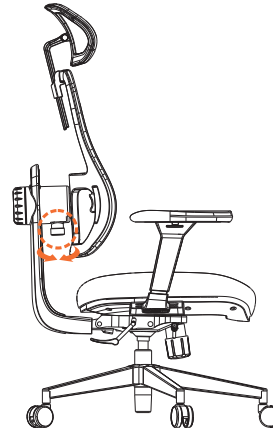


❶Regolare l'altezza
❷Regolare l'angolo di rotazione

Regolare la forza di supporto lombare



Bloccare il supporto lombare dinamico



Regolare la forza di supporto per l'inclinazione dello schienale



Q&A

Q: La rete dello schienale è rotta.
A: Si prega di contattarci, organizzeremo la consegna di un sostituto!

Q: Cosa devo fare se ricevo un prodotto danneggiato o errato?
A: Se ricevi un prodotto difettoso, errato o incompleto, contattaci immediatamente e conserva tutti gli articoli e i materiali di imballaggio fino a quando la tua richiesta di risarcimento viene risolta.

Q: Sento un rumore quando sono seduto sulla sedia.
A: Si prega di controllare che tutti i componenti della sedia siano installati saldamente. In caso contrario, il meccanismo potrebbe avere un problema; suggeriamo di inviarci prima un video per ottenere più prove.

Q: Perché i braccioli tremano?
A: Si prega di controllare prima se le viti sono serrate, quindi controllare il movimento anomalo del cuscino dei braccioli.

Q: Lo schienale trema.
A: Lo schienale potrebbe non essere installato saldamente. Si suggerisce di reinstallarlo prima.

Q: C'è un odore strano quando estraggo la sedia dalla scatola.
A: Si prega di mettere la sedia in una stanza ben ventilata per 2-3 giorni prima dell'uso.

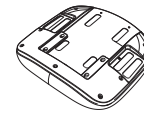
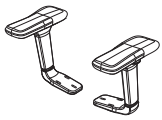
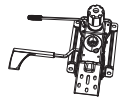
Q: Lo schienale o altri componenti hanno graffi o crepe.
A: Speriamo che questo non influenzi il normale uso della sedia; puoi consultarci per sostituire le parti difettose.

Q: Manca qualche parte.
A: In questo caso, informaci sulle parti mancanti e sul tuo numero d'ordine, e invianci delle foto di tutte le parti che possiedi attualmente. Quindi, riferiremo il caso all'azienda, organizzeremo la consegna o collaboreremo con te per trovare una soluzione soddisfacente.

Q: La sedia mi fa sentire uncomfortabile, ma non riesco a trovare dove è il problema.
A: Ci dispiace sentire che la tua esperienza d'uso non è soddisfacente. Inviaci una foto o un video che spieghi dove potrebbe essere il problema. In questo modo, possiamo localizzare meglio il problema e fornirti una soluzione.

Lista de piezas

(Consulte las dimensiones reales. Hay una pieza de repuesto para cada tipo de tornillo y arandela.)

A  1PC	B  1PC	C  1PC	D  1PC
E  1SET	F  1PC	G  1SET	H  M6*35mm 4PCS
I  M6*35mm 6PCS	J  M8*16mm 3PCS	K  1PC	L 1PC
M  1PC	N  5PCS	O  1PC	P  M6*12mm 10PCS
Q  5PCS	R  1PC		

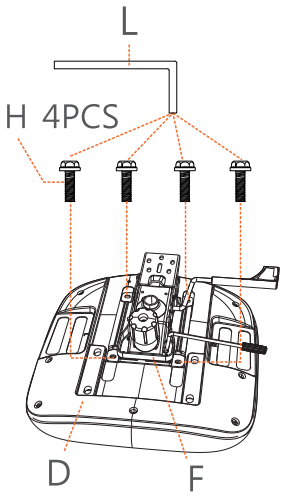
Guía de instalación

(Consulte las dimensiones reales.)

Guía en vídeo de instalación

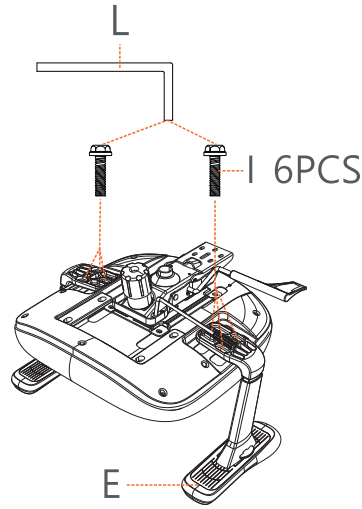
Paso 1

Instalar el mecanismo



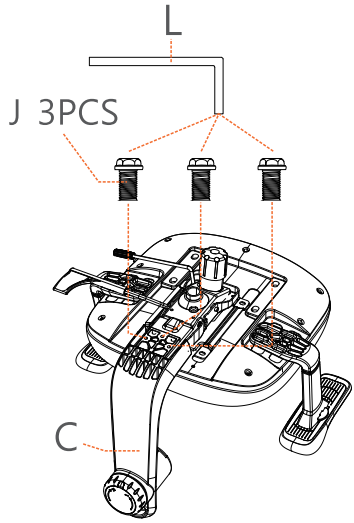
Paso 2

Instalar los reposabrazos



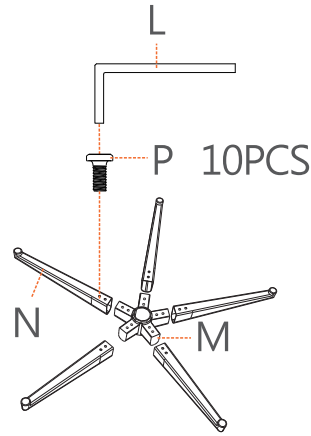
Paso 3

Instalar el soporte del respaldo



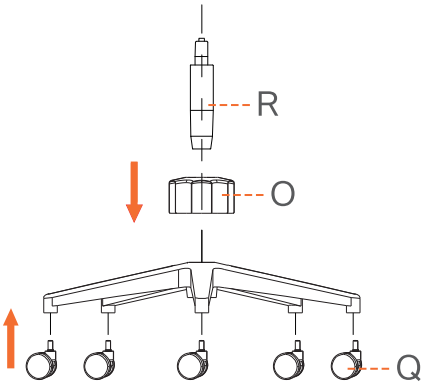
Paso 4

Instalar la base de la silla



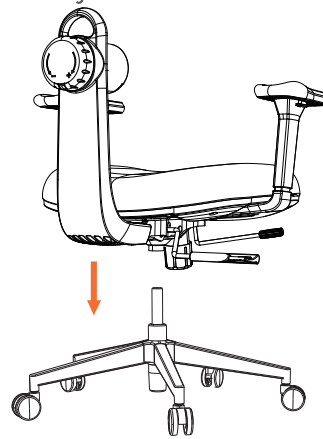
Paso 5

Instalar el resorte neumático
Instalar las ruedas
Instalar la tapa de la base



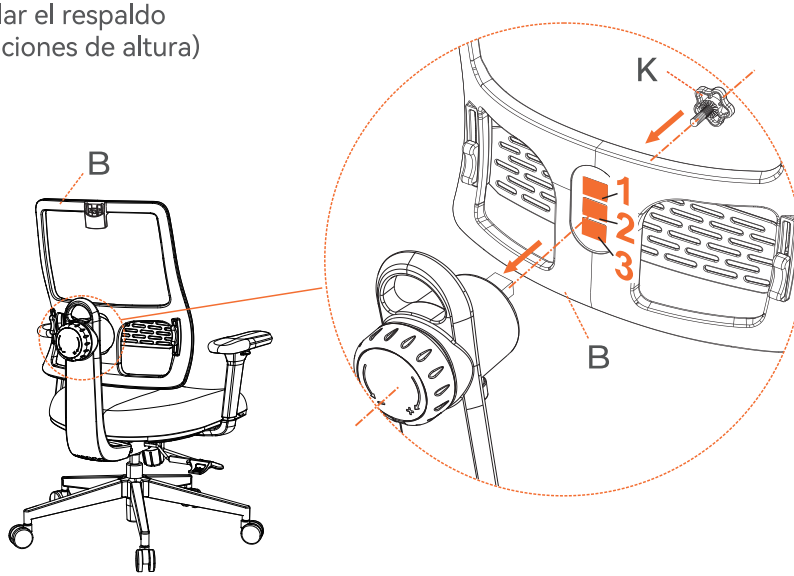
Paso 6

Montar el asiento y la base de la silla juntos



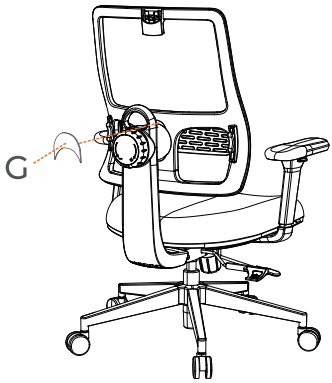
Paso 7

Instalar el respaldo
(3 opciones de altura)



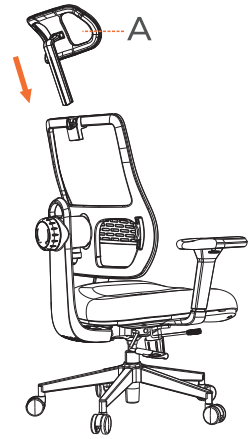
Paso 8

Tapar los orificios de los tornillos



Paso 9

Instalar la almohada cervical



Guía de ajuste

(Consulte las dimensiones reales.)

Video de ajuste

Ajustar la inclinación del respaldo

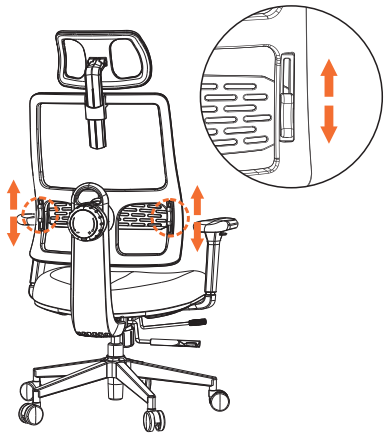


❶ Inclinar
❷ Vertical

Ajustar la profundidad del asiento



Ajustar la altura del apoyo lumbar



Ajustar la altura del asiento



❶ Aumentar altura
❷ Disminuir altura

Ajustar los reposabrazos



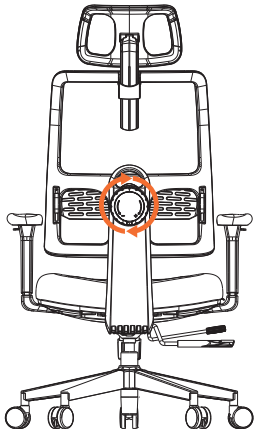
❶ Subir/bajar ❷ Adelante/atrás
❸ Izquierda/derecha

Ajustar la almohada cervical

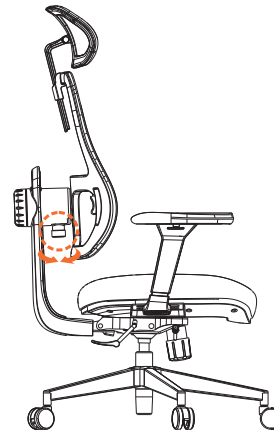


❶ Ajustar la altura
❷ Ajustar el ángulo de rotación

Ajustar la fuerza del apoyo lumbar



Bloquear el apoyo lumbar dinámico



Ajustar la fuerza de soporte de inclinación del respaldo



P&R

P: La red del respaldo se ha roto.
R: Contáctenos y organizaremos la entrega de una pieza de reemplazo.

P: Qué hacer si recibo un producto dañado o incorrecto?
R: Si recibes un producto defectuoso, incorrecto o incompleto, contáctanos inmediatamente y conserva todos los artículos y materiales de embalaje hasta que se resuelva tu reclamación.

P: Oigo ruidos cuando me siento en la silla.
R: Comprueba que todos los componentes de la silla estén bien fijados. Si no es así, el mecanismo podría tener problemas; te recomendamos enviar primero un vídeo para obtener más evidencia.

P: Por qué tiemblan los reposabrazos?
R: Primero comprueba si los tornillos están bien apretados, luego revisa si la almohadilla de los reposabrazos tiembla.

P: El respaldo tiembla.
R: Es posible que el respaldo no esté bien instalado. Te recomendamos volver a instalarlo primero.

P: La silla tenía un olor cuando la saqué de la caja.
R: Coloca la silla en una habitación bien ventilada durante 2-3 días antes de usarla.

P: El respaldo u otros componentes tienen raspones o grietas.
R: Esperamos que esto no afecte el funcionamiento normal de la silla; puedes consultarnos para reemplazar las piezas defectuosas.

P: Faltan piezas.
R: En este caso, infórmanos qué piezas faltan, tu número de pedido y envíanos fotos de todas las piezas que tienes actualmente. Luego, informaremos al fabricante, organizaremos la entrega o trabajaremos contigo para encontrar una solución satisfactoria.

P: La silla me resulta muy incómoda, pero no encuentro dónde está el problema.
R: Lamentamos escuchar que tu experiencia de uso no es satisfactoria. Envíanos una foto o vídeo indicando dónde podría estar el problema. Así, podremos localizarlo mejor y ofrecerte una solución.

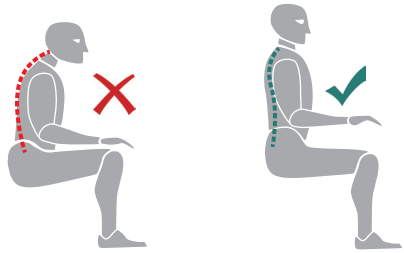
Ergonomic Tips
By Iris Sokol, Ergowell, LLC.
Ergonomic Consultant for Newtral Chair
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Basic Ergonomic Guidelines

So much about Ergonomics is based on adopting good posture, alignment, and body mechanics. It is also about using whatever equipment you are provided with properly and knowing "how" you should work. Adopting good Ergonomic habits will not only make you more comfortable while you work, but more important, it will help prevent injuries from occurring. The following are some basic Ergonomic principles to help get you started.

Ergonomic Guidelines - Seated Position:

- Adjust the chair to fit your body.
- Start at the feet and work up.
- Go through all the adjustments available on your chair.
- Don't tuck your foot under your bottom or sit cross-legged!
- Sit back in the chair with good posture letting the chair fully support your body.

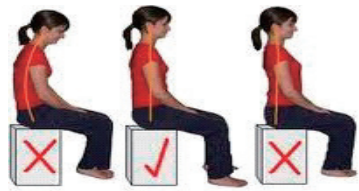


Postural Suggestions - Body Mechanics/Upper Body:

- Keep your shoulders down and relaxed.
- Try to have your neck elongated (think of top of the head reaching toward the ceiling as the shoulders are pressing downwards).
- Never cradle the phone! Use a headset, or speaker phone.
- Keep chest open, sternum lifted (think of buttons popping on a shirt).
- Try to use your middle back muscles having them slightly contracted.

Postural suggestions - Body Mechanics/Lower Body:

- Avoid sitting/leaning back on the tailbone.
- Try to sit up on the sit bones.
- Keep space between the lower rib and the top of the hips (3- 4 fingers distance).
- Engage the abdominals and connect to your core to sit up tall.
- Sit upright when working consistently, then lean back when doing alternative tasks like reading, talking on the phone…etc. Changing your position often throughout the day is so healthy for your body!



Sitting posture - (Dos & Don'ts):

- Don't:
  - Slump-sit or sit back on tailbone.
  - Lean forward, or perch on edge of chair.
  - Sit for long periods of time.
- Do:
  - Have both feet flat on the floor when sitting.
  - Maintain proper posture.
  - Use your core muscles when sitting.
  - Sit up tall on the sit bones.

Take a Break!

- For every 20 minutes of keying, take your hands off the keyboard and do an alternative task for 1-2 minutes.
- For every 50 minutes of sitting or standing (both are static postures), move your body consistently for 5-10 minutes. This will help break up the tension that builds from holding a static posture.
- Stand up to answer phone and try to walk around your office (using a wireless headset helps with this).
- Stretch at your workstation during the day.
- Drink plenty of water.
- To help your eyes, look at something in the distance, blink and refocus.

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