

ERGONOMIC CHAIR

ZAAZ's Ergonomic Chair increases the range of benefits you can derive from the use of your ZAAZ 15K or 20K while enabling you to sit on the chair while the machine is moving. A ZAAZ Aerobic Mat is required in order to be able to quickly and easily install the chair to your machine.

ERGONOMIC CHAIR INSTALLATION AND USE INSTRUCTIONS

(AEROBIC MAT ACCESSORY REQUIRED):

1. Attach the ZAAZ aerobic mat tray (without either insert) to the base of the machine.
2. Place the neoprene mat in the bottom of the tray.
3. Unfold the ergonomic chair, placing the legs inside the aerobic mat tray.
Note: The back of the chair should be positioned towards the stem of the machine.
4. Attach the seat cushion to the back legs of the chair with the Velcro connectors.
5. Enjoy use of the chair keeping your back straight while seated.

CAUTION: Please ensure the chair is fully open and locked prior to use. Exercise caution when getting in and out of the chair to avoid head bumps against the console of the machine. For maximum safety, it is recommended to turn the machine ON once seated. Similarly, machine should be turned OFF prior to getting out of the chair.

