

Gebrauchsanleitung

Instructions for use

Mode d'emploi

Gebruiksaanwijzing



  
**swopper**®

for the benefit of your **back**

## Garantie

Alle aeris-Produkte werden mit größter Sorgfalt gefertigt. Deshalb gewähren wir eine Garantiezeit von insgesamt 3 Jahren ab Kaufdatum. Diese Garantie gilt nur bei Direkterwerb von autorisierten aeris-Fachhändlern\*\*. Ihre Garantie gilt bei Material- und Funktionsfehlern für alle Original-Teile. Ausgenommen von der Garantie ist die übliche Abnutzung von Verschleißteilen, z. B. der Bezugsstoffe sowie Mängel, die auf unsachgemäße Behandlung zurückzuführen sind.

Die Garantie beginnt mit dem Tag der Auslieferung. Bitte heben Sie daher Ihre Rechnung/ Ihren Lieferschein unbedingt zur Wahrung aller Garantieansprüche auf. Innerhalb der Garantiezeit leistet aeris nach Rückgabe und Prüfung der Reklamation Reparatur oder Ersatz ohne Berechnung. Lediglich Transportkosten fallen an.

**Auch ohne Rechnung können Sie Ihre Garantieansprüche wahren: aeris erkennt die beiliegende Garantiekarte als Nachweis Ihrer Garantieansprüche an, wenn die Karte innerhalb von vier Wochen nach dem Kauf ausgefüllt eingeschickt wurde. Die Garantie kann über einen Fachhändler oder direkt bei aeris geltend gemacht werden.**

**Bitte beachten Sie:** Der „swopper“ ist wartungsfrei. Eigenständige Reparaturen bzw. Veränderungen jeder Art gefährden Ihren Garantieanspruch. Bei Fragen wenden Sie sich bitte an Ihren Händler oder an den aeris-Service unter Tel.: +49 (0)89 900 506-0.

\*\*Eine Übersicht über unsere autorisierten Partner finden Sie auf unserer Homepage [www.aeris.de](http://www.aeris.de) (Kontakt > Händler). Gern geben wir Ihnen auch direkt Auskunft unter der Rufnummer +49 (0)89 900 506-0.



## Congratulations!

With the “swopper”, you have chosen healthy, active sitting. This document is a brief guide to all you need to know about your “swopper”.

If you have any more questions, we look forward to your call or e-mail. See the back of this user guide for numbers and addresses.

**swopper**<sup>®</sup>  
for the benefit of your **back**



## Technical Data

"swopper"	Spring	Seat height unloaded	Seat height loaded	Spring hardness optimised for
<b>CLASSIC, STANDARD</b>	SMALL	47 to 61 cm	42 to 56 cm	40 to 80 kg
<b>CLASSIC, STANDARD, CARE</b>	MEDIUM	52 to 65 cm	45 to 60 cm	60 to 120 kg
<b>CLASSIC, STANDARD</b>	STRONG	53 to 65 cm	47 to 63 cm	90 to 140 kg
<b>WORK</b>	MEDIUM	50 to 62 cm	42 to 57 cm	60 to 120 kg
<b>SADDLE</b>	SMALL	57 to 71 cm	52 to 66 cm	40 to 80 kg
<b>SADDLE</b>	MEDIUM	62 to 75 cm	55 to 70 cm	60 to 120 kg
<b>SADDLE</b>	STRONG	63 to 75 cm	57 to 73 cm	90 to 140 kg

**Base ring:** without rollers dia. 55 cm, with rollers dia. 58 cm

**Weight:** "swopper" without backrest: 11 kg,

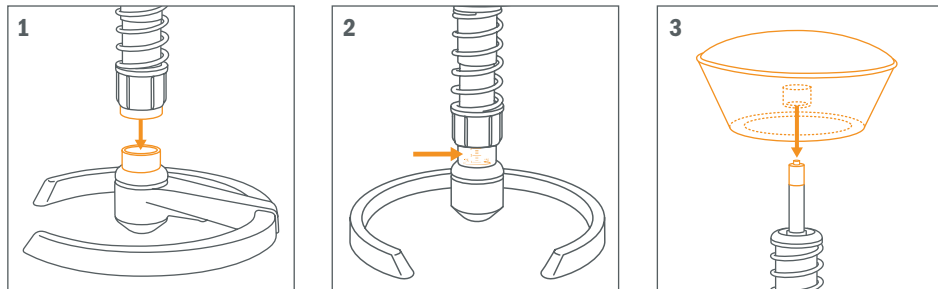
"swopper" with backrest: 17 kg

**DYNAMIC backrest:** height adjustable from 106 to 116 cm

## How to assemble your "swopper"

Your "swopper" is delivered in three parts. Assemble the "swopper" parts as shown in the figure.

Please note: disassembly is to be done only by an authorised dealer (special tool required). Work on or replacement of the gas spring must be carried out by a trained specialist only.

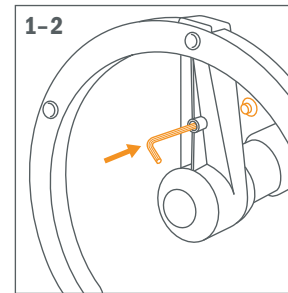


- 1 Insert the spring in the opening on the base ring.
- 2 The scale should point to the open side of the base ring.
- 3 Now place the seat on the spring strut.

**Bounce up and down – ready!**

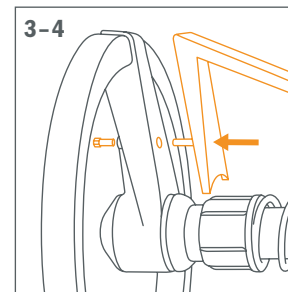
## How to assemble the backrest

You can also use the "swopper" with a backrest. You can mount a backrest easily at any time. An assembly tool is provided with each backrest.



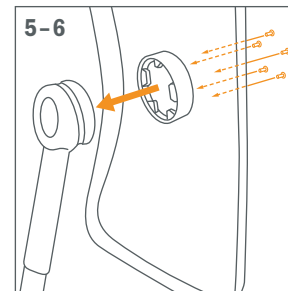
- 1 Tilt the "swopper" carefully in the direction of the opening in the base ring.

- 2 Using the Allen key supplied, from below you press out the plug in the base of the base ring.



- 3 Set the backrest rod on the base ring so that the setscrew engages in the opening in the base. The backrest base must sit firmly on the base ring.

- 4 Set the nut provided from below onto the setscrew and screw tight using the spanner. The backrest rod should have no play at all.

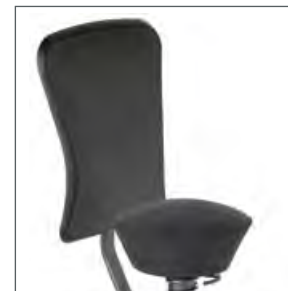


- 5 Put the "swopper" upright again. Fit the backrest with the corresponding formed counterpart onto the rubber bearing at the top end of the backrest rod.

- 6 Fasten the backrest to the rubber bearing from the front using the screws supplied and screw tight. That's it!

## How to fit the cover for the DYNAMIC backrest (accessory)

Pull the open cover over the backrest. Be very careful to ensure that the Velcro® fastener does not come into contact with the inside padding. Fasten the Velcro® fastener and close the zip fastener. That's it!



## How to mount and use the metal and felt gliders



The “swopple” without rollers is usually supplied with metal gliders. These are suitable for use on textile-covered floors (carpet, felt etc.), but never on floors that might become wet or damp. For smooth floor surfaces (stone, tiles, parquet, cork, PVC and the like) please use only felt gliders. If these are not included in the delivery package, we will be glad to send them to you free of charge.

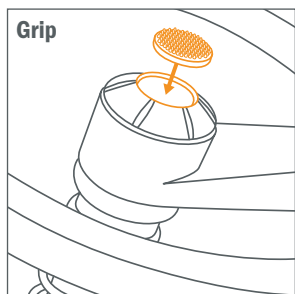


To change the gliders, carefully turn the “swopple” upside down and remove the metal gliders using a pipe wrench. Replace the metal gliders with the felt gliders and press or tap these firmly into place. That’s it!

## How to mount and use the rollers

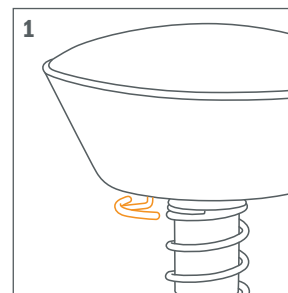


If you have chosen a “swopple” with rollers, then rollers braked in compliance with DIN EN 12529 are included in the delivery package. These universal rollers can be used on practically any type of floor. Special “Speed” rollers can also be fitted to the “swopple” for use on very deep pile carpets or rough floor surfaces.



Please use the enclosed brush-like “swopple” grip when using your “swopple” on smooth, hard floors (parquet, laminate, stone etc.). This prevents unwanted rolling away. You can easily mount it yourself by exchanging it for the black rubber cap on the underside of the base ring. Carefully turn the “swopple” upside down, remove the black rubber cap on the underside and insert the “swopple” grip in its place. Now, when you sit on your “swopple” on smooth floor surfaces, the spring strut makes contact with the floor for better support. To get the “swopple” rolling you must slightly lighten the load on the seat.

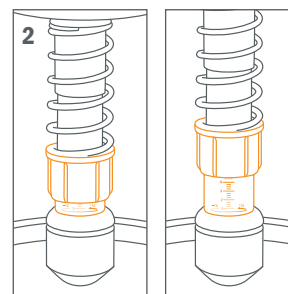
## Settings



You can adjust the “swopple” in three different ways to meet your individual requirements: height, spring hardness and sideways movement.

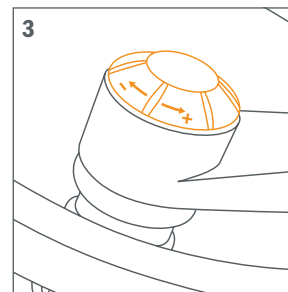
### 1. Height adjustment

Using the lever under the seat you can adjust the height continuously. The open angle of your legs (thigh to lower leg) should be just over 90°. We recommend adjusting the height of your desk appropriately. If this is not possible, then please adjust the seat height to achieve an optimum distance between your eyes and the working surface.



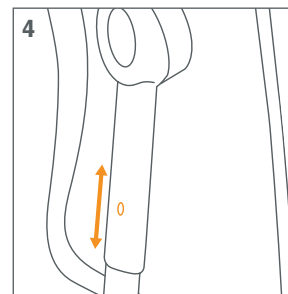
### 2. Spring hardness

You can set the spring hardness according to your weight and your personal preference (more or less movement). The optimum setting is when you can move freely in all directions without impediment. Set the spring hardness by turning the sleeve on the spring strut - down for maximum movement or low weight. Turn the sleeve up for reduced movement or greater weight.



### 3. Sideways movement

The sideways movement of the “swopple” is decisive for activating your muscles. The softer the setting, the more you strengthen your muscles. We recommend starting off with a setting for reduced sideways movement and then gradually adjusting the setting to provide as much movement as possible. For adjustment it is best to turn the “swopple” upside down and turn the handwheel towards (+) for more sideways movement and towards (-) for less sideways movement.



### 4. Backrest

The backrest height is adjustable. To adjust the height, you press on the button on the inside of the backrest rod. Move the backrest into the position that is most comfortable for you and then let the button click into place.

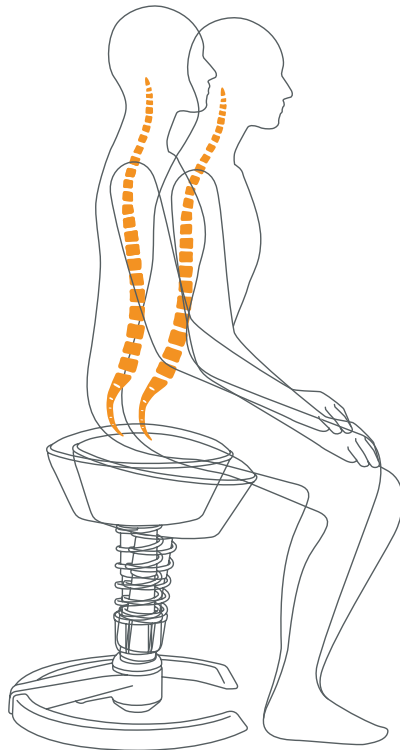
## Tips for Beginners

### 1. Positioning the “swopper”

You should position the “swopper” so that the opening of the base ring is pointing forwards towards your desk. In this position the seat inclines slightly forward when you are working and when you move back an integrated resistance gives firm support.

### 2. “Swopping”

Sit down on the centre of the “swopper” seat. The spring permits a vertical bouncing movement. You keep your balance using your legs and the rest of your body. This balancing keeps your muscles active and strengthens them. When working at your desk, you feel how the “swopper” inclines forward and your back keeps straight.



## Care

“swopper” care is very easy. You should remove stains on the seat cover fabric as quickly and as carefully as possible.



**1 Microfibre:** optimum care is ensured by using just water and pH neutral soapsuds. Stains containing oil and fat should be treated beforehand with ethyl alcohol. After each cleaning action you should rinse thoroughly with clear water. Never use chlorinated detergents.



**2 CARE/Stamskin:** this special fabric only needs to be wiped with lukewarm water. If necessary, you can use a soft brush and lukewarm soapy water. There is no need to disinfect. Do not use leather care products, stain removers or solvents.



**3 PREMIUM Leather:** the “swopper” leather is tanned with a chromium-free process. Like other fine materials, it is very sensitive to mechanical stress. If soiled, wipe with a damp cloth, then rub down with a dry, clean cloth. Treat subsequently with leather care products.



**4 Softex:** use a damp cloth, if necessary with a liquid cleaning agent consisting of 50 percent water and 50 percent alcohol, or a product with normal ammonia content.

**Base ring:** dark marks left by the soles of shoes on the base ring are best removed using a soft India rubber or a soft cloth with a drop of benzine.

**Cleaning the backrest cover:** for cleaning the high-quality microfibre backrest cover, please follow the care instructions for the seat given in Point 1. We recommend gently rubbing away any spots or stains. Do not machine wash because of the inner padding. Avoid contact between the Velcro® fastener and padding.

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