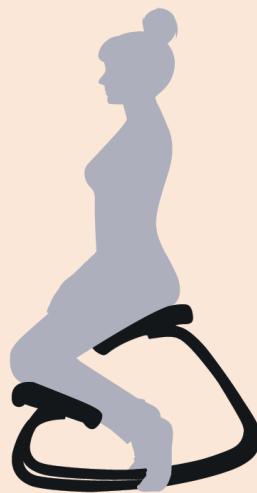


Variable

The original kneeling chair

Design: Peter Opsvik

Concept



Your body moves in response to the chair's gentle tilting motion

The open angle between your upper and lower body enhances blood circulation

Your abdomen and back muscles work to keep your posture

Category

Variation makes life exciting. On a Varier kneel chair, your body is constantly in motion. Place your knees on, in front of, between or beside the shin pads to vary your sitting angle and posture, and find the ideal balance point for your body. Have you noticed that all of the seats on our kneel chairs lean downward? This tilts the pelvis forward and puts the spine in the same position as when you are standing. This means no pressure on spinal discs and relief from shoulder and back tensions. Just remember to place your weight on your bottom when sitting, and on your shins when varying your positions. You'll never want to go back to your old way of sitting.

Healthy sitting

- Follows the natural body movement
- Promotes natural, upright posture
- Prevents tension in neck and shoulders
- Strengthens core and abdominal muscles
- Enhances deep breathing
- Improves concentration through increased blood circulation and oxygen supply
- Energizes and combats tiredness
- Reduces pressure on vertebral discs

varier®

Benefits

Movement and variation

- Freedom to concentrate on work
- Muscles are stimulated - no wear and tear of static sitting

Runners

- Follow movements of the body and encourage active sitting positions
- The body will find its own natural balance
- Stimulates dynamic and active sitting positions
- Can function as support for the feet
- Support for the legs/feet

Leg cushions (balance concept = runners + tilted seat + leg cushions)

- Children can also use the leg cushion as seat and the seat as a table
- A creative way of sitting
- Different sitting positions, leaning forwards with legs on cushions, central position with feet placed on runners or floor, one foot on floor – one on leg cushion and leaning backwards

Tilted seat

- Sitting positions with a natural open angle between thigh and torso
- Makes breathing easier
- Healthy lifestyle

No mechanical adjustment parts

- Easy and natural adjustment to the next position
- Flow with body

No sharp edges

- Comfortable to find individual sitting positions
- Comfortable in use

Open construction

- Freedom for movement
- Freedom for variation
- Air to the body
- Easy to clean – no dust and litter between back and seat

Simple construction

- Easy to assemble
- Few parts

No back rest

- Takes small space
- Easy to fit in existing interior
- Easy to carry from one room to another
- Easy to clean
- Easy to put under desk/table

On the market for more than 40 years

- Does not follow trends
- Timeless
- Safety
- Well known and accepted concept

Extra: Backrest, Backrest Cushion (2013)

- Offers variation to seating position
- Cushion for extra comfort and support

Extra: Soft-tape

- Added protection against wood floors
- More comfort on tiled floors

Extra: Distance blocks

- Distance between leg cushions and seat can be shortened to give more comfort to children and smaller persons

Design Peter Opsvik

- Classical and functional
- Designed to rise the user's wellness

Features

Base made in laminated wood with a core in beech, and top laminate in ash

- Environmentally friendly
 - Strong construction, long lasting
 - Natural materials
-

Floor protection

- Protect the floor
 - Stability
-

Supplied in a number of fabrics & leathers

- Goes easily into existing interiors
 - Easy to choose according to personal taste
 - Easy to clean
 - Available in different price groups
-

Tested according to European standard for Non-Domestic Use NS-EN 16139 2013

- Tested by officially accredited test institute
- Safe and high quality

Technical Information Main

Chair Measurements

| | Width | Depth | Height | Seat height |
|--------------------|-------|-------|--------|-------------|
| Variable | 52 cm | 72 cm | 51 cm | 50 cm |
| Variable with back | 52 cm | 80 cm | 93 cm | 50 cm |

Box Measurements and Weight

| | Height | Length | Width | Weight |
|-----------|---------|---------|---------|--------|
| Chair | 10,5 cm | 73,2 cm | 54 cm | 6,3 kg |
| Back rest | 9,4 cm | 92,5 cm | 14,3 cm | 1,8 kg |

Effects after Use

Do you have knees that hurt?

Try shifting a bit further back on the seat, resulting in less pressure on the knees. Also, sitting on a Variable balans gives a brand new sitting experience compared to other chairs. The body needs to adjust and we therefore recommend a period of adaptation - start off by using it only 30 min - 1 hour the first day, then gradually more and more for each day.

- Better posture
- Stronger back

Pre-Conditions for Use

User must trust the chair to support various positions

Production country: Poland

Launch date: 1979

User and User Areas

- Suitable for children and adults
- Desks, home office or office
- Perfect chair for all kinds of work (i.e. computer work, studying, drawing, etc.)

Warranty

- 7-year warranty on all wood parts
- 5-year warranty on all mechanical parts
- To make use of this extended guarantee please register online: varierfurniture.com/Guarantee