

zen<sup>TM</sup>

good ergonomics at work

the zen range from ergochair

# the zen™ range

## the zen™ principle

It's no secret that long hours spent sitting at work can lead to long-term health issues and postural problems - especially if using badly fitting or poorly designed seating.

Good ergonomics can not only prevent poor posture, it can dramatically reduce the risk of aggravating existing problems, helping users to work in comfort and achieve their full potential.

Our Mix and Match combination of seats and backs allows us an unprecedented 'size match' of 95%.



We are pleased to introduce the Zen™ range of ergonomic seating.

All chairs are highly adjustable with an enviable list of standard features and optional extras and, as you'd expect with any product from Ergochair®, they're handmade by our skilled team in our UK factory.

We believe every chair should have certain attributes as a starting point, so every chair in the Zen range has these top-line features as standard:

- Memory foam seat layer
- Lumbar support air-cell
- Seat depth adjustment (slide)
- Seat tilt adjustment
- Back height adjustment
- Back angle adjustment
- Back height adjustment

### zentoFit™

Bringing you good ergonomics and postural support with extras that you wouldn't expect in an entry-level chair, plus a simple menu-driven assessment system for surefire positive results. ZentoFit™ redefines the standard.



### zentoFitSE™

The SE [Special Edition] model reflects the most popular choices from the ZentoFit™ range with a few extras. ZentoFit SE™ is the perfect all-rounder.



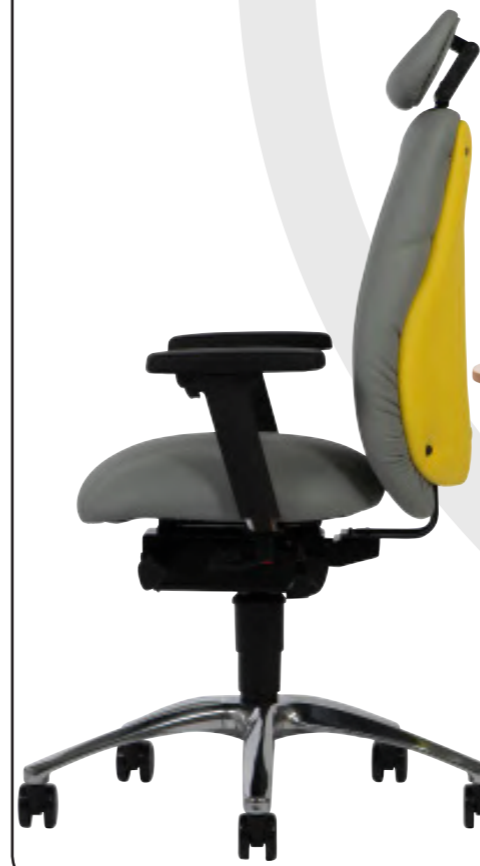
### zentoSmart™

A great project chair fitting up to 98% of people and delivering good postural support with maximum adjustment. ZentoSmart™ is perfect for hot-desking and flexible working environments.



### zenki®

A new way of sitting for a new way of stress-free working... consisting of the chair, the sit / stand, and the perch, the Zenki® seating range perfectly complements the ZenkiDesk™.



### zenkiDesk™

Created by us specifically to tackle the root causes of RSI and work-related upper limb disorders. ZenkiDesk™ encourages frequent change of working position and stress-free neutral posture for all desk-based tasks.



Optional enhancements:

- Height, width and depth adjustable armrests
- Articulated adjustable neck support

the perfect all-rounder

Introducing a completely fresh approach to specifying an office chair. ZentoFit offers you superior menu-driven ergonomics at entry level. ZentoFit is ideal for situations where 'best practice' ergonomics is required for the benefit of a wide range of users.

There's even a quick and easy version of our unique easiSpec system to help determine your perfect combination in literally just a few minutes.

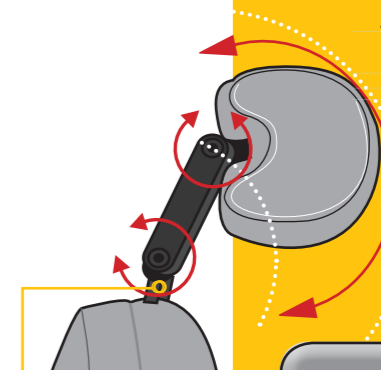
With three sizes of backrest and three different seats to choose from, plus a small range of posture enhancing options, ZentoFit has truly redefined the standard.



We believe that certain things should come as standard in any chair and they are outlined in the **Zen principle** on page 3.

In addition to the impressive list of standard features, the ZentoFit has a whole raft of extras to further enhance performance.

The ZentoFit features an optional articulated neck rest, offering cushioned support to the user's neck.



#### ZentoFit features:

VE Memory foam seat

Seat slide depth adjustment

Inflatable lumbar air cell

Heavy Duty Asyncro mechanism with independent seat/back control

#### Optional extras:

3D Height / Width / Retractable Arms or Folding Height Adjustable

Articulated Neck Rest

Drafting Kit: High Gas Column and Foot ring

#### Optional ergonomic posture enhancements:

Sacral Support air cell (below lumbar)

ErgoCore™ Seat air cell

Coccyx Cut Out

#### Optional design enhancements:

Polished Alloy Base

Upholstered outer back

zentoFit™



#### Dimensions

Back Height  
A: 420 - 500mm  
B: 520 - 600mm  
C: 570 - 650mm

Seat Depth x Width  
1: 410-460mm x 460mm  
2: 480-530mm x 500mm  
3: 490 - 540mm x 520mm

Seat Height  
450-560mm / 500 - 630mm

Fabric Options  
Standard: Camira Phoenix Fabric (alternative fabric options are available as an optional extra).



# zentoFit<sup>TM</sup> SE

redefining the standard



All the best bits in one chair.

The SE [Special Edition] model reflects the most popular choices from the entry level ZentoFit<sup>TM</sup> range, all packaged up in a single offering and topped off with unique enhanced upholstery.

Make your ZentoFit truly yours with the very best spec available, choose from the extended list of ergonomic posture enhancements.



We believe that certain things should come as standard in any chair and they are outlined in the Zen principle on page 3

In addition to the impressive list of standard features, ZentoFit SE has even more extras to enhance the performance.

#### ZentoFit<sup>SE</sup> features:

VE Memory foam seat

Seat slide depth adjustment

Inflatable lumbar air cell

Upholstered outer back and under seat shroud

3 lever Asyncro mechanism with independent seat and back control

#### Optional extras:

3D Height / Width / Retractable Arms or Folding Height Adjustable

Articulated Neck Rest

Drafting Kit: High Gas Column and Foot ring

#### Optional ergonomic posture enhancements:

Thoracic Support air cell

Sacral Support air cell (below lumbar)

Triple Reactive Lumbar air cell

ErgoCore<sup>TM</sup> Seat air cell

Coccyx Cut Out

#### Optional design enhancements:

Polished Alloy Base

zentoFit<sup>SE</sup>



#### Dimensions

Back Height  
570 - 650mm

Seat Depth x Width  
440 - 500mm x 500mm

Seat Height  
450 - 620mm

**Fabric Options Standard:**  
Camira Phoenix Fabric  
(alternative fabric options are available as an optional extra).

# zentoSmart™

smart working

A firm favourite with Facilities Managers.

When environments vary from hot-desking to home office working, a chair with maximum flexibility is required and ZentoSmart™ ticks all the boxes.

The huge adjustment capability of ZentoSmart means it's the ideal choice for multi-user situations, proving a good fit for up to 98% of the working population.

It's also certified suitable for 24-hour use.

ZentoSmart has been designed and built to ensure that you are supported and comfortable in whichever posture you need to adopt for your particular working style or environment.



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In addition to those standard features quoted, the ZentoSmart also features quite possibly the most comfortable sit available thanks to its combination Super Memory Foam seat with Coccyx Zone & ErgoCore™ Seat air cell, supplied as standard spec.

The ZentoSmart also features optional 4-D arms with height and width adjustment, plus individual pad depth & width adjustment and twist top positioning.

Plus, the uniquely articulated Zsmart Neck Roll.



#### ZentoSmart features:

Super Memory foam seat

Coccyx Relief Zone

ErgoCore™ Seat Air Cell

Lumbar Support Air Cell

Independent Back Angle Adjustment

Free Float Function

2:1 Synchronised Mechanism + additional 3 degrees of forward Tilt

Double Seat Depth Adjustment (slide)

Back Height Adjustment (ratchet)

#### Optional extras:

4D Armrests (see above)

Zsmart Neck Roll

Polished Alloy Base



zentoSmart™



#### Dimensions

Back Height	
Med	520 - 590mm
High	580 - 650mm
Seat Depth	440 - 530mm
Seat Width	510mm
Seat Height	480 - 620mm

#### Fabric Options

Standard: Camira  
Phoenix Fabric  
(alternative fabric options are available as an optional extra).

The Zenki<sup>®</sup> seating range combines superb comfort with innovative dynamic support for all working postures making it ideal for multi-tasking.

The gravity driven action of ZenkiSit and Zenki SitStand actively encourages frequent change of working position at the same time reducing stress and tiredness.

**zenkiSit**  
Combining excellent comfort with a unique gravity-driven action, the ZenkiSit allows fully-supported dynamic movement.

Two seat sizes and two back sizes combine as a mix and match capability meaning the vast majority of users are catered for in terms of adjustability.



We believe that certain things should come as standard in every chair these are outlined in the Zen principle on page 3



**ZenkiSit features:**

- VE Memory foam seat
- Coccyx Relief Zone
- Free Float Seat with independent Lock Off
- Triple Reactive Lumbar Support Air Cell
- PCB Back Angle with independent Lock Off
- Fully Independent "Gravity Driven" Free Float Seat & Back Function
- Seat Depth Adjustment (slide)
- Back Height Adjustment (ratchet)

**Optional extras:**

- ErgoCore™ Seat air cell
- 4D Armrests
- Zenki Articulated Head Rest
- Polished Alloy Base



zenki<sup>®</sup>



**Dimensions**

**Back Height**

Med	530 - 610mm
High	610 - 680mm

**Seat Depth x Width**

Med	440 - 500 x 480mm
Large	470 - 530 x 510mm

**Seat Height**

480 - 590mm

**Fabric Options**

Standard: Spradling Valencia  
Fabric with Twin Stitch  
Detail

# zenki<sup>®</sup> Sit-Stand/Perch

sit, sit-stand, perch and desk



The Zenki seating range combines superb comfort with innovative dynamic support for all working postures making it ideal for multi-tasking. The gravity driven action of Zenki SitStand actively encourages frequent change of working position at the same time reducing stress and tiredness. The simplicity of ZenkiPerch makes it the ideal cost-effective addition to any sit stand workstation already using conventional seating.

## zenkiSit-Stand

Featuring all the ergonomic benefits of the ZenkiSit chair coupled with those of the ZenkiPerch.

The ZenkiSit-Stand is the first true Hybrid ergonomic solution for Sit Stand working, making it possible to work comfortably in any posture you choose.

## zenkiPerch

The ideal budget solution for alternating between sitting and standing. Perching is "the third working posture".

The halfway height combined with the forward-tilt function provides a great alternative sit, whilst brake-loaded castors ensure you are risk free when perching.



We believe that certain things should come as standard in any chair and they are outlined in the Zen manifesto on page 3.

ZenkiSit-Stand and ZenkiPerch are fitted with auto-braking systems to anchor the chair when in use.

### ZenkiSit-Stand features:

Contoured "locator" seat with Coccyx Zone

VE Memory foam seat pad

Free Float Seat with independent Lock Off

Lumbar Support Air Cell

PCB Back Angle with independent Lock Off

Fully Independent "Gravity Driven" Free Float Seat & Back Function

Auto Brake function when seat raises above 600mm

### ZenkiPerch features:

Contoured "locator" seat with Coccyx Zone

VE Memory foam seat pad

Mechanism with forward tilt

Brake loaded castors for safe operation

### Further optional extras:

Footring



zenki<sup>®</sup>



### Sit-Stand Dimensions

Back Height  
510 - 580mm  
Seat Depth x Width  
450 - 510mm x 490mm  
Seat Height  
560 - 780mm

### Perch Dimensions

Seat Depth x Width  
420 x 470mm  
Seat Height  
500 x 700mm

### Fabric Options

Standard: Spradling Valencia  
Fabric with Twin Stitch  
Detail

# zenki<sup>®</sup>Desk

sit, sit-stand, perch and desk

ZenkiDesk is the first ever 3-dimensional adjustable ergonomic work desk, specifically designed to fit users of all shapes, sizes and abilities. The ZenkiDesk adjusts quickly and intuitively (at the push of a button) to enable workers to achieve a good neutral posture, whilst performing any office based task – whether working with keyboard & mouse, reading, writing, drawing or simply talking on the 'phone.

The ZenkiDesk can help with prevention or relief of many workplace injuries such as carpal tunnel, RSI and neck and shoulder pain.

Zenki is truly intuitive, making work feel easy and comfortable. Especially good for users with disabilities or posture problems.



Ensure you get the very best performance possible by personalising your ZenkiDesk using our innovative range of accessories including:

- Monitor Post • Monitor Arm • Universal Laptop Stand / Copy Holder • Universal Tablet Holder • Adjustable Heavy-Duty Foot Rest



Healthy working is all about frequently changing posture. Zenki is the only desk that neutralises the negative effects of static loading by adjusting to the user's posture, regardless of standing, perching or sitting.



#### ZenkiDesk features:

Dycem<sup>®</sup> non-slip surface (included)

#### Primary Surface Adjustment Angles - Suggested use as follows:

-8° Negative Keyboard

(Neutral wrist position - body inclined/upright)

0° (Flat) Standard Worksurface

+8° Positive Keyboard

(Neutral wrist position - work surface mirroring reclined body position)

+15° Ideal position using Touch Screen [iPad<sup>®</sup>/Tablet]

+20°/+25° Writing/Drawing

+30° Reading

Weight Lift Capacity: 70Kg Max

Lift Speed: 25mm/sec

Weight Lift Capacity: 70Kg Max

Lift Speed: 25mm/sec

## zenkiDesk<sup>™</sup>

Problem	Solution
Wrist / elbow RSI	Upright Posture Negative keyboard angle reduces wrist extension and forearm activity Work surface angle
Shoulder upper back and neck pain	Reclined Posture Positive keyboard angle means everything within reach and correct viewing angles
Multiple users	Universal For all ages from children to adults, left / right handed, sit / stand / perch, wheelchair users Intuitive - easy adjustment for all tasks and designed for use when seated, perching and standing

**Dimensions**  
Top Size.  
W: 1200mm  
D: 800mm  
H: Min/Max:  
720mm/1200mm

**Material Options**  
Standard: Beech Laminate.  
Please contact for any other requirements