

# zen<sup>TM</sup>

good ergonomics at work

the zen range from ergochair



# the zen™ range

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.

## the zen™ principle

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

Optional enhancements:

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

### 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**



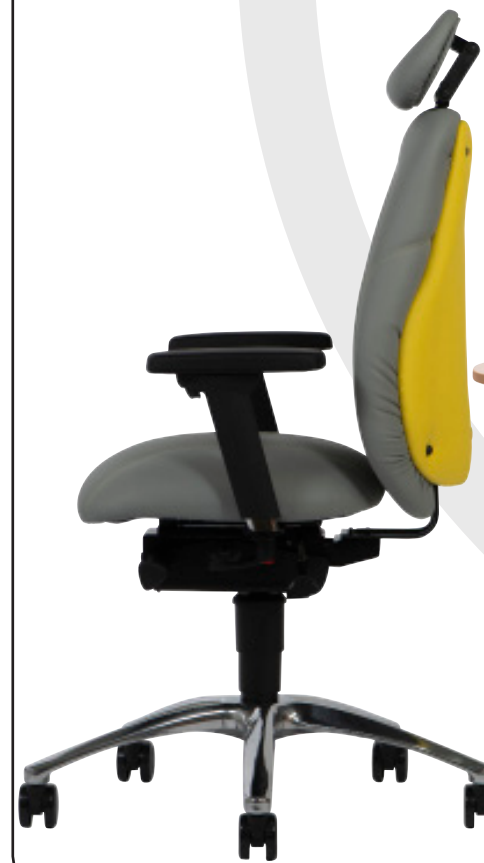
### zentoSmart™

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**

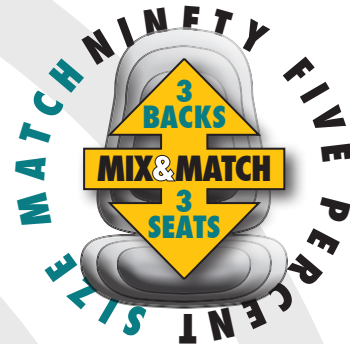


everything we make is tested to comply with BS 5459: Part 2 2000

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.

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.

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.

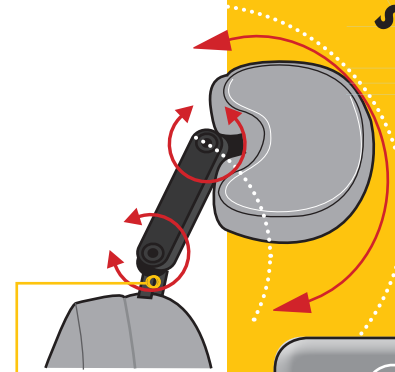


the perfect all-rounder

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: 510 - 590mm

C: 570 - 650mm

Sea Depth x Width

1: 410 - 460mm x 460mm

2: 440 - 500mm x 500mm

3: 490 - 540mm x 520mm

Seat Height

450 - 550mm/480 - 620mm

#### Fabric Options

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



# zentoFit<sup>TM</sup>SE

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.



redefining 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, ZentoFit SE has even more extras to enhance the performance.

#### ZentoFitSE 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



#### Dimensions

Back Height  
570 - 650mm  
Seat Depth x Width  
440 - 500mm x 500mm  
Seat Height  
450 - 550mm

#### Fabric Options

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

# zentoSmart™

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



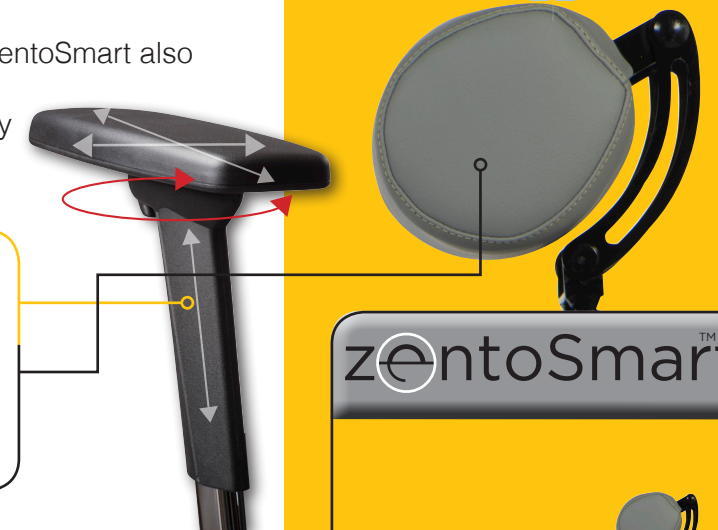
## smart working

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 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)



# zenki<sup>®</sup>Sit

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.



sit, sit-stand, perch and desk

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 540 - 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: Camira Torro  
Fabric with Twin Stitch Detail

# zenki® 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®



### 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: Camira Torro

Fabric with Twin Stitch Detail



# zenki<sup>®</sup>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



sit, sit-stand, perch and desk

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® 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®/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

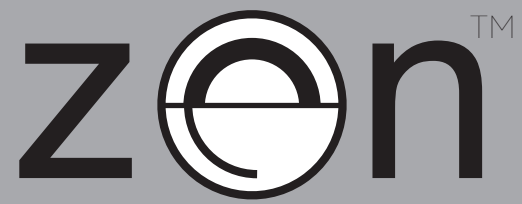
## zenkiDesk<sup>™</sup>

Problem	Solution
Wrist / elbow RSI	<b>Upright Posture</b> Negative keyboard angle reduces wrist extension and forearm activity Work surface angle
Shoulder upper back and neck pain	<b>Reclined Posture</b> Positive keyboard angle means everything within reach and correct viewing angles
Multiple users	<b>Universal</b> 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

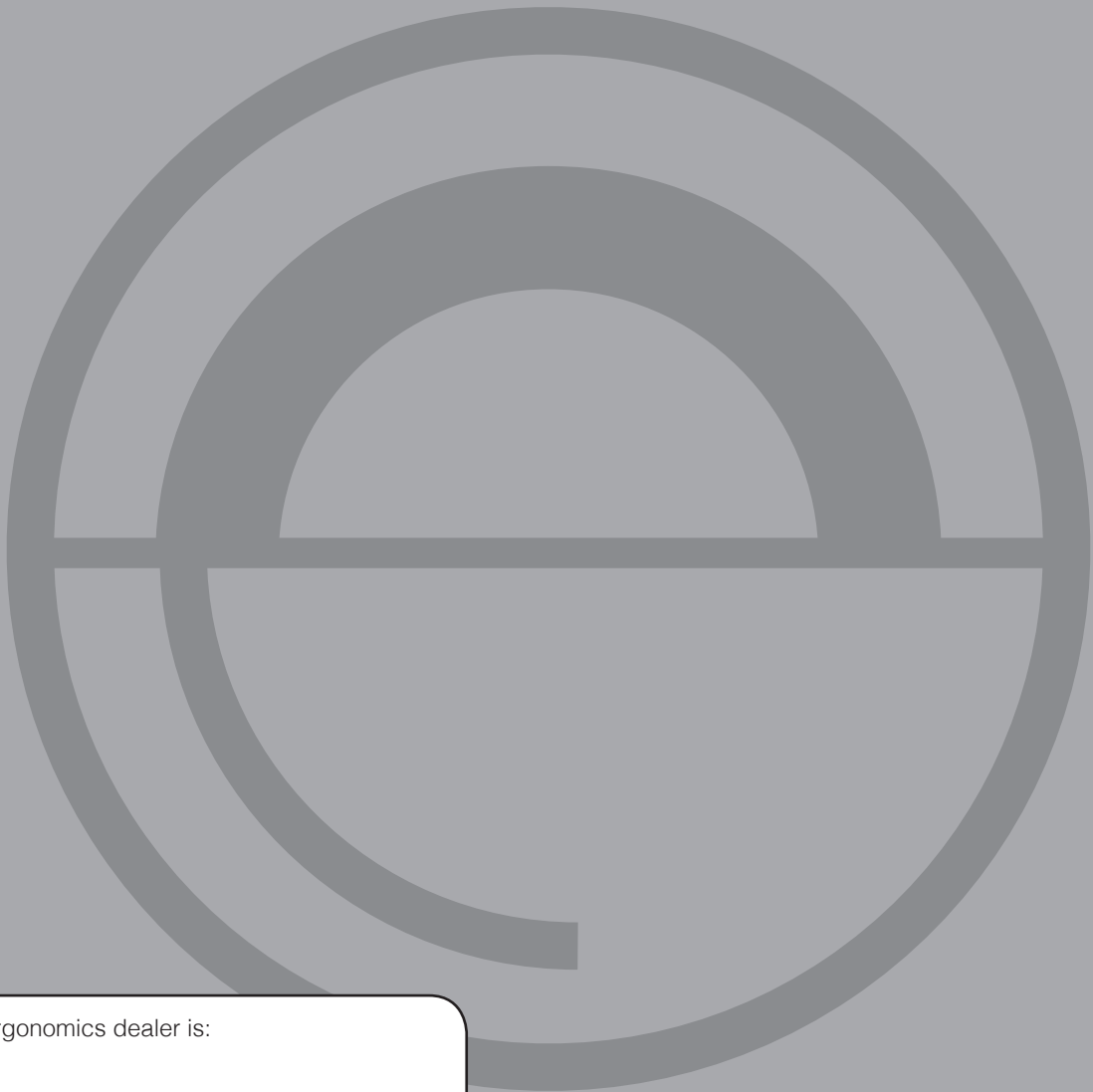
**Dimensions**  
Top Size.  
W: 1200mm  
D: 800mm  
H: Min/Max: 720mm/1200mm

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





good ergonomics at work



your zen ergonomics dealer is:



Ergochair Ltd. Rainbow Court, Armstrong Way, Yate. Bristol. BS37 5NG