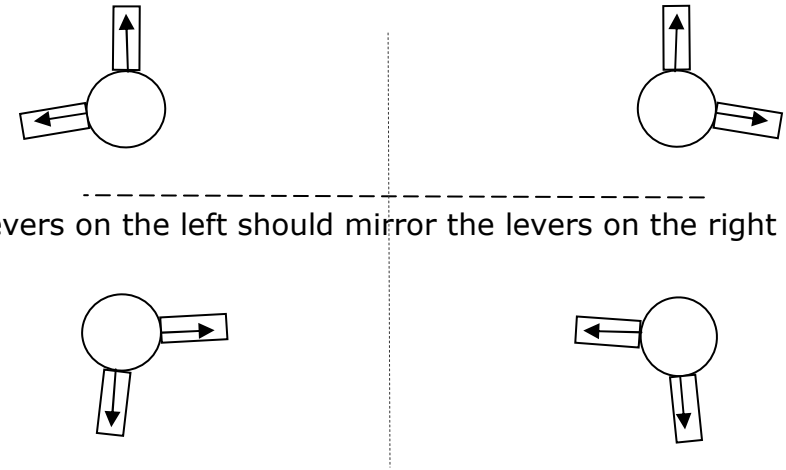
Adjusting the ZenBench

Turning the front levers will raise or lower the front of the bench, and turning the rear levers will raise or lower the back. You can make very fine subtle adjustments, or you can speedily crank it up or down.

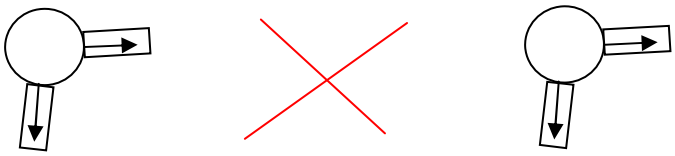
Always turn left and right levers in opposing directions, just like ‘hot” and “cold” faucets:

Turning the left and right levers outwards, as above, will raise the bench.

As you adjust, you can feel where the levers point. Keep them symmetrical.



When the levers are not mirror images, for example,



the bench won't stand evenly on the floor because one of the rods will be adjusted higher than the other.

Simple directions:

- ✓ **Always turn levers in opposing directions.**
- ✓ **Turn levers an equal number of turns, or partial turns.**
- ✓ **Right and left levers should be in symmetry (mirror each other) before and after your adjustment.**
- ✓ **If the bench does not sit evenly on the floor, equalize height and angle for right and left leg. Check that lever positions mirror each other. A short rule is included so you can equalize height.**

You can kneel forward while you sit on the bench and adjust both sides simultaneously. *You don't have to see the levers; your fingers will tell you how they are positioned and when they are in symmetry*. Kneeling forward takes the weight off the bench and makes it easy to turn the levers.

Adjust right and left levers at the same time by kneeling forward.

You can turn both front levers or both back levers. Keep their symmetry.

Turn in opposing directions.

You get immediate feedback on your posture.

Care of the ZenBench:

1. Store the bench in a dry place in shade. Avoid direct sunlight, heat, and high humidity.
2. Don't turn the levers beyond the limits of the threaded rods. The rods will be hard to turn when the bench reaches its limits. If you force the bench to go higher, you will disassemble the bench. Putting it back together can be very time-consuming and frustrating.
3. From a flat, horizontal plane, the bench will tilt downwards, towards the front. It will not tilt so the back is lower than the front.
4. Observe sensible caution as you would with any fine piece of furniture. Use the bench for what it was designed for. With proper care, it will last a lifetime.

SPECIFICATIONS:

Dimensions:

Benchtop: 8 inches wide, 20 ½ inches long.

Maximum flat/horizontal height when raised: 7 ½"

Minimum height: front edge will tilt down to - 5 inches.

Clear space under bench: 17" side to side

Weight: 6 lbs.

Materials:

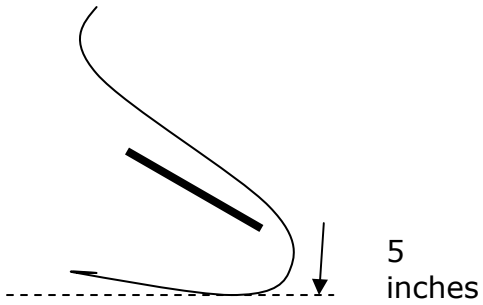
Benchtop is laminated bamboo.

Wooden parts (bench legs): select, blemish free maple, chosen for a natural, light color. Special order: walnut or tiger maple.

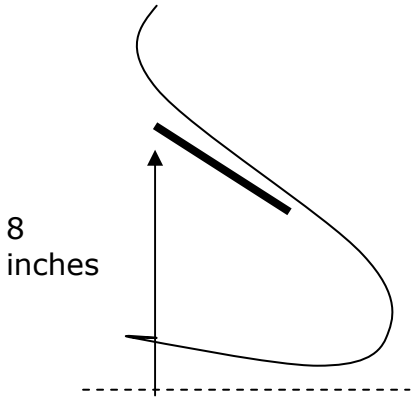
Metal support rods and parts for pivoting mechanism: zinc plated steel, black nylon.

Finish: Wooden parts are soaked to saturation in pure tung oil then wiped dry.

The front edge can tilt down to a low 5 inches from the floor.



The back edge will go as high as 8 inches with the front tilted down.



Within this range, you have infinitely variable height and angle.
Just half a turn on each side will raise or lower you 1/16 of an inch.

Adjustments are fast and easy.
You are not locked into a pre-determined height and tilt.

Your body will tell you what is most stable and comfortable.
You tune into the precise height and tilt that is best for you.