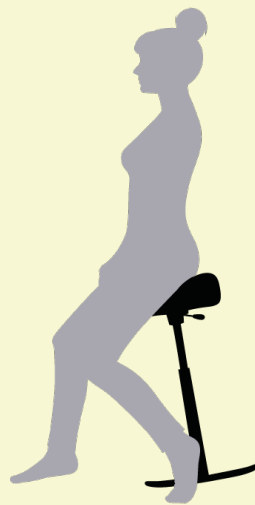


Move

Sit strong - stand easy

Design: Per Øie

Concept



Choose a sitting height that suits you

Balance, tilt, pivot or rotate 360°

Your leg, back and abdominal muscles are constantly active

An upright, sit-stand posture helps strengthen your core

Category

Our bodies are made to move. Ease onto the padded saddle seat with your feet firmly grounded. The chair supports your every move, and helps you to maintain a natural upright posture and a strong core. The Varier collection has a sit-stand chair for your every need. You can choose between a smaller seat, a higher gas lift or even a kids version. The versatile Varier Move fits

into many different settings and is the perfect match for a height-adjustable table. Anywhere that you need some support, our sit-stand chairs help you to balance, rotate and strengthen core and back muscles in the process. A great chair lets you Move™.

varier®

Healthy Sitting

Open-angle and Balanced Sitting

- A more open hip angle is better for low back posture and disc health putting the back into its natural S-shaped alignment
- The body is best able to respond positively to any impulse to move when it is in balance
- A good posture keeps the skeletal structure balanced and aligned
- Promotes support by aligning the bones, rather than holding the muscles in a rigid pose

Move

- Freedom for movement and less strain on the back gives freedom to concentrate on work - not on pain in the back or wear and tear of static sitting
- Allows body to find active 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
- Versatile support at home and office

Sit-Stand

- Near-standing posture provides an open-angle and gives balance to your body

Benefits

360° saddle-shaped seat

- Gives a natural open angle between thigh and torso for better posture
- Freedom to sit and move in all directions
- Comfortable support when "standing"
- Comfortable to sit on

Tilted circle base

- Follows the body's movement
- The base tilts and gives a natural open angle between thigh and torso - the center of gravity is moved from the back to the feet, which makes breathing easier
- Easy to move around while working

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

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Gas lift in 3 different heights	<ul style="list-style-type: none"> • Freedom to choose individual solutions in accordance with height of user and table • Easy to adjust from sitting to standing support
No sharp edges	<ul style="list-style-type: none"> • Comfortable to use and change positions • Children friendly
Rubber "nub" under the seat	<ul style="list-style-type: none"> • Easy to hang on table/desk to clean the floor
Light weight	<ul style="list-style-type: none"> • Can be carried by one hand • Easy to transport from one room to another
Simple construction – few parts	<ul style="list-style-type: none"> • Nem at samle
Simple assembly	<ul style="list-style-type: none"> • Easy to assemble
Tested according to European standard for Non-Domestic Use NS-EN 16139 2013	<ul style="list-style-type: none"> • Tested by officially accredited test institute • Safe and high quality
On the market for more than 30 years	<ul style="list-style-type: none"> • Safety • Long termed investment
Can be supplied in all Varier Standard fabrics & leathers	<ul style="list-style-type: none"> • Easy to suit with existing interiors • Several possibilities of combination – makes it easy to choose according to personal taste
Separate rubber for the base	<ul style="list-style-type: none"> • For more safety and stability on "slippery" floors like wood or stone floors

Features

Move

- Comes with a standard seat and base suitable to most men and women

Base comes in 3 different colours: only applies to medium gas lift

- Black RAL 9005
- Grey RAL 7036 platinum-grey
- White RAL

Technical Information

Chair Measurements

Chair	Gaslift	Seat dia.	Base dia.	Seat height
Move	Low	43 cm	40 cm	49 - 68 cm
	Medium	43 cm	40 cm	56 - 82 cm
	High	43 cm	40 cm	65 - 87 cm

Box Measurements and Weight

Chair	Height	Length	Width	Weight
Move	23 cm	44 cm	41,5 cm	7,1 kg

User and User Areas

- Suitable for children and adults
- Optimal at all kind of activities that are to be done in half standing, half sitting positions
- Just about everywhere at home and at work
- Desks, height-adjustable desk, bars etc.
- At desk, in kitchen, housework, playing music, as additional chair
- At receptions, at counters, retail, dentist, hairdressers, architects

Height recommendations for full functionality of the chair we recommend...

- If you have space where you can use the chair to its full potential, for example, a sit stand desk or alternating between counter tops and small desks, then we recommend:
 - Below 150cm - Small gas lift
 - 150cm-170cm – Medium gas lift
 - Above 170cm – Large gas lift
- If you have a standard desk, then we recommend you buy the small Move chair, in order for you to sit comfortably at a lower height

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

Pre-Conditions for Use

- The desk or work surface height usually needs to be adjusted in order to use the full functionality of the chair
- Tight skirts are not possible, due to the wide stance required, and loose clothing is recommended
- Short break-in period is required, which may include some sore muscles for a few days
- Psychological transition
- User must be willing to try the equestrian posture
- Most users are fully adapted to the Move within two weeks

Awards: Classic Award for Design Excellence

Production land: Poland

Launch date: 1985