

# 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. A Varier sit-stand chair follows every move you make, each chair in our sit-stand category strengthens your core and back muscles, helping you maintain a natural, upright posture.

Choose a saddle seat size and gas lift height that suits your needs, and ease onto the padded seat with your

feet placed firmly on the floor. A sit-stand chair keeps you active at home or at the office, and is the perfect match for a height-adjustable table.

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

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### 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

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### 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

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

## 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](http://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