

# nurus

## Me Too

Guidelines for Use &  
Montage



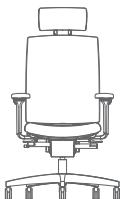


# A wellness tool suited for your seated tasks.

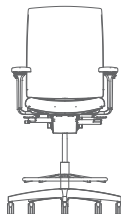
Prolonged seated working presents several problems for physical health; the neck, shoulders, arms and legs. Sitting may be inevitable; so is coming up with answers to minimize fatigue. Me Too is highly adjustable; Fluid Motion® and Fluid Motion Plus® mechanisms, and other solutions are featured in the fully adjustable arms, front-tilt, optional lumbar and neck supports and in the seat slide. Fabric, leather or eco-leather seating; leather or open mesh backrest is available options. Me Too's high quality and safety standards have been approved internationally by GS Certification from LGA (Landesgewerbeanstalt Bayern) Institute.

Me Too Fluid Motion® features multi-adjustable arms, optional lumbar and neck support, mesh backrest and castor wheels for different surfaces. In addition to Fluid Motion® mechanism, Fluid Motion Plus® features 8- degrees of front-tilt and seat slide adjustment features.

## Me Too Product Family



Me Too, Fluid Motion® / Fluid Motion Plus®



Me Too, High



red dot design award  
winner 2008



We spend around 15 years of our lives sitting. Healthy sitting habits that prevent neck, hip and spinal injuries are vital.

### Neck

The neck should be straight or leaning towards the front a little.

### Back

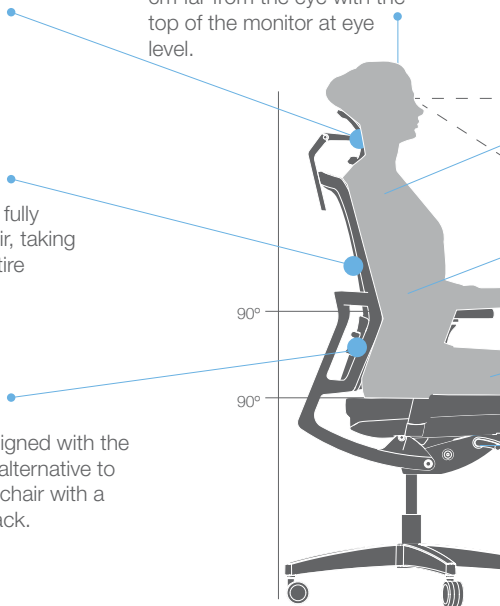
The back should be fully aligned with the chair, taking support from the entire surface.

### Hip

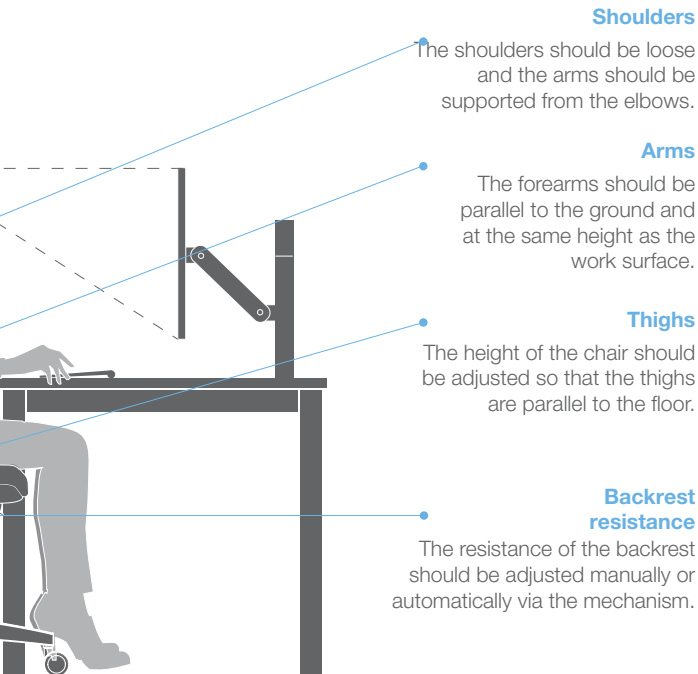
The hip should be aligned with the lumbar support. An alternative to lumbar support is a chair with a height-adjustable back.

### Line of sight

The screen should be 50-75 cm far from the eye with the top of the monitor at eye level.







A well-designed ergonomic chair that supports your body will boost your productivity and keep you healthy.

### Backrest

Made with high-tech intelligent mesh fabrics, the backrest lets the back breathe, reduces sweating and creates a softer and more flexible seat.

### Backrest Tilt

The backrest and seat can tilt backwards in a synchronized manner up to 25° and can be locked in 4 positions.

### Front Tilt

Further to the vertical position, the backrest can be tilted forward at 8° and the seat 3° in a synchronized motion promoting healthy dynamic sitting that will help work the leg and back muscles even while sitting.

### Lumbar Support

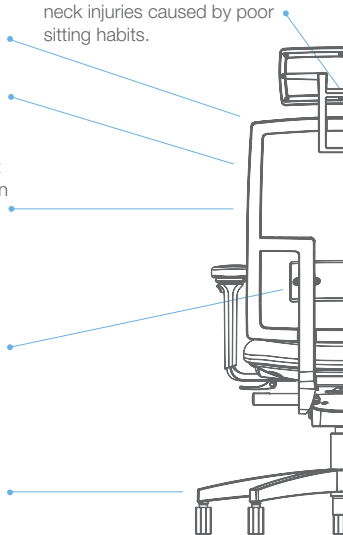
The lumbar support covers the small of the back from all angles and can be adjusted to various body sizes.

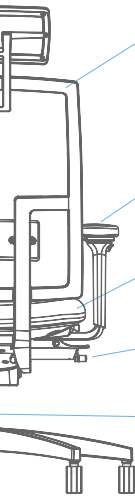
### Wide Base

Even when the center of gravity rapidly changes, the chair will remain balanced preventing injuries caused by falling over, promoting healthy sitting.

### Neck Support

The height and angle of the neck support can each be adjusted, providing the neck with full support and preventing neck injuries caused by poor sitting habits.





### **Structural Flexibility**

The unique engineered form helps the chair move with the user, freeing movement while providing three-dimensional support for the spine.

### **Arm and Armrest Movements**

The width between the armrests can be increased and with movement in 5 directions, armrests support the user in every posture.

### **Seat Depth**

The seat pan can move backwards and forwards within a range of 100mm to accommodate various leg lengths.

### **Backrest Flexibility Adjustments**

The highly customizable backrest adjustments let the user move, work the muscles in the back and promote healthy sitting habits.

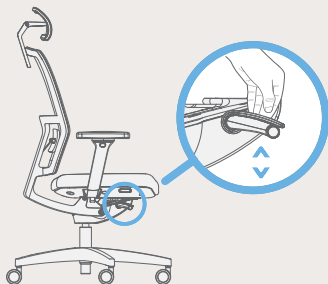
### **Base and Casters**

The optional aluminum and polypropylene base with casters for hard or soft floors give users quiet comfort.

The performance task chair in the image is equipped with the Fluid Motion Plus®.

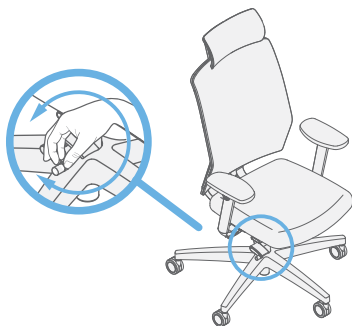
## Seat Height Adjustment

You can adjust the height of the seat to your height by lifting the straight side up on the lever on the right side of the seat mechanism. You need to put your weight into the seat when you adjust the seat height.



## Backrest Tension Adjustment

You can adjust the degree of tension of the backrest by pulling out and turning the backrest tension adjustment by the button located under the seat height adjustment.



## Backrest Tilt Adjustment

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You can control the backrest tilt by using the lever that on the left side of the seat mechanism. You can release the backrest by turning the end of the arm forward. While backrest lean, you can turn the lever backwards for upright position; in addition you can lock the backrest in three different levels.



## Front Tilt Adjustment\*

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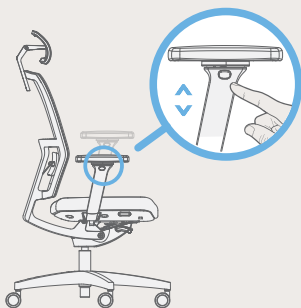
You can activate the front tilt by pulling out the lever that located above the backrest tilt lever. The backrest can be tilted forward at  $8^\circ$  and the seat  $3^\circ$  in a synchronized motion. By the tilt adjustment lever, you can lock your seat in this position.



\*The front tilt adjustment only with Me Too Fluid Motion Plus® mechanism.

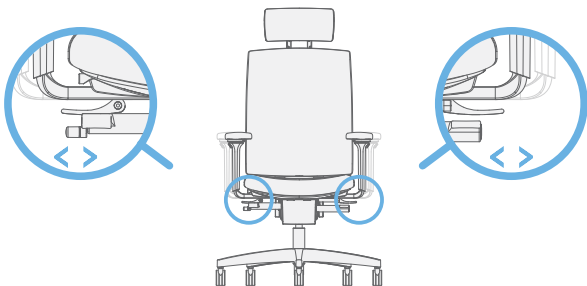
## Armrest Height Adjustment

You can adjust the armrest height by pressing the button under the armrest to your body size and the height of your table.



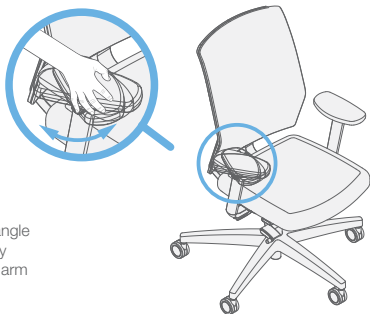
## Armrest Width Adjustment

You can release the armrests by opening the armrest locks downwards, and adjust the seat width by pulling the armrests outward. Once you have set the armrests to your desired width, you can fasten the armrests by closing the locks.



## Armrest Pad Angle Adjustment\*

By changing the angle of the armrest pad, you can support your elbow and your arm even at different angles.



\*Armrest pad angle adjustment only available in 4D arm option.

## Armrest Pad Width Adjustment\*

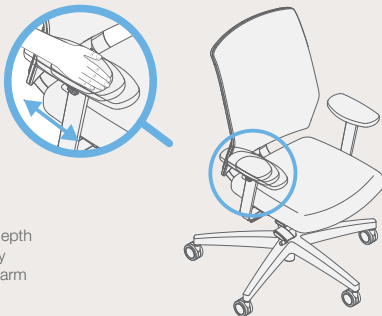
By moving the arm support in and out with your hand, you can make the most suitable adjustment according to your body.



\*Armrest pad width adjustment only available in 4D arm option.

## Armrest Pad Depth Adjustment\*

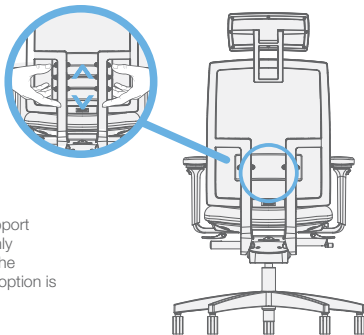
By moving the armrest pad forward and backward, you can ensure that your elbow is supported in every position.



\*Armrest pad depth adjustment only available in 4D arm option.

## Lumbar Support Adjustment\*

By holding your lumbar support behind your seat from both sides and moving it up and down position.



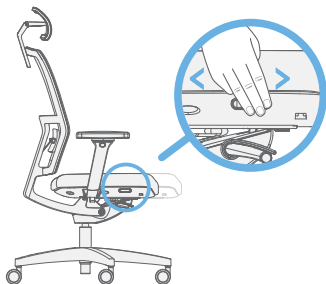
\*The lumbar support adjustment is only available when the lumbar support option is selected.



## Seat Depth Adjustment\*

You can adjust the seat depth by pulling the button on the right side of the seat front to your leg size. When you leave the button, the seat front will be fixed in that position.

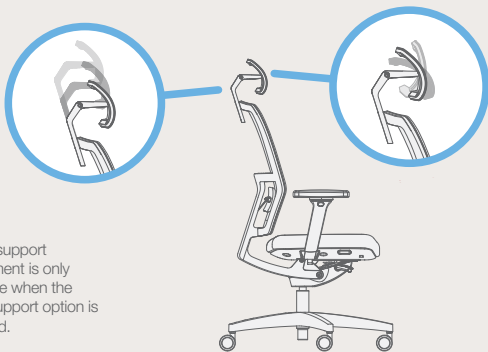
\*Seating depth adjustment only with Me Too Fluid Motion Plus® mechanism.



## Neck Support Angle and Height Adjustment\*

You can adjust the height of neck support by moving it up and down. In addition, you can adjust it according to your neck by changing its angle to your neck.

\*Neck support adjustment is only available when the neck support option is selected.



## Armrest Options

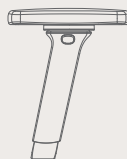
Me Too offers 3 different armrest alternatives. These are fixed armrests with no height adjustment, height adjustable 2D armrest, and 4D armrest with height, depth and width adjustments, and it can be rotated 360 degrees.



Fixed Armrest



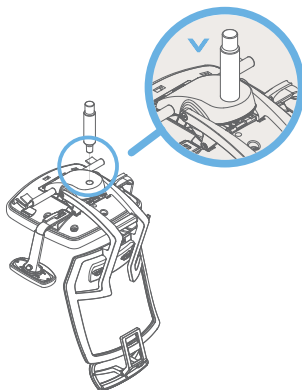
2D Armrest



4D Armrest

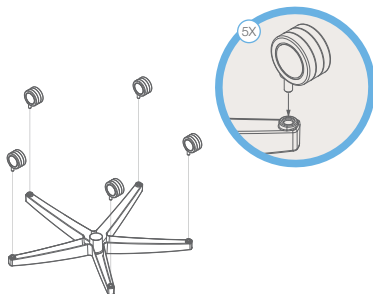
## Mounting scheme - 1

Place the shock absorber in the housing on the mechanism as shown.



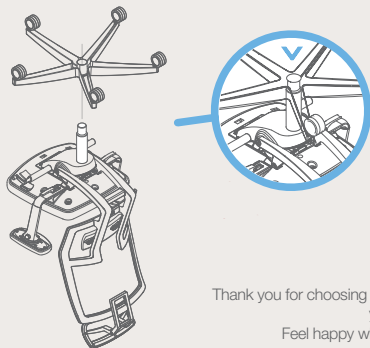
## Mounting scheme - 2

Push the wheels in place by inserting the housing on the 5-star leg; make sure that the wheels are fully seated.



## Mounting scheme - 3

Place the 5-star leg that you inserted wheels to the shock absorber you inserted to the mechanism. Your performance task chair is now ready to sit.



Thank you for choosing Me Too for  
your health.  
Feel happy while using it.

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