

nurus

Core

Guidelines for
Use & Montage



The core of productivity.

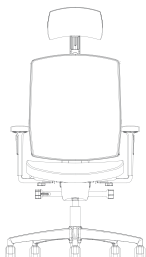
For healthy and dynamic work environments; Core is a high-performance task chair that minimizes fatigue and potential physiological disturbances caused by prolonged working periods. Its high quality and safety standards are registered internationally by LGA (Landesgewerbeanstalt Bayern) in Nuremberg, Germany. Fit Core to your body -and to your task- through adjustable backrest tilt and height customization options. You may further personalize your chair through individual armrest and neck support adjustments. With Core, you will feel an increase in capacity and comfort at work.

Core offers two mechanism options that serve different purposes:

Dyna-Support® is response: It reacts to the weight of you, eliminating the need to make any special adjustments. Perfect for touchdown areas and shared working environments.

Pro-Support® is adaptability: It may be personalized for extra comfort, regardless of body size or type. With quick and fine adjustments, Pro-Support® offers backrest tension to be personalised. Core Pro-Support® encourages a healthy sitting habit as you work. Ideal choice for all living and working environments, as well as executive offices.

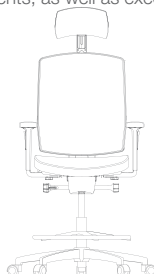
Core Product Family



Core Pro-Support®



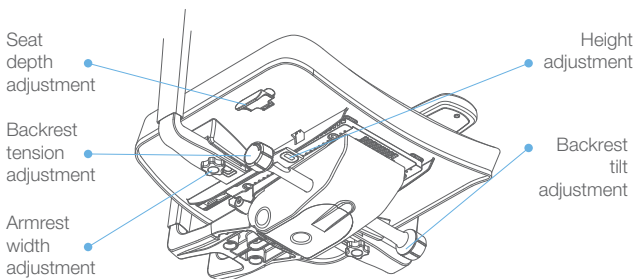
Core Dyna-Support®



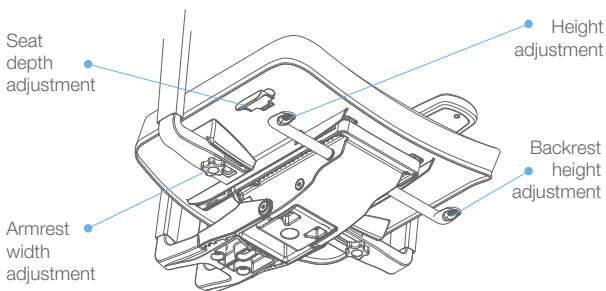
Core High®

Versions

Pro-Support®



Dyna-Support®



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

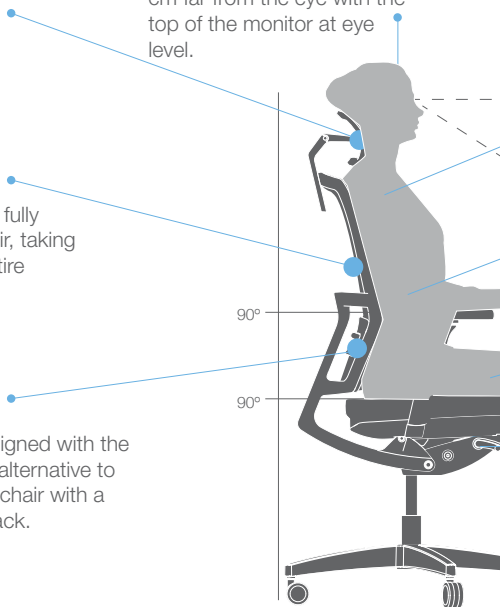
The back should be fully aligned with the chair, taking support from the entire surface.

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.



- The shoulders should be loose and the arms should be supported from the elbows.

The forearms should be parallel to the ground and at the same height as the work surface.

The height of the chair should be adjusted so that the thighs are parallel to the floor.

The resistance of the backrest should be adjusted manually or automatically via the mechanism.

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 23° and can be limited in 3 positions and locked in 90° .

Backrest Height

The adjustable backrest height increases work efficiency by supporting the back and the lumbar.

Lumbar Support

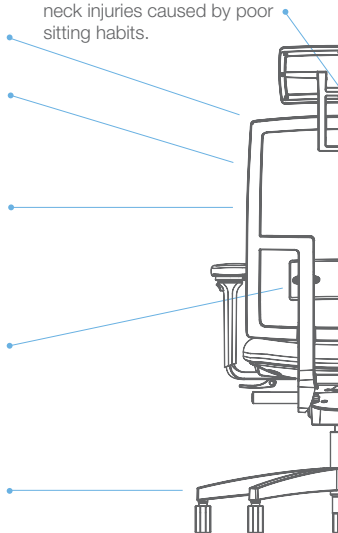
The lumbar support covers the small of the back from all angles and can be adjusted to various body sizes.

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.



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.

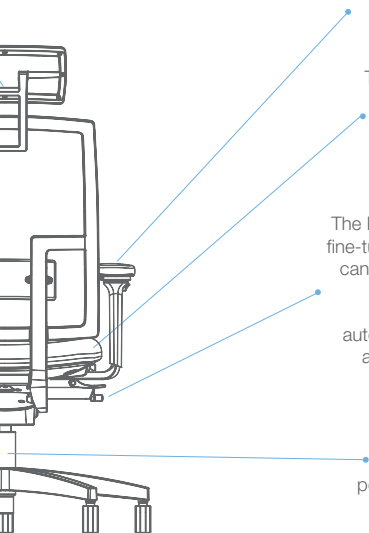
Backrest Tension Adjustment

The Pro-Support® mechanism, thanks to its fine-tuning backrest tension adjustment, you can adjust the response of the back over a wide range.

The Dyna-Support® mechanism automatically responds to your weight and adapts to your body without any special adjustments.

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 Core Pro-Support®.

Seat Height and Backrest Tension 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. As you raise your seat, your weight should not be on your seat.

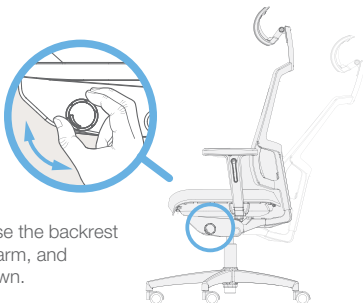
- In the Pro-Support® mechanism, you can adjust the degree of backrest tension by turning the button circularly in the end of the arm.
- In the Dyna-Support® mechanism, the backrest tension is automatically adjusted according to the weight of the user.



Backrest Tilt Adjustment

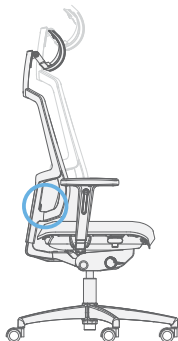
You can control the backrest tilt by using the lever that on the left side of the seat mechanism.

- In the Pro-Support® mechanism, you can release the backrest by turning the end of the arm backwards. While backrest lean, you can turn the lever forward to lock on upright position; in addition you can limit the backrest in three different levels.
- In the Dyna-Support® mechanism, you can release the backrest tilt by lifting the end of the arm, and you can lock it by draw down.



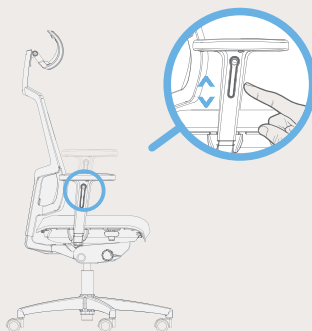
Backrest Height Adjustment

To support upper body and waist, you can adjust the backrest height by pressing the button on the inner side of the back of your seat.



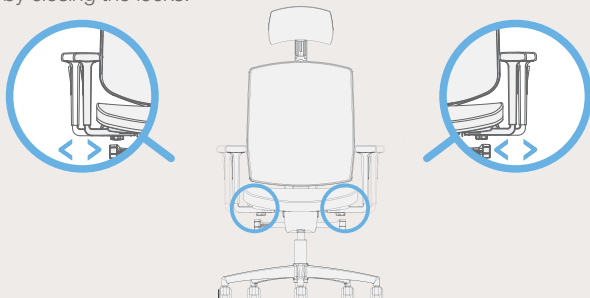
Armrest Height Adjustment

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



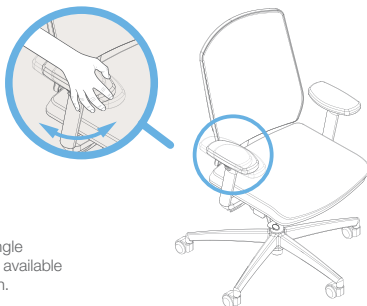
Armrest Width Adjustment

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*

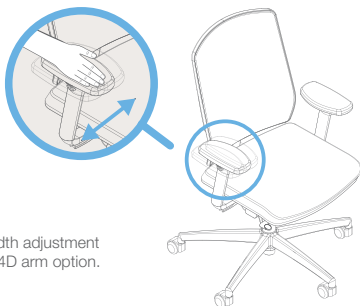
By changing the angle of the armrest pad, you can support your elbow and your arm even at different angles.



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

Armrest Pad Width Adjustment*

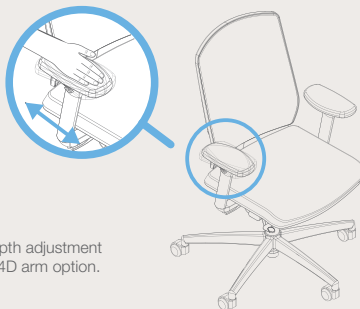
By moving the arm support in and out with your hand, you can make the most suitable adjustment according to your body.



*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.

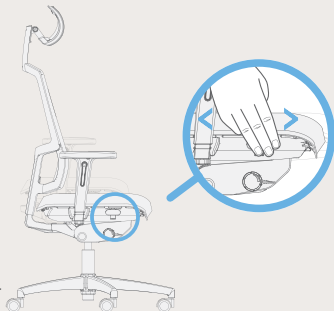


*Armrest pad depth adjustment only available in 4D arm option.

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.

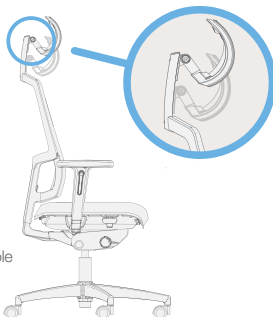
*Seating depth adjustment is only available when the seat depth option is selected.



Neck Support Angle and Height Adjustment*

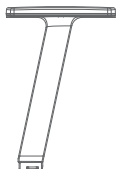
You can adjust the height of neck support by moving it up and down. In addition, you can adjust it according to your neck by changing its angle to your neck.

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



Armrest Options

Core 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



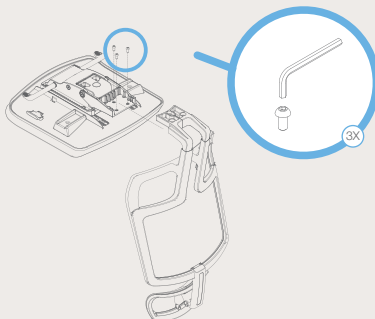
2D Armrest



4D Armrest

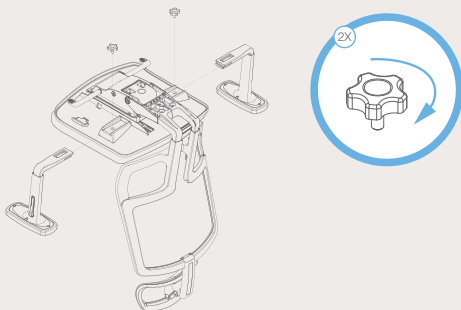
Mounting scheme - 1

Mount the backrest and mechanism of the seat together by aligning the holes in the mechanism and the back as shown and placing the screws on each other.



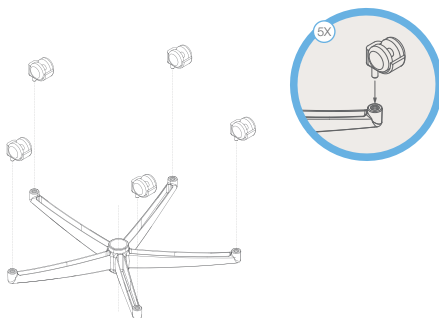
Mounting scheme – 2

Place the nest with the lower face of the sitting font and the armrests of the product, and fasten it with armrest screws.



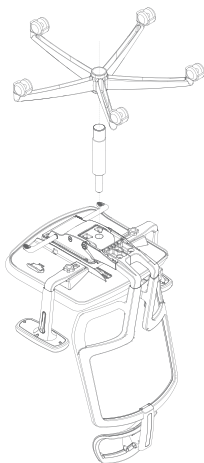
Mounting scheme - 3

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



Mounting scheme – 4

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.



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