

Ergonomic Active Stool VIVIDSIT

VIVIDSIT follows body movements activating core body muscles and keeping the body activated all workday long. The stool trains the essential muscles for good posture.

Physiologic basis

The sitter's centre of gravity is above pelvis. Small movements in all directions or 360° with VIVIDSIT's air cushion will activate deep abdominal and pelvic floor muscles. Activated muscles will alleviate strain on backbone disks.

The activation of core muscles leads to good posture. The activation of deep muscles reduces problems caused by passive sitting.

VIVIDSIT has been tested and developed in cooperation with occupational physiotherapists.

Ergonomic benefits

- + Posture improves
- + Muscles supporting the backbone become stronger
- + Body becomes more stable and better balanced
- + Back becomes stronger and backaches may be reduced
- + Abdominal muscles become stronger which stimulates digestion
- + Flying-saucer shape of seat has no upright edge that would press on thighs
- + Air cushion and underplate have been carefully designed so that the plate edge doesn't press on the thighs
- + Thickness of air cushion can be easily adjusted to suite every individual by increasing or decreasing the air. Pump comes with stool.



Velcro fastening for easy detachment of air cushion

Other benefits

- + Velcro-fastened air cushion is portable and can be easily be detached.
- + Easy to change zip covers
- + High-quality leatherette cover is very durable.

Technical specification

Air cushion seat	Dia. 35 cm Velcro-fastened to underplate for easy detachment
Cover of air cushion	Easily changeable high-quality leatherette, very durable, stands up well scratching and detergents containing alcohol Black
Pump with valve needle	For adjustment of air cushion thickness
Height adjustment	By all-around ring. Alternatively 43-53 cm, 52-69 cm, 53-74 cm or 62-87 cm depending on gas spring length
Gas springs	Best class 3 by German norm TÜV
Base	Dia. 48 cm, polished aluminium
Castors	Dia. 60 mm, for hard floors as standard Also available <ul style="list-style-type: none">▪ dia. 50 mm castors for soft floors▪ floor caps
Maximum sitting Weight	200 kg
Guarantee	2 years



Thickness of air cushion seat can be adjusted by pump and valve needle included with stool (air cushion upside down).



Needle of the pump can be used to deflate the air cushion (air cushion upside down).

Gas spring lengths by user heights

User height	Seat height	Gas spring
under 150 cm	43-53 cm	XS
150-160 cm	52-69 cm	S
160-180 cm	53-74 cm	M
over 180 cm	62-87 cm	L

Product codes

16200-06XS	Ergonomic Active Stool VIVIDSIT,	height adjustment 43-53 cm
16200-06S	Ergonomic Active Stool VIVIDSIT,	height adjustment 52-69 cm
16200-06M	Ergonomic Active Stool VIVIDSIT,	height adjustment 53-74 cm
16200-06L	Ergonomic Active Stool VIVIDSIT,	height adjustment 62-87 cm

Replacement covers

16212-06 black

Accessories

16017 Foot rest ring

Fabric seat covers

16029-06 Seat Cover of fabric, black

- Relieves sweating on hot days



VIVIDSIT with Foot Rest ring