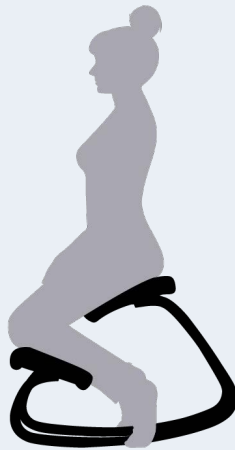


VARIABLE

The original kneeling chair

Design: Peter Opsvik

Concept



Your body moves in response to the chair's gentle tilting motion

The open angle between your upper and lower body enhances blood circulation

Your abdomen and back muscles work to keep your posture upright

Your body moves in response to the chair's gentle tilting motion

Category

Variation makes life exciting. On a Varier kneel chair, your body is constantly in motion. Place your knees on, in front of, between or beside the shin pads to vary your sitting angle and posture, and find the ideal balance point for your body. Have you noticed that all of the seats on our kneel chairs lean downward? This tilts the pelvis forward and puts the spine in the same position as when you are standing. This means no pressure on spinal discs and relief from shoulder and back tensions. Just remember to place your weight on your bottom when sitting, and on your shins when varying your positions. You'll never want to go back to your old way of sitting.

Healthy sitting

- Follows the natural body movement
- Promotes natural, upright 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

varier®

Benefits

Movement and variation

- Freedom to concentrate on work
- Muscles are stimulated - no wear and tear of static sitting

Runners

- Follow movements of the body and encourage active sitting positions
- The body will find its own natural balance
- Stimulates dynamic and active sitting positions
- Can function as support for the feet
- Prevent sliding forwards
- Support for the legs/feet
- Accessible
- Different sitting positions, leaning forwards with legs on cushions, central position with feet placed on runners or floor, one foot on floor – one on leg cushion and leaning backwards

Leg cushions (balance concept = runners + tilted seat + leg cushions)

- Children can also use the leg cushion as seat and the seat as a table
- A creative way of sitting

Tilted seat

- Sitting positions with a natural open angle between thigh and torso
- Makes breathing easier
- Healthy lifestyle

No mechanical adjustment parts

- Easy and natural adjustment to the next position
- Flow with body

No sharp edges

- Comfortable to find individual sitting positions
- Comfortable in use

Open construction

- Freedom for movement
- Freedom for variation
- Air to the body
- Easy to clean – no dust and litter between back and seat

Simple construction

- Easy to assemble
- Few parts

No back rest

- Takes small space
- Easy to fit in existing interior
- Easy to carry from one room to another
- Easy to clean
- Easy to put under desk/table

On the market for more than 40 years

- Does not follow trends
- Timeless
- Safety
- Well known and accepted concept

Extra: Backrest, Backrest Cushion (2013)

- Offers variation to seating position
- Cushion for extra comfort and support

Extra: Soft-tape

- Added protection against wood floors
- More comfort on tiled floors

Extra: Distance blocks

- Distance between leg cushions and seat can be shortened to give more comfort to children and smaller persons

Design Peter Opsvik

- Classical and functional
- Designed to rise the user's wellness

Features

Floor protection

- Protect the floor
 - Stability
-

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

- Environmentally friendly
 - Strong construction, long lasting
 - Natural materials
-

Tested according to European standard for Non-Domestic Use NS-EN 16139 2013

- Tested by officially accredited test institute
 - Safe and high quality
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Supplied in a number of fabrics & leathers

- Goes easily into existing interiors
- Easy to choose according to personal taste
- Easy to clean
- Available in different price groups

Technical Information Main

Chair Measurements

Chair	Width	Depth	Height	Sitting Height
Variable	52 cm	72cm	51 cm	50 cm
Variable with back	52 cm	80 cm	93 cm	50cm

Box Measurements and Weight

	Variable	w/ back
Height	10,5 cm	9,4 cm
Lenght	73,2 cm	92,5 cm
Width	54 cm	14,3 cm
Weight	6,3 kg	1,8 kg

Pre-Conditions for Use

- User must trust the chair to support various positions

User and User Areas

- Suitable for children and adults
- Desks, home office or office
- Perfect chair for all kinds of work (i.e. computer work, studying, drawing, etc.)

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

Production country: Poland

Launch date: 1979