

# HealthPostures Products



**Stance**  
*move*  
5000 Stance Move



Optional  
5010 Stance Move  
Seat Extension



**Stance**  
*move*  
5100 Stance Move EXT



**TASKMATE**  
*Go*  
6300 TaskMate Go



**TASKMATE**  
*Journey*  
6200 TaskMate  
Journey



**TASKMATE**  
*Executive*  
6100 TaskMate  
Executive

**TaskMate Journey  
Optional Accessories**



6142 Copy/Phone  
holder



Surface  
**TASKMATE**  
6252  
Surface TaskMate



6912 Dual Monitor  
with Articulating Arm



Surface  
**TASKMATE**  
6254  
Surface TaskMate

6915 Notbook holder  
and Monitor Arm

**Stance**  
*move*  
Owners Manual



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## Congratulations

This manual is an integral part of your Stance® Move and should be read thoroughly by anyone that will be operating the unit. This will ensure the Stance® is properly used in a manner that is most beneficial.

It is important and necessary that you inspect your Stance® Move periodically to assure that it is in safe operating condition. Minor adjustments can be made by the operator. Replacement of worn parts, major adjustments or any other important corrections should be handled by an authorized dealer or service center. To ensure safety and performance only HealthPostures approved replacement parts should be used.

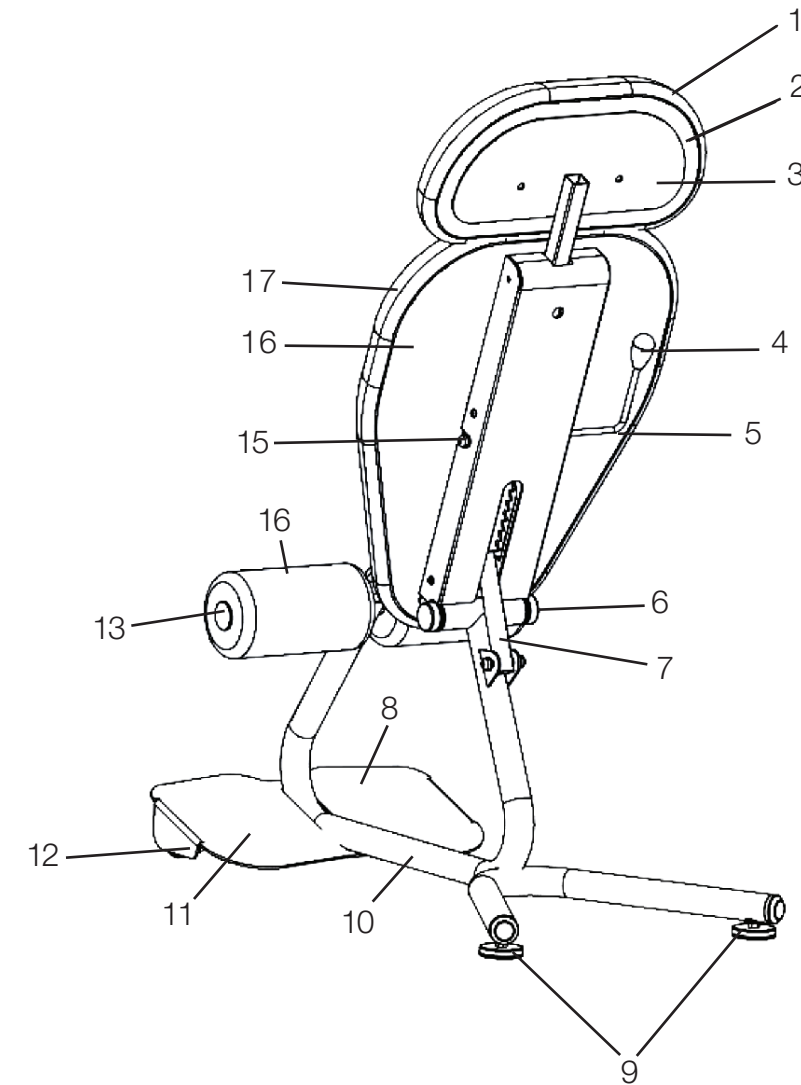
Date Purchased \_\_\_\_\_

Serial Number \_\_\_\_\_

Congratulations on your purchase of the Stance® Move.

HealthPostures has designed the Stance® Move with you in mind. What you are about to experience will change the way you work and feel at your computer. Since the Stance® Move may be a new concept to you, using the Stance® may take some getting used to.

Be patient, have fun, experiment.



Item No.	Part No.	Description
1	STM – 0010	Seat Extension Plywood/Foam/Fabric
2	STM – 0008	Plastic Seat Extension Back
3	STM – 0011	Seat Extension Weldment
4	STM – 0045	Adjustment Lever Handle
5	STM – 0029	Adjustable Handle Weldment
6	STM – 0043	Joint Pivot Cap
7	STM – 0032	Seat Tube Weldment
8	STM – 0037	Right Side Foot Plate Pad
9	STM – 0048	Glides
10	STM – 0021	Base Weldment
11	STM – 0038	Left Side Foot Plate Pad
12	STM – 0036	Nylon Wheel
13	STM – 0041	Knee Tube Cap
14	STM – 0034	Foam Knee Pad
15	STM – 0059	5/16 Push Cap
16	STM – 0002	Plastic Seat Back
17	STM – 0004	Seat Extension Plywood/Foam/Fabric

## Stance Move warranty.

The warranty is extended to the original purchaser/customer and commences on the purchase date the seller/dealer. HealthPostures (HP) warrants its TaskMate EZ to be free from defects in materials or workmanship for a period of 5 years.

What is not covered by this warranty:

- Normal wear and tear
- Alteration or modification of the product
- Abuse, misuse, or accident
- Damage resulting from shipment or storage

Written notice of the defect must be given to HP within the applicable warranty period. Any product proven to (HP) satisfaction to be defective and within warranty period shall be repaired or replaced at HealthPostures' option. Only HealthPostures approved components validate this warranty. This warranty does not include any labor charges incurred in replacement parts installation. Freight charges to factory are at the expense of consumer to seller. Return freight charges will be prepaid by (HP). No credit will be given for any repairs to damaged or defective items without the prior approval of HealthPostures. HealthPostures reserves the right to require that any such item be returned to the factory for inspection.

THIS WARRANTY IS THE ONLY WARRANTY MADE BY HEALTHPOSTURES, AND ALL OTHER WARRANTIES, INCLUDING IMPLIED WARRANTIES OF MARKETABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED. DAMAGE RESULTING FROM MISUSE, NEGLIGENCE, ACCIDENT OR ALTERATIONS ARE EXCLUDED AND WILL NOT BE PAID. HEALTHPOSTURES WILL NOT BE LIABLE FOR ANY CONSEQUENTIAL OR INCIDENTAL DAMAGES WHATSOEVER.

## Safety Precautions & Maintenance

Please be sure to read the entire contents of this manual before operating your new Stance Move. This manual contains important information concerning safety, maintenance and proper use of the Stance Move.

1. Check your Stance Move periodically to make sure all bolts, fasteners and adjustable parts are tightened securely.
2. Clean the Stance Move with mild, non-abrasive cleaners and/or soap and water.
3. HealthPostures does not recommend use of the Stance Move by persons over 250 lbs.
4. Keep bystanders, children and visitors away from the Stance Move while raising or lowering. Distractions can cause you to lose your focus on the surrounding area, and a hand, finger, or any other obstacle may be in harms way.



# Unique Features



## Stance Move Unique Features

1. Easy one lever seat angle control
2. Soft foam rubber knee rest for stability
3. Footrest that supports feet to prevent back and leg discomfort
4. Front wheel casters for easy mobility
5. Optional back rest extension for added comfort
6. Black fabric upholstery and cushioned seat



# Adjustment & Use

## Adjusting seat angle upward

1. Stand to the side of the Stance Move
2. Lift back of seat to desired angle. Mechanism will lock into place automatically.

## Adjusting seat angle downward

1. Stand to the lever side of the Stance Move
2. Squeeze lever and lift seat slightly to release mechanism
3. Keep squeezing lever and lower to desired position
4. Release lever to lock Stance Move into position

**Note:** Never adjust seat angle while seated or applying weight to the seat. Always exit the Stance Move before adjusting.

## Foreword Sloped Sitting

Backless seating design that helps build balance and core muscles while providing hours of comfortable use.



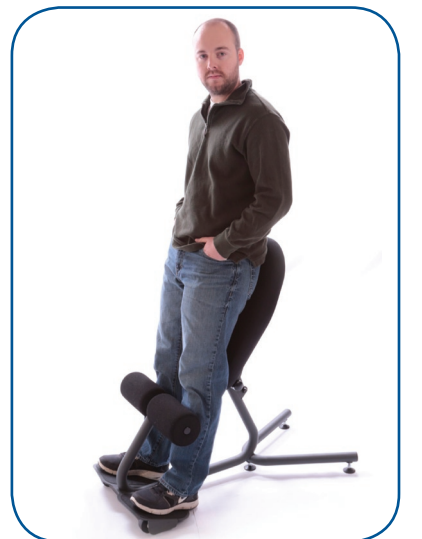
## Kneeling

Kneeling is a very comfortable and healthy workplace posture that is recommended by many Doctors and Chiropractors.



## Supportive Standing

Assisted standing will allow the user to stand comfortably for hours at a time in the workplace providing good posture, energy and well-being.



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