

Restful Pump

Quick Start Guide



Welcome to Restful Pump!

Have questions?
Email us at info@RestfulPump.com.

What's Included



Chair Base



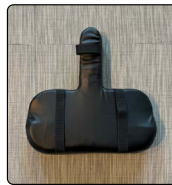
Chest Support
with Table



Headrest



Bottle Slider
x2



Deluxe
Chest Pad



Standard
Seat Cushion



Thick
Seat Cushion



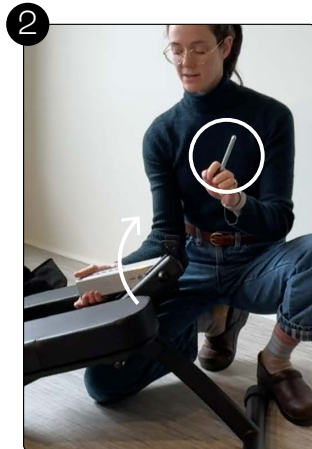
Disposable
Face Cover
x20



How to Assemble



1 Lift the chair base to
unfold the leg.



2 Take out the pin from
the hinge to adjust the
silver bar.



3 Lock silver bar into
upright position with
the pin.



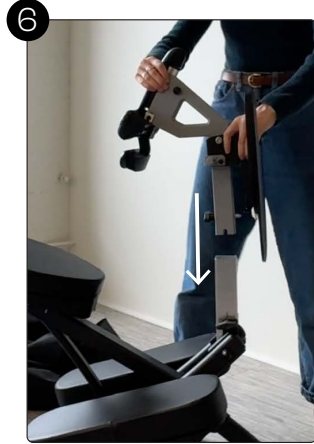
4 Lift the seat up.



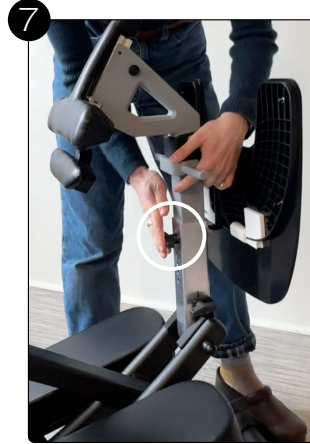
How to Assemble



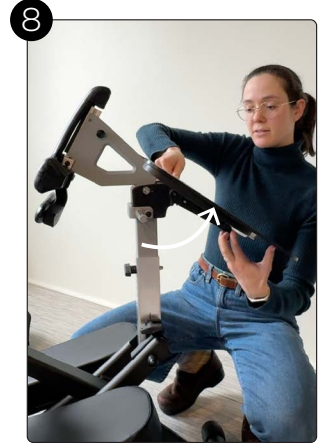
Attach the standard seat cushion.



Insert the chest support.



Use the pin to select the height.



Pull the latch beneath the table to release the table.



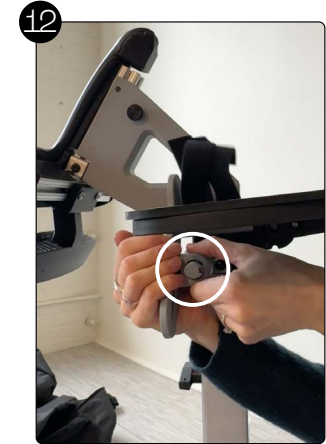
Unfold the table all the way up and securing into place by releasing the latch into the slot.



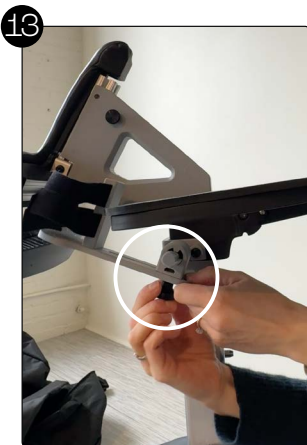
Insert the headrest to the top of the triangle post and secure the screw.



Bottle Sliders: Loosen the screw slightly to install.



Align the bottle slider notch with the indent in the bracket.

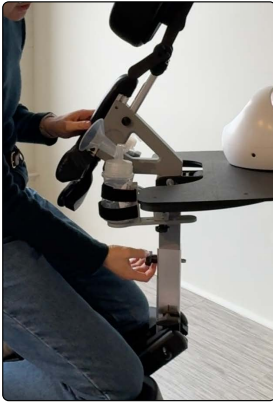


Adjust the bottle slider so the bottle holders rest closest to the user, turn the screw to lock in place.

How to Adjust Chair

Don't forget to use proper body mechanics and a two person assist.

✔ Adjust Center Base Post Height



Use one hand to secure the top of the chest support and table structure while you pull the pin out. Adjust to your comfort and return pin through chosen center base post slot.

Make sure it is pushed all the way through to the other side of the post.

✔ Adjust Headrest (Face Cradle and Headrest Base Post Height)

For Face Cradle:



Undo the lever to adjust the headrest.



Adjust the angle on depth for your comfort.

For Headrest Base Post:



Use the screw to set the desired height on the triangle base.

✔ Adjust Bottle Sliders



Place the bottle slider in the desired position and tighten the screw.

How to Adjust Chair

Don't forget to use proper body mechanics and a two person assist.

✔ Adjust Center Base Post - Upright or Forward Leaning Positioning

(Please be mindful of your body mechanics when adjusting center base post.)



The upright work station positioning sets the post at a 90° angle from the floor (straight up and down).



The forward leaning position is attained by taking the pin out, guiding the unit forward, securing it back into place with the pin through the slots.

Make sure the pin is locked through to the other side of the post.

✔ Add/Swap Cushions



If necessary, swap the thick cushion to fit your height.



If necessary, add an additional deluxe chest pad.

Tips

✔ Upright Chair Position

1. For comfort with multitasking in the upright chair position, the headrest is completely removable.
2. Multitasking (working at a desk) is recommended in the upright chair position only, to avoid possible muscular strain.
3. Users that wear glasses (or other) may want to remove the headrest, while working, in the upright position only.

✔ Forward Leaning Chair Position

1. The most forward leaning chair position is recommended for rest with the headrest on.
2. The headrest **MUST** be securely locked into place when using the chair in the forward leaning position.
3. It is not recommended to use the Restful Pump Chair in the most forward leaning position without the headrest.