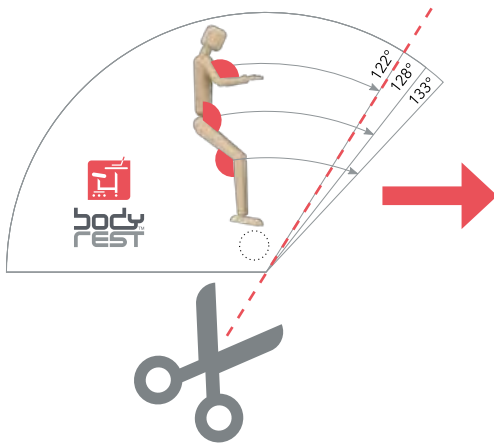
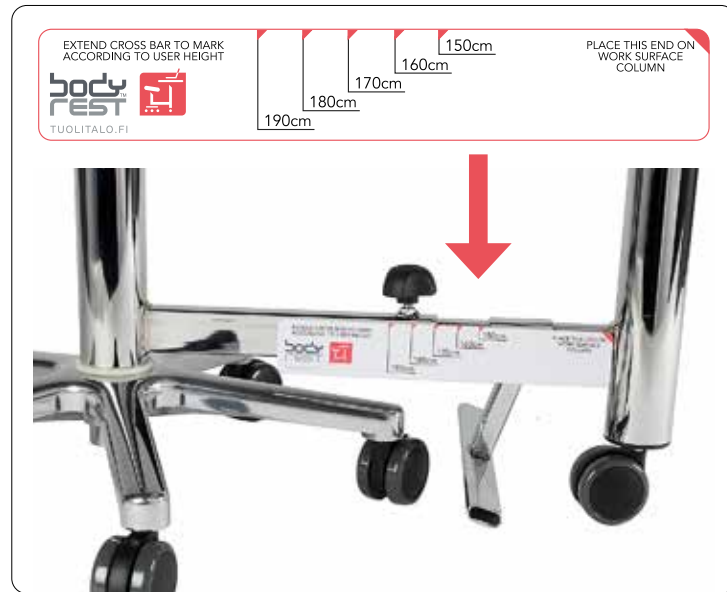




BODYREST MITTOJEN KÄYTTÖ



Jos haluat täsmälliset mitat kullekin vartalonkulmalle, toimitamme jokaisen BodyRestin mukana 3 kulmatulkkia, joista voit leikata itsellesi sarjan 122°, 128° ja 133° tulkkeja



Säädä istumakorkeus siten, että polvitaiteen kulma on 133° ±8°



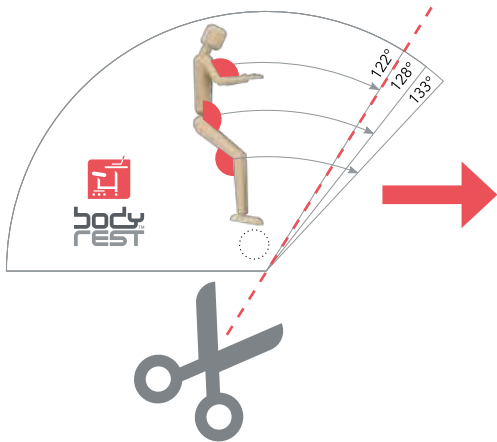
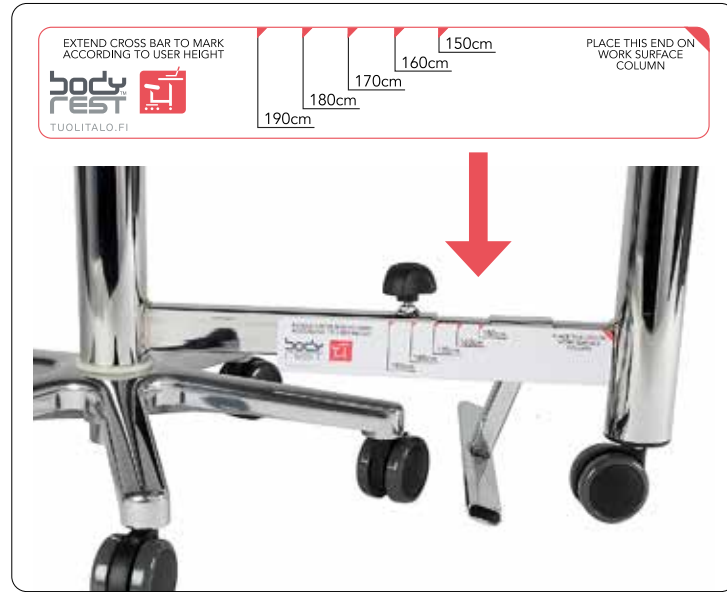
Istu selkä suorassa ja mittaa ylävartalon ja reiden välinen lantionkulma. Ihanteellinen kulma on 128° ±7°



Säädä työtason korkeutta siten, että olkavarren ja kyynärvarren kulma on 122° ±24°. Käsivarren ihannekulmassa on paljon vaihtelua, joten omasi voi poiketa paljonkin 122°:sta



USING BODYREST GUIDES



For those who really like to be specific, we've included 3 angle guides with every BodyRest so you can cut off the extra bits for a set of 122°, 128° and 133° guides



Adjust the seating height until the angle between your thigh and leg is $133^\circ \pm 8^\circ$



Sit in an upright position with your back straight and measure the angle between your upper body and your thigh. The ideal angle is $128^\circ \pm 7^\circ$



Adjust the work surface height until the angle between your upper arm and forearm is $122^\circ \pm 24^\circ$. There is quite a lot of variation in the ideal posture of the arm, so your's may vary quite a bit from 122°