

INSTRUCTIONS

Assembling the OFFICE FootFidget®

1. Remove screws from the “X” bracket. Insert each of the four “Arms” to the “X” bracket. Line up the hole on the “X” bracket with the hole on the arm.



Holes aligned

2. Insert screw into hole, initially threading the screw by hand and then tighten with the Allen Wrench so that arms are on securely. *Do not over tighten*



3. Turn the FootFidget® upside down. Place rectangular nonskid pads on the bottom of each ‘arm’, closer to the bend to give the unit stability.



4. Turn stand upright.



SALES: PRESTIGE INT., LLC
SEE OPPOSITE SIDE FOR INFO
WARRANTY: Office FootFidget® is warranted against manufacturer’s defects in parts and materials for 90 days from the time of purchase. Please contact the company for a RMA (Return Merchandise Authorization)
CSS - FootFidget, LLC
 830 West Illinois Rte. 22, Suite 329
 Lake Zurich, IL 60047
info@footfidget.com www.footfidget.com



NEAT stands for the science of Nonexercise Activity Thermogenesis developed by Mayo Clinic.

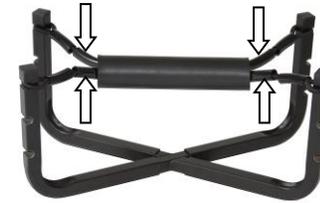
5. Slide both elastic bands of the same color through the large foam tube to form the FootFidget® Assembly. Bands should run parallel in the tube

*If both the yellow and black bands are used together, both sets of bands pass in parallel through the tube, stacked black on top of yellow.



6. Attach the FootFidget® assembly to the stand. *Three height notches are available on each arm to provide comfortable movement and correct ergonomic positioning either sitting or standing* Band loops should be placed over the top of each arm and slid down into the notches at the same level. (Refer to other side for further instructions). *If both the yellow and black bands are used together, place the 4 yellow loops on the middle 4 notches, and then the 4 black loops on the top 4 notches.

7. Adjust the vinyl tubing covering the elastic bands so it extends equally from both sides of the large foam tube.



PARTS LIST FOR THE FOOTFIDGET®



Nonskid pads- 4



“X” Member - 1



Arms - 4



Allen Wrench - 1



Screws - 4



FootFidget® Assembly - 2 yellow & 2 black bands, 1 foam covered tube

WARNING: The Office FootFidget® is to be used as a fidgeting mechanism and/or a dynamic foot rest while sitting on a stool, standing at a work surface or sitting on a couch or chair. The FootFidget® Foot Rest is NOT intended to support a user’s full weight by standing or bouncing on it with both feet. The FootFidget® is not warranted against misuse or unintended use. The buyer takes responsibility for occurrences from unsupervised use by a minor.