

sedus

Swivel and visitor chairs  
**swing up**





# Everything you need for active sitting: Sedus swing up.



swing up brings dynamism to the office and thus provides the foundations for physical and mental well-being in the workplace: Thanks to a harmonious overall concept which offers a new interpretation of natural movements as a key prerequisite for staying healthy. For active, natural sitting.

Design: Rüdiger Schaack

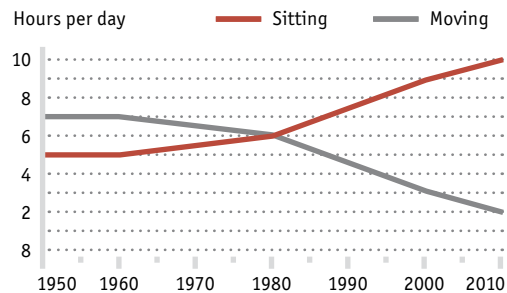


**The goal: An even better way of sitting.**  
**The approach: Cooperation with ergonomics experts.**

In order to exhaust all the possibilities for ensuring optimised sitting, a number of fundamental questions had to be answered. The way to get there: An academic research project in collaboration with the Technical University of Munich. And goal-oriented developmental work which, in addition to the findings from the long-term research conducted by the chair for ergonomics at the Technical University of Munich, also incorporated the results of comprehensive academic research on the needs, possibilities and limits of the human locomotor system and tests carried out under practical conditions. The answer: Sedus swing up. A completely new office chair which also enables lateral movements of the pelvic region so as to ensure active and natural sitting.

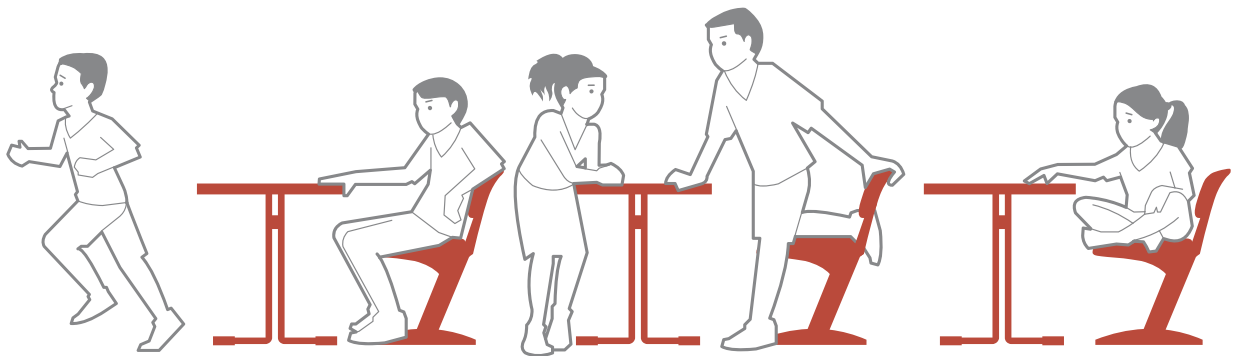
# The background: Life is movement.

Contrary to what nature intended, modern man is becoming increasingly less active – we are trapped in our cars, office seats and our armchairs in front of the television. Yet we now know just how harmful this can be. So what should we do? The body itself points us in the right direction – if we let it. In other words: The functionality of an office chair must offer scope for our natural need to move which has formed part of our genetic make-up for millions of years. This means that movement must not be imposed by technology; the person must not be dictated to. Instead, it must be allowed to happen and steered autonomously by our bodies – just as we learnt as children.



In the past, people spent considerably more time moving.

## Leonardo da Vinci knew it centuries ago: Children hold the answer.



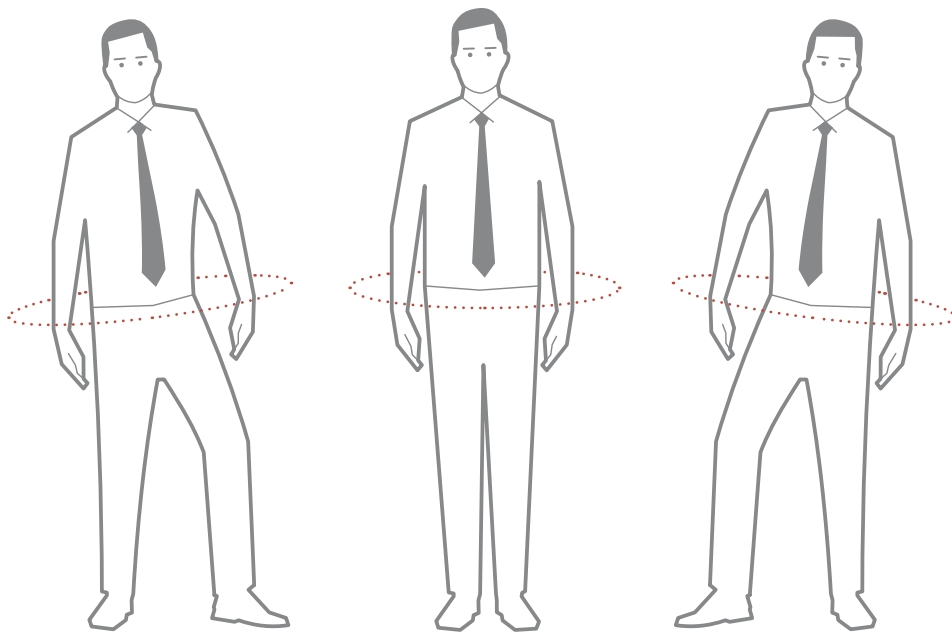
For a long time, “back-relieving sitting” was the doctrine in office ergonomics. However, the latest academic reports show: Relieving is the wrong way. Evolution has transformed homo sapiens into a highly specialised creature, whose quality of life is based on complex interplays

between body, mind and spirit. Regular changes in posture are essential for supporting the more favourable physiological processes. Just like the movements we can observe in children. And those enabled by swing up.

# The result of basic research: A completely new discovery. And a lot of work.

The result of the fundamental academic investigation proved a surprise even to experienced researchers: None of the solutions available at that time were able to truly accommodate the need for naturally dynamic sitting. There was

thus real potential for developing a new office chair which, by allowing for greater degrees of freedom, would enable more movement in the pelvic and hip regions and, as such, ensure active and natural sitting.



## Always on the move.

The natural movements involved when walking had to be translated to the chair, presenting just one of the challenges which had to be overcome.



## The premise for development.

From an academic perspective, the development of a new pioneering sitting concept had to first and foremost satisfy one condition: The functionality of the new office chair must offer more scope for our natural need to move.

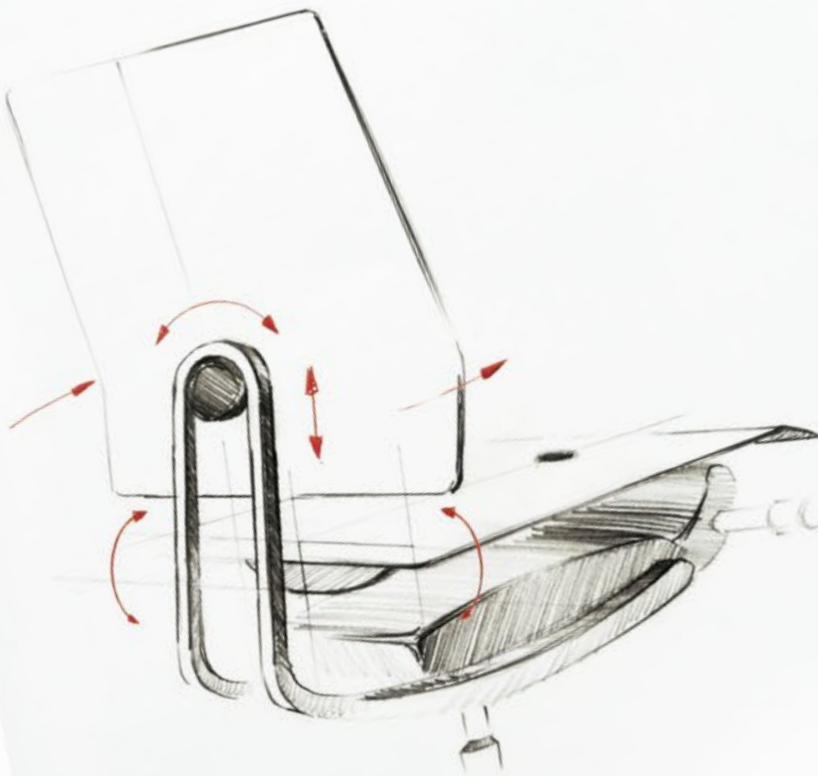
# The result of development work: The Similar-Swing mechanism. And a completely new sitting concept.

Thanks to the development of the Similar-Swing mechanism and the combination with other proven Sedus technology, swing up offers a completely new sitting dimension – the movements of the backrest and the mobile seat adapt to the user's movements in all situations, enabling him or her to be seated in both an active and natural manner.



## **World innovation.**

The result of academic research and meticulous development work: Similar to the lateral pelvic movement, the patented Similar-Swing mechanism follows human movements even when sitting.



# Sedus swing up: Technology which perfectly understands your body language.

There are numerous good reasons why swing up supports natural sitting so well: For example, three complementary patented seat kinetic mechanisms interpret the body's spontaneous demands in real time to allow flowing, natural movements in all directions. Moreover, powerful return springs ensure an ideally regulated degree of freedom in the pelvic area. And the fixed armrests which are secured independently of the sitting kinematics provide optimal support.



**Natural freedom of movement.** With its flexible shell, the newly developed Similar-Swing mechanism provides for perfect synchronism and lateral movements of the pelvic area.





**Harmonious interplay.** The tried and tested Similar-Plus mechanism, the height-adjustable dorsokinetic backrest and the patented Similar-Swing mechanism ensure that swing up is in sync with the natural movements of the body in virtually every sitting position.



# Adapts to you. Not vice versa.

Legs, pelvis and hips, spine, arms, neck and head – that which has been perfectly designed by nature for optimal mobility has, in swing up, a harmonious partner to enable and support natural, active sitting whatever the situation. But that's not all: The technology doesn't

impose itself and, instead, adapts to the user. For example, the newly developed Similar-Swing mechanism offers an ideal degree of freedom and therefore allows for more dynamism and healthy movement. For everything you do when seated.



## **Lean back and relax.**

The headrest with adjustable height and tilt takes the strain off the muscles and promotes a sense of well-being.

**3D adjustable arm-rests.** The depth and width can be individually adjusted by simply pushing the rest, the height is changed at the push of a button.



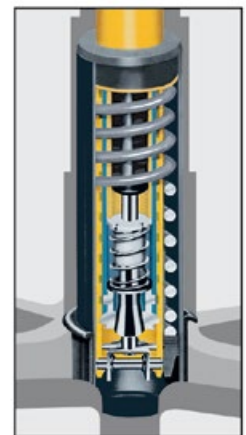
**Intuitive operation.** All the important controls are positioned within easy reach, they feature clear symbols and are pleasant to the touch.





**Adjustable lumbar support.** The curved lumbar support can be individually set for optimal adjustment to the contours of the back.

**Height adjustment.** The height of the backrest can be set to suit any user's height and weight and guarantees optimal pressure distribution on the back.



**Customised seat tilt.** The seat tilt adjustment of 4° allows both a seat tilt which is adapted to your personal needs and permanent contact with the back rest – even when leaning back.

**Perfect seat depth.** The seat depth of 410 mm can be increased by 50 mm without changing the seat hollow. In brief: Ultimate conditions for active sitting for users of virtually all shapes and sizes.

**Ideally sprung.** The patented "Sedo-Lift" mechanism which comes with a 30-year guarantee prevents straining of the spinal column – regardless of the selected seat height.

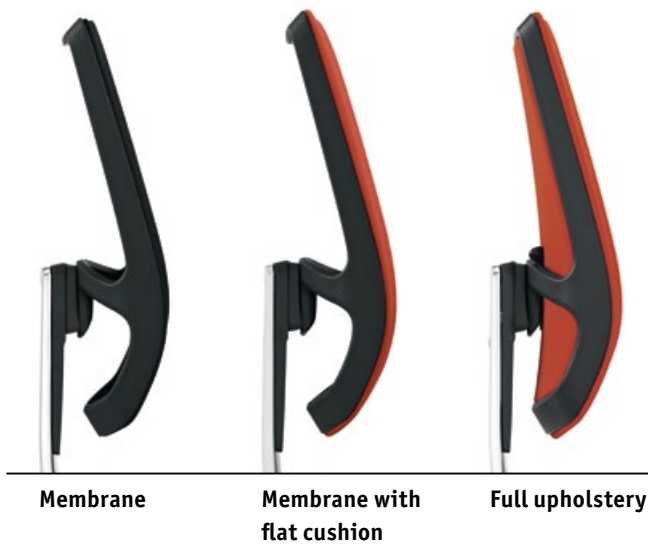




## Natural sitting. Naturally with a concept.

swing up impresses with its harmonious overall concept. Tangible and visible – in all members of the swing up family and in the most diverse applications. Whether as an office swivel chair, conference swivel chair, cantilever or 4-leg model, swing up promotes a new and natural way

of sitting. At the desk, in meetings and wherever visitors should enjoy a better sitting experience. With a variety of colours and features to enable a customised solution to be achieved for every office. For productive well-being in every single situation and in every single position.



**Maximum comfort.** Membrane covering, membrane with flat cushion or full upholstery – all the swing up backrests impress as a result of their outstanding sitting comfort, with which Sedus has become synonymous.

# Guided by your body. And your style.

Ergonomic, elegant, unique: swing up captivates at the first glance. And at the end of a tough working day at the desk. On the one hand, its design exudes dynamism and motion. On the other hand, its ergonomic shape and the Sedus technology which has been tailored to the body make sitting at the desk a pleasure. After all, swing up allows users to move as Mother Nature intended. At the same time, it also satisfies another vital criterion for well-being at the office: Style.



**Clear-cut design.** The unmistakable lines in all swing up models emphasise the dynamism and movement of this range.







## More active sitting. More active thinking. More active communication.

Our bodies are designed to be constantly in motion. So too are our minds. swing up is based precisely on this principle. This means, for example, that the swing up conference swivel chair with rocking mechanism allows for natural, active sitting where previously only unnatural motionless sitting was possible.

Thanks to the additional freedom of movement which it allows, the swing up conference swivel chair enhances both physical and mental well-being during long and demanding meetings. For a constantly high level of creative performance and mental productivity. From the first to the last item on the agenda.





**Added motion.** The swing up conference swivel chair with rocking mechanism enhances well-being by enabling alternating sitting postures.




# As diverse as active sitting itself.

The most natural way to sit – this not only means more freedom when it comes to movement, but also in terms of appearance, feel and features: swing up can be customised to suit your needs. Perfectly tailored to your preferences from top to bottom. After all, our definition of active sitting starts at first sight. And the technology used lives up to this promise every time you sit down. By providing a sitting experience which you will not want to go without.

The flat cushion is available  
..... in more than 100 fabrics.





The membrane covering comes in black and anthracite.

A large selection of more than 100 fabric and leather shades is available for the full upholstery.



**Swivel chair** with fully upholstered backrest, headrest, height-adjustable backrest, depth-adjustable lumbar support, 3D adjustable armrests, polished aluminium base



**Conference swivel chair** with fully upholstered backrest, polished aluminium base, rocking mechanism



**Swivel chair** with membrane backrest with flat cushion, 3D adjustable armrests, powder-coated aluminium base in white aluminium



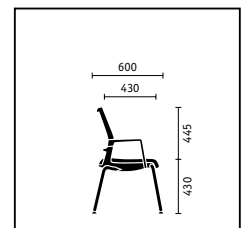
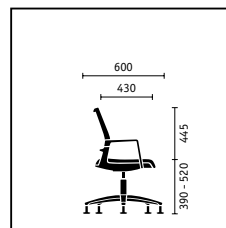
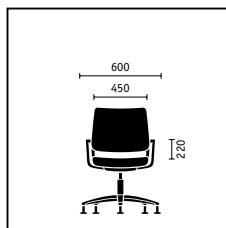
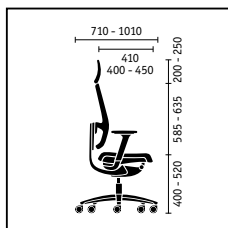
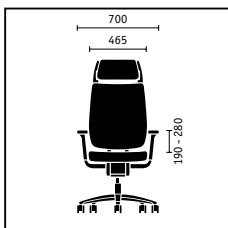
**Cantilever** with membrane backrest with flat cushion, chromed steel frame, optionally stackable



**Swivel chair** with membrane-covered backrest, 3D adjustable armrests, powder-coated aluminium base in black

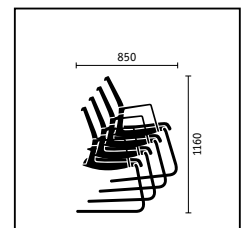
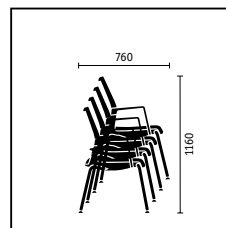
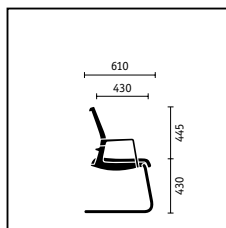
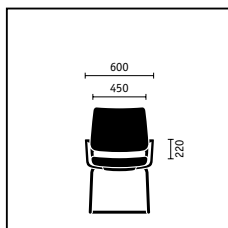
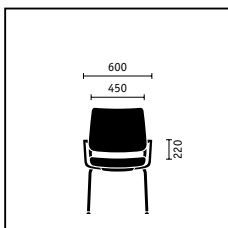


**4-leg model** with membrane-covered backrest, chromed steel frame, stackable



■ standard □ optional

	Swivel chair	Conference swivel chair	4-leg model	Cantilever
<b>Seat mechanisms</b>				
"Similar-Plus" mechanism	■			
"Similar-Plus" mechanism with seat tilt adjustment	□			
Rocking mechanism		■		
<b>Backrest technical features</b>				
Dorsokinetic mechanism	■			
Height-adjustable backrest	■			
Depth-adjustable lumbar support	□			
<b>Seat height adjustments</b>				
Sedo-Lift mechanism	■			
Gas lift mechanism with mechanical depth springing	□	■		
Gas lift mechanism	□			
<b>Frame versions</b>				
Plastic base in black	□	□		
Aluminium base, powder-coated in black	■	■		
Aluminium base, powder-coated in white aluminium	□	□		
Polished aluminium base	□	□		
Steel frame, powder-coated in black			■	■
Steel frame, powder-coated in white aluminium			□	□
Steel frame, chromed			□	□
<b>Upholstery</b>				
Backrest with membrane covering	■	■	■	■
Backrest with slender upholstery	□	□	□	□
Backrest with full upholstery	□	□	□	□
<b>Armrests</b>				
Without armrests	□	□	□	□
3D adjustable armrests with plastic finish	□			
3D adjustable armrests with Softtouch finish	■			
3D adjustable armrests with leather finish	□			
Plastic armrests		■	■	■
<b>Features</b>				
Headrest with adjustable height and tilt	□			
Similar-Swing mechanism can be switched off	□			
Clothes hanger	□			
Contrasting shade for arm/backrest upholstery	□	□	□	□
Hard castors for soft floors	■	□		
Soft castors for hard floors	□	□		
Stainless steel glides			■	
Plastic glides		■	□	□
Felt glides		□	□	□
Stackable			■	□



# Sustainability down to the last detail.

At Sedus, sustainability and quality “Made in Germany” have formed part of our key corporate principles for more than 50 years. Principles which are united in Sedus swing up and which are reflected in its recycling-oriented product design, ecologically tested materials, resource-efficient manufacturing demonstrating energy awareness and ongoing quality tests.

For example, instead of a conventional paint finish, a solvent-free powder coating is used on swing up. State-of-the-art and extremely environmentally friendly electroplating, in which all production residues containing metal are recycled, is also part of Sedus’ quality and sustainability philosophy.

You will find more information at [www.sedus.com/en/ecology](http://www.sedus.com/en/ecology)

## Company:



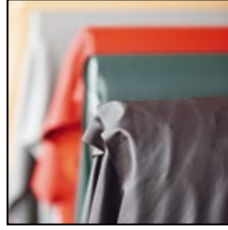
Around the world, Sedus adheres to the principles of the UN Global Compact for human rights, labour standards, the environment and anti-corruption.

## Sedus swing up:





**Fabrics which last longer.** Exemplary when it comes to tear strength, chemical resistance and light fastness.



**Local leather.** First-class quality and short transport routes – all the leather we use comes from Southern Germany and Austria.



**Powder coating instead of a paint finish.** The more environmentally friendly and higher quality solution for finishing and corrosion protection.



**Chrome which shines bright for the environment.** We also have a water treatment plant which filters production residues.





[www.sedus.com](http://www.sedus.com)