



**Anywhere Saddle Chair Instructions
FOR MAXIMUM SAFETY AND BENEFIT**

PLEASE READ CAREFULLY BEFORE USING THIS SADDLE



THESE INSTRUCTIONS ARE FOR YOUR SAFETY AND TO HELP YOU ENJOY THE USE AND BENEFITS OF YOUR ANYWHERE SADDLE CHAIR. FAILURE TO FOLLOW THEM COULD RESULT IN A SERIOUS INJURY AND WILL PREVENT YOUR ENJOYING THE MAXIMUM BENEFIT FROM THIS PRODUCT.

CONSULT YOUR HEALTH CARE PROVIDER BEFORE USING THE ANYWHERE SADDLE CHAIR.

If you have serious health problems, back pain or any medical condition that is counter to the use the Anywhere Saddle Chair consult your health care provider before using this product.

STOP IMMEDIATELY if you experience sudden pain, numbness or dizziness. Do not use the Saddle Chair again until you have consulted with your health care professional. This product is contraindicated for those who have severe back pain, herniated discs or sciatic pain. If given permission to use the Saddle make sure that it is initially for a very limited time (1 – 2 minutes) at a sitting.

THIS PRODUCT IS FOR USE BY HEALTHY AND PHYSICALLY FIT ADULTS ONLY. AS WITH ANY EXERCISE PROGRAM, BEFORE STARTING, PLEASE CONSULT A PHYSICIAN. IF YOU EXPERIENCE PAIN OR DISCOMFORT WHEN USING THIS PRODUCT STOP IMMEDIATELY AND CONSULT YOUR PHYSICIAN.

FOR ADULT USE ONLY. IF YOU LET A TEENAGER USE IT, PLEASE CONSULT YOUR TEENAGER'S PHYSICIAN BEFORE HAVING THEM USE THE SADDLE. MAKE SURE THAT THEY HAVE READ AND UNDERSTOOD THE INSTRUCTIONS BEFORE USING THIS PRODUCT. PLEASE SUPERVISE THE TEENAGER'S USE BEFORE LETTING THEM WORK WITH IT ALONE.

DO NOT ALLOW ANY UNINSTRUCTED PERSONS TO USE YOUR SADDLE!
THIS IS NOT A TOY AND SHOULD NOT BE USED BY CHILDREN UNDER 12 YEARS OLD.




Children, teenagers and the elderly persons should always be only under supervision when sitting on the Anywhere Saddle Chair and ONLY ON A CHAIR WITH A BACK REST AND NO WHEELS.

ALWAYS USE THE BASE WHEN PLACING THE SADDLE ON A CHAIR THAT HAS WHEELS TO AVOID FALLING. USING THE CHAIR WITHOUT THE BASE CAN CAUSE THE CHAIR TO MOVE UNEXPECTEDLY.

THIS PRODUCT EXERCISES AND CONDITIONS AREAS OF THE BODY SOME OF WHICH MAY NOT BE USED IN ORDINARY LIVING BUT ARE ESSENTIAL TO HORSE-BACK EVENTS AND RIDING WITH COMFORT AND PROPER FORM.

GRADUALLY AND CAREFULLY INCREASE THE USE OF THE SADDLE CHAIR AS YOU GET CONDITIONED. START AT 1-2 MINUTE INTERVALS BEFORE INCREASING.

HOW TO USE THE ANYWHERE SADDLE CHAIR:

1. Place the Saddle in the middle of your chair. The chair should be level, in good condition and free of all defects.
2. The Saddle's balance point is designed so that the pelvis is positioned automatically forward and thereby the back settles to a good, healthy, upright position (see the picture).
3.  BE SURE BOTH YOUR FEET CAN REMAIN FLAT ON THE GROUND OR FLOOR. If the Saddle is placed on a surface that is too tall you will not be able to have your feet on the ground. Failure to have your feet flat could result in a fall.
4. **FALL RISK:** When using on a flat surface such as a mounting block use extreme caution when starting out to be aware of the movement created and to avoid falling. Have a spotter with you to be sure you are safe.
5. WEAR PROPER AND SUPPORTIVE SHOES WITH NONSLIP BOTTOMS. DO NOT USE BAREFOOT OR IN SLIPPERS OR FLIP/FLOPS
6. MAKE SURE THAT THE FLOOR IS LEVEL AND NOT SLIPPERY
7. Make sure the object upon which you place the Anywhere Saddle Chair is firm enough. Do not use on webbed or cloth style chairs! Be sure that the surface has enough structure to support the Saddle.
8. If the seat of the chair under the saddle is too soft – Use the Anywhere Saddle Chair Base. Some chairs have so much stuffing that the Anywhere Saddle Chair's movement is reduced. The same problem may occur when the user has a lot of weight. In this case the chair can be hardened with the base which is included with your Anywhere Saddle Chair.

9. If the chair you are placing the Saddle Chair on is too slippery - use Fabric Disc and/or Base with your Saddle Chair
10. If the Anywhere Saddle Chair is used in a chair which has a hard or slippery surface (e.g. wood or metal) the chair must be covered with the Fabric Disc. Make sure to place the Base on the Fabric Disc to keep the saddle still.
11. INITIALLY, DO NOT USE THE SADDLE ON A CHAIR WITHOUT A BACK. ALWAYS USE THE BASE when working on a flat surface without a back. Teenagers and Elderly Persons should always use a chair with a back.
12. ALWAYS USE THE BASE when working on a flat surface without a back.
13. Perform natural moves by moving the pelvis in different directions using the Saddle and searching continuously a good upright position. In due time this will become an automatic procedure. Although you may feel that you are sitting still, you are still making small balancing moves, which is very effective for dynamic sitting.
14. ALWAYS PLACE THE SADDLE IN THE MIDDLE OF YOUR CHAIR to avoid the danger of falling.

ENJOYING THE BENEFITS OF THE ANYWHERE SADDLE CHAIR:

How long should you sit on the Anywhere Saddle Chair at a time?

1. Start using the Saddle for only 5- 10 minutes during the initial adjustment period. Extend the time you use your Saddle as your midriff grows stronger. The time this takes depends on the individual's overall fitness and familiarity with hip, lower back and pelvis movements. Especially when starting out use the backrest of your chair once in a while to allow your body to rest.
2. Even a small movement, almost indistinguishable, is more effective than sitting still. While you may feel you are sitting still there are still small movements happening as you sit on the Saddle, which may cause you to fatigue. Be sure to listen to your body, she is your best instructor. Your midriff may feel exhausted at first but the feeling should leave after a few days as you gain strength in your midriff.
3. As you become accustomed with the Saddle you may sit for an hour or two at a time. You may find you choose to sit on it for the entire day.
4. The seat is sculpted hollow from its middle sections so that genital organs are not exposed to pressure. The body's weight is divided more powerfully to the edges of the Saddle, which can cause discomfort for some individuals when sitting long periods. If you feel seatbone discomfort make small movements in different directions and small changes of the position on the Saddle. Or simply decrease the duration sitting on the Saddle.
5. If the fabric on the chair upon which you are placing the Anywhere Saddle Chair is leather or of poor quality, the Saddle may stain or damage the chair upon which the saddle is place. Always check the surface of the object upon which you place the Saddle Chair for wear each time you use it.

Carrying Bag

The Saddle is packed in a handy net pouch where it can be easily carried with to locations where you are required to sit for long periods of time (e.g. meetings, theatre, conferences or while teleworking).

Cleaning the Saddle

The textile of the saddle cannot be removed. The fabric of the saddle may be cleaned with a small amount of mild soap and water.

The Saddle has a two-year warranty, which covers manufacturing defects or material failure.

Please read this carefully before starting to use the Anywhere Saddle Chair!
We always like to hear how the Anywhere Saddle Chair has helped your riding!



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