

Healthy Sitting For Everyone

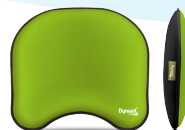
Dynasit LIFE

Dynasit COMFORT

Dynasit LIFE PLUS

Dynasit LIFE AIR

Dynasit COMFORT PRO



DYNASIT LIFE

DYNASIT COMFORT

DYNASIT LIFE+

DYNASIT LIFE AIR

DYNASIT COMFORT PRO



Health effects						
Dynasit LIFE	✓	✓	✓	✓	✓	✗
Dynasit COMFORT	✓	✓	✓	✓	✓	✓
Dynasit LIFE PLUS	✓	✓	✓	✓	✓	✗
Dynasit LIFE PRO	✓	✓	✓	✓	✓	✗



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Instructions for use

- Placement:** Position the Dynasit Dynamic Pad with the non-fabric side down on the chair, so the cut-out faces your knees.
- Getting started:** Begin by sitting on the slightly inflated sitting pad for 5-10 minutes, 3-5 times a day.
- Adjusting Air Volume:** The air level in the sitting cushion controls the intensity of your workout while sitting. Sit on about two-thirds of the pad, keep your legs slightly apart, and ensure your feet are flat on the floor. Stay relaxed and allow your body to shift positions naturally.
- Muscle Activation:** You might feel mild discomfort in your lower back, which is a normal sign that your muscles are engaging (muscle fever - DOMS).
- Inflation and Deflation:** To inflate the COMFORT PRO model, use the mini pump included. For deflation, insert the pump needle into the valve and press the cushion until you've removed the desired amount of air.

Contraindications

Dynasit is not recommended for individuals with acute inflammatory diseases of the musculoskeletal or nervous system, or for those experiencing dizziness. Additionally, if you have any unhealed fractures in the coccyx, spine, or pelvis, avoid sitting on Dynasit.

Care and maintenance

Do not wash the sitting pad in the washing machine. The cushion fabric is easy to clean with a brush and soap. Ensure the area of use is free of sharp or pointed objects. Use and store the cushion in a temperature range of 8–40°C.

Maximum user weight: 120Kg

Installation of the mini pump

The mini pump is included in the packaging only for Comfort Pro models.