

Salli Chairs



Benefits of Salli

- Active sitting
- Good posture
- Healthy back
- Good circulation
- Deeper breathing
- High energy level
- Active brain
- Mental strength

Better health and higher productivity by sitting right!

Back problems are the most common cause of sick leaves in the world today, causing much suffering. The causes are many and varied, but our increasingly sedentary lifestyle is a major contributing factor. In the traditional 90-degree sitting the vertebrae and disks are incorrectly loaded. They are pressed together in the front, and the back muscles and ligaments are constantly stretched. This results in poor circulation, weak muscles, and an increased risk of back aches, lumbago, and herniated disk. We are not in balance, which means that we are looking for something to lean on. Blood circulation works poorly and can lead to serious health conditions such as heart disease, high blood pressure, and stroke.

Sitting on a two-part Salli saddle chair both prevents and rehabilitates back problems

Salli Saddle Chair offers you an unburdened, standing-like, and active way to sit in balance, giving rise to several other health factors that keep you alert and creative. On Salli you sit in an upright vertical position where you are at our strongest, both physically and mentally. The pelvis is in its neutral upright position and the spine holds up the upper body. The muscles are relaxed, and you are in balance. The disks are evenly loaded, and the small movements you make when, e.g., turning or reaching for things activate and thus strengthen your back and core muscles – all the while sitting in a good, upright posture. Circulation remains undisturbed the whole day. Also, a variety of other health factors kick in, such as deeper breathing that keeps energy levels high, and well-functioning digestion. Good posture also results in mental strength, creativity, and better concentration ability.

The optimally and ergonomically designed two-part seat is the prerequisite for being able to sit in good posture and have undisturbed circulation. There is neither heat nor harmful pressure on the pelvic floor and genital area, and thus no need to lean away from that and end up in a slouched position.

	Inclination adjustment	Swing mechanism
Fixed width	Salli Classic Salli Slim	
Adjustable width	Salli MultiAdjuster	Salli SwingFit



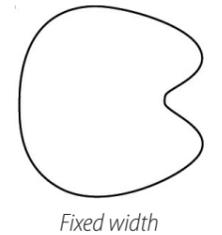
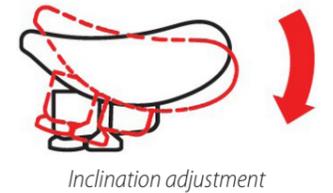
Salli Classic

Salli Classic is a traditional saddle chair with an undivided seat.

Good ergonomic choice for those women who prefer a solid seat. Recommended only for part-time use.

Technical features

- Weight 12 kg
- Height control by hand as a standard; foot height control available
- Maximum load 120 kg
- Warranty 10 years



Gas spring

	User height (cm)	Chair height Regular gas spring (mm)	Chair height Foot-controlled gas spring (mm)
Medium	160-185	580-765	585-775

Note: If you are using industrial or inline castors, the chair is 35 mm higher than the measurements shown in the table.



Cat. No	Description
281074	Salli Classic chair, inclination adjustment, inline castors, M
281075	Salli Classic chair, inclination adjustment, foot-controlled height adjustment, inline castors, M

Salli SwingFit

On Salli SwingFit you can train your core muscles during the workday!

The swing mechanism of Salli SwingFit enables the seat to be tilted in every direction without a separate adjustment lever. Thus, you can exercise while sitting, which adds to the mobility and metabolism of the lower back and activates the whole body.

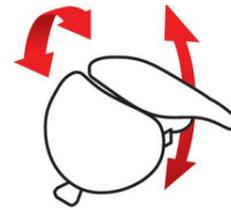
Technical features

- Total weight 10,9 kg
- Height control by hand as a standard; foot height control available
- Maximum load 120 kg
- Warranty 10 years

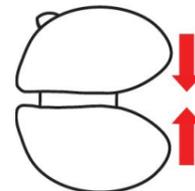
Gas spring

	User height (cm)	Chair height Regular gas spring (mm)	Chair height Foot-controlled gas spring (mm)
Medium	160-185	580-765	585-775

Note: If you are using industrial or inline castors, the chair is 35 mm higher than the measurements shown in the table.



Swing mechanism



Width adjustment



Cat. No	Description
281076	Salli SwingFit chair, inline castors, M
281077	Salli SwingFit chair, foot-controlled height adjustment, inline castors, M

Salli MultiAdjuster

Versatile adjustments for the demanding user.

Because of the tilt mechanism Salli MultiAdjuster can always be adjusted to the optimal position. By tilting the seat, it is possible to reach forward without rounding the back.

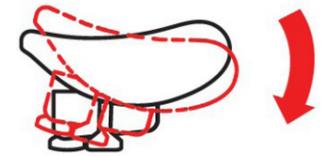
Technical features

- Weight 12 kg
- Height control by hand as a standard; foot height control available
- Maximum load 120 kg
- Warranty 10 years

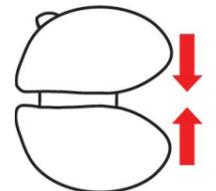
Gas spring

	User height (cm)	Chair height Regular gas spring (mm)	Chair height Foot-controlled gas spring (mm)
Medium	160-185	580-765	585-775

Note: If you are using industrial or inline castors, the chair is 35 mm higher than the measurements shown in the table.



Inclination adjustment



Width adjustment



Cat. No	Description
281078	Salli MultiAdjuster chair, inclination adjustment, inline castors, M
281079	Salli MultiAdjuster chair, inclination adjustment, foot-controlled height adjustment, inline castors, M

Salli Slim

Salli Slim has all the good qualities of a two-part saddle seat. The chair is light and provides great ergonomics at an affordable price!

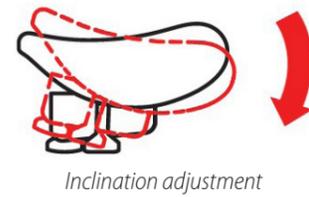
Technical features

- Single black polyurethane piece with a groove in the middle
- Black gas spring and plastic base (Ø 480 mm) as a standard
- Plywood seat plate
- Height control by hand as a standard
- Maximum load 100 kg
- Warranty 2 years

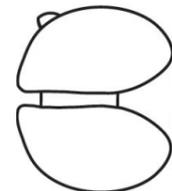
Gas spring

	User height (cm)	Chair height Regular gas spring (mm)	Chair height Foot-controlled gas spring (mm)
Medium	160-185	580-765	585-775

Note: If you are using industrial or inline castors, the chair is 35 mm higher than the measurements shown in the table.



Inclination adjustment



Fixed width

Salli Elbow Rest

For precision work and tasks that require elbow support or where you need to work very close to the target.

Technical features

- Suitable for MultiAdjuster, and Classic
- Curve length approx. 63 cm (24.8 inches), width approx. 7 cm (2.8 inches)
- Leather
- Warranty 2 years



Cat. No	Description
281096	Salli Slim chair, tilt function, inline castors, M

Cat. No	Description
281097	Salli Allround elbow rest

Sitting on a saddle chair can...

... ease shoulder pain

On Salli you sit like on a horse. The chair directs your body automatically in the natural position, provided that the height of the chair is correctly adjusted.

... diminish the risk of joint problems

Sitting on a saddle chair creates a 135-degree angle between the thighs and the upper body. This is the healthiest way to sit because it improves circulation in the hip and knee joints.

... speed up metabolism

When we sit in a slouched position, the intestines get pressed between the hip and the upper body, which slows down bowel movements. It is impossible to slouch on a Salli!

... help rehabilitate the pelvic floor muscles

Lots of middle-aged women have problems with their pelvic floor muscles. Sitting on a Salli Swing or Salli SwingFit activates those muscles effectively.

