

all about You™

Because you spend the majority of your day, every day, sitting in a chair, our You™ chair is designed to make being in the seated position more ergonomic and more comfortable.



*Kelly McNamee*, Allseating Manufacturing Engineer, sits on You™ Highback with black mesh back and leather upholstered seat.



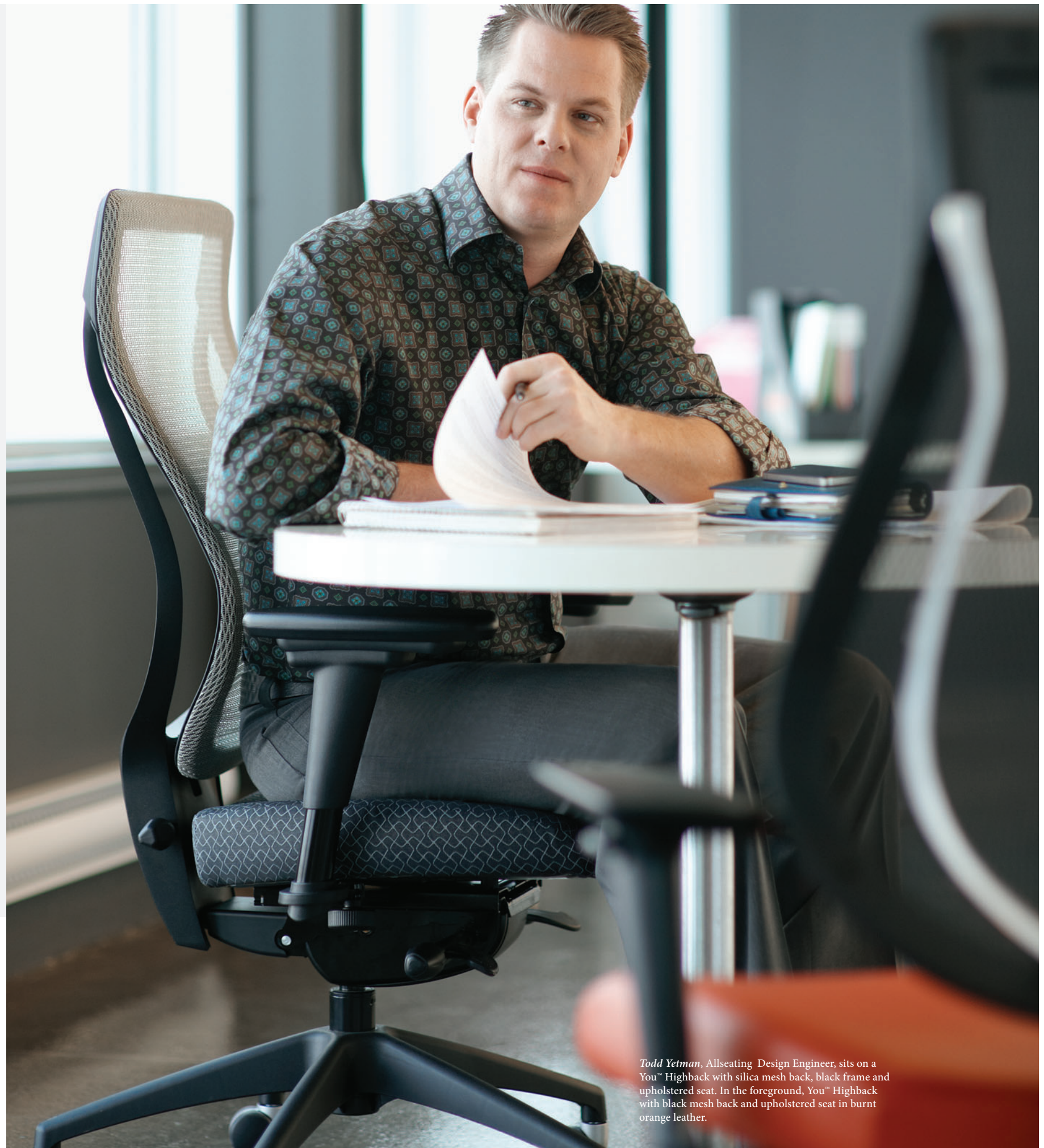
With its U-shaped back suspension, the You™ chair introduces a revolutionary way of sitting that literally feels as if you are being “lifted” into the proper position. Similar to sitting on a thera ball, the You™ chair engages your core muscles, elongates the back, opens your chest and keeps your shoulders down and relaxed. That means you sit up tall and light on your sit bones.



*Raluca Carageanu, Allseating Sales,*  
sits on You™ Highback with a black mesh back  
and leather upholstered seat.



Because we spend so much time sitting at a desk, spinal compression has become one of the major causes of back discomfort today. Chairs designed to float freely in response to your movements put the onus on you to adopt a proper sitting posture. Instead, You™ actually promotes proper posture – encouraging you to sit naturally in the ideal position regardless of the task at hand.



*Todd Yetman, Allseating Design Engineer, sits on a You™ Highback with silica mesh back, black frame and upholstered seat. In the foreground, You™ Highback with black mesh back and upholstered seat in burnt orange leather.*



You™ Midback with black mesh back and upholstered leather seat in white.

The single most important part of a healthy work environment is your chair. Unfortunately, what most people don't know – and don't have time to learn – is how to adjust your chair so it fits you.

Fitting the You™ chair to your body is both easy and intuitive.

At the core of the You™ chair is a deluxe synchro-tilt mechanism that smoothly reclines in perfect synch with your body movements. This visually appealing mechanism includes infinite tilt lock, seat pan adjustment, tension adjustment and height adjustment. Also, simply turning the activation dial a few clicks causes the mesh to bow and provide the precise tension you need. So whether you're going to be glued to your desk for the day – or gathering for a quick conference – you can quickly and easily make the adjustments you need to be at your best.





The You™ chair comes in two seat sizes to accommodate a range of users. The front of the seat pan tips slightly forward to encourage you to sit upright.



The U-shaped frame raises and lowers to the ideal height.



Arm width can be adjusted to accommodate petite and large body types. Proper arm position keeps shoulders relaxed and minimizes strain on the neck muscles.



Synchronized tilting action keeps your feet on the floor as you recline backwards.



A simple turn of the activation dial customizes the degree of curve in the mesh, providing contact right between the lumbar and ribcage, gently lifting you into the proper position.



To learn how to properly use the You™ chair – and how to combine it with our personal work tools to promote a healthier way to sit – visit [allseating.com](http://allseating.com).

Simply stated, when you feel your best, you perform at your best. With Midback and Highback models available, You™ is engineered to fit every task, every need and every user. When you're looking for a task chair everyone will love, all you need is You™.



#### options

- 1 t2 arm height adjustment
- 2 t2 arm width adjustment
- 3 twister arm height adjustment
- 4 twister arm width adjustment
- 5 twister arm arm cap pivot
- 6 multi-functional arm height adjustment
- 7 multi-functional arm width adjustment
- 8 multi-functional arm arm cap pivot
- 9 multi-functional arm cap slides in/out
- 10 multi-functional arm cap slides front/back
- 11 conference arm
- 12 polished aluminum frame finish
- 13 powder black frame finish
- 14 highback
- 15 midback
- 16 medium seat
- 17 large seat
- 18 ebony mesh
- 19 cobalt mesh
- 20 silica mesh
- 21 sandstone mesh
- 22 black/white closed mesh
- 23 honeycomb mesh
- 24 high profile aluminum base
- 25 two base
- 26 oh caster

Visit the You™ page on [allseating.com](http://allseating.com) for a complete 3D view of this chair using our innovative specall tool.

We bend over backwards to design ergonomic seating and personal work tools that make people feel comfortable in the seated position. Over the past 30 years, we've developed a reputation for quickly adjusting to the changing needs of customers in the office, educational and healthcare sectors. From our on-time guarantee, to our on-line specification tools, we're always putting your needs first. So our clients are able to sit back and rest assured that, no matter what, the people at Allseating always have their back.

Our manufacturing system conforms to the ISO 9001:2008 and 14001:2004 standards, and our warranty? It's the best in the industry.



5800 avebury rd, unit 3 mississauga, ON L5R 3M3  
 tel 905 502 7200 fax 905 502 7299 www.allseating.com  
 toll-free tel 1 800 563 3502 toll-free fax 1 800 272 9911

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