

# EFIT

— By Alegre Design —



**1 AUTO-WEIGHT SYNCHRO CONTROL**

Synchro mechanism auto-weight control, it adapts automatically to the user's weight. In order to adjust and adapt the tension to each user's requirement there is a knob underneath of the seat **(A)**.



Tension Control Knob

**EFIT** includes 4 back tilt positions offering tilting angles from 0° when chair is on up-right blocked position up to 30°. To adjust and select the tilt angle of the back just pull out the handle underneath of the seat **(B)**.



4 Back tilt positions control

**2 AIR COMFORT SYSTEM**

The seat has been designed with air chambers, to improve comfort, flexibility and the distribution of pressure for any user.



**3 SEAT HEIGHT ADJUSTMENT**

The seat height is adjusted using a gas-lift by lifting up the knob under the seat **(C)**. (Lowest seat height: 46 cm / Maximum seat height: 56 cm).



seat height



Gas lift - Synchro Model



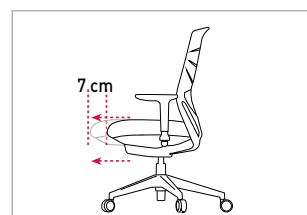
Gas lift - Gas lift Model

**4 SEAT SLIDE (TRASLA)**

Ideal feature to adjust the distance between the seat and the back adapting the chair to different user anthropometrics.

Pull out the lever **(D)** and fix it back in **7 different positions**. The system includes a self-return mechanism to return the seat to the initial position when standing up by pulling the lever.

(total sliding distance = 7 cm / Each position offers 10 mm adjustment).



7 different positions. Depth adjustment with self-return mechanism



Sliding seat lever

**5 ADAPTATIVE LUMBAR**

EFIT incorporates an adaptative **lumbar section (E)** integrated in the backrest adapting to user's back's shape.



Integrated lumbar support.

**7 ADJUSTABLE ARMREST**

EFIT has 2 different arm options: aluminium or PP.

**Height adjustment:** adjustable using the knob under the arm-rest (**F**), it offers 7 height positions.

**Distance between arms:** Width adjustment using the handle under the seat (**G**), each arm can be adjusted 2,5 cm, so maximum total adjustment is 5 cm.

**360° Swivel arm system (Anti-panic): Only available with the aluminium arm option, 360° Swivel armrest movement allowing horizontal rotation of arm rests. Incorporation of a panic trigger in the aluminum arms (**H**).**

**POLYPROPYLÈNE**

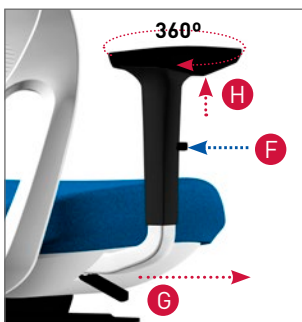


Height adjustable arm

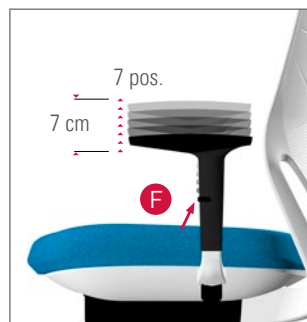


Distance between arms

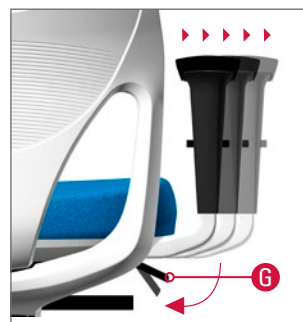
**ALUMINIUM ARM**



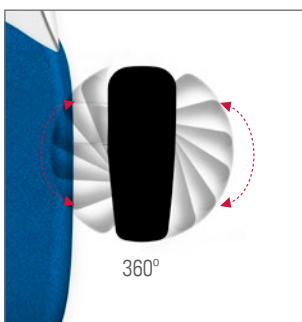
360° Swivel arm movement



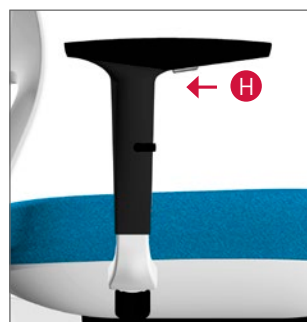
Height adjustable arm



Distance between arms



360° Swivel arm movement



**LOCKED** - without movement  
(Only in positions 0° and 180°)



**UNLOCKED** - with movement

**8 CASTORS AND CAPS**

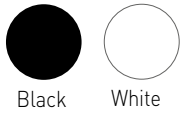
**POLYAMIDE BASE**  
Polyamide (PA) Arms



**ALUMINIUM BASE**  
Polyamide (PA) Arms  
Aluminium Arms

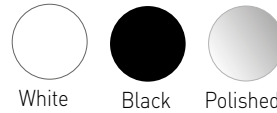


**POLYAMIDE BASE FINISHES**



Black White

**ALUMINIUM BASE FINISHES**



White Black Polished

**STANDARD CASTORS**

All chairs include as standard soft castors with Teflon thread which allows an easy and light movement of the chair.



**STANDARD CASTORS**

- Silent teflon tread .
- Black finish.
- 65mm diameter
- No self-locking.

**OPTIONAL CASTORS**

Self-Locking castors are popular as they are in line with most of the security restrictions required on projects. They avoid accidental movement of the chair and they only have a small disadvantage as the chairs is not easy to slide when no weight is on it. While sat on the chair, the chair moves easily with no resistance.



**AUTO-BREAKING CASTORS**

This system provides security as it avoids accidental movement of the chair. While sat on the chair, it moves easily.



**ANTISTATIC CASTORS**



**AUTO-BREAKING HOLE CASTORS**

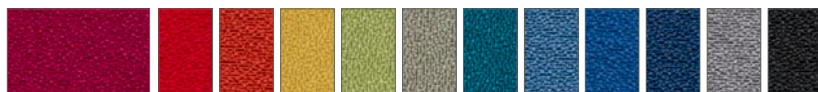
This system provides security as it avoids accidental movement of the chair. While sat on the chair, it moves easily. It includes a system to unlock the breaking system to use these castors just as an aesthetic option.



**POLYPROPYLENE CAPS**

■ **BACKREST AND SEAT**

GROUP T-C



GROUP M - MELANGE



GROUP F - ATLANTIC





■ **DESCRIPTION**

- ① Backrest, PP with glass fibre (PP + 30% G.F.) frame. It also incorporates several splines for better back breathing. Flexible moulded polyurethane foam, upholstered with different fabrics. 2 backrest models: High backrest and Standard Backrest
- ② Adaptative lumbar support
- ③ **2D Adjustable arms:** Height and width adjustment. Available in PP structure.  
**3D Adjustable arms:** Height and width adjustment. 360° Swivel armrest movement. Available in aluminium structure.
- ④ Seat with **ACS technology (airflow comfort system)**. Made of PU (polyurethane) flexible moulded foam (density 40-45 kg/m³). Upholstered seat available in a wide range of fabrics.
- ⑤ Gas lift
- ⑥ Auto-weight synchro control mechanism. 4 back tilt positions
- ⑦ Seat slide (Trasla)
- ⑧ 5 star base. Die cast aluminium or polyamide base with glass fibre
- ⑨ Several castors or caps available



■ **BACKREST AND SEAT**

Group M-Melange, Group T-C and Group F - Attantic  
(PLEASE SEE FINISHES AND FABRIC ON THE PREVIOUS PAGE)

■ **BASES AND CASTORS**



Polyamide - Ø 67,5 cm  
Silent black castor - Ø 65 mm  
FINISHES  
Black and White



Aluminum injection - Ø 67,5 cm  
Silent black castor - Ø 65 mm  
FINISHES  
White, Black and Polished.

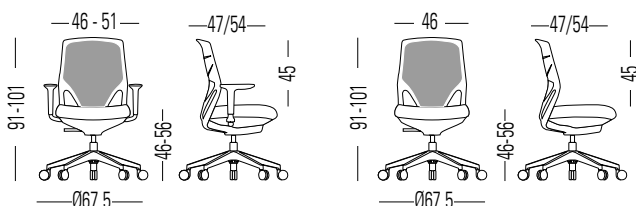
**OPTIONAL ACCESSORIES**



■ **DIMENSIONS**

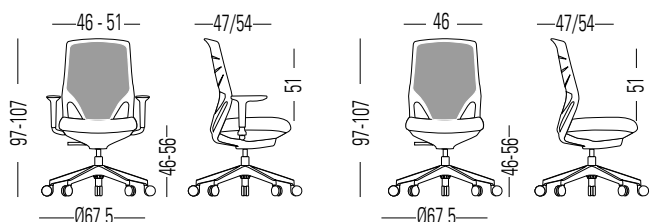
**Standard Backrest**

Total height: from 910 to 1010 mm    Seat height: from 460 to 560 mm  
Total width: 675 to 690 mm    Seat width: 460 to 510 mm  
Total depth: 675 mm    Seat depth: from 470 to 540 mm



**High backrest**

Total height: from 970 to 1070 mm    Seat height: from 460 to 560 mm  
Total width: 675 to 690 mm    Seat width: 460 to 510 mm  
Total depth: 675 mm    Seat depth: from 470 to 540 mm



■ **DESCRIPTION**

- ① Backrest, PP with glass fibre (PP + 30% G.F.) frame. It also incorporates several splines for better back breathing.  
2 backrest models: High backrest and Standard Backrest
- ② Adaptative lumbar support
- ③ **2D Adjustable arms:** Height and width adjustment. Available in polyamide structure.  
**3D Adjustable arms:** Height and width adjustment. 360° Swivel armrest movement. Available in aluminium structure.
- ④ Seat with **ACS technology (airflow comfort system)**. Made of PU (polyurethane) flexible moulded foam (density 40-45 kg/m<sup>3</sup>). Upholstered seat available in a wide range of fabrics.
- ⑤ Gas lift
- ⑥ Auto-weight synchro control mechanism. 4 back tilt positions
- ⑦ Seat slide (Trasla)
- ⑧ 5 star base. Die cast aluminium or polyamide base with glass fibre
- ⑨ Several castors or caps available



■ **BACKREST AND SEAT**

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FINISHES  
White, Black and Polished.

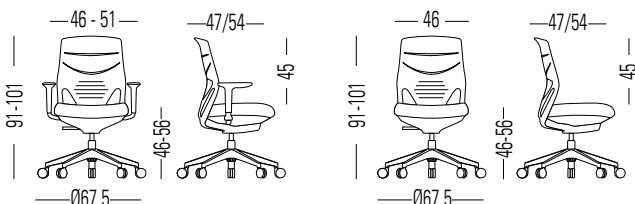
**OPTIONAL ACCESSORIES**



■ **DIMENSIONS**

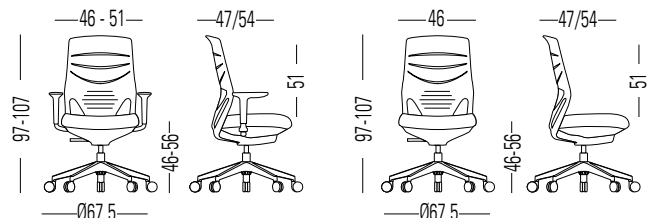
**Standard Backrest**

Total height: from 910 to 1010 mm    Seat height: from 460 to 560 mm  
Total width: 675 to 690 mm    Seat width: 460 to 510 mm  
Total depth: 675 mm    Seat depth: from 470 to 540 mm



**High backrest**

Total height: from 970 to 1070 mm    Seat height: from 460 to 560 mm  
Total width: 675 to 690 mm    Seat width: 460 to 510 mm  
Total depth: 675 mm    Seat depth: from 470 to 540 mm



■ **DESCRIPTION**

- ① Backrest, PP with glass fibre (PP + 30% G.F.) frame. It also incorporates several splines for better back breathing.  
Model with low backrest
- ② Adaptative lumbar support
- ③ **2D Adjustable arms:** Height and width adjustment. Available in polyamide structure.  
**3D Adjustable arms:** Height and width adjustment. 360° Swivel armrest movement. Available in aluminium structure.
- ④ Seat with **ACS technology (Air Comfort System)**. Made of PU (polyurethane) flexible moulded foam (density 40-45 kg/m<sup>3</sup>). Upholstered seat available in a wide range of fabrics.
- ⑤ Gas lift
- ⑥ Auto-weight synchro control mechanism. 4 back tilt positions
- ⑦ Seat slide (Trasla)
- ⑧ Chromed steel footrest - Ø50cm. Curved tube Ø 18 mm, 1,5 mm thickness
- ⑨ 5 star base. Die cast aluminium or polyamide base with glass fibre
- ⑩ Several castors or caps available

■ **BACKREST AND SEAT**

Group M-Melange, Group T-C and Group F - Attantic  
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■ **BASES AND CASTORS**



Polyamide - Ø 67,5 cm  
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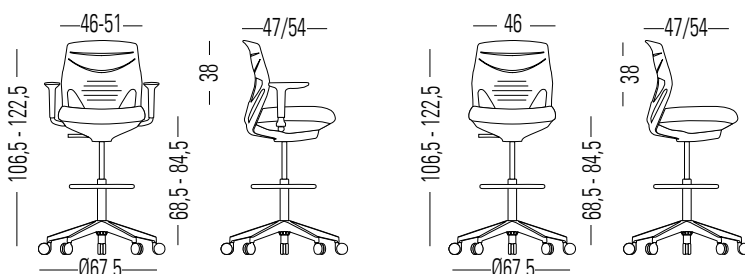
**OPTIONAL ACCESSORIES**



■ **DIMENSIONS**

**Total height:** from 1.065 mm to 1.225 mm  
**Total width:** 675 mm  
**Total depth:** 675 mm

**Seat height:** from 685 mm to 845 mm  
**Seat width:** from 460 mm to 510 mm  
**Seat depth:** from 470 mm to 540 mm

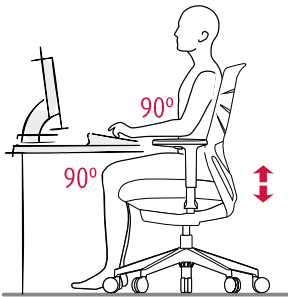




**1** A correct posture at work to avoid physical problems

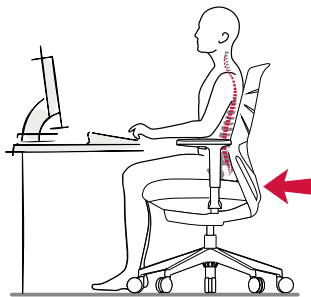
**Seat adjustment.**

Forearms must be parallel to the desk top as in a right angle with the rest of the arm. Both feet must be lean on the floor and knees must be in right angle too.



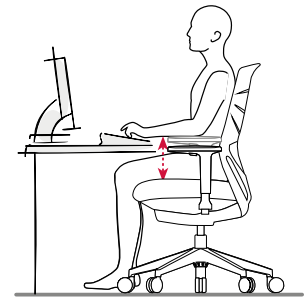
**Adaptative Lumbar**

EFIT incorporates an adaptative lumbar section integrated in the backrest adapting to user's back's shape.



**Adjustable arms (7 positions)**

Place the chair arms in the lower position to get better mobility. For statics works, adjust height and distance to that point where the forearms perfectly lean.



**2** Different ergonomics conditions and specific movements for each task

It is necessary to alternate daily dynamic and static tasks.

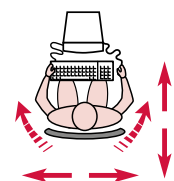
**Dynamic tasks.**

Document manipulation, communication and so on...Select positions 2,3 or 4 on the back tilt adjustment knob. Put the arms in the lowest position.

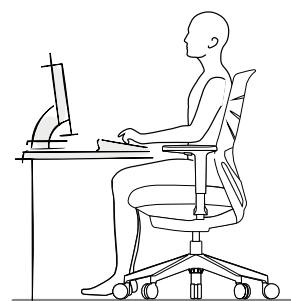
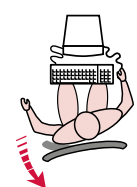
**Torsion.**

Flexible back. Movements go naturally with the user action.

**Dynamic tasks.**



**Torsion.**



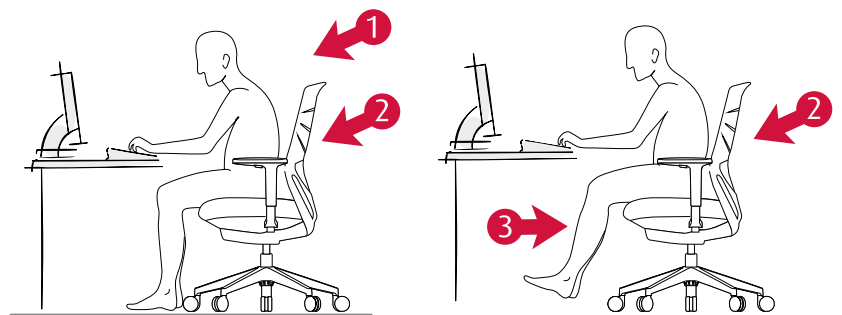
**Static work**

Document analysis and writing, intensive computer work... Select position 1 on the back tilt adjustment knob. Put the arms in the lowest position.

**3** Incorrect Postures

**Key points.**

1. A lower position from the desk produces neck pain.
2. An incorrect back support may produce back problems.
3. Legs too stretched or too vended may cause over-stressed body joints.





**MATERIALS**

Maximum use of materials to eliminate and minimize scraps. Use of recyclable and recycled materials in those components that do not affect the functionality and durability.

**34,87%**  
RECYCLED  
MATERIALS



**PRODUCTION**

Maximum optimization of energy use. Minimal environmental impact. Last generation technological systems. Zero discharge of wastewater. No VOC coatings. Processes free of heavy metals, phosphates, OC and COD.

**100%**  
RECYCLABLE  
ALUMINIUM, STEEL  
& WOOD



**TRANSPORT**

Detachable systems. Volumes that facilitate the optimization of space. Maximum reduction of energy consumption by transport.

**100%**  
RECYCLABLE  
PACKAGE AND THINNER  
FREE



**USE**

Quality and warranty. Long lasting. Replacements available.

**EASY**  
TO CLEAN  
AND MAINTAIN



**DISPOSAL**

Waste reduction. Supplier-manufacturer packaging reuse system. Components are easy to be separated. Inks in packaging are water-based, without solvents.

**84,31%**  
RECYCLABLE  
MATERIALS

■ **CERTIFICATES AND REFERENCES**

The different programmes get points in different environmental categories to get the LEED certificate (sustainability, material and resources, water, energy and atmosphere, inner environment quality, innovation and design).



■ **STANDARDS**

EFIT has passed tests done in our technical department as well as the tests done in **AIDIMA** the Technological Institute for furniture. The tests correspond to:

**Office chairs, Standard from 2009**

- **UNE-EN 1335-1:01.** Office furniture. Office chair. Part 1: About dimensions
- **UNE-EN 1335-2:09.** Office furniture. Office chair. Part 2: Security requirements
- **UNE-EN 1335-3:09.** Office furniture. Office chair. Part 3: Security tests.