



# How to Assemble the Gokhale Pain-Free Chair



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# Included in the box

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**Chair back  
and bolts**



**Swivel base, gas lift, and seat pan**

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**Hex key arrives in a plastic bag that is usually taped to the inside of the box.**

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**Three bolts with spring-lock  
style washers**

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# Assembly process

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**Unscrew bolts and  
washers from seat back**

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**Place wide end of  
gas lift in swivel base**

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**Remove plastic cap and place seat pan on top of gas lift. Sit on the chair to lock gas lift in place.**

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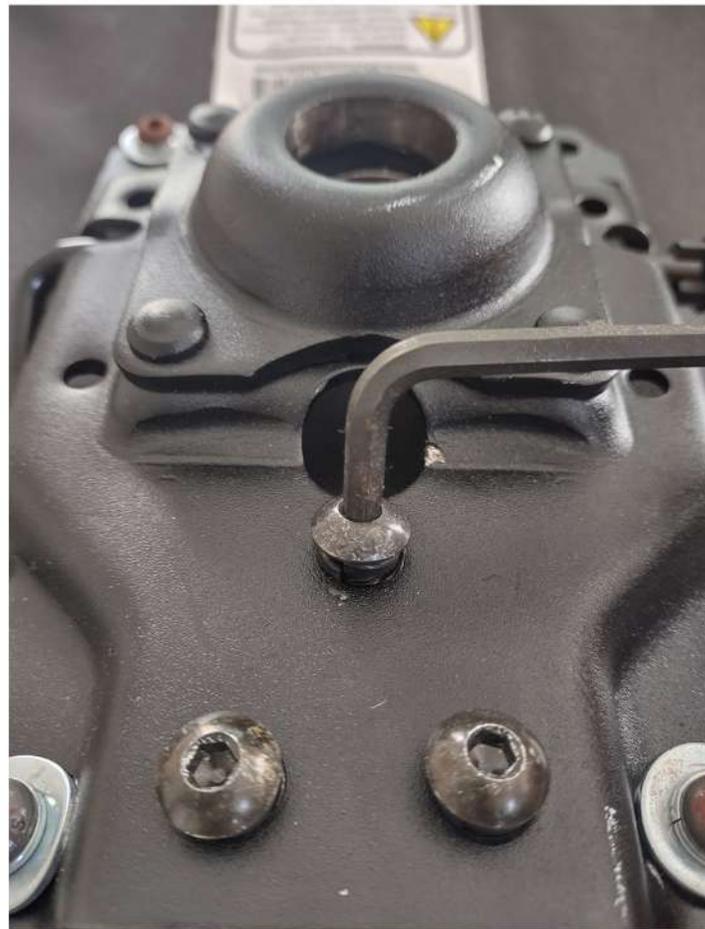


**Put the washers onto  
the threaded portion of the bolts**

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**Tighten each bolt by hand a little bit at a time. It is important to rotate between all three bolts so that the pressure is evenly distributed.**



**Complete the  
tightening process  
using the hex key**

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# **Enjoy your new Gokhale Pain-Free™ Chair!**

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