# HUMANTOOL® Saddle



MADE IN FINLAND Patent pending EU model reg. ENG 8 15 A

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## Maintain a Healty Back with Movement



- Transform any traditional, stationary chair into a Saddle Chair with all its postural benefits
- The saddle seat shape will train you to sit in a posturally correct, fluid and upright position that it is automatically correct
- The supporting ball construction allows for an intuitive motion of the seat moving the user in all directions making the sitting experience an active one
- The HUMANTOOL Saddle improves and maintains proper posture and enhances productivity and comfort during your working day



## Movement Is Therapy

- The common reason for employee absences due to back pain is from the lack of motion inherent in a stationary sitting position
- Prevent employee health problems caused by prolonged, incorrect sitting posture by providing them a HUMANTOOL Saddle





## **Health Benefits**

- The lower and middle back and core muscles are strengthened, as this sitting posture engages the entire core muscular system
- The continuous movement that this Balance
  Saddle provides relieves back tension, inherent in incorrect sitting postures
- Overall posture improves, as the pelvis is forced into a more upright position
- Shoulder and neck pain is decreased by the improved position of the lower back
- Pressure on the nerve will decrease in this sitting posture
- Improves metabolism and circulation



### Riders know how to sit

"At the beginning it seemed unbelievable, that on a HUMANTOOL Saddle one could train and relax the important muscles for riding while doing office work. I can highly recommend this saddle to everybody. The ordinary sitter may benefit a lot from the purchase of a HUMANTOOL Saddle, as he can learn why the correct sitting posture is so valued."

#### Kimmo Sulkala

professional trainer, master riding instructor, tournament rider







Dynamic support backrest

An ergonomically designed back support originally developed for pilots.

- · Adjustable to fit with all kinds of seats
- Completely portable
- Easy to attach and remove
- Infinitely variable and simple height adjustments
- Memory foam cushioning contours to the body and balances wight distribution

#### The keys to a healthy back:

#### **Posture**

**Humantool Pilot Spot** brings your back into a fully supportive upright position and thus straightens the spine. This upright posture serves to minimize strain in your back, shoulders, and neck.

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#### Movement

**Humantool Pilot Spot** allows your back to rest in a fully supported position, while encouraging continuous, light motion. This serves to engage all back muscles and increase metabolism.

Your local reseller: