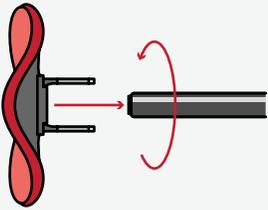




USING YOUR MOGO SEAT BY FOCAL UPRIGHT™

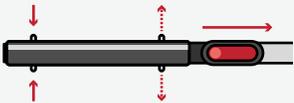
Mogo is designed to let you take your upright lifestyle with you wherever you roam—indoors or out. It's a lightweight portable seat, ready to support you in any setting.

Mogo will support you at the sideline of the soccer field on a Saturday morning, or relaxing on a warm summer evening at a music festival. Mogo is right at home in the conference room too, allowing all those outside-the-box ideas to fly. At just two pounds, it is fully collapsible to fit into your tote bag or strap to your backpack.



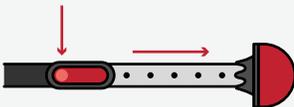
1. Screw the Seat onto the Seat Post

Line up the inner screw on the underside of the seat cushion with the hole inside the seat post. Screw the post on clockwise until secure.



2. Extend the Seat Post

Push in the two brass buttons and pull the seat post out until the buttons click into place.



3. Adjust the Height

Push in the red button to release the height-adjustment lever. Pull the seat post out to the desired height notch. Make sure the red button clicks to ensure it is locked in place.



Floor Mode



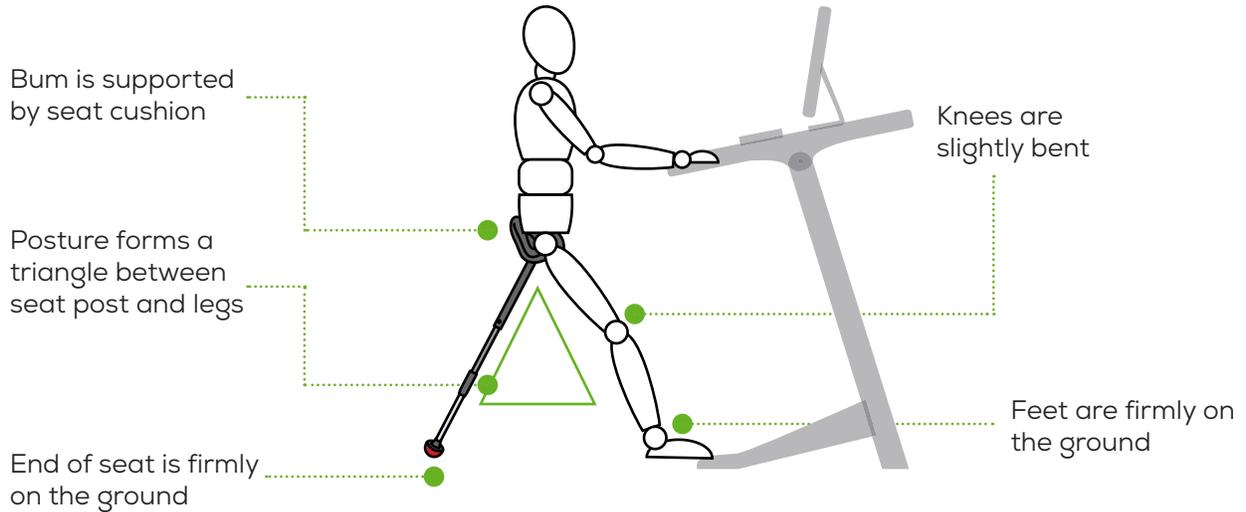
Turf Mode

Turf Mode or Floor Mode?

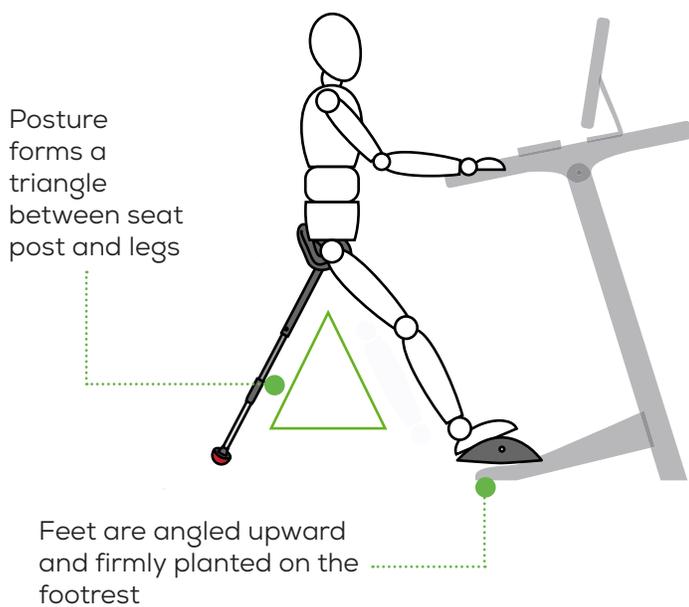
The foot at the base of your Mogo seat is built for all types of surfaces. Use the floor mode for indoor or smooth surfaces like wood, carpet or concrete. Turn to turf mode when you're outside on grass, dirt or sand for extra grip.

DO'S:

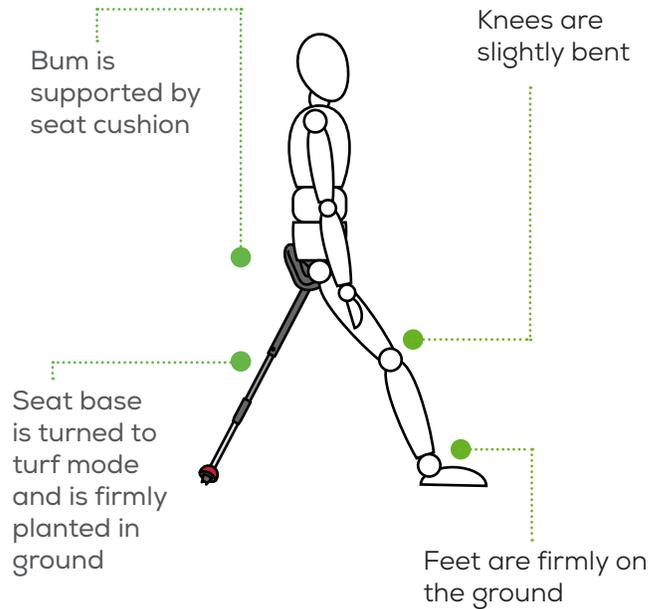
LEANING WITHOUT FOOTREST



LEANING WITH FOOTREST



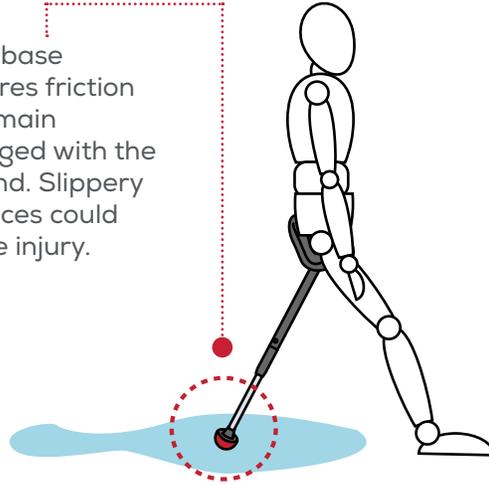
TURF MODE LEANING



DON'TS:

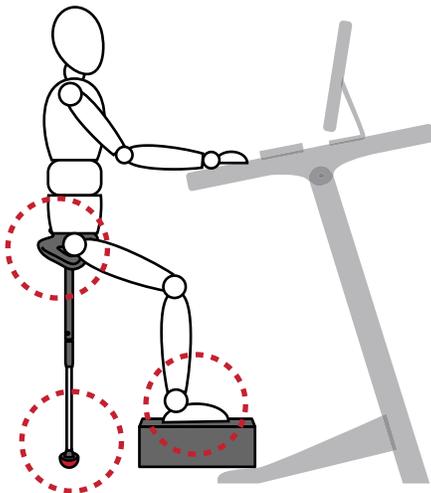
USING ON SLIPPERY SURFACES

Seat base requires friction to remain engaged with the ground. Slippery surfaces could cause injury.



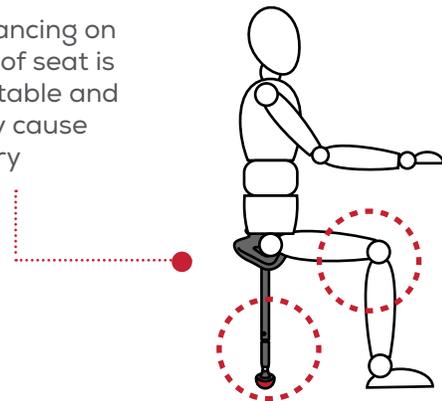
SITTING ON EXTENDED SEAT

Balancing on top of seat is dangerous and unstable



SITTING ON COLLAPSED SEAT

Balancing on top of seat is unstable and may cause injury



FREQUENTLY ASKED QUESTIONS

Q: How do I know if my seat height is right for me?

A: The Mogo Seat is nicknamed “The Human Kickstand” for a reason: it should feel like a “propping point” for your body to rest. Adjust the length of the Mogo in order to give yourself enough height to achieve a stable backward lean into the seat pan. The Mogo’s shape should comfortably meet the contours of your body. The bottom edge of the seat pan should meet the top of your thighs, and you should aim to create a triangle between your feet, your seat and the base of the Mogo. There’s no one-size-fits-all approach for any Focal seat or desk. Don’t feel like you’ve got it quite right? Keep altering the length to determine what works best for you!

Q: My seat is uncomfortable. What can I do about it?

A: Try moving more. Feeling discomfort is your body’s way of signalling you to change your posture. Remember that the seat is for leaning; you may feel discomfort if you attempt to sit directly on top of the seat.

Q: It’s been two weeks. Why am I still uncomfortable?

A: You might not be moving enough. Remember: our seats are made to make you move. Let your discomfort inspire you to take a walk, stand for awhile or change the angle of your lean. Try shifting more of your weight to the seat or to your feet – whichever might help you feel more comfortable!

Q: Am I too short? Am I too tall?

A: To achieve a comfortable fit, the normal height range for users on the Mogo is less than 6’1” – although depending on your proportions, this may or may not be true for you.



Part of the Active Collection line; The Active Collection products are designed to promote active movement throughout the day and engage major muscle groups to help combat the negative effects of inactivity in many classrooms.



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