

M-FORM





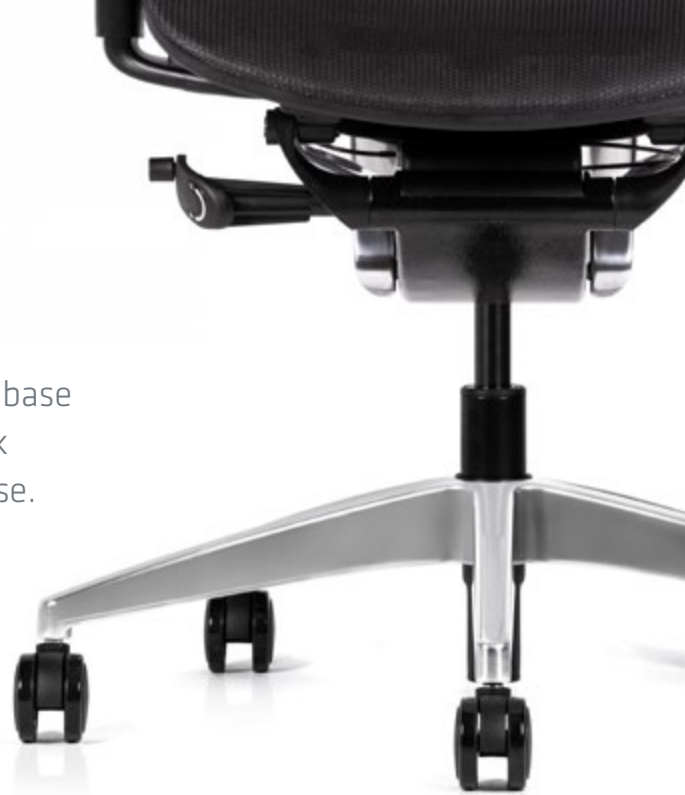


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## MODELS

M-Form is features a stylish polished frame and base as a standard. For an even sleeker look, the Black Edition boasts a satin finish on its frame and base.

With a choice of mesh, AirFabric, leather, or Gabriel fabrics, both models also come with an optional headrest.



M-FORM	ALL MESH		MESH / FABRIC SEAT	
	M-MMM-PP	M-MM-PP	M-MMG-PP	M-MG-PP
Headrest	mesh	n/a	mesh	n/a
Back	mesh	mesh	mesh	mesh
Seat	mesh	mesh	fabric	fabric
Frame	polished	polished	polished	polished
Base	polished	polished	polished	polished



M-FORM BLACK EDITION	ALL MESH		MESH / FABRIC SEAT	
	M-MMM-BB	M-MM-BB	M-MMG-BB	M-MG-BB
Headrest	mesh	n/a	mesh	n/a
Back	mesh	mesh	mesh	mesh
Seat	mesh	mesh	fabric	fabric
Frame	black	black	black	black
Base	black	black	black	black

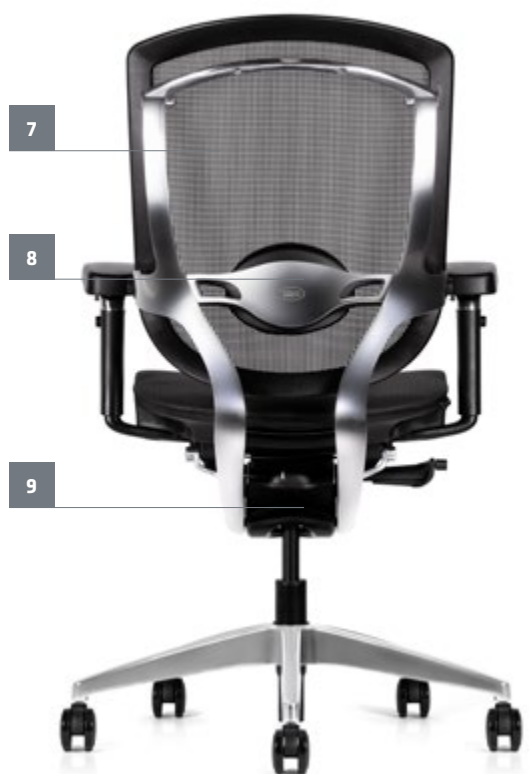


	ALL AIRFABRIC		ALL LEATHER	
	M-AAA-PP	M-AA-PP	M-LLL-PP	M-LL-PP
Headrest	airfabric	n/a	leather	n/a
Back	airfabric	airfabric	leather	leather
Seat	airfabric	airfabric	leather	leather
Frame	polished	polished	polished	polished
Base	polished	polished	polished	polished



M-FORM BLACK EDITION	ALL AIRFABRIC		ALL LEATHER	
	M-AAA-BB	M-AA-BB	M-LLL-BB	M-LL-BB
Headrest	AirFabric	n/a	leather	n/a
Back	AirFabric	AirFabric	leather	leather
Seat	AirFabric	AirFabric	leather	leather
Frame	black	black	black	black
Base	black	black	black	black

## FEATURES



Easy to use, stylish and offering exceptional ergonomic performance, M-Form is the ideal choice for any work setting

M-Form's dual tilt mechanism means it moves intuitively with the user when in free recline mode. The back rest can be locked and released using the armrest lever.

### Features

1. Available with or without adjustable headrest.
2. Back tilt, 15 lock positions controlled by left armrest paddle.
3. 4D adjustable armrests .
4. Seat with height and depth adjustment.
5. Tension control.
6. Polished aluminium base with 60 mm castors.
7. Mesh, AirFabric, fabric, or leather upholstery,
8. Adjustable padded lumbar support.
9. Dual spring paddle shift mechanism.

### Options

Height, angle and rotation adjustable headrest.

### Benefits

Adjustable features work together to support the human body.

Supports a range of dynamic movement and postures.

Easy adjust back tilt controlled by armrest paddle.

### Warranty

3-year standard: 3-shift.

# FUNCTIONS

Adjustable armrests, lumbar support, seat depth and height, headrest, and backrest deliver a customised seating experience.

## Height and angle adjustable headrest

Tilt forwards or backwards and lift and lower to adjust height of headrest.

## One-click backrest recline adjustment paddle (left arm)

Click once and lean back to release backrest and click again to lock in position

## Seat slide button

Press to release seat slide and press again to lock in position.

## Recline tension control

Pull and turn clockwise to increase resistance and counter-clockwise to decrease tension.

## Backrest angle adjustment

Press buttons on both sides of backrest to adjust its angle. Release in position.

## Lumbar support

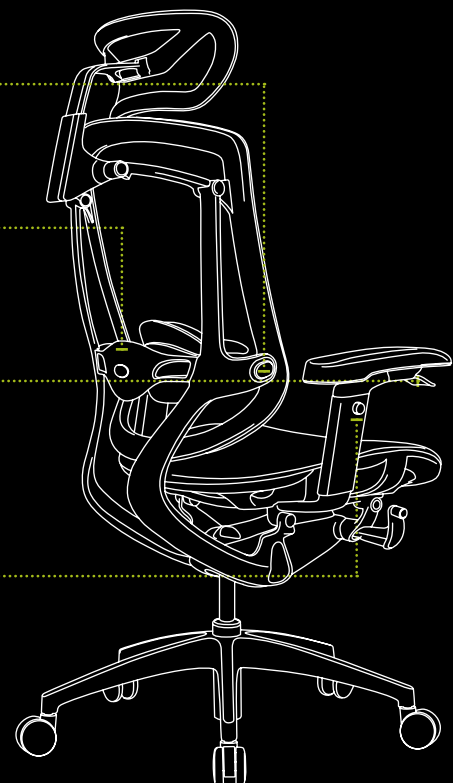
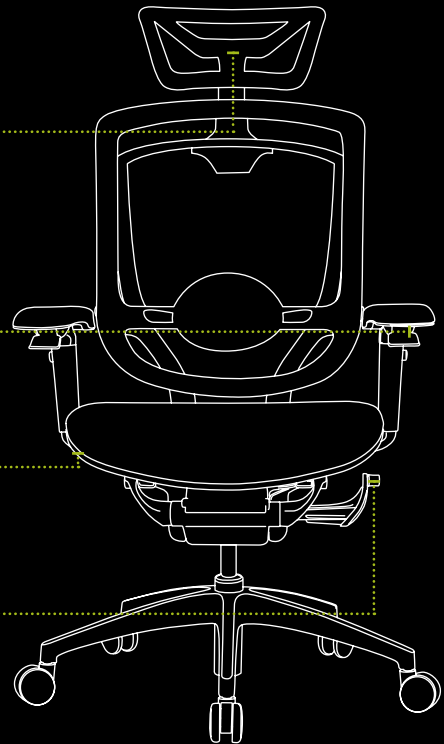
Lift or lower lumbar pad for tailored support.

## Seat height adjust paddle (right arm)

Press while seated to lower.  
Press without weight on seat to raise.

## Armrest adjustment

Height: Lift to raise or lower.  
Angle: Twist to change angle.  
Depth: Slide back or forward.  
Width: Slide in or out.



## BACK & SEAT

Intuitive one-click paddles activate back tilt and seat height adjustment.



### LEFT PADDLE BACK RECLINE

Click the paddle once and lean back to release the backrest tilt mechanism. You can leave the back in free-float mode or click again to lock the backrest angle in any position.

Form recommend using the backrest free-float mode and tension control to allow dynamic movement while sitting.

### RIGHT PADDLE SEAT HEIGHT

Click the paddle while seated to lower the seat height. Lift your weight off the seat and click the paddle to raise seat. Aim to have your knees slightly lower than your hips and your feet flat on the floor.







Micro-adjustments for posture perfect control.



#### **INDEPENDENT BACKREST ADJUSTMENT**

For a tailored seating experience, reach backwards while seated to press the buttons on both sides of the back frame. Adjust the backrest angle until your spine is comfortably supported and release the buttons to lock in position.



Adjust the seat depth for maximum comfort

#### **SEAT SLIDE**

While seated, press the button on the left of the seat to release seat slide. Slide forward or backward to select seat position then press again to lock in position.

NECK & LUMBAR





Cranial and neck support  
for better posture.

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#### **OPTIONAL HEADREST**

The headrest helps reduce pressure on your neck and shoulders. Adjust its position by tilting forwards or backwards, rotating the headrest and lifting and lowering to suit your measurements.



Position the lumbar pad to support  
the curve of your spine.

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#### **LUMBAR SUPPORT**

Adjust the lumbar pad up or down to support the natural curve of your spine.

## ARMS & TENSION



4D adjustable soft-touch armrest for ergonomic support.

### ARMREST ADJUSTMENT

To help prevent repetitive strain injuries you should adjust the chair's armrests so that your shoulders are relaxed and your arms form an L-shape at the elbow. Your forearms should be level with the floor.

**Height:** Click the button on the outer arms and lift or lower. When arms reach highest point they will return down to their original position.

**Angle:** Twist the arm pads to change their angle.

**Depth:** Slide arm pads back or forward to set depth.

**Width:** Push arm pads in or out to ensure your forearms rest comfortably.



Create the perfect balance for your weight when reclining.

### TENSION CONTROL

Pull out handle and turn clockwise to increase the backrest tilt resistance and counter-clockwise to decrease the amount of force needed to recline when the chair's back is in free-float mode.





CERTIFICATION





M-Form endures rigorous testing to ensure you receive a quality product that is environmentally sound, ergonomic and safe to use.

**ISTA 3 and 6 packaging.**

Meeting this standard ensures our products are delivered in perfect condition and avoid damage to the product.

**BIFMA G1: 2013**

An industry guideline for ergonomic computer workstations providing recommendations for sizing furniture.

**EN 1335 -1, -2 and -3.**

Part 1 covers the dimensions, Part 2 includes safety requirements and Part 3 outlines safety test methods.

**ANSI/ BIFMA X5.1 General Purpose Office Chairs**

Evaluates the safety, durability, and structural adequacy of general-purpose office chairs.

**BS 5459**

Performance tests – Office seating for use by persons weighing up to 150 kg and for use up to 24 hours a day.

**Greenguard Gold**

Demonstrates product sustainability and commitment to increased health –the chair has low chemical emissions.

**REACH**

REACH is an EU Regulation concerning the registration, evaluation, authorisation and restriction of chemicals.

**Abrasion Resistance Testing**

Abrasion Resistance Testing for textiles. This is carried out to the test standard of 100,000 cycles

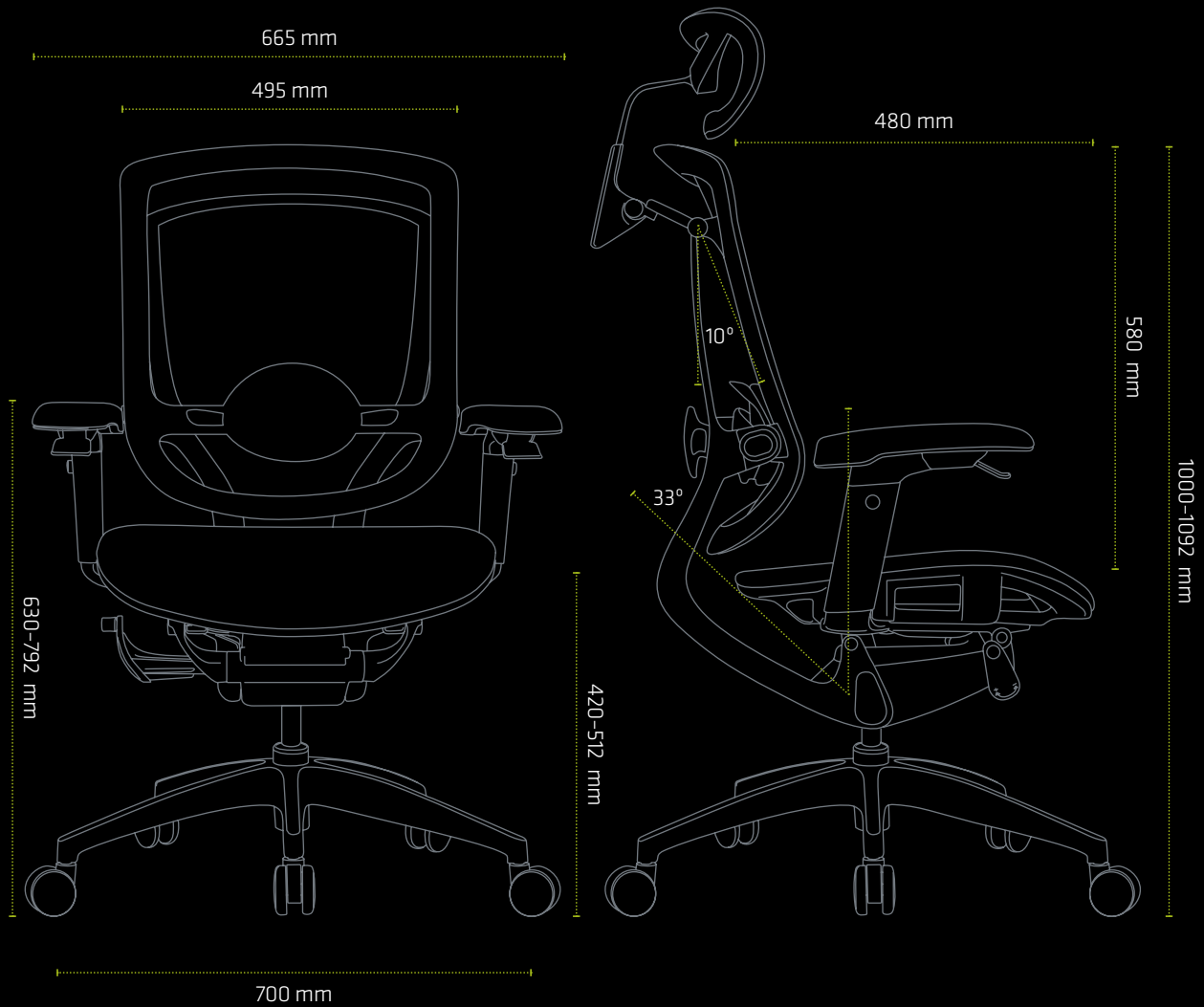
**Crib Testing**

BS 5852 flammability testing for or foam and textiles to assess the ignitability of material combinations.

**ROHS**

Tested for 10 banned substances with confirmed levels of the substances below the RoHS threshold.

# DIMENSIONS



## Headrest adjustment:

height: 5cm, 5 levels  
headrest angle: 36°  
headrest surface angle: 45°

## Backrest recline adjustment

Tilt and lock within 33° in 15 different positions by the left paddle shift on the arm.

## Backrest angle adjustment

Tilt 10° using the side buttons on the backrest sides near lumbar section.

## Lumbar support adjustment

Lumbar support with 50 mm height adjustment.



# UPHOLSTERY

Items marked with <sup>s</sup> are held in stock.  
Other items may be subject to a longer lead time.

## MESH - SEAT, BACK AND HEADREST

A classic comfortable, supple mesh with superb ventilation properties.



**BLACK<sup>s</sup>**  
MSH27



**PINK**  
MSH22

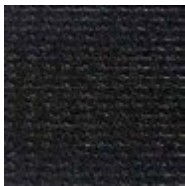


**GREY**  
MSH25

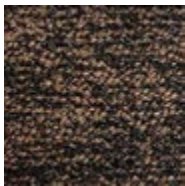
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## AIRFABRIC - SEAT, BACK AND HEADREST

A low transparency breathable fabric mesh with the feel of cashmere.



**BLACK<sup>s</sup>**  
LP01



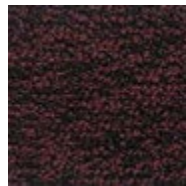
**BROWN**  
LP02



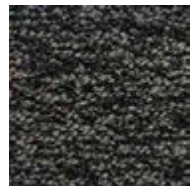
**BLUE**  
LP03



**GREEN**  
LP04



**MAROON**  
LP05

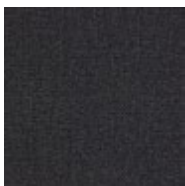


**GREY**  
LP07

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## GABRIEL MEDLEY FABRIC - SEAT, BACK AND HEADREST

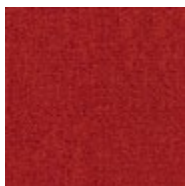
Woven in 100% polyester blended yarn. Its tight texture and changing structure give the fabric an intense colour depth.



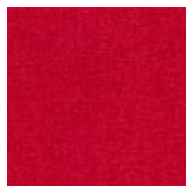
**SOFT BLACK<sup>s</sup>**  
60999



**GREY**  
60167



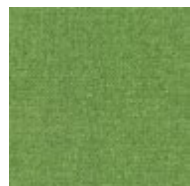
**BRICK RED**  
63016



**RED**  
64019



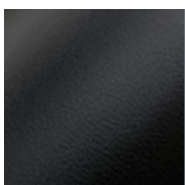
**ORANGE**  
63013



**GREEN**  
68115

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## LEATHER - SEAT, BACK AND HEADREST



**BLACK<sup>s</sup>**  
LEA1

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**FORM**  
SEATING

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