





Whoever understands more about seating creates the perfect place for anyone.



Second and third generation managing directors: Helmut, Werner and Joachim Link (left to right)

#### Interstuhl

The idea of a Swabian businessman and developer is embarking on an international journey. It's all about attractive and healthy seating, whether we use it to work, think, discuss, argue or relax.

It's all about a chair that actively supports us at what we are doing.

Interstuhl innovations are conceived, tested and developed in an interesting mix of think-tank and expert laboratory. That is what makes us so unique. Simply stated by Werner Link, the company's owner and Managing Director: "We understand more about sitting". An honest statement that has its origins back in 1961 when the assignment was to create relaxing seating for the workers of a textile factory. The focus ever since has been on expertise and

a genuine interest in our products and the people who use them. We remain true to the spirit of our brand by collaborating with leading institutes on the scientific development of our products. This has resulted in a collection that is unparalleled in its breadth and depth. He who understands more about sitting, has studied it in detail. Interstuhl is such a company and will remain so: a world away from corporate affiliations and concerns about globalization. Over 600 employees craft exclusive German goods and they do so in Germany.

Anyone who understands more about sitting should rise up. Rise above the tired old clichés about quality and materials. Interstuhl is what it is, and what it is is very good.

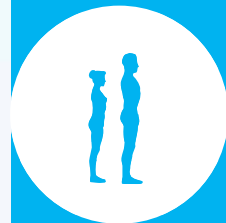


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Hero is a collection of heroes, automatically aligned for everyone. Heavy, light, big and small people. By and large, a universal talent for everyday heroes. It has invisible technology which is an integral feature of the chair. Hero focuses on each owner individually, regulating its weight, as a result of its unique autofit-synchronous mechanism. From 45-120 kg, everyone can fine-tune it how they want. From athletically hard to relaxingly soft, everyone's personal taste is catered for. As perceptive as Hero seems, it is present in its slim-line form. It looks agile and athletic with its slim-line figure.



Hero is humorously called the "sitting machine". Lots of people can sit on Hero. It provides the optimum comfort for each and every person. An argument for open-plan working places

and workspaces which require a quick solution. And Hero takes on a leading but unobtrusive main role in the office interior just as the real classic heroes do.

Hero is available with upholstered and mesh-covered backrests. 21 fabric ranges with up to 12 colours each and three mesh colours make a huge selection and individual design possible. The mesh backs provide flexible adjustment to the back in all positions. The model is also available with optional T-armrests.



162H

Swivel chair, upholstery design, autofit-synchronous mechanism, air-pressure lumbar support, brilliant silver aluminium star base



172H

Swivel chair, mesh design, autofit-synchronous mechanism, air-pressure lumbar support, brilliant silver aluminium star base





162H

Medium-height swivel chair, upholstery design, autofit-synchronous mechanism, opt. armrests, black plastic star base



172H

Medium-height swivel chair, upholstery design, autofit-synchronous mechanism, opt. armrests, black plastic star base



265H

High swivel executive chair, upholstery design, autofit-synchronous mechanism, headrest, opt. armrests, black plastic star base



275H

High swivel executive chair, mesh design, autofit-synchronous mechanism, headrest, opt. armrests, black plastic star base

Cantilever chair,  
upholstery design,  
with arm pad,  
stackable



550H



575H

Cantilever chair,  
mesh design,  
with arm pad,  
stackable



Cantilever chair,  
mesh design,  
with arm pad



570H



Autofit-synchronous mechanism:  
automatic weight regulation  
adjusts the flexibility of the seat  
and backrest to the individual  
body weight and provides an  
ideal seating position and good  
feeling

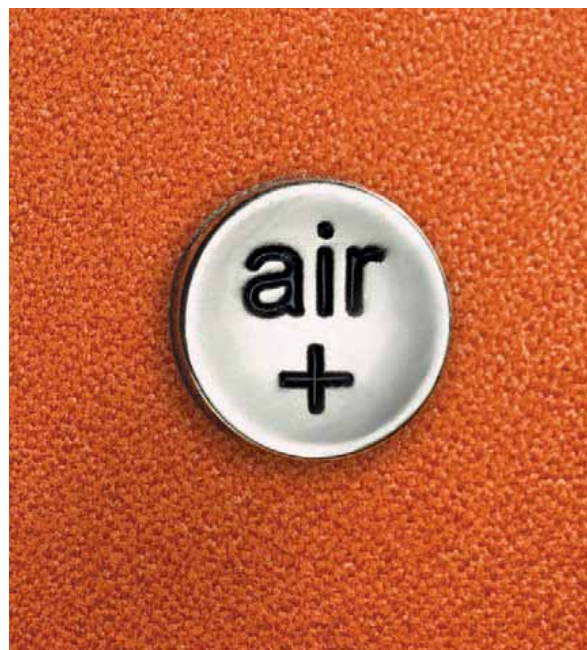


Well-positioning, the fine adjust-  
ment for the autofit-synchronous  
mechanism





T-armrests, 4D adjustable in height, width and depth, swivel-mounted



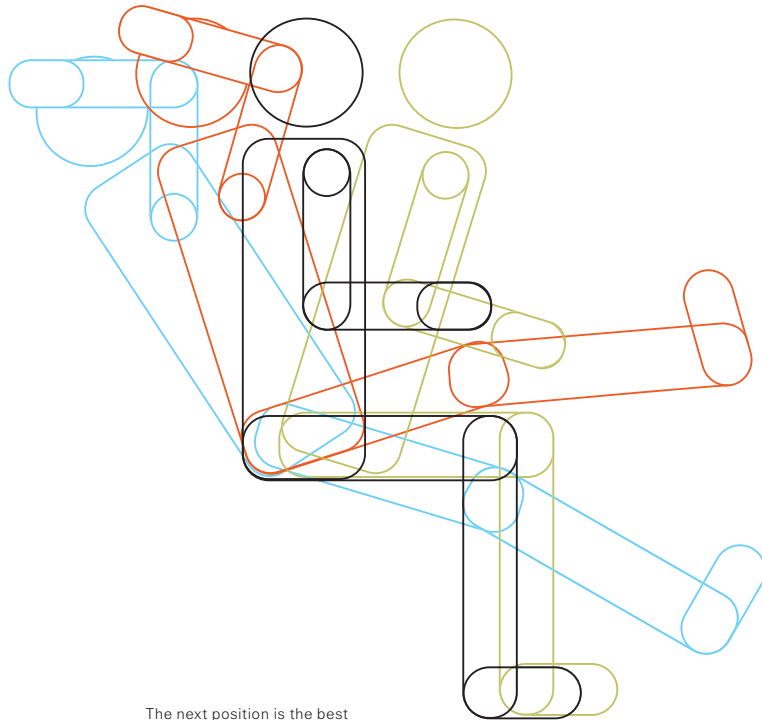
Height-adjustable air-pressure lumbar support in the upholstery design



The Astiv active seat depth adjustment effectively extends the seating area and thus the seating area for the thighs. The base of the backrest remains unaffected.



Height-adjustable, mechanical lumbar support in the mesh design



The next position is the best

From the seating specialists

Fact: from an anatomical point of view ergonomics means movement because movement is a critical part of office health. It is a law of nature that effective work processes are one of the most important sources of value-added in the company. Back problems are the greatest causes of absenteeism. A good chair will not heal your back but it is good preven-

tive medicine and eases the pain for those who already suffer. What does an Interstuhl chair do? The patient therapist offers support in each posture. It generates a feeling of well-being in all positions and brings measurable relief.

Naturally, the courage to follow our philosophy of dynamic sitting has meant a break with all the old rules: majestic, immaculate and bolt upright vs. the new

philosophy of doing it with gusto, reclining, lounging, looking out the window, concentrating.

"You can sit however you want. Just sit on the right chair." Each new product development with leading research institutes reconfirms this and it is substantiated by scientific input. The result: Interstuhl chairs accommodate every posture so ergonomically that maximum support is ensured.

## 1 Autofit-synchronous mechanism



The tension of the backrest takes place automatically by weight and size of the user and can be fine-tuned.

## 2 Sprung column



This ensures that the spine, which is very sensitive to vertical jolts, is not subjected to excessive loads when sitting down, even at the lowest seat height.

## 3 Base seat height adjustment



The seat height is a precondition for good sitting. The base seat height adjustment extends the DIN-defined adjustment range and allows ideal sitting for short or tall users.

## 4 Seat inclination adjustment



Multiple adjustment of the seat in a forwards direction stops the pelvis from tilting back. This relieves the spine and avoids a poor posture.

## 5 Seat depth adjustment aktiv



Regulates the distance between the backrest and front edge of the seat, thus providing optimum support for the upper thighs; even for taller users. When adjusting the aktiv setting, the back remains in the same position.

## 6 Adjustable lumbar support



The horizontally adjustable lumbar support adapts to the individual curve of the lumbar spine; this reduces the muscle strain.

## 7 Headrest



The neck and shoulder muscles are relieved by the headrest when you lean back.

Office swivel chairs / High swivel executive chairs

Visitor chairs



162H

172H

265H

275H

550H

570H

555H

575H

Medium-height swivel chair, upholstery design  
opt. armrests

Medium-height swivel chair, mesh design  
opt. armrests

High swivel executive chair, upholstery design, headrest,  
opt. armrests

High swivel executive chair, mesh design, headrest,  
opt. armrests

Cantilever model, upholstery design,  
stackable

Cantilever model, mesh design,  
stackable

Cantilever model, upholstery design

Cantilever model, mesh design

Backrest height in cm (approx.)	650	650	650/910	650/910	500	500	500	500
Plastic – black	•	•	•	•	•	•	•	•
Mesh in black, anthracite and orange	-	• / ◦ / ◦	-	• / ◦ / ◦	-	• / ◦ / ◦	-	• / ◦ / ◦
Black plastic base	•	•	•	•	-	-	-	-
Aluminum base black / silver / polished	◦ / ◦ / ◦	◦ / ◦ / ◦	◦ / ◦ / ◦	◦ / ◦ / ◦	-	-	-	-
Steel frame in various finishes: black / brilliant silver / chrome	-	-	-	-	• / ◦ / ◦	• / ◦ / ◦	• / ◦ / ◦	• / ◦ / ◦
Autofit-synchronous mechanism with automatic weight regulation and fine-tuning	•	•	•	•	-	-	-	-
Sprung column <sup>1</sup>	◦	◦	◦	◦	-	-	-	-
Base seat height adjustment	•	•	•	•	-	-	-	-
Seat depth adjustment, astiv	◦	◦	◦	◦	-	-	-	-
Seat inclination adjustment	◦	◦	◦	◦	-	-	-	-
Height-adjustable air-pressure lumbar support	◦	-	◦	-	-	-	-	-
Height-adjustable, mechanical lumbar support	-	◦	-	◦	-	-	-	-
Headrest, height and depth adjustable	-	-	•	•	-	-	-	-
T-armrests, 4D adjustable in height, width and depth, swivel-mounted	◦	◦	◦	◦	-	-	-	-
2D armrests, adjustable in height and width	◦	◦	◦	◦	-	-	-	-
Arm pad polypropylene black	-	-	-	-	•	•	•	•
Twin castors hard / soft	• / ◦	• / ◦	• / ◦	• / ◦	-	-	-	-
Glides	◦	◦	◦	◦	-	-	-	-
Felt glides	-	-	-	-	•	•	•	•

• Standard ◦ Option - Not available <sup>1</sup> Not in connection with the seat height base setting

Integrated product design – the striped structure of the mesh design is repeated on the Hero back upholstery, etched into the backrest material.



## Premium products

Often the word innovation is more of an obstacle than a useful coordinate – all too often inflated claims and abuse of the term for purely promotional reasons obscure the distinction between real innovation and the purely derivative. This is why we are particularly pleased that customers can now not only experience the quality of our products, they can see it too: we are the first manufacturer to be granted the right to label our products with the official "Premium Product" seal, awarded by the LGA testing company and TÜV Rheinland Group certification body. In addition, we have won yet another accolade: the best "Quality Office". Put simply, every Interstuhl product provides a premium sitting environment and all owners of Interstuhl chairs can rest assured that they have chosen the best possible product. This has a positive impact on the person as a whole and their entire working day. Knowing this, we are more than happy to issue a 5-year guarantee. We share the praise for our innovative seating solutions with the research institutes that are always ready to support our developments and think we'll keep doing things this way.

### Quality Office

Awarded by the Verband Büro-, Sitz- und Objektmöbel e.V., the German Standards Institute (DIN), the Verwaltungs- und Berufsgenossenschaft, INQA Büro, Initiative neue Qualität der Büroarbeit, and the Federal Institute for Occupational Safety and Health.



Product-Design: Gerhard Reichert, Eckard Hansen © Interstuhl.

"Design originates in the concept, it's the idea that makes the difference. The principle is minimalism. Transferred to our Hero project this means ergonomics in conjunction with easy operation.

Gerhard Reichert  
Reichert Design works on product development and the design of objects and systems. His design should build bridges between tradition and modern life and unify form and function. The product development takes place from a single source. With a network of designers, engineers and architects, he can build the best team for any job.

Eckard Hansen  
Today, the Mettman-born engineer manages Swiss Design in Switzerland. Many of his patents and copyrights have been nationally and internationally protected. To date, he has received wide variety of awards of good design from the design centres.



3 year full warranty,  
5 year long-term warranty



Quality produced  
for the environment



Ergonomically tested



Pollutant tested



Tested safety



Deutsche Gütegemeinschaft Möbel e.V.



Quality Office



Premium product



Certified environmental management



Der Blaue Engel

