

ERGO BALANCE TECHNOLOGY

Physical movement is good for us and important for preventing muscular and skeletal disorders. Yet despite this, back problems are the most frequent cause of days of absence in offices. To enable people to actively move even when at their desk, ROVO has developed a concept that allows more natural freedom of movement while sitting, ERGO BALANCE is the office chair movement mechanism for three-dimensional dynamics. It encourages spontaneous changes of position, moves the muscles and activates the blood circulation, plus in doing so provides a boost of freshness for the body and mind.

The patented ERGO BALANCE technology offers a unique, smooth sequence of movements and has proven its success thousands of times over since the market launch in 2010.

MOVE AND BE ACTIVE WHILE SITTING



ERGO balance

360° FREEDOM OF MOVEMENT

ERGO BALANCE offers three-dimensional freedom of movement when sitting. From a technical perspective, all ERGO BALANCE chairs use the ERGO BALANCE system with an integrated synchro-mechanism and the balance element with two different elastomers. This gives 360° freedom of movement to the office chairs' seats and backrests. You can move in a similar way as you do on a gymnastic ball but in a controlled, measured and safe manner. Thanks to the dynamic behaviour of the elastomers, the body's centre of gravity is balanced in all sitting positions. Small pelvic movements and micro-movements of the muscles are triggered, thereby activating the back muscles. The blood circulation and oxygen supply are stimulated and the hydration of the intervertebral discs is increased. ERGO BALANCE automatically encourages active movement and a natural, healthier posture.





Micro-movements of the muscles are tiny contractions that occur imperceptibly several times per second. They stimulate the metabolism throughout the body, giving them a huge influence on our physical performance. Movement also encourages the hydration of the intervertebral discs.

Balanced sitting with ERGO BALANCE triggers these micro-movements, reactively trains the postural muscles and stabilises the trunk muscles. You remain active, even when sitting. Potential muscle tension is prevented and both the back and all organs benefit. The spinal movement promotes the supply of fluid and nutrients to the intervertebral discs and relieves strain on them. Movement activates the blood circulation and stimulates the metabolism. The entire body is supplied with extra oxygen. You feel focused and powerful because the brain can work at full capacity.

ERGO BALANCE activates people when sitting, thereby improving physical and mental fitness naturally..

We keep you in motion – especially when sitting!

ERGO BALANCE NEXT the new generation of movement mechanism, is the solution for customized sitting comfort. It can be enabled or disabled by a quarter-turn of the adjustment ring, making it quick and easy to switch between a pure synchro-mechanism and ERGO BALANCE enabling an active back while sitting. This makes it an expedient option for chairs – especially when furnishing commercial properties.



The development and production of ergonomic office seating is part of ROVO's corporate culture, as too is its Lossburg site in the Black Forest. As a leading company for dynamic sitting, ROVO has worked with the consistency and innovative spirit typical of this region to establish a top position on the market.

Sitting concepts that enable natural freedom of movement in the office and create new types of sitting are developed in cooperation with occupational physicians, physiotherapists and international designers. The aim is always to promote active sitting through changes of position in order to improve well-being and concentration.

**THIS KEEPS YOU FIT IN
THE OFFICE**

