



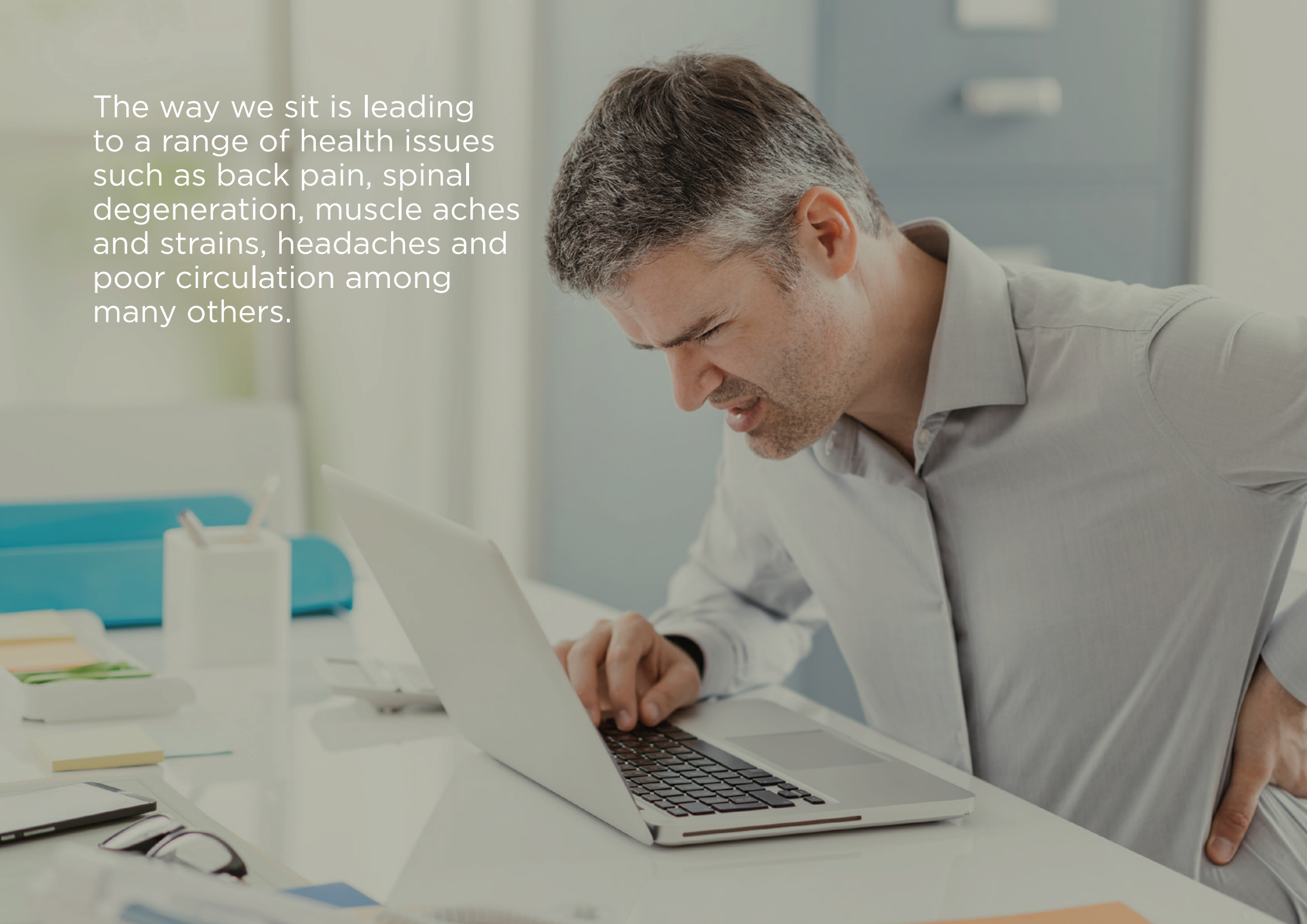
Quit the way you sit

Introducing the
Workhorse Saddle Chair



WORKHORSE
SADDLE CHAIR

The way we sit is leading to a range of health issues such as back pain, spinal degeneration, muscle aches and strains, headaches and poor circulation among many others.



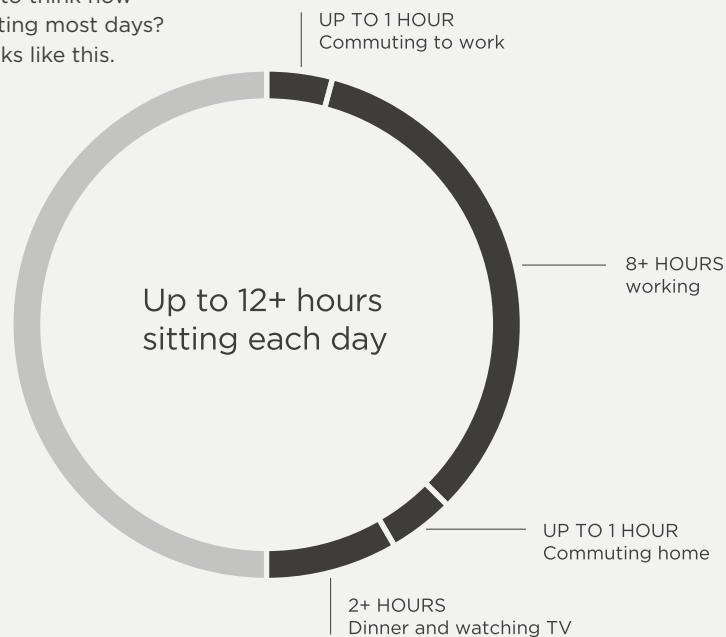
The way we sit is simply wrong

That's a bold statement but alarmingly true.

Because of our jobs, many of us are living a sedentary lifestyle and it's harming our bodies and shortening our lives — and we mostly don't even realise it.

Even if you exercise for an hour a day, over 80% of each day you're awake could still be spent sitting down. All this sitting is leading to a range of health issues that over time can cause a permanent change in our spine and muscles, impacting our quality of life and performance at work and home.

Take a minute to think how long you're sitting most days? Typically it looks like this.



Sitting in the wrong position is bad for us

Our body has evolved with ingenious mechanics to maintain balancing our weight in the most efficient way. It does it by the stacking of 24 vertebrae separated by shock absorbing discs using a series of three curves.

The head sits directly over our pelvis and is held there using minimal force from the muscles on our back, neck and shoulders as well as our front muscles from the abdominals, pectorals and core muscles.

Each acts like guy ropes holding up the pole of a tent. When one contracts, the other relaxes. This is the position we assume when standing or walking. And it's also the position our spine assumes when riding a horse.

Where it goes wrong

Unfortunately, when we sit in a standard chair (that's one with a flat base), this advantage of balancing our weight in the most efficient way is immediately lost. Our body is unable to maintain this position for any length of time no matter how hard we try. This has serious consequences for our body.

Sitting all day in standard flat-based chairs is just like letting the front guy-ropes loose on a tent, while all the weight of the tent gets taken up by the back guy ropes — all day long.

In standard chairs our pelvis rolls backwards destroying the ingenious shock absorber effect of the spinal curves, our abdominal and stomach muscles go slack and our head slumps forward. As a result over time, our posture makes permanent changes leading to all sorts of health problems.

It's time to quit the way we sit.



The position we assume when standing or walking is also the position our spine takes when riding a horse.

Get back to sitting better for your body

The dangers of regular chairs



The Workhorse Saddle Chair difference



Designed for health created for comfort

The Workhorse Saddle Chair's scientific design is all about body-posture intelligence for the betterment of your health and well-being.

What's more, you'll be better placed to use your hands more effectively whilst sitting on the Workhorse Saddle Chair. This will help avoid the old "3pm energy slump" as supporting your body has been shared by the whole body instead of overtaxing the poor old back muscles.

Even though standing is good for you, doing it all day can bring on negative health issues like increased blood pressure in the lower legs and problems resulting from increased weight carried by the hips and knees.

Improve your body with the Workhorse Saddle Chair

- Sitting in the Workhorse Saddle Chair maintains the spine in its ideal position.
- Your pelvis is the key. It allows the pelvis to tilt forward and the whole spine then falls into its natural position.
- Your head is then naturally positioned directly over your base and needs little effort from your muscles to keep it balanced.
- With your body in this position, your spine is supported, plus minimal energy is required to stabilise your arms and shoulders. This means you have much better control of your hands when working and will be less tired because you're using less energy.

Designed differently and specifically with your body in mind, here's how the Workhorse Saddle Chair compares to its alternatives.



How the Workhorse Saddle Chair compares

Regular office chairs



Back muscles are forced to work overtime in this position and are under constant strain, which prevents blood flow causing a build-up of toxins and a feeling of weariness.

Your core is not engaged and your head slumps forward.

Sitting in these cause long term health issues.

The Workhorse Saddle Chair Difference

The Workhorse Saddle Chair offers all day comfort allowing the body to be supported and positioned naturally.

It allows the body weight load to be shared amongst a broad range of muscles whilst also strengthening the core.

It also minimises spinal and postural degeneration.

Active seating like fit balls and stools with a moving base



The constant readjustment by the small spinal muscles in these chairs is unnecessary as these muscles work hard all day long as it is.

As a work chair with an unstable base the hands are positioned a long way from their base of support. This makes control of the hands and fingers more difficult, impeding performance. And there is the danger of rolling off them.

The Workhorse Saddle Chair Difference

The Workhorse Saddle Chair provides a stable base to carry out your work.

The specially contoured base of the saddle chair provides stability from the abdominal and core muscles and the hands are now close to your centre of gravity, making typing, drawing, painting etc. far easier.

It also allows the back muscle loading to be shared with the core and abdominal muscles reducing back strain and pain.

Standing desk



These have great health advantages but studies suggest you should only stand a maximum of two hours at a time.

Over two hours, the body weight on your lower legs affects joints and muscles plus it leads to increased pressure in the veins leading to circulatory problems.

The Workhorse Saddle Chair Difference

The Workhorse Saddle Chair is the perfect partner with adjustable standing work stations.

You get to experience the positive health benefits of standing without the associated side effects of standing too long.

Other saddle chairs



Many chairs haven't been designed by health professionals and can place uncomfortable pressure on the pudendal nerve and male genitals.

Most lack a back and armrest which doesn't give essential time-out to large muscle groups.

None offer a moveable backrest allowing you to change seating positions which is crucial when sitting for long periods.

The Workhorse Saddle Chair Difference

The Workhorse Saddle Chair's unique seat has been modelled on the comforts of a range of horse saddles.

The saddle has been designed with countless hours of testing and refinement of the contour and cushioning to provide a comfortable sitting position.

The patented rotating backrest provides two seating positions providing important timeout for your large muscle groups.

When in the forward position it biases the abdominal muscles to stabilize the trunk, sharing the load and giving much needed relief to the back muscles. It is important that you change positions periodically when sitting for long periods.

Who is the Workhorse Saddle Chair ideal for?

- Office workers
- Students
- Desk-bound creative professionals
- Retail checkout staff
- Health practitioners & clinicians
- Hairdressers
- Researchers in labs
- Factory workers
- Repairers working at benches
- Photographers, artists, musicians
- Domestic uses like: workshop, kitchen, bar or while ironing



A Workhorse Saddle Chair to suit every body

Available in a range of colours the Workhorse Saddle Chair not only makes you feel good, it looks good too. Designed to be used with a raised desk or bench, choose from a fabric, vinyl, leather or hide finish.



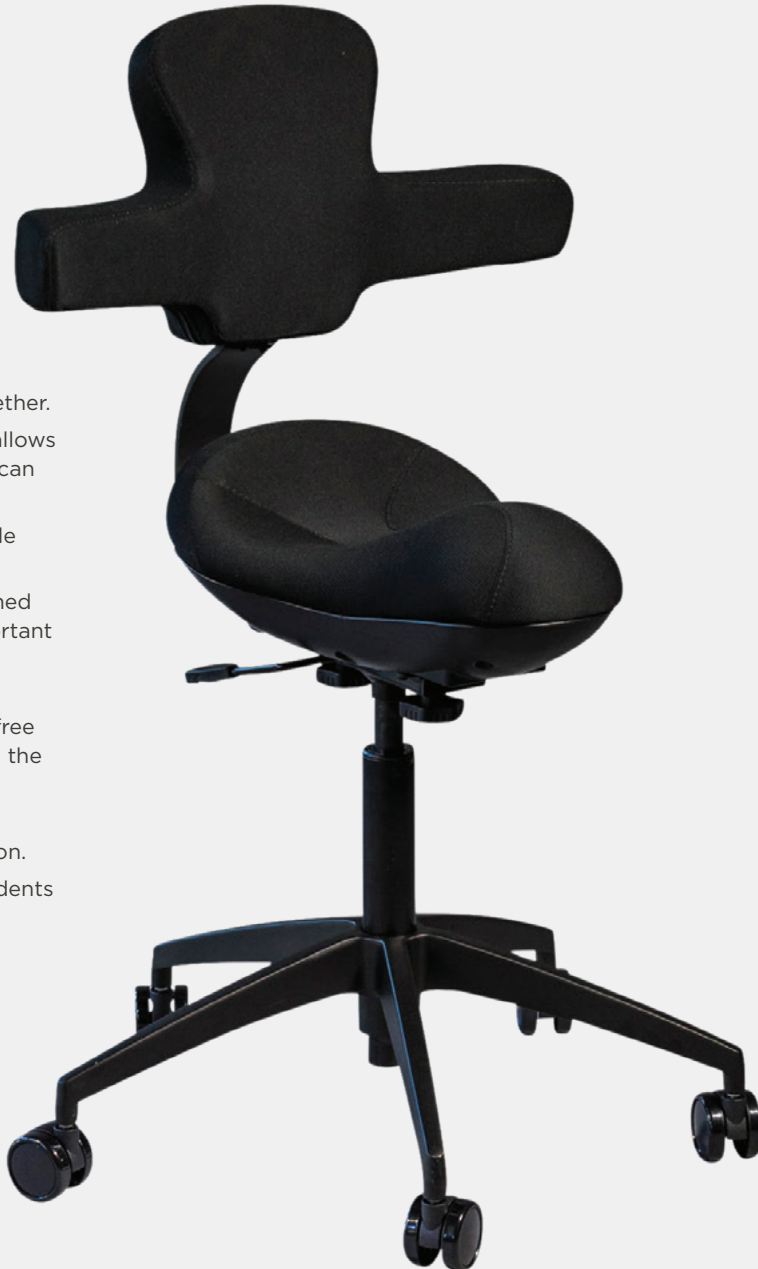


- The Pro provides top-of-the line comfort.
- Patented rotating levered backrest for the ultimate ergonomic experience.
- Allows utilisation of a broad range of muscles and by changing the backrest position, muscles can rest, regenerate and improved blood flow and can flush away toxins.
- Offers far superior work position to utilise one's hands, as they're closer to the centre of gravity. This greatly reduces the strain on muscles controlling the shoulder's and arms, improving fine hand and finger movements.
- A level of weight is maintained on the feet promoting important muscle activity in the legs while seated.
- Extremely mobile allowing free and easy movement around the workplace or home.
- Designed for use with adjustable height workstations.
- Variable height to easily slide under desks.
- Ideal for office workers, students and people who spend long hours at a desk.





- The Plus is an economical version of the Pro model.
- Versatile: the backrest can be interchanged from backwards and forward positions or removed altogether.
- Inter-changeable backrest allows for muscle timeout so they can relax and reoxygenate.
- Variable height to easily slide under desk.
- A level of weight is maintained on the feet promoting important muscle activity in the legs while seated.
- Extremely mobile allowing free and easy movement around the workplace or home.
- Designed for use with adjustable height workstation.
- Ideal for office workers, students and people who spend long hours at a desk.
- Ideal for multiple office and work applications.



- The Original without a backrest is designed for people who don't spend long periods sitting.
- A level of weight is maintained on the feet promoting important muscle activity in the legs while seated.
- Extremely mobile allowing free and easy movement around the workplace or home.
- Easy to get up and down.
- Designed for use with adjustable height workstation or without a desk.
- Optional backrest available.
- Ideal for dentists, hairdressers and clinicians.





- The Go is designed to be portable.
- Four leg, sturdy, fold-up portable version.
- Offers superior stability to three-stem tripod seats.
- Variable height.
- Easily transported and stored.
- Optional backrest.
- Ideal for musicians, artists, home-working, tradespeople, workshops etc.



- The Rise is a high end raised stool with gas lift to change heights.
- Designed to be used at a raised workstation, bench or bar.
- Ideal for partnering with a stand up desk, as a kitchen or bar stool with a broad choice of upholstery options including designer leathers and hides.





- The Slide is a four leg stable and raised stool.
- Designed to be used at a raised workstation or bench.
- Suitable for workshops, factories and laboratories.
- Ideal for a bar or kitchen stool with a broad choice of upholstery options, including designer leathers and hides.



- The Base is an inexpensive way to experience the Workhorse Saddle Chair concept of sitting.
- Portable saddle chair base to support the pelvis in its neutral position.
- To be placed on a standard chair or stool to transform your posture.
- Optional stool available.
- Suitable for school kids particular those suffering spinal postural issues like scoliosis.
- Ideal for work, school or home use.

My vision for better seated health

My name is David France. I'm a qualified chiropractor who spent 20 years treating patients' back problems. I've also spent a lifetime in and out of the saddle with horses.

So what's the connection between the two?

From my background of riding and anatomical studies, I realised that when our body sits in a saddle, we're able to maintain the ideal spinal position as if we're standing but with minimal pressure on our legs. From this understanding, my concept of the Workhorse Saddle Chair was created.

But I didn't stop there. From my years treating countless patients all afflicted with similar issues from long periods sitting, my vision to alleviate back problems grew. This vision has evolved from a passion to an obsession for me to solve the problem where it starts, and change the way the world sits.

It's resulted in a range of Workhorse Saddle Chairs that are unlike competing ergonomic chairs when it comes to design, quality materials used and comfort.

You be the judge. Your body and its well-being will thank you when you quit the way you sit.

“ The way we sit is simply wrong causing a range of health problems. I designed the Workhorse Saddle Chair to change the way the world sits for better health, performance and quality of life for all of us.

David France | Chiropractor
B.Ed.B.Sc.Grad.Dip.M.Chiro



For more information visit:
www.workhorsechair.com



The Workhorse Saddle
Chair's scientific design
is all about body-posture
intelligence for the
betterment of your
health and well-being.





www.workhorsechair.com

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