



# ErgoFlip

## Sit in motion

ErgoFlip World's First  
2 seats in 1 Active  
Ergonomic Office  
Chair and Active  
Training Stool.

ErgoFlip comes complete  
with 2 interchangeable  
seating surfaces. The  
innovative system with  
the 'Motion Cushion'  
boasts all the health  
benefits of a fit ball.  
With an effortless 'flip'  
you have the option to  
convert from conventional  
to ACTIVE sitting.

### ErgoFlip Promotes :

- Core/back strength
- Movement
- Better posture
- Balance
- Energy expenditure
- Blood flow
- Releases spinal load

**Ideal for office workers to reclaim their  
bodies from their sedentary lifestyle.**

Perfect to take to the desk to stay active and  
make it part of your home lifestyle. Allied  
Health & Fitness Professionals can benefit using  
the ErgoFlip for training, i.e. seniors, pre &  
postnatal mums, and musculoskeletal disorders.



[ergoflip.com.au](http://ergoflip.com.au)



“ Sitting for hours on end is killing our bodies. All health & fitness professionals should be training their clients on the ErgoFlip Active Stool. It covers all the elements of core strength, health, fitness and wellness. ”

Marcus Bondi

World Record Holder, Trainer & Health Fitness Coach

“ The opportunity to have my clients engage their core while sitting sets the ErgoFlip apart. By combining principles of stability training equipment ErgoFlip provides a two-in-one solution to pain and inactivity. ”

Kathryn Anderson

Physiotherapist & Master Trainer for APPI



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## Take it to your desk.

# STAY ACTIVE!

### Get inspired by our “Sit Well” program by learning from our online tutorials

Proudly manufactured in Australia and with showrooms located in Melbourne, Sydney, Brisbane, Perth. ErgoFlip® mechanisms are fitted with premium ergonomic quality features which meets the highest Australian standard. The mechanisms and components have been independently tested to AS/NZS 4438:1997 by Furntech-AFRDI.

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