

# Sitness 4D



Sitness®

Just move!

AGR  
Aktion Gesunder Rücken e.V.

certified &  
recommended



**Sitness 4D** Design by Thomas Walser

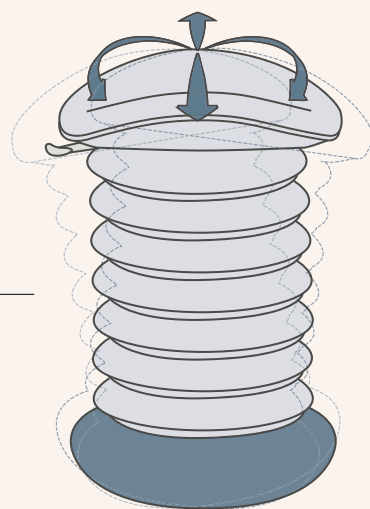
## Fit and healthy while sitting – with the Sitness® technology by Topstar.

Everyone spends over 10 hours per day in a seated position. So that's a lot of time which you simply shouldn't spend on low quality chairs or wrong seating alternatives – that could lead to incorrect posture and back pain.

The unique Sitness® technology in our chairs and seating alternatives ensures a three-dimensional sitting and keeps you moving while seated. The freedom of movement in every direction guarantees more active sitting. This allows you to unconsciously train your back muscles and thus prevent back pain.

### The Advantages of Sitness® 4D?

- + Three-dimensionally movable seat alternative for ergonomic sitting
- + Exercises your back and spinal column
- + Guarantees freedom of movement
- + Promotes an upright posture
- + Permanently agile sitting
- + Increases motivation through active sitting
- + Stimulates blood circulation
- + Improves concentration



## Sitness®

The unique Sitness® 4D technology consisting of free-floating compression and tension springs enables dynamic sitting in four dimensions.



Sitness® 4D  
Video  
[www.youtube.com](http://www.youtube.com)

Just move!





# Sitness 4D

Design by Thomas Walser

Known from TV advertising  
[www.topstar.de/en/sit-move-improve/](http://www.topstar.de/en/sit-move-improve/)





**Sitness 4D**

Design by Thomas Walser

## The moving seat alternative

Together with the Swiss designer and developer Thomas Walser, we have succeeded in bringing healthy and moving sitting into a new dimension.

Its iconic design reveals, as soon as you look at it, that something very special is hidden in the stool that can be felt immediately when you sit down. Seat and body of the Sitness 4D can be rotated 360 degrees when loaded and unloaded. Its unique technology of free-floating compression and tension springs convey an unprecedented, almost floating sitting experience that lets you swing in four dimensions.

This activates the back muscles while sitting and automatically ensures an upright sitting position. The fact that healthy sitting on a Sitness 4D is also visibly fun is just one positive side effect.



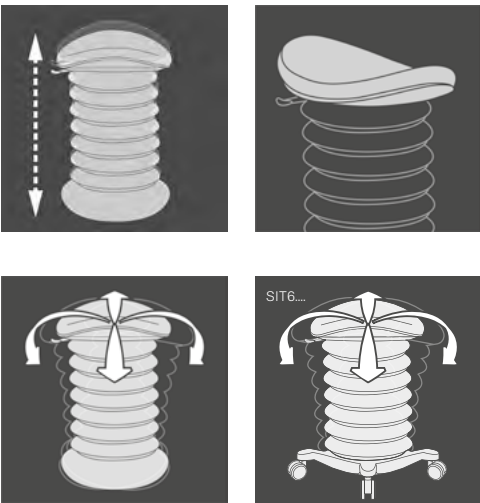




**Sitness 4D**  
Design by Thomas Walser

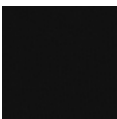
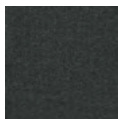
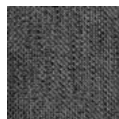





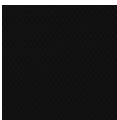




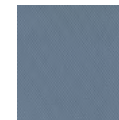


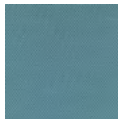

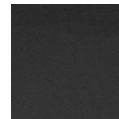

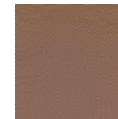
**Technical data:**

Seat height:	47 - 58 cm
Seat height (with castors):	46 - 58 cm
Seat width:	37 cm
Seat depth:	37 cm
Total height:	59 - 71 cm
Total height (with castors):	58 - 70 cm
Weight:	10.7 kg
Weight (with castors):	12.2 kg
Pallet unit:	6/pallet
Packaging unit:	1/carton



<b>Item number:</b>	SIT4....
	SIT6.... (with castors)

**Fabric and colour combinations:**

							
MU0	MU3	MZ0	MZ1	MZ3	MZ5	MZ6	MZ9
							
HI0	HI1	HI2	HI3	HI4	HI5	HI6	HI7
							
HI8	HI9	HI11	HI12	HI15	HI17		

		
black	grey	papyrus

**Plastic elements**



**Sitness 4D** Design by Thomas Walser

## Awarded with the AGR seal of quality

In a world where exercise and health in the workplace are becoming increasingly important, there is exciting news: Eight of our products have been tested by the AGR and awarded with the „Tested & Recommended“ seal of approval!

But who is the AGR actually? Aktion Gesunder Rücken (AGR) e. V. is an independent organisation with the aim of promoting back health. To this end, the AGR has developed the „Tested & Recommended“ seal of approval as a decision-making aid for consumers. Only products that are categorised as „back-friendly“ are awarded with this seal. For this assessment, an independent test commission consisting of doctors and therapists from various specialisms comes together and subjects a wide variety of products to strict test criteria.

With our AGR-certified models, you can create the most important component of a healthy working environment. Our unique Sitness® technology ensures three-dimensional sitting. The freedom of movement in every direction ensures more active sitting, which unconsciously trains the back muscles and prevents back pain.

In recognition for manufacturing  
back-friendly products, this certificate  
is awarded to



**AGR**  
Aktion Gesunder Rücken e.V.

**TOPSTAR GmbH**

Augsburger Straße 29 | D - 86863 Langenneufnach


on 23<sup>rd</sup> November 2023

**the seal of approval  
of Aktion Gesunder Rücken e. V.**  
(Campaign for Healthier Backs)

category: active sitting furniture

Certified and recommended by the  
**Bundesverband deutscher Rückenschulen e. V.**  
(Federal Association of German Back Schools)  
and the **Forum Gesunder Rücken - besser leben e. V.**  
(German Forum Healthy Back - Better Living).

**3D ONE | Sitness® 3D Stool |  
3D GAMESTOOL | Sitness® 4D**  
(all) for temporary use

  
Board of Directors AGR e. V.



**Sitness®** - a brand of Topstar GmbH.

[www.sitness.de/en](http://www.sitness.de/en)



[sitness\\_official](#)

## Topstar GmbH

Augsburger Straße 29 | 86863 Langenneufnach

Tel. +49 (0)8239/789-0

[info@topstar.de](mailto:info@topstar.de)

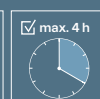
[www.topstar.de/en](http://www.topstar.de/en)



[topstar\\_gmbh](#)



Sitness 4D is a certified model by Aktion  
Gesunder Rücken e.V. in the active chair category.



Click here for more informations:

