

Sitness X Back Pro



Sitness® Just move!

AGR
Aktion Gesunder Rücken e.V.

certified &
recommended

Sitness X Back Pro

Sitness X Back Pro - Relief for the spine.

'A prolonged sitting position means lack of movement and can lead to strain with back problems.

Any rigid sitting always leads to muscle fatigue and overload. In addition, this often leads to increased hollow back formation with constrictions in the spinal canal and increased pressure on the posterior structures of the lumbar spine, the intervertebral discs and the small vertebral joints. This can not only cause low back pain, but also sciatica.'

'The Sitness® Back technology with integrated thoracic spine support absorbs the load of the upper body and can straighten the thoracic spine. It counteracts the hollow back and thus leads to an enlargement of the spinal canal and relief of the lumbar spine with a positive effect against back pain.
back pain.'

Prof. Dr. med. Dr. h.c. Joachim Grifka

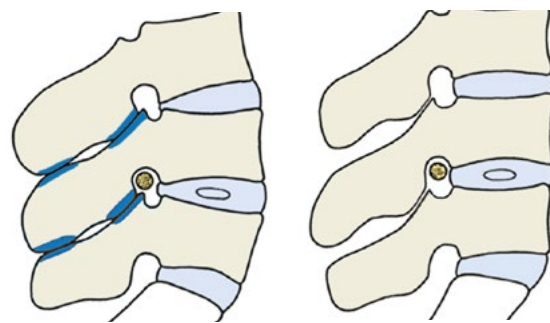
Sitness® Back was developed & patented on the basis of the scientific findings of Prof. Dr med. Dr h.c. Grifka & patented. Prof Grifka

has discovered in his many years of experience with spine patients that support in the lower shoulder area provides relief for pain patients.



The advantages of Sitness® Back (thoracic support)

- + Expansion of the spinal canal
- + Relief for the spine
- + More room for nerves
- + Reduces the pressure on the small vertebral joints



Hollow back

Straight lumbar spine

Grifka, Krämer: Orthopädie Unfallchirurgie, Springer Verlag 2013, ISBN 978-642-28874-6, S.193



Prof. Dr. med. Dr. h.c. Joachim Grifka

Sitness X Back Pro

Fit and healthy while sitting – with 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 – that could lead to incorrect posture and back pain.

The unique Sitness® technology in our chairs 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®?

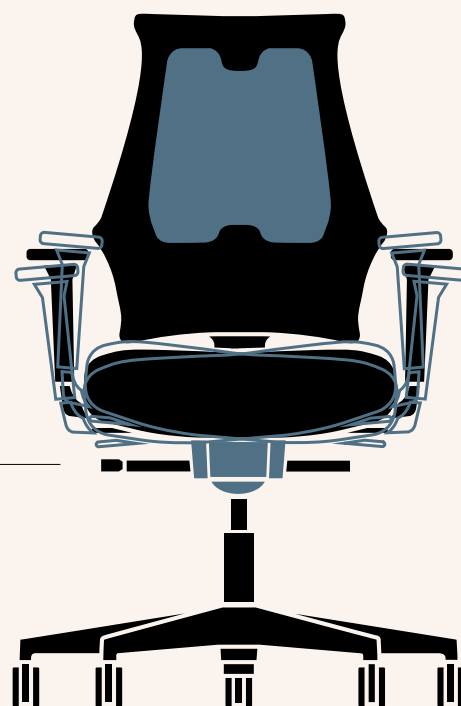
- + Exercises your back and spinal column
- + Takes pressure off the intervertebral discs
- + Guarantees freedom of movement
- + Stimulates blood circulation
- + Improves concentration
- + Increases motivation and commitment



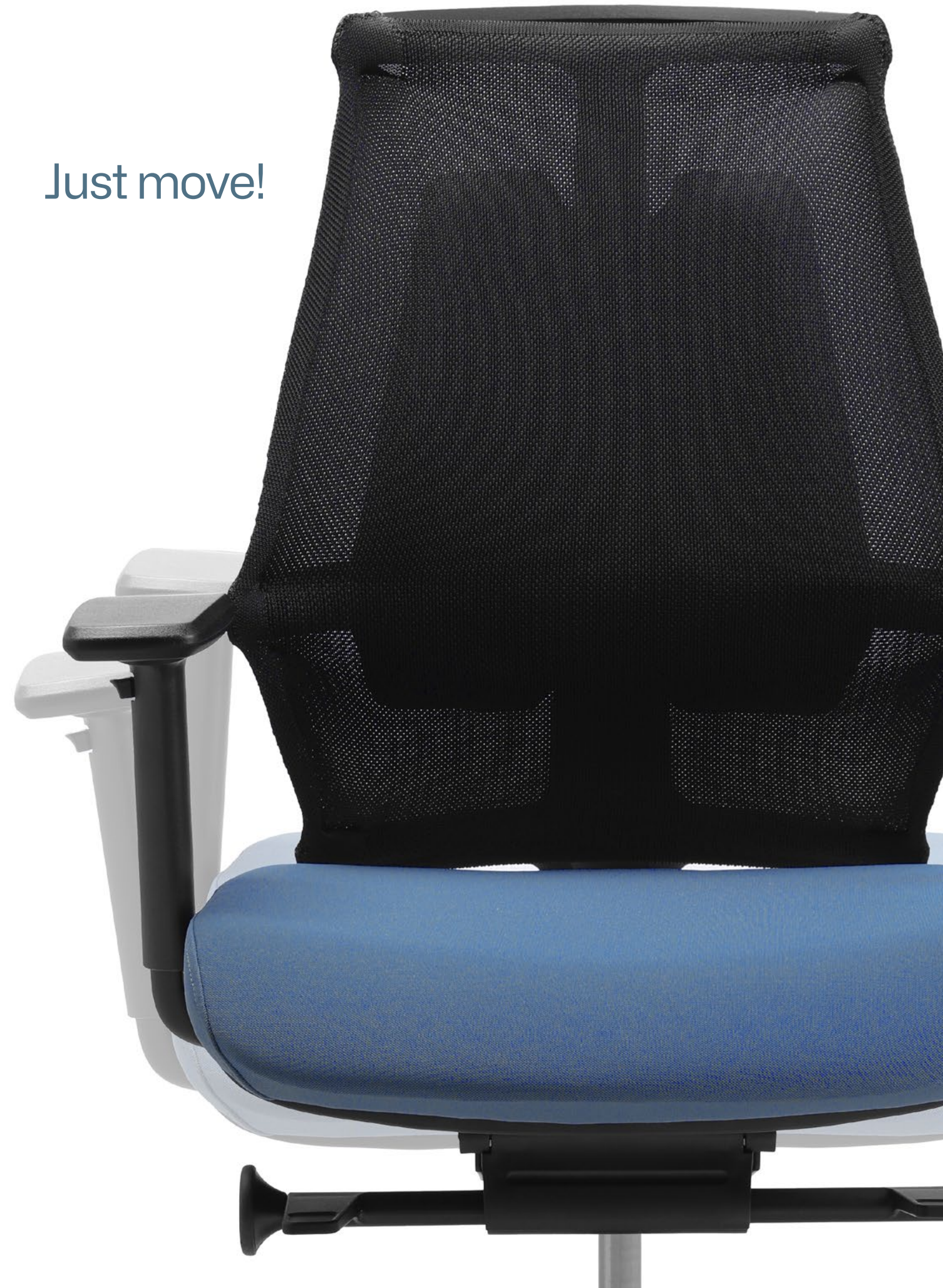
Sitness® Video
www.youtube.com

Sitness®

Our unique Sitness® technology separates the rigid connection between the lower part of the chair and the seat and creates a dynamic connection.



Just move!





Sitness X Back Pro

The Sitness® Evolution for a healthy back.

The Sitness X Back Pro combines the classic Sitness® movement technology with the revolutionary Sitness® Back technology.

With the so-called thorax support, Prof. Grifka has introduced an evolution of sitting. This support lies against the upper body and relieves pressure on the back. It has a number of medical and ergonomic advantages. Prof Dr med Dr h.c. Joachim Grifka: 'Sitness® with its great freedom of movement is ideal for integrating the Sitness® Back-Thorax support to relieve and straighten the back.'

The innovative combination of Sitness® movement in the seat and back also convinced Felix Neureuther. As a top German ski racer, he is still dealing with the after-effects of professional sport and the issue of back pain. His conclusion: Ergonomics that work and are fun at the same time!





Sitness X Back Pro



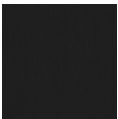
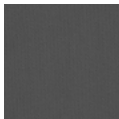


Technical data:

Seat height:	47 - 56 cm
Seat width:	49 cm
Seat depth:	42 - 48 cm
Backrest height:	66 cm
Backrest width:	49 cm
Weight:	ca. 13 kg
Pallet unit:	8/pallet
Packaging unit:	1/carton



Article number:

Hard floor castors:	SX20...
Glides:	6990 / 6990W
	6990-2

Fabric and colour combinations:

			
MT0	MT3	MT5	MT6

Sitness Back and seat

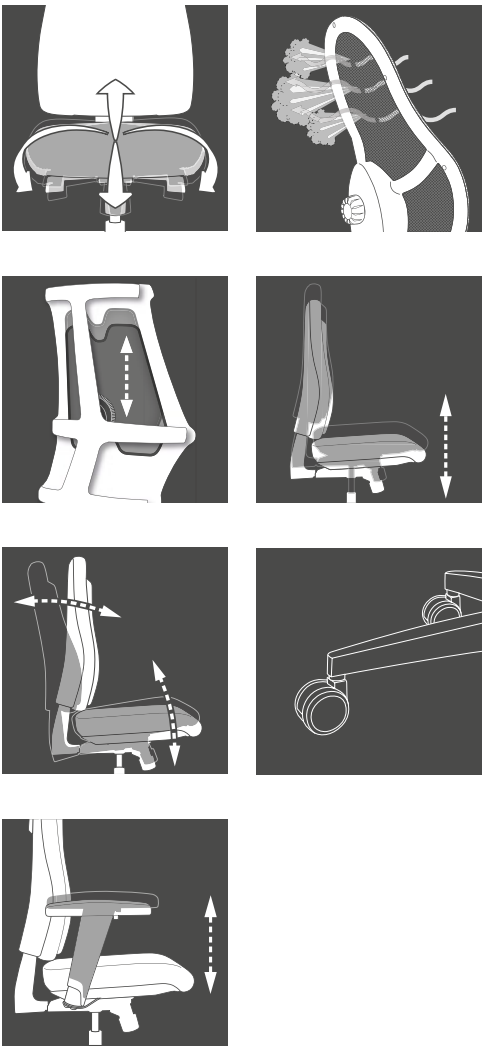
	
GW0	GW3

Mesh backrest



Hardware

black



Sitness X Back Pro

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



TOPSTAR GmbH

Augsburger Straße 29 | D - 86863 Langenneufnach


on 21st November 2024

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

category: active office chairs

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).

Sitness X-Back Pro


Board of Directors AGR e. V.



Sitness® - a brand of Topstar GmbH.

www.sitness.de/en



sitness_official

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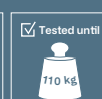
www.topstar.de/en



topstar_gmbh



Sitness X Back Pro is a certified model by Aktion
Gesunder Rücken e.V. in the active chair category.



Click here for further information:

