



MOVY TASK CHAIR

BY INTERSTUHL

Ergonomics expert **Levent Çağlar** examines the latest task chair Movy from Interstuhl, looking at seven main categories of interest for the user, and gives points of comparison in its three main rivals



DESIGN

Movy has been designed to be ecologically responsible, light and comfortable while being affordable. The transparent mesh, clean lines and style of the white frame and base give it a distinctive look that fits well into efficient workspaces. The backrest and seat pad are separate, joined only through the synchronous mechanism, while the seat pad appears to float through the open jaw of the backrest frame. The backrest's rectangular look from the front is softened by the seat pad's rounded corners and frame.

Movy looks light, and conceals its mechanism well in a curved unit on which the frame slides.

DYNAMIC SITTING

Movy's smooth synchronous motion encourages the user to move continuously and thereby avoid unhealthy static postures.

Its well-engineered mechanism achieves this particularly successfully because, when the tension has been correctly set, any angle of recline can be effortlessly maintained. The amount of recline can be changed by slight movements of body weight, so the user feels as if they are floating. The backrest is supportive without the user feeling they are being pushed forwards or falling backwards. The backrest can be locked upright or in reclined positions.

BACKREST

The mesh backrest deforms appropriately to match the back and provides good support for the whole of the back, including the lumbar region. An optional retrofittable pliable lumbar pad can be easily adjusted in height and depth. This is effective and comfortable. The frame and

mesh is also in black and there is an upholstered backrest option.

SEAT

The seat pad is soft and comfortable. The hard base isn't felt even after sitting for a long time. The front waterfall effect allows the user to lean forwards comfortably, and the small optional seat tilt lets them tilt the seat forward to open up the angle between torso and legs. In reclining, the seat pad front raises only very slightly so the users' feet do not lift off the floor. It is easy to slide the seat pad forwards and backwards a long way to support the thighs for the very short or very tall.

ADJUSTMENT

The tension can be easily adjusted to fit a huge range of body weights with only 1.5 turns between minimum to maximum tension, though

increasing the tension is harder than decreasing it, and may rub the palm of the hand.

ARMRESTS

The armrests are an integral part of the backrest, so stay in touch with arms as the user reclines. The slim, firm cushioning on the large, angular arm pads makes them comfortable even when elbows are rested on them. The armrests adjust in height to suit everyone, but thinner users may need the optional 3D or 4D armrests to narrow the width between them. The armrests are long, so shorter users with the seat at its minimum depth may find that they cannot get as close to their desks as they wish without the 4D armrests, the only ones that are depth adjustable.

ENVIRONMENTAL

Movy is 98 per cent recyclable. Parts are easily separable.

VERDICT Movy is a very comfortable chair that encourages healthy, dynamic sitting for a very wide range of weights of users. It looks good and is well-engineered with a high-quality finish. It is affordable but, in order to ensure that a wide range of users fit well into the chair, you would need to specify at least the 4D armrest option. ●●●●●