



## ERGO BALANCE

ACTIVATE THE BACK WHILE SITTING –  
TO STAY FIT AND HEALTHY IN THE OFFICE

A large, stylized graphic of the letter 'E' in a light gray color, which serves as a background for the main title. A thin green line follows the inner curve of the 'E'.

ERGO  
balance

# MOVE AND BE ACTIVE WHILE SITTING



**THIS KEEPS YOU FIT IN  
THE OFFICE**



Physical movement is good for us and important for preventing muscular and skeletal disorders. Yet despite this, back problems are the most frequent cause of days of absence in offices. To enable people to actively move even when at their desk, ROVO has developed a concept that allows more natural freedom of movement while sitting. ERGO BALANCE is the office chair movement mechanism for three-dimensional dynamics. It encourages spontaneous changes of position, moves the muscles and activates the blood circulation, plus in doing so provides a boost of freshness for the body and mind.

The patented ERGO BALANCE technology offers a unique, smooth sequence of movements and has proven its success thousands of times over since the market launch in 2010.



# UNHEALTHY AND EXPENSIVE

## A LACK OF MOVEMENT WHEN SITTING COMES WITH CONSEQUENCES

Muscular and skeletal disorders plus cardiovascular problems are the main threats to modern office workers. The most common cause: sitting! We sit for long and extensive periods every day – for an average of 9 hours or usually even longer in the case of office workers. If we add on the time spent commuting and what we do in our spare time, this quickly comes to 15 hours of sitting per day. It is therefore unsurprising that back problems alone are the cause of quarter of all days of sick leave. According to a study by the Federal Institute for Occupational Safety and Health from 2019, the annual cost of production downtime due to musculoskeletal disorders is EUR 17.2 billion per year. The German health insurance fund “Techniker Krankenkasse (TK)” calculates that 164,000 employees miss work each day for this reason, causing average **downtime costs of EUR 400.00** per person per day. Everydays office environment can be improved by making workstations more ergonomic and integrating more movement – unconsciously, naturally and as a matter of course.

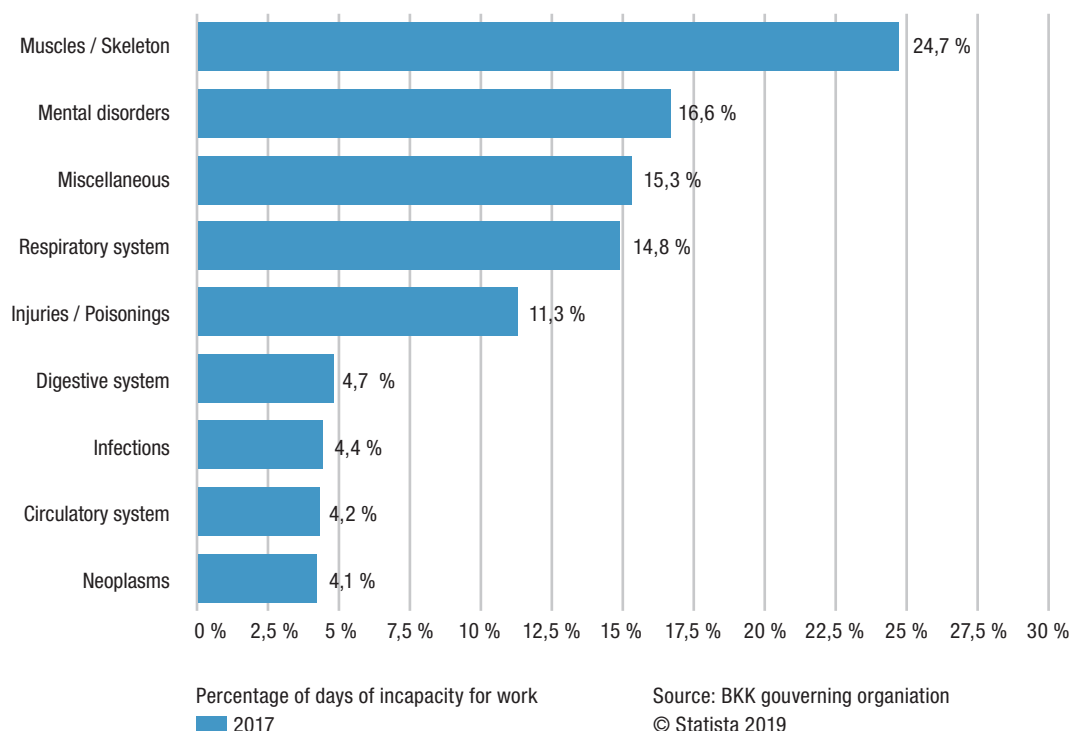
**66**  
%

Two-thirds of adult Germans have occasional or constant back problems.  
(TK movement study 2016)

**17,2**  
billion

The annual cost of production downtime due to musculoskeletal disorders is EUR 17.2 billion.  
(Federal Institute for Occupational Safety and Health 2019)

### Percentage of the main types of illness in Germany in 2017



**9,0**  
hours

People sit for an average of 9 hours per day.  
(ZEIT online 2019)

**19,9**  
days

People on sick leave due to musculoskeletal disorders miss an average of 19.9 days of work.  
(BKK health report 2018)



**40% of professionals work mainly in a sitting position (TK 2016):**

The secret has long been out that people are not designed for sitting. In everyday office life, back problems, especially involving the shoulders and neck as well as the lumbar area, are among the most common causes of illness.

- Prolonged sitting makes you tired 1
- A lack of movement can lead to elevated blood lipid levels. The oxygen supply lowers 2
- Muscles become tense and weakened 3
- The body and metabolism work in economy mode 4
- Poor posture puts pressure on the intervertebral discs. Their nutrient supply declines 5
- The risk of vascular calcification and venous disorders increases 6

THE NUMBER OF DAYS OF INCAPACITY FOR WORK DUE TO MUSCOLOSKELETAL DISORDERS INCREASED BY 35% BETWEEN 2007 AND 2017. (BKK health report 2018)



# ERGO BALANCE TECHNOLOGY

## 360° FREEDOM OF MOVEMENT

ERGO BALANCE offers three-dimensional freedom of movement when sitting. From a technical perspective, all ERGO BALANCE chairs use the ERGO BALANCE system with an integrated synchro-mechanism and the balance element with two different elastomers. This gives 360° freedom of movement to the office chairs' seats and backrests. You can move in a similar way as you do on a sitting ball – but in a controlled, measured and safe manner. Thanks to the dynamic behaviour of the elastomers, the body's centre of gravity is balanced in all sitting positions.

Small pelvic movements and micro-movements of the muscles are triggered, thereby activating the back muscles. The blood circulation and oxygen supply are stimulated and the hydration of the intervertebral discs is increased. ERGO BALANCE automatically encourages active movement and a natural, healthier posture.



Picture on the right side: ERGO BALANCE NEXT, the new generation of movement mechanism, is the solution for customized sitting comfort. It can be enabled or disabled by a quarter-turn of the adjustment ring, making it quick and easy to switch between a pure synchro-mechanism and ERGO BALANCE enabling an active back while sitting. This makes it an expedient option for chairs – especially when furnishing commercial properties.



# WORK. LIFE. ERGO BALANCE.

## THE BEST WAY TO PREVENT BACK PAIN

Micro-movements of the muscles are tiny contractions that occur imperceptibly several times per second. They stimulate the metabolism throughout the body, giving them a huge influence on our physical performance. Movement also encourages the hydration of the intervertebral discs.

Balanced sitting with ERGO BALANCE triggers these micro-movements, reactively trains the postural muscles and stabilises the trunk muscles. You remain active, even when sitting. Potential muscle tension is prevented and both the back and all organs benefit. The spinal movement promotes the supply of fluid and nutrients to the intervertebral discs and relieves strain on them. Movement activates the blood circulation and stimulates the metabolism. The entire body is supplied with extra oxygen. You feel focused and powerful because the brain can work at full capacity.

ERGO BALANCE activates people when sitting, thereby improving physical and mental fitness naturally.

### STIMULATES

Invigorates the muscles. Relieves the intervertebral discs and prevents postural problems.



### MOTIVATES

Supports the natural need for movement and improves performance.



### ACTIVATES

Relieves the spine Improves the blood circulation. Activates the circulatory system and promotes concentration.





### Three-dimensional sitting dynamics:

Anyone who works sitting down and can move while doing so effectively prevents back disorders. At the same time, movement improves general well-being.

## ERGO BALANCE

- Activates the back muscles



- Stimulates circulation and metabolic processes



- Relieves the spine and maintains the elasticity of the intervertebral discs



- Encourages movement and changes of sitting position



- Offers a harmonious, balanced sitting experience



- Effectively prevents muscular and skeletal disorders



## MUSCLE CONTRACTION AND RELAXATION.

THIS BALANCE IS  
THE KEY TO HEALTHY  
SITTING.

# ROVO R12

**DISTINCTIVE  
DESIGNED LINES**  
CONTRIBUTIONS  
TO OFFICE CULTURE



6060 EB NEXT



6070 EB NEXT

The slim line is characteristic for this chair design. Executed with mesh fabric, the lamellas are permeable to light. Even in the version with upholstery, this structure is emphasised by the welded fabric. If seat and back cushions will be realized in Bicolor, interesting colour accents can be set. Equipped with ERGO BALANCE technique, ROVO R12 is the activating office chair for all requirements concerning movement.



TRIBECA DESIGNS

# ROVO R16

## STRIKING SILHOUETTE FILIGREE APPEARANCE

The characteristic feature of the ROVO R16 is the slim back profile: Light, ergonomic and distinctive. The back design was inspired by the shape and static of a bridge pillar. The silhouette features two high-curved arms holding the back frame in a Y-shape. The mesh covering offers interesting perspectives on the design. The typical designer base is available in black plastic for the first time – with excellent stress properties. The form and function was rewarded with the German Design Award Winner 2019.



3250 A EB



3040 EB NEXT



3030 EB

TRIBECA DESIGNS



# ROVO XP

## THE ART OF RELAXATION COMPETENCE IN SITTING COMFORT

The large ROVO XP product family offers attractive solutions for all working areas in the office. The contour of the backrest with perfect support function has a very positive impact on the relaxation. Particularly remarkable are the cushions of the seat and the back, offering optimum convenience. The ergonomically shaped seat encourages blood flow to the legs. Different comfort mechanisms, height-adjustable backrest, the lumbar support AIR PLUS – ROVO XP is completely designed for individual adjustment requirements. The version with the ERGO BALANCE technique offers in addition three-dimensional freedom of movement and activates the change of posture. You have the choice.



4015 EB NEXT



4020 EB





**4030 EB NEXT**



**4045 EB NEXT** with plastic back shell

## ADJUSTED TO TOP PERFORMANCE DISTINCTIVE SHAPE

If workplaces are used by several employees or in shiftwork, ROVO XP offers interesting options. Equipped with the automatic function, this chair adapts spontaneously to the weight of the user and automatically ensures ergonomically optimized sitting. The ROVO XP with S24 mechanism is designed to be particularly robust in terms of technology and upholstery fabric – especially for the 24-hour usage or for well proportioned people. With the wide selection of matching visitor chairs, ROVO XP is the ideal program for ambitious facility requirements. The extensive range of fabrics and leathers enables sophisticated interior concepts to be realized.



# ROVO **ECO**

## THE OFFICE CHAIR

### TIMELESS, CLEAR AND FUNCTIONAL

Wide cushions, synchro-mechanism, individual adjustments. The robust ROVO ECO chair series with plastic back shell offers a lot. It suits for low budgets and the various versions with multiple heights of backrests, seat sizes and adjustment areas make it possible to adapt these chairs equally to large and to small people. In addition, equipped with ERGO BALANCE technique, ROVO ECO also encourages moving when sitting. This is really fun and keeps awake both body and mind.



1050 EB NEXT



1060 EB



# ROVO SOLO

**BALANCING ACT**  
SIT. STAND. MOVE.



3810 with monopad

3810



3850 artificial leather carbon optics

Design: **GECCO VISION**



To quickly take a seat or to stand together for a short time. The sitstand ROVO SOLO really brings new life into the workplace – at small meetings, creative team meetings, during a quick exchange of ideas with colleagues. The core of this health-promoting seating concept is the ERGO BALANCE technology, which is integrated both in the base and under the seat. ROVO SOLO compresses smoothly and encourages to a variety of movements. It provides a secure hold and a good sitting feeling in every position, because the further you move to the side, the stronger will be the counter-pressure of the ERGO BALANCE technique. Equipped with the continuous gas spring height adjustment, ROVO SOLO can be perfectly adjusted to almost all body sizes. ROVO SOLO has been honoured with the GOOD DESIGN AWARD by the Chicago Athenaeum Museum of Architecture and Design.



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The development and production of ergonomic office seating is part of ROVO's corporate culture, as too is its Loßburg site in the Black Forest. As a leading company for dynamic sitting, ROVO has worked with the consistency and innovative spirit typical of this region to establish a top position on the market. Sitting concepts that enable natural freedom of movement in the office and create new types of sitting are developed in cooperation with occupational physicians, physiotherapists and international designers. The aim is always to promote active sitting through changes of position in order to improve well-being and concentration.



**INNOVATIONSPREIS  
ERGONOMIE 2019**

Thanks to this entrepreneurial work in the field of ergonomics, ROVO was one of the first companies to receive the Innovation Prize for Ergonomics 2019 from

the IGR – Institut für Gesundheit und Ergonomie e.V. (Institute for Health and Ergonomics).

**We keep you in motion – especially when sitting!**