

INNOVATIVE  
**METTA**<sup>®</sup>  
ERGONOMICS



Dynamic chairs  
METTA Y  
4D Free Triumph

**2 YEARS  
WARRANTY**

More information at  
[metta-germany.com](http://metta-germany.com)




METTA — multinational company that designs, manufactures and distributes ergonomic swivel chairs for over 25 years, making over 10,000,000 people happy. Our passion is to develop most comfortable, ergonomic and durable swivel chairs with great design that can be used in any purpose by anyone thanks to its largest customization.

Largest office chair customization offers over 1 billion unique products to satisfy any demand in your region. With a short lead time, customer service and a capacity of 100,000 chairs per month, we provide unprecedented flexibility and ease of working with us.

# Our mission – "to enhance the well-being and success of individuals across the globe".



Our chairs are certified as ergonomic and compliant with the European Union standards in terms of operation safety and environmental



**CERTIFICATE  
of Compliance**


Cert No: 030-03-026-00026-rev01  
Date of issue (revision): 19/10/2021

<b>Holder / Manufacturer</b>	: METTA COMPANY Dervenskaya pereprava, 17b, Ufa, Bashkortostan, 450019 Russian Federation
<b>Product description</b>	: Office work chairs "METTA Chair Series"
<b>Requirements and Standard(s)</b>	: EN 1335-1:2020 «Office furniture. Office work chair. Dimensions. Determination of dimensions» EN 1335-2:2018 «Office furniture. Office work chair. Safety requirements»
<b>Report No.</b>	: 030-03-027-00082

SWISS APPROVAL TECHNISCHE BEWERTUNG S.A. as a Third Party Inspection Body, hereby certifies that:  
The above mentioned products office work chairs "METTA Chair Series" were witnessed by us during testing and we confirm that the products are in compliance with the above mentioned standards and requirements for up to 8 hours continuous use.  
All specimens are classified according to EN 1335-1, with type "A".


This Certificate is issued in conjunction with the above mentioned Report and reflects findings during inspection time and place only for the product and configuration described above and does not discharge buyer and/or seller from their contractual responsibilities.

Any modifications to the Technical File should be first submitted to our Company to ensure further validity of this attestation.



on behalf of this Company  
ALEXANDR ZAFAROV

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**CERTIFICATE  
of Compliance**

Cert No: 030-03-026-00129\_rev02  
Date of issue (revision): 19/10/2021

<b>Holder / Manufacturer</b>	: METTA COMPANY Dervenskaya pereprava, 17b, Ufa, Bashkortostan, 450019 Russian Federation
<b>Product description</b>	: Office work chairs "Samurai Series"
<b>Requirements and Standard(s)</b>	: EN 1335-1:2020 «Office furniture. Office work chair. Dimensions. Determination of dimensions» EN 1335-2:2018 «Office furniture. Office work chair. Safety requirements»
<b>Report No.</b>	: 030-03-027-00015

SWISS APPROVAL TECHNISCHE BEWERTUNG S.A. as a Third Party Inspection Body, hereby certifies that:  
The above mentioned products office work chairs "Samurai Series" were witnessed by us during testing and we confirm that the products are in compliance with the above mentioned standards and requirements for up to 12 hours continuous use.  
All specimens are classified according to EN 1335-1, with type "A".

This Certificate is issued in conjunction with the above mentioned Report and reflects findings during inspection time and place only for the product and configuration described above and does not discharge buyer and/or seller from their contractual responsibilities.

Any modifications to the Technical File should be first submitted to our Company to ensure further validity of this attestation.



on behalf of this Company  
ALEXANDR ZAFAROV

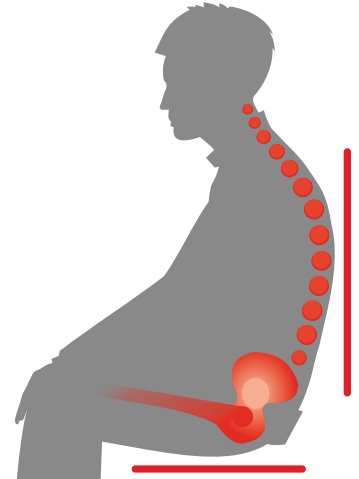
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# METTA - is your bodyguard

## Too often our office chairs cannot maintain proper sitting position:

- intervertebral discs overload and compression inducing their subsequent protrusion and destruction
- spinal nerves pinching and inflammation which carry motor, sensory, and autonomic signals between the spinal cord and the body
- back muscles, organs of thoracic cavity and coxofemoral circulatory disturbances
- leg lymph and blood circulation stasis
- points of chair contact overheating



## METTA chair series do not only guarantee complete back relaxation, but also prevent diseases development, caused by sedentary work type

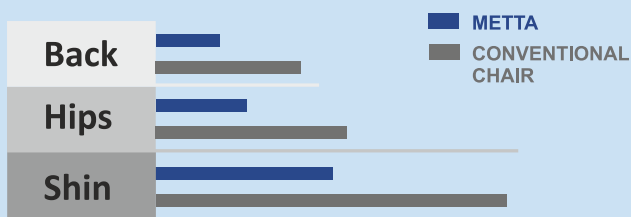


- Ergonomic shape of METTA backrest and the seat corresponds to the anatomic human body shape. The loads are steady induced to the surface area of the headrest and the seat decrease muscles fatigue and facilitating blood circulation
- Breathable, heat - dispersive upholstery materials keep the body temperature balance
- Due to the separate seat and backrest tilting, synchro mechanism enables to unbend the body from time to time that improves blood circulation and loosens back
- All types of personal settings ensure:
  - 2D steel-frame chrome covered lumbar support: adjustable for height, adjustable for depth;
  - seat depth and tilt adjustment;
  - 3D headrest - height, depth and tilting angle adjustment;
  - 4D armrest - height, armrest pad width, armrest pad depth, armrest pad shifting angle adjustment;
  - 5D armrest - height, back and front. The clearance between the armrests during installation, the rotation of the armpad by 360°. 2 points of rotation rotation: 60° inside, 30° outside. The armrests pads have very soft velvety surface of the upper part (Having

Scientific studies revealed METTA chair to reduce significantly the muscle tension and even distribution of the load over the body surface.

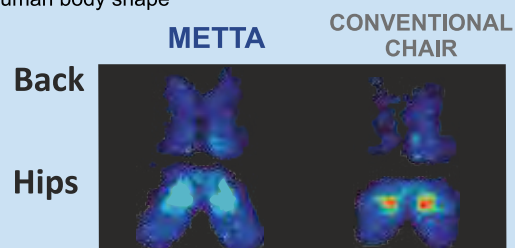
### Muscle tension

Compared with conventional chairs stress to the back, hips and legs is sufficiently reduced while sitting on METTA



### Load distribution

The METTA backrest and seat corresponds to the anatomic human body shape



**METTA is a real health protector!**

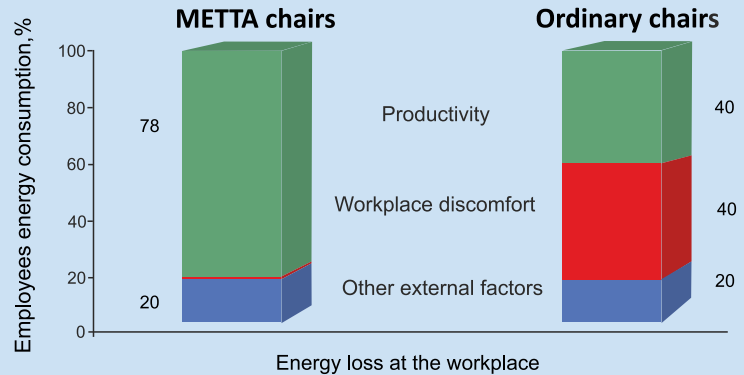
# METTA CHAIRS WITH UNIQUE ERGONOMIC FEATURES, GUARANTEE HIGH STAFF CAPACITY

It is well known:

**Comfortable ergonomic work space increases staff capacity by 40%**

[Bundesantalt für Arbeitsschutz und Arbeitsmedizin, bAuA]

- ✓ overall sense of well-being improvement
- ✓ elevation of attentiveness
- ✓ high level of concentration
- ✓ the number of errors decrease



The cost of METTA chairs is reimbursed in two months, and then, provide a tangible income

## 1) Due to increase of productivity

According to Schwarz & Neumann forschung Unternehmen GmbH only due to increased employee productivity, the METTA chair pays off within 2 month:

$$2\,100 \times 0,15 \times 11 = 3\,465 \text{ €}$$

(personnel productivity for 1 month)

(15%-minimal productivity enhancement using SAMURAI)

(month)



Net profit per an employee by METTA chair operating

3 715 €



Chair cost will be reimbursed in 2 months:

$$350 / (2\,100 \times 0,15) = 0,8$$

(cost of chair)

(personnel productivity for 1 month)

(15%-minimal productivity enhancement using METTA)



350 €  
The average cost of chair



The average cost of METTA chair is only 350 €

## 2) Reduce the number of sick leave days

Non-ergonomic workplace causes 30% office employees diseases [Gesundes sitzen. StolComfort]

One day absence of a qualified professional at work costs the company on average 100€, even 5 days your staff "Sick leave" reduction, brings your company 500 € income per year

**3 715 €\* of pure income**  
after 1 year of usage

$$*3\,465 + 500 - 350 = 3\,615$$



# METTA Y

## **NEW GENERATION OF DYNAMIC CHAIRS SERIES METTA Y**

Experience the new  
standard of proper seating!

METTA Y innovative chairs are a combination  
of high-quality ergonomic chairs and the patented  
3D dynamic sitting technology.

When you sit in a METTA Y chair your every move will  
be converted by the chair mechanism to keep your  
body in the perfect balance and comfort.

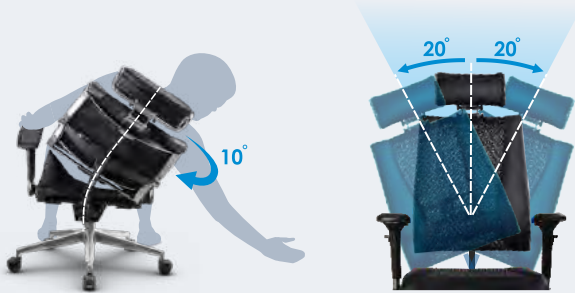
# METTA Y 3D Elastic

- Independent backrest and seat tilt
- Freedom of movement, side bends
- Dynamic side bends support



# Freedom of movement

METTA Y chair follows every movement of the user's body, giving a new level of comfort and activity, it allows you to feel happy, stay healthy, develop and maintain your potential productivity.



## Dynamic support

The special backrest support design creates a flexible joint that supports the body during all turns and tilts, providing multidimensional movement.

The chair allows you to simultaneously recline the chair backrest, lean both to the side and back, while providing reliable support for the lumbar area and shoulders.





# METTA Y



## Adaptive movable backrest

The adaptive movable backrest unique design, allows you to additionally decline backwards in order to straighten up, straighten your shoulders, relieve tension from your muscles, normalize blood flow and eliminate muscle stagnation .

The unique backrest angle adjustment system allows you to adjust the initial vertical position at preferable angle.



# METTA Y





### The seat surface angle adjustment SAA mechanism

of the chair adjusts the angle of inclination, allowing you to raise or make lower the front part of the seat.

The lowered front part of the seat reduces pressure on the lumbar part, ensures correct posture and facilitates blood flow to the legs and feet. The user, in the inclined to the front position with a shifted support is forced to keep the spine in a neutral position. Being in this position daily reduces the risk of diseases of the spine and legs and is their prevention.

Ideal for working at a desk with a keyboard.



### Adjustable lumbar support ALS

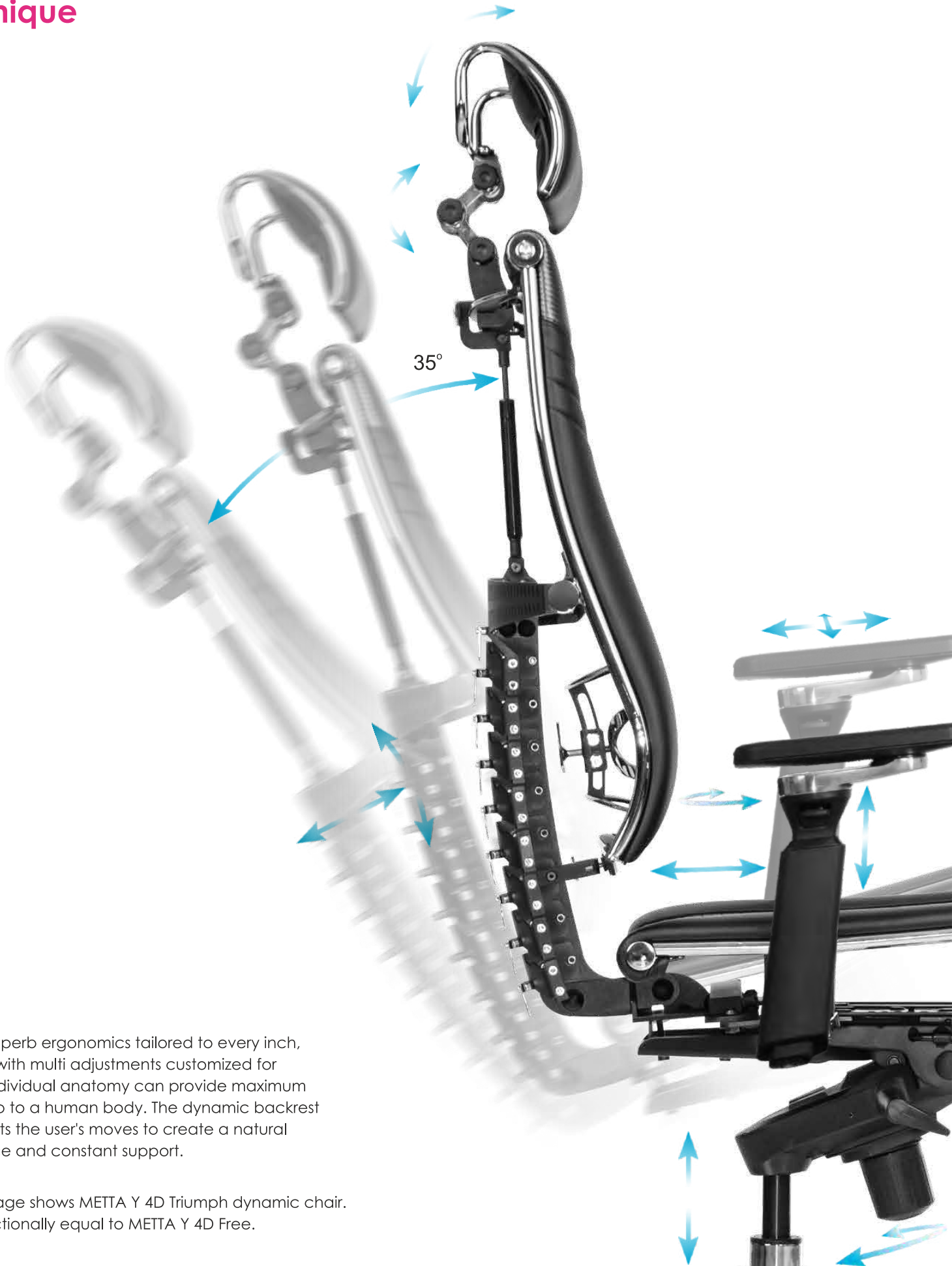
ALS allows you to adjust the proper position of the user's back in the chair, maintaining the natural curve of the spine, evenly distributing the load over the entire back.

Adjusting the height, depth and hardness of the ALS allows you to fill the space between the lumbar spine and the seat, providing a comfortable position and contributing to good posture.



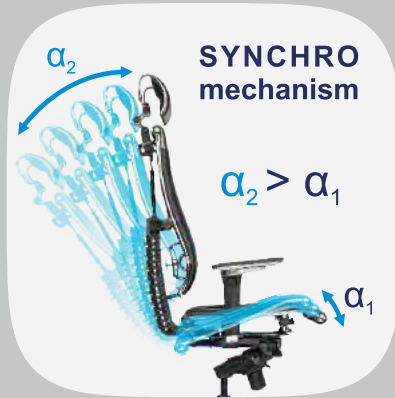
The progressive design of this part harmoniously complements the high-tech design of the chair

# All possible adjustments + unique



Only superb ergonomics tailored to every inch, along with multi adjustments customized for your individual anatomy can provide maximum tune up to a human body. The dynamic backrest converts the user's moves to create a natural balance and constant support.

The image shows METTA Y 4D Triumph dynamic chair. It's functionally equal to METTA Y 4D Free.



Allows the body to unbend improving blood flow



Steel-frame lumbar adjustment

unique



Stiffness adjustment of the lumbar support and seat



Freedom of movement, side bends

unique



Dynamic side support

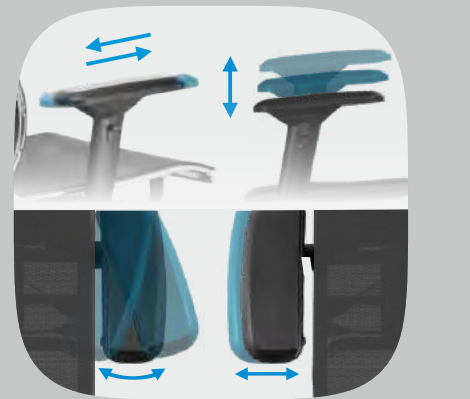


Adaptive movable backrest, additional recline

unique



The seat surface angle adjustment SAA mechanism and seat depth adjustment



Adjustable armrests

# METTA Y 3D ELASTIC DYNAMIC CHAIRS



Y 3DE B2-14D  
 Mesh(YM93)+EcoLeather(Infinity)  
 /Kc09/Nc09/D04P/H2cL-3D  
 (MSS3.2AI/M26.B32.G25.W03)  
**№0015404**

Chair size B

Infinity Easy Clean Eco-Leather,  
 black

**YM93** Mesh Fabric,  
 black

- Separate seat and backrest tilting
- Freedom of movement, side bends
- Dynamic side bends support

- A mesh upholstery chair will let your body breathe and maintain the natural temperature balance
- Eco-leather is combined with mesh fabric to highlight the exquisite style of the chair. Yet the mesh fabric touches the body and lets it breathe, while the leather side support is responsible for ultimate comfort
- The nearly see-through texture keeps the space around airy and light



Y 3DE B2-14D  
 Mesh(YM93)+EcoLeather(Infinity)  
 /Kc09/Nc09/D04P/H2cL-3D  
 (MSS3.2AI/M26.B32.G25.W03)  
**№0015404**

Chair size B

YM93 Mesh Fabric, black,  
 with SY271 double upholstery,  
 black

On sale soon

Updated back spine design



I N N O V A T I V E  
**METTA**<sup>®</sup>  
E R G O N O M I C S

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