



## PRO-GRADE ERGONOMICS

with CloudSwap™ Technology

When we set out to create the best performance gaming chairs in the world, we made it our commitment to continually listen to feedback from our community. The Secretlab Professional Footrest (CloudSwap™ Technology) you've just unboxed is the pro-grade accompaniment to your Secretlab gaming chair, designed for professionals and gamers who desire peak performance. Take full control over your preferred dynamic and stationary ergonomic support from head to toe.

PATENT-PENDING



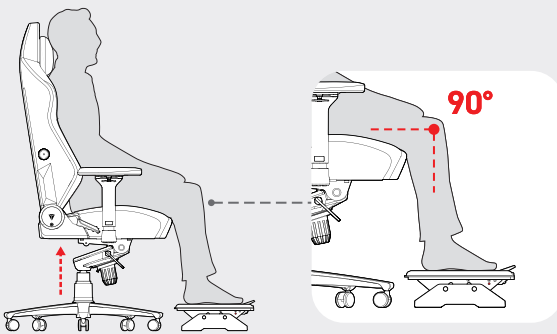




ERGONOMIC TIPS

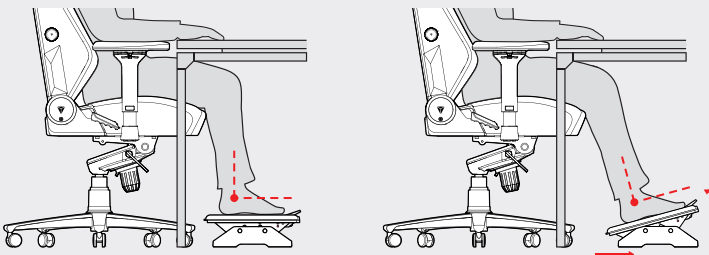
Precise ergonomics and pro-grade support, all in one footrest.

The Secretlab Professional Footrest (CloudSwap™ Technology) — or Footrest Pro — elevates your overall sitting experience. Our Ergonomics Advisory Board shares tips on how you can utilize your new footrest for better sitting posture and circulation.



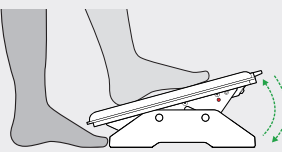
**Keep your knees bent at 90°**  
With the soles of your feet in full contact on Footrest Pro, adjust your chair height to keep your knees comfortably bent at 90° and level with or just below your hips.

This helps to reduce pressure on your glutes, hamstrings, back of knees and buttocks, letting you stay supported and well relaxed.



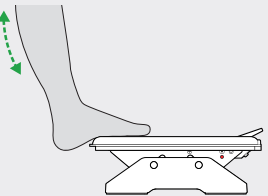
**Maintain your ankles in neutral position**  
Lock the footrest at 0° incline when sitting in an upright position, with your knees bent at 90°. If the footrest is shifted further away under the desk, increase the incline angle of the footrest to maintain a neutral ankle position.

Avoid having the footrest tucked directly below your chair.

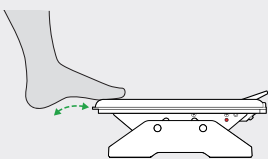


**Move for better circulation**  
When sitting for prolonged periods, move your legs from side to side across the surface at least 2-4 times per hour.

Alternatively, switch to Dynamic mode for some light exercise. Keep one foot on the floor for stability, and slowly perform ankle pumps by rocking the footrest back and forth with the other. Switch to the other foot after 30-60 seconds.



**Stretch to reduce stiffness**  
**Calf Stretch:** In Stationary mode at 0°, place the pads of your feet on the edge of the footrest with the heels hanging off. Push the heels towards the ground — without lifting your feet from the footrest — until you feel a stretch at the back of the calf. Hold for 30-60 seconds.



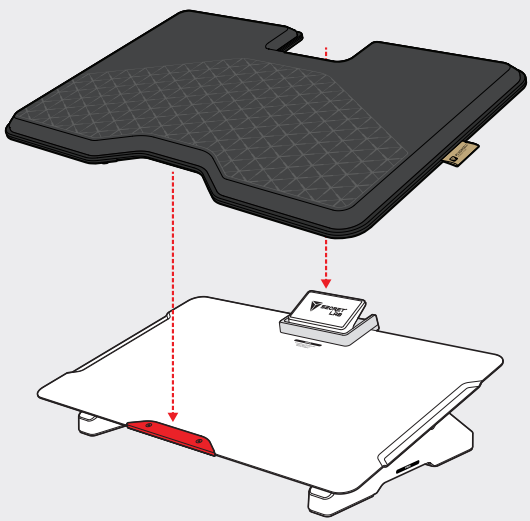
**Foot Stretch:** In Stationary mode at 0°, place your forefoot on the edge of the footrest, with the heel above the ground. Gently push the heel toward the ground — without lifting your foot from the footrest — until you feel a stretch at the bottom of the foot. Hold for 30-60 seconds.

INSTALLATION GUIDE

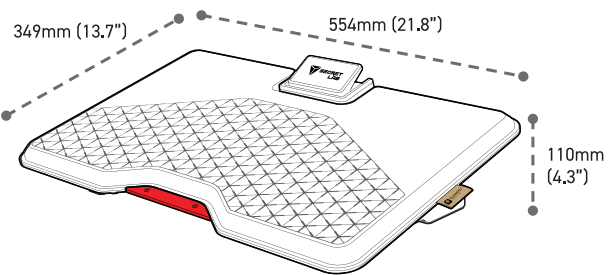
FOOTREST TOP ATTACHMENT

Position the mat by aligning the top and bottom cutouts to the Footrest Pro's pedal neck (grey) and bottom clip (red). Press down around the edges of the Footrest Top to secure it onto the footrest.

**Note:** Only for CloudSwap™ Compatible Footrest Tops



PRODUCT SPECIFICATIONS



**Platform Size:** 554 (L) x 349 (W) (21.8 x 13.7")  
**Product Height:** 110 mm (4.3")  
**Height Adjustment Range:** 110 - 130mm (4.3 - 5.1")  
**Angle Adjustment Range:** +15°/-15°  
**Max Load Capacity:** 60kg (132lb)

AFTERCARE GUIDE



**Do not use Footrest Pro outside of its intended usage.**  
Improper use can damage Footrest or even cause injuries. For safety, always follow the given instructions.



**Deep cleaning.**  
Dampen a cloth with warm water and gently wipe down the velour surface. Blot dry with a clean cloth immediately and leave to air-dry. Do not soak the Footrest Top in water.



**Clean the Footrest Top with a damp cloth.**  
Like all fabrics, velour may become dirty over time. For general cleaning, dust the velour surface gently with a clean, dry cloth. Do not rub the velour harshly to avoid damaging it.



**Avoid exposure to direct or prolonged sunlight.**  
Direct and prolonged periods of sunlight or heat sources may cause fading and cracking of the surface finish.



**Do not abuse it.**  
Keep Footrest away from impacts, drops and sharp objects. Do not bend or fold the Footrest Top.



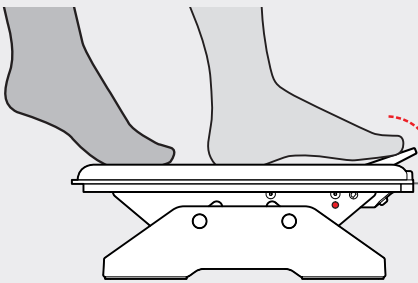
**Avoid heat.**  
Avoid the use of a hair dryer or any other heat source to dry the product. Always leave to air-dry.



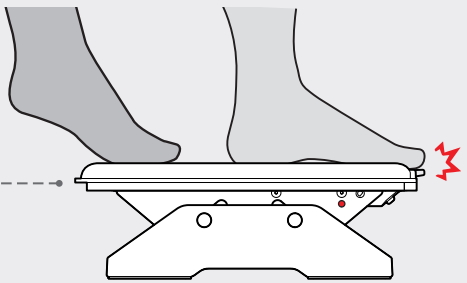
**Avoid placing on porous surfaces**  
Placing Footrest on untreated concrete floor might cause staining on the floor.

USAGE INSTRUCTION

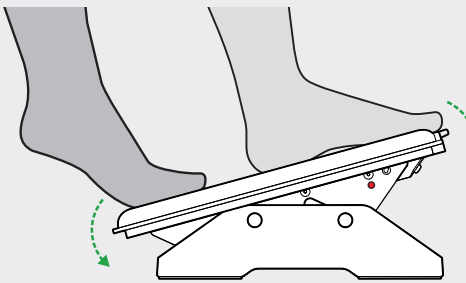
Angle adjustment in **STATIONARY MODE** | Stationary Mode is a static feature where you can adjust and lock at any angle between +15° to -15°



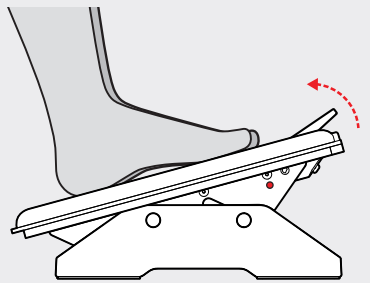
**01** First, position your right forefoot on top of the adjustment pedal, and your left forefoot to the bottom of the Footrest Top.



**02** Step on the pedal fully with your right forefoot to unlock the angle adjustment of the Footrest Pro.



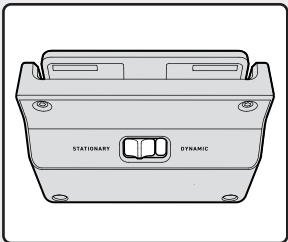
**03** While the pedal is still fully depressed: **Tilt upwards** by pushing down with your left forefoot. **Tilt downwards** by pushing down with your right forefoot.



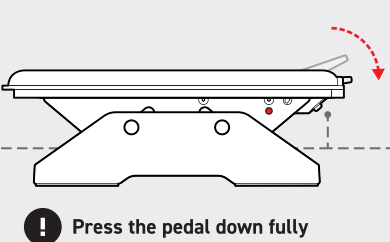
**04** Once the Footrest Pro is in the desired position, lift your right forefoot from the pedal to re-engage the angle adjustment lock.

**Please do not stand on the product.**

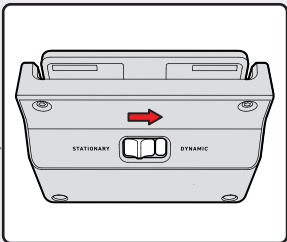
Switching to **DYNAMIC MODE** | Dynamic Mode is a free movement feature that allows you to rock between +15° to -15°.



**01** The Secretlab Footrest Pro should come in **Stationary Mode** by default, with the switch located at the back set to Stationary Mode.



**02** To enable **Dynamic Mode**, press the pedal down fully and slide the switch towards the right.  
**Note:** Make sure the pedal is locked in place before letting go.



**03** **Dynamic Mode** is now active.  
**Note:** To return back to **Stationary Mode**, press the pedal down fully and slide the switch towards the left.

USE AND LIABILITY



The Secretlab Professional Footrest is designed for indoor use and dry work areas only. Under no circumstances does the manufacturer accept warranty claims or liability claims for damages caused from improper use or handling of the Footrest. For warranty terms and service or any other queries, scan the QR code or visit our website [secretlab.co/support](https://secretlab.co/support).

OTHER LANGUAGES



To view this manual in the following languages, please scan the QR Code to the left.  
Pour consulter ce manuel dans les langues suivantes, veuillez scanner le QR code à gauche.  
Um dieses Handbuch in den folgenden Sprachen anzuzeigen, scannen Sie bitte den QR-Code auf der linken Seite.  
Scan de QR-code naar links om deze handleiding in de volgende talen te bekijken.  
Untuk melihat panduan ini dalam bahasa lainnya, silakan scan QR code di sebelah kiri.  
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Để xem hướng dẫn bằng các ngôn ngữ khác, vui lòng quét Mã QR ở bên trái.  
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