

# FERSGO® Multi-Purpose Ergonomic Footrest

## ERGOBLOC™ Quick User Guide

FR01 Series

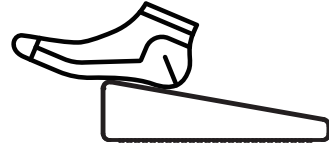
### A Recommended Using Methods



Support at 6"



Support at 4"



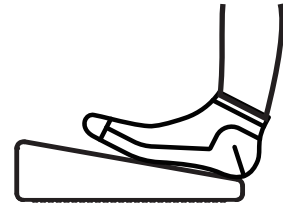
Support at 2"



Rocker at 6"



Rocker at 4"



Stretch at 2"

### B Cleaning Procedure (Fabric Only)

Remove the cover fabric and wash it with bare hands or wash machine with the instructions below.

Leave it to dry, do not iron at high temperature.

Put the fabric cover back on the foam, you may press the foam hard to make it easier.

### C Wash Instruction



Wash at or below  
30° C / 80° F.



Do not bleach.



Iron at low  
temperature.



Drip dry.



Dry clean, any  
solvent except  
tetrachlorethylene.

## FERSGO ERGOBLOC™ Multi-Purpose Ergonomic Footrest

Product designed and assembled in Taiwan.  
For home and office use only.  
Please visit [fersgo.com](http://fersgo.com) for more informations.

### ANY QUESTIONS?

Please email us directly. We will answer in a day.



[Customer\\_support@fersgo.com](mailto:Customer_support@fersgo.com)