TRAUMSCHWINGER* your manual

Inhalt

1	Introduction 4
2	Prerequisites
3	Individual Parts7
4	Assembly of the height adjustment94.1 Prepare the threaded rods94.2 Insertion of threaded rods (1)94.2 Inserting the threaded rods (2)104.3 Attach the first stainless steel inlays104.4 Attach the stainless steel bushings114.5 Inserting the steel pin into the wooden wedge114.6 Placing the wood wedge over the stainless steel124.7 Attaching the second noble steel inlay124.8 Attaching the second wooden panel134.9 Screw on and tighten the round nuts134.10 Insertion of the carabiner144.11 Finished height adjustment14
5	Connecting the netting with the height adjustment155.1 Spread netting155.2 Insert the rope ends and jam them16
6	Netting hang up and span186.1 Netting hang up with height adjustment186.2 Insert vertical strut (conjunction)186.3 Insert side strut196.4 Attaching the rope bag20

7	Montage Footboard (optional)	20
	7.1 Insert vertical strut (conjunction)	21
	7.2 Insert side strut	21
	7.3 Adjusting the foot part	22
	7.4 Mounting of the foot	23
8	Models for Children - Baby chair and Model M	23
	8.1 Baby chair	24
	8.2 Children Swinger model M	24
9	Usage of your TRAUMSCHWINGER	25
	9.1 Maintenance	
	9.2 Cleaning	25
	9.3 Washing instructions	
	9.4 Adjusting the seat height	27
	9.5 Adjusting the seat position	
	9.6 Sitting, feeling comfortable and getting up	27



IMPORTANT! PLEASE READ CAREFULLY! KEEP FOR FUTURE REFERENCES

1 Introduction



Create with your TRAUMSCHWINGER (dream swing) a favorite place, a personal Oasis in your home, in the garden, on the balcony or at your workplace. You will notice that ceilings, ceiling beams, loft beds, roof- and balcony projections, conservatories, pergolas, stable branches as well as wide doorframes diverse opportunities to place the chair. Also during your vacation, while camping or on trips you will soon welcome the hammock chair as a companion. Even the transport is not a problem, since with each chair, you will receive a bag made of cotton fabric, where you can store the chair ready and space-saving.

This manual will explain to you the instruction, of how to use your TRAUM-SCHWINGER (dream swing). The different sizes of the models are construction equal, the individual steps therefore will be shown as illustrated on Model L. All information also apply to the other models. The peculiarities of the models for children (Baby chair and children's chair) are explained in chapter 8.

SAFETY NOTICE

Our TRAUMSCHWINGER - hanging chairs are resting as well as relaxing furniture. They are not to be used as trainers and/or play area. If you notice damage of the material (e.g. cracks), the product should not be used anymore. When an infant or toddler is placed in the nettling, a cloth should be placed underneath him. Children should not be allowed unsupervised the use of the furniture. Carefully observe further notice and safety instructions in this manual, and keep them for possible questions.

Follow exactly the instructions in order to avoid causing dangers due to incorrect installation. The mounting should be carried out by an adult. Suspension and height adjustment are to be checked regularely for tightness.

In all one-dot-suspension a swivel or similar needs to be used in order to avoid shear stresses on the suspension. Our stainless steel hangers with integrated plain or ball bearing make the use of an additional rotating vortex unnecessary.

2 Prerequisites

For your TRAUMSCHWINGER you need your building conditions and use wishes adequately secured. You can receive the standard fixing for our products directly through MIRA - ART we would be pleased to advise you.

Basically, you have the choice between a ceiling mounting, attachment to a beam or the use of a stator. Pay attention of the respective weight if you are purchase the attachment for the TRAUMSCHWINGER. Make sure when you chose ceiling mounting, that your requirement for your ceiling (e.g. concrete) is met. Inquire at a local hardware store, what kind of attachment you are suppose to use for your structural circumstances.

Following table is shown the model-dependent values for the suspension:

Net/ Model	Suspension height (min./ max.)	Load max.	Wall distance min.
Babyschwinger	1,8 m / 4,0 m (als Kindermöbel 1,2 m / 3m)	75 kg	65 cm
Modell M	1,5 m / 3,0 m	75 kg	65 cm
Modell L	1,8 m / 3,6 m	150 kg	70 cm
Modell XL	2,0 m / 3,8 m	150 kg	80 cm
Modell XXL	2,2 m / 4,0 m	150 kg	85 cm
Modell XXL extra large	2,4 m / 3,8 m	150 kg	99 cm

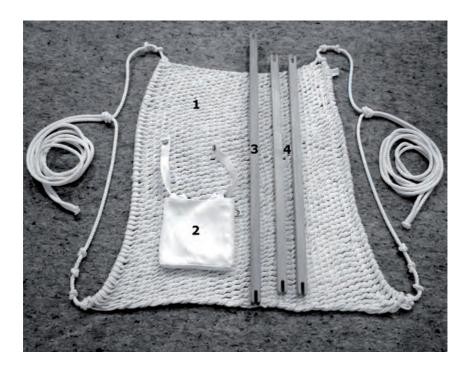
Before you start the assembling of TRAUMSCHWINGER, you have to complete the installation of your chosen mounting. Pay attention to this proper execution of the installation according to the instructions for the respective fixing.

SAFETY NOTICE

Check the attachment regularly for tightness and damages! For damages caused due to improper or loosened fixing, no liability will be assumed by us. To avoid damage, please pay attention that your suspension of your hammock chair does not scrubs along on ceilings or walls

3 Individual Parts

In the following two pictures as well as table you will see a summary of the delivery parts of TRAUMSCHWINGER

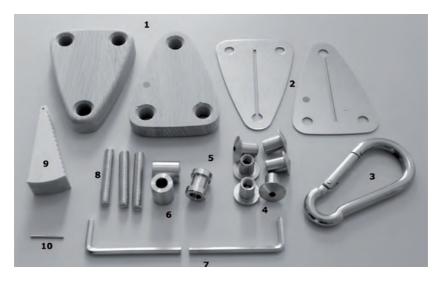


- 1) Weaving net made of cotton
- 2) Rope bag universal ²
- 3) Wooden transverse strut ³
- 4) Wooden side strut, 2 piece ³

² Only available in versions: "Set" or "Set Plus".

³ For models XXL and XXL extra large all wooden struts are of the same length.

All items shown on this page are only included when you buy a TRAUM-SCHWINGER in the version "Set" or "Set plus". For the others versions this can be purchased as an accessory item.



- 1) Wooden panel (x 2)
- 2) Stainless steel inserts (x 2)
- 3) Carabiner
- 4) Rundmutter (x 6)
- 5) Stainless steel socket ,rabbet
- 6) Stainless steel socket (x 2)
- 7) Allen wrench
- 8) Threaded rod (x 3)
- 9) Wood wedge¹
- 10) Steel pin

¹ In case you select the baby chair or the model M the wooden wedge is 9 mm thick, in the Models L to XXL extra large a wooden wedge of 6 mm thickness is used.

NOTE

All parts will be cleaned at the end of the production process. In addition to this we recommend that you manually clean certain parts to avoid contamination of cotton ropes. With a dry cotton cloth, clean the openings in the wooden poles in order to remove residues of sanding dust. With a moist cloth and a little detergent clean the following rope metal parts of the height adjustment: the three stainless steel socket as well as the noncolored sticker marked sides of the two stainless steel inserts.

4 Assembly of the height adjustment

The first part for mounting your TRAUMSCHWINGER forms of assembling of the supplied height adjustment. For this you need the items from the box of height adjustment and the swivel. The required Tool (an Allen key) is enclosed. The mounting of the height adjustment can be most easily done, when sitting at a table.

4.1 Prepare the threaded rods



Some metal parts are ore pre-assembled for testing.

For the assembly you need to disassemble those first. Take the three pre-threaded rod's unscrew each one of the round nuts and remove the respective stainless-steel socket of the threaded rod down. The remaining ring nut on the threaded rod screw tangible. Now you have three threaded rods, on which each a round nut is screwed. 4.2 Insertion of threaded rods (1)



Take now one of the triangular wooden panel. One side of the wooden panel is marked with a colored sticker. That is the inside of the panel. Hold the panel with one hand, so that the sticker marked side faces downward. With your other hand put through each of the three holes a threaded rod with a round nut.

4.2 Inserting the threaded rods (2)



Now place your free hand on the three round nuts to prevent them from slipping and turn with your hand the wooden panel The side with the colored sticker is facing you now. Place the wooden panel like that in front of you. The panel lies now on the round nuts. The threaded rods face upwards.

4.3 Attach the first stainless steel inlays



Take one of the stainless steel inlays. A colored sticker marks the side of the stainless steel inlays, which should be attached with the inside of the wood panel.

Grasp the stainless steel inlay in a way that the side of the sticker is facing downward. Place the lead over the threaded rods and place it on the wooden panel. With colored label marked side of the stainless steel inlays is now placed on the with colored sticker marked side of the wood cheek.

SAFETY NOTICE

It's imperative that with colored stickers marked sides of the wooden panel and the stainless steel inlays lie on each other. This provides that only the rounded edge of the stainless steel inlays contacted with the supporting ropes. Failure to comply these installation instructions may increase wear of the supporting ropes.

4.4 Attach the stainless steel bushings



On the threaded rod into the top of the triangular wooden panel insert the stainless steel socket with a groove. On the two threaded rods at the short side of the triangular wood cheek insert now the stainless steel sockets (without groove).

4.5 Inserting the steel pin into the wooden wedge



Now take the wooden wedge and the steel pen into your hand. Run the steel pin through the hole in the extent of the wood chisel uniformly, that on each side of about 2 mm protrudes.

4.6 Placing the wood wedge over the stainless steel inlay



Place now the wooden wedge, which is inserted already with the imported steel pin with smooth sides on the already mounted stainless steel inlay. Place the wooden wedge so, that the protruding steel pin in the slot of the stainless steel inlay must be performed. 4.7 Attach the second noble steel inlay



Take the second stainless steel inlay in your hand. Grasp the stainless steel inlay so, that with the label marked side facing upward. Run the stainless steel inlay on the threaded rods and place it on the stainless steel bushings. Please ensure that the steel pin in wooden wedge also performed in the second slot of the stainless steel inlay.

SAFETY NOTICE

It's imperative that with colored stickers marked sides of the wooden panel and the stainless steel inlays lie on each other. This garantees that only the rounded edge of the stainless steel inlays are in contact with the supporting ropes. Failure to comply with this installation instructions may increase wear of the supporting ropes.

4.8 Attaching the second wooden panel



Take the second wooden panel. With a colored sticker marked side of the wooden wedge must lie on the second stainless steel inlay with a color sticker. Grasp the second wooden panel so, that the sticker marked side facing downward. Run the wooden panel on the threaded rods and place it over the stainless steel inlay. With colored sticker marked side of the second wooden panel is placed now on the colored label marked side of the second stainless steel inlay. 4.9 Screw down and tighten the round nuts



Now screw the three remaining round nuts with the three threaded rods, which are placed in the holes of the second wooden panel. As tool you can also use the Allen key from the delivery. Finally drag every six round nuts tightly. In front of you is now the fully assembled height adjustment for your TRAUMSCHWINGER.

SAFETY NOTICE

During use is a possibility that the round nuts loosen. Regularly check the tightness of the round nuts and drag them firmly with the supplied Allen key. In case the round nuts loosen, the space between the metal components can cause metal abrasion, which possibly can stain cord.

4.10 Insertion of the carabiner



Take the supplied carabiner and place it in the stainless steel bush with the groove (on the upper side of the height adjustment).

4.11 Finished height adjustment



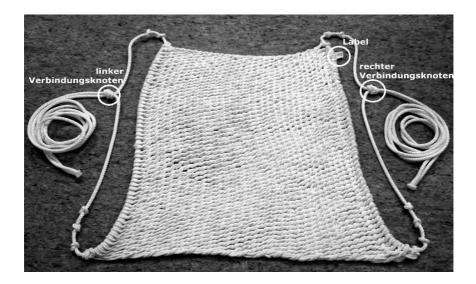
Please use both supplied Allen keys to make sure that all metal parts are properly tightened. Please make sure to check these metal parts every time when using the TRAUMSCHWINGER.

5 Connecting the netting with the height adjustment

Next you connect the netting of your TRAUMSCHWINGER with the height adjustment. Due to the fact that you have to spread the netting in front of you, we recommend you put a blanket on the floor. The height adjustment you should place next to you. This will help you with the next steps.

5.1 Spread netting

Take the rolled netting and unroll it. Loosen the by knots fastened cloth bag with the wooden crossbars as well as the two page woods off the netting. The cloth bag may be put aside, since you need the timbers only in the next section. The best way to spread the netting is, when you raise it once completely with your hands. For this, take one of the two connection knots in each hand and lift the net completely in to air. That netting will rotate itself into the correct position. You just need to return it flat on the floor in this position.



For the next steps you need to make sure that the netting is aligned rightly on the ground. This is indicated by the position of the Netting attached labels. When the label is on the right top side of aligned netting in front of you, then it lies in the proper position. If the label is not in this position, rotate or apply the netting accordingly.

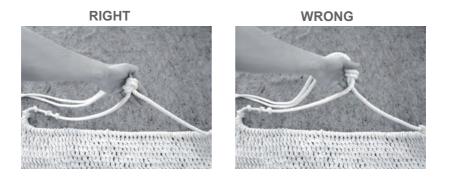
5.2 Insert the rope ends and jam them

On delivery, the track ropes can be twisted in themselves and each other, because of material and manufacturing conditions. Prior to inserting the rope ends in the height adjustment, you need to make sure that the support ropes are not twisted in itself and into each other.

SAFETY NOTICE

In case the suspension ropes are inserted into the height adjustment twisted in itself or into each other, this may increase the wear of the ropes through damage to the rope surface.

Start at the left side to align the carrying ropes without twisting. Take the left connecting knots into your left hand and lift this to the extent that the two ropes are easily clammed to the corners of the netting. Turn the connecting knots in your hand in a way that the two ropes from the connection knots avoid to overlie one another. (See the following two pix).



If the left connection knot is in this position, take the one from the knot running rope pair between your thumb and forefinger of your right Hand (see next figure).



Now drag with your left hand the rope pair trough the right hand, without to twist the ropes. If you reach the end of the rope, grab around. Hold the end of the rope pair with your left hand so tight, that it does not twist again.



Now take the height adjustment so in your right hand, the wood wedge almost half inserted into the height adjustment. Insert the end of the rope pair as the left stainless steel bushing of height adjustment, that two ropes side by side laying on the stainless steel bushing.



Lead out the end of the rope pair between this bush and the wooden wedge from the height adjustment. Drag now on this rope pair that it's hanging out about 40 cm from the height adjustment.

Place the height adjustment on the netting, which is pulled on the left side rope.



Now take the right connection node in your right hand and proceed on this side as well as on the left side. If you also have led the right pair of ropes through the height adjustment, press the wooden wedge into the height adjustment. This fixed the ropes in the height adjustment.

6 Netting hang up and span

In this section you will finished assembling your TRAUMSCHWINGER For this you will need the height adjustment connected with the netting, the vertical wood and the two side wood, the rope bag and a ladder.

6.1 Netting to hang up with height adjustment



Hang the connected height adjustment with the swivel into the prepared (resp. existing) suitable attachment (see chapter 2 Prerequisites). The following figure shows an example of a mounting in a wooden beam.

Safety note

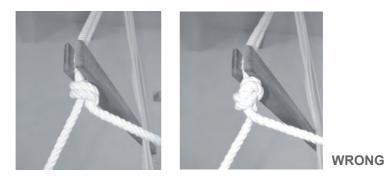
Regardless of the type of mounting this has to be regularly checked for tightness and wear!

6.2 Insert vertical strut



One of the supplied wooden struts is longer than the others. This is the vertical wood (conjunction) NOTE:

For models XXL and XXL extra large all wooden struts are of same length. You will recognize the vertical strut since it is thicker than the two of the other woods. Take the vertical wood and run the respective rope pair just above the connection knots in the recesses of the vertical wood. Take care that the ropes, which are running out of the bottom of the connection knots, do not overlie one another or are twisted! Turn the connecting knots in your hand so, that the two ropes run freely to back and front (see the two Pictures on the following page). Press the rope pair all the way into the recess of the vertical wood (conjunction).



RIGHT

SAFETY NOTICE

If the suspension ropes lay on each other or are twisted, this can increase wear of the ropes through damage to the rope surface. Do not use sharp objects to the rope pair to push into the recess. This may damage the surface of the rope, and can interfere with the carrying capacity of the cables.

6.3 Insert side strut



In order to facilitate the insertion of the side woods, set yourself for 2 minutes into the netting to stretch the cotton (even in the M models and baby vibrator).

This is also good for the netting to give its comfortable shape after the first unpacking. After getting up take the two side woods and plug them on both sides along the seat surface between the existing knots above the netting. Press the suspension ropes all the way in the recesses of the side woods. For information of adusting the seat height see the chapter "Using your TRAUMSCHWINGER".

SAFETY NOTICE

Do not use sharp objects to the rope pair in order to push it into the recesss. This may damage the surface of the rope, and can interfere with the carrying capacity of the cables.

6.4 Attaching the rope bag



As a final step you bring the rope bag between the two rope pairs above the cross of wood. Hang on the universal case with the two adjustable straps. For the motive bags (sun and sheep) you should made a knot in order to attach the cords. Then stow ropes and the possibly end of the rope of the foot part in this pocket.

SAFETY NOTICE

The stowage of the ropes is for your safety. Due to the fact that the ropes are in the bag, an accidental release of the height adjustment cannot occure.

7 Assembly ot foot part (optional)

In this section we show you the installation and mounting of the foot part of your TRAUMSCHWINGER. Since you have to spread the netting in front of you, we recommend you put a blanket on the floor. Put the foot bundle in front of you and unwind the cord of the foot bundles. Then loosen the cotton bag with the timbers from the netting.

Note

All' the parts will be cleaned at the end of the production process. In addition we recommend that you manually clean certain parts to avoid contamination of cotton ropes. With a dry cotton cloth, clean the openings in the wooden poles to remove sanding dust residues.

7.1 Insert vertical strut (conjunction)

Spread the netting in front of you so, that the label is in the upper right corner. One of the supplied wooden struts is longer than the other two. This is the vertical conjunction wood.

RIGHT WRONG

Ensure that the ropes running down from the connection knot are not aligned or twisted! Turn the connecting knot in your hand, if neccessary, so that the two ropes lie freely forwards and backwards (see figure). Take the wooden cross and run each cable pair just above the connection knot (below the wrapped rope end) into the recesses of the vertical wood.

SAFETY NOTICE

If the suspension ropes lay on each other or are twisted, it can increase wear of the ropes through damage to the rope surface. Do not use sharp objects in order to push the rope pair into the recess. This may damage the surface of the rope, and can interfere with the carrying capacity of the cables.

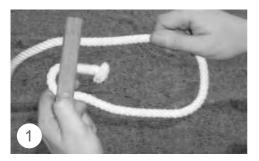
7.2 Insert side strut

In order to easily install the insertion of the side woods, stretch the two short sides of the cotton network vigorously. This is also good for the netting to give its comfortable shape after the first unpacking. Then hold down the ends of the net and pull vigorously on each node above the net.

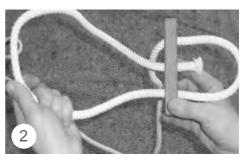


After stretching, take both side woods and stuck them both on sides along the netting surface and **between** the existing knots above the net mesh. Push the supporting ropes all the way into the recesses of the side wood.

7.3 Adjusting the foot part



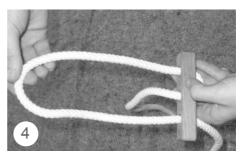
Take the rope as in Fig. 1, and pull a loop of approximately 50 cm in length (depending on the mounting height of the hanging chair).



Following pull the rope on the other side.



Pull on the rope end as shown in FIG. 3



Note: You can adjust the length of the rope by changing loop size. Please make another loop as shown in Fig. 1



As a final step, please make with the rope end a security knot directly behind the height adjustable footrest.

7.4 Assemby of the foot part



Place the loop behind the carabiner on the groove connection. If you have no height adjustment, put the loop of the foot part simply in your carabineer.

Note

With the height adjustable footrest you can easily adjust the height with only a few grasps. In order to let the foot part down slide the height adjustable footrest upward. To lift up the foot part, slide the height adjustable footrest downward.

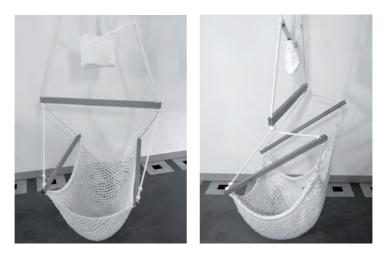
8 Models for Children - BABYSCHWINGER and Model M

With these models, you should adjust the height of the BABYSCHWINGER so that your child can swing freely just above the ground. In addition, it's recommended to place some damping material on the ground (1.5 m wide). Please note that hanging chairs as well as cradles are not for rocking and are no toy equipments. Always stow the ropes in the rope bag, so that they are not reachable for children. Regularly check attachment, suspension and ropes for wear.

SAFETY NOTICE

Do not allow children in the models unattended or let small children play nearby unsupervised. If an infant or toddler is placed in the netting, at least one cloth has to be placed underneath. The products may not be used, if one part is broken or torn or missing. You should not hang the swing near open fires or other sources of intense heat such electrical heaters, gas ovens, etc.

8.1 BABYSCHWINGER



While the models M to XXL essentially differ only by the size, the BABYSCHWIN-GER has a separate web form. Head- and foot side of the net are pulled up (see figure) to secure your child against falling out.

The BABYSCHWINGER is suitable as a cot for infants and babies from day first.

If the child can sit up, kneel or pull itself up, you may no longer use the baby chaire as an infant cot.

Then operate it by simply changing the side woods into a children high chair. The necessary position of the side wood in the second pix illustrates. As high chair for children the baby chair swing is suitable up to about 5 years.

SAFETY NOTICE

Don't use any mattresses or pillows in addition to the optional MIRA - ART futon.

8.2 Children Swing model M

The model M is suitable for children from 3 to aprox. 10 years.

9 Usage of your TRAUMSCHWINGER

You will find in this section various information about usage and maintenance your TRAUMSCHWINGER.

SAFETY NOTICE

If you notice damage of the material (e.g. cracks), the product may not be used anymore. When an infant or toddler is placed in the netting, a cloth must be placed underneath at least. Children's are not allowed unsupervised use of the furniture.

9.1 Maintenance

The natural materials used for the TRAUMSCHWINGER (wood and cotton) are untreated and ideal for indoor use. For outdoor usage it should be noted that the untreated materials are not durable and moisture are weather resistant. Avoid that the netting and the untreated wood are exposed to humidityand rain. We recommend that you remove the hammock chair and optionally place it to dry in a warm, ventilated place. To take care of the wooden parts (wooden wedges of height adjustment, vertical and side woods) we recommend from time to time a treatment with linseed oil varnish. You also can provid the wooden pieces with a wood preservative or customize colors. Make sure that the recesses of the lateral and side woods remain free of boiled linseed oil, wood preservatives color. Otherwise, it may later come to abrasion by contamination of the suspension ropes.

Note

These wood we are using is of high quality, carefully controlled material. Since it is a natural product, the wood may have hidden defects, which can in rare cases lead to breakage. We will replace wood weaknesses breaks within a period of 2 years from date of purchase. Damage to the rope surfaces are at an early stage to reported as damage to the repair to permit under warranty. Loosening and moving the existing knots performs well invalidate the warranty, as overuse and improper use.

9.2 Cleansing

For light soiling, we recommend to dry the contaminated sites (bone dry!) and remove the dirt with a coarse brush. For greasy dirt, the affected area should selectively leaned with vinegar water or mild soapy water. Strong contamination can be washed out by hands, e.g. gall soap. At large-scale pollution, the netting can also be cleaned in the washing machine (see Washing instructions).

9.3 Washing instructions

Prepare:

First, remove the lateral and side struts and take out the TRAUMSCHWINGER. Loose the netting of the height adjustment. Spread the netting and lay the track ropes curled up on the netting. Fold the netting so that the support ropes completely enclosed with the netting. Put this net bundle into the washing drum. Please note, depending on the size of a washing machine the netting with suitable capacity is required (e.g. weight XXL netting approx 7.5kg)

Washing:

Select the full wash cycle at 40 ° C and max. 1200 rev/ min at spinning. Use a bleach free detergent and no fabric softener.

Note: The best washing results, we as a manufacturer of ecological have scored toiletries **W. ULRICH GmbH**. Our recommendations: detergent with soapwort extract, lanolin wool rinse, stain remover. To buy this products, feel free to contact us. The detergent you use just after the dosage instructions on the bottle. As care additive, we recommend the addition of 10 ml lanolin wool flushing, to obtain the softness of cotton. If your water is very hard, you can use up to 30 ml descaler to reduce the degree of hardness and to receive a softer result. In highly polluted netting, you can use stain remover in the salt compartment of your washing machine, to improve the cleaning result.

Drying:

The cotton is not suitable for tumble dry using. You can dry the netting quickly in a warm and well-ventilated place. Do not dry out in cloudy weather conditions. The netting may only be used again, if it's thoroughly dry. Through the water, the fine surface fibers adhere to each other. To restore the original obtain fluffiness of the deck surface, you can use a medium hard clothes brush to treat. A brush made of pure horsehair is best for this purpose.

After washing

After brushing



After drying and brushing the cotton hang your TRAUMSCHWINGER, as it is described in the manual.

Note: The TRAUMSCHWINGER, is designed as relaxing furniture and a furniture is unsuitable according to a common full laundry.

9.4 Adjusting the seat height

With the height adjustment, you can personally setting the optimum seat height of your TRAUMSCHWINGER. We recommend to adjusting the seat height so, that the bottom edge of the netting rests in the knees when you are under the suspension point. To adjust the height you access with each of your hand the rope pairs below the height adjustment. With a short pull straight down to release the lock.

To make the TRAUMSCHWINGER position deeper, take your hands with the ropes shoulder wide. Let the ropes smoothly glide, until the desired height has reached. Now take your hands back together and let the rope go. Of the wooden wedge in the height adjustment jammed so the ropes in the desired position.

To make the TRAUMSCHWINGER higher, pull down the ropes. When the desired height has reached, release some of this rope. The wooden wedge in the height adjustment jammed so the ropes in the desired position.

SAFETY NOTICE

Always keep both rope pairs tightly when adjusting the seat height. Result of one sided pulling a rope pair, can be slippage of the other cable pair. Do not adjust the seat height while using the TRAUMSCHWINGER by youself or someone else. Adjust not too hight, otherwise a fall hazard. For babies and infants you should hang the cot or the hammock chair as low as possible and for security reason place a mattress or a pillow under it.

9.5 Adjusting the seat position

You can change the angle of inclination of the seat position. The plug-in system allows you different variations between a more up right seated and a more lying posture. To change the angle of inclination, change the side woods, located between knot and rope sections. Your sitting position will be more upright, if you insert the side woods more steep. Make sure both side woods set in the same manner.

9.6 Sitting, feel comfortable and getting up

If you want to sit down, take the netting with the front seat in your knees and take place in the TRAUMSCHWINGER In Model XXL also your legs will placed. To get comfortable with the whole body is to lay down position in the TRAUMSCHWINGER XXL, you gather about 1/3 of the netting in to your knees and then sit down. So you only need to take your legs up to lie in the netting. To get up you move in your hammock chair two steps backward and stand up. Please note that while sitting down and standing up you are not pulling the side woods support or pull out of the hammock chair on the upper cross wood.

MIRAART® GmbH

Bünderstraße 21 33613 Bielefeld

fon: +49 521 66545 mail: info@mira-art.de

web: www.mira-art.de shop: www.traumschwinger.de

