

# 3.60

Design by Ito Design



## A chair that enables a healthier lifestyle

We have developed a mechanism inspired by a spherical knee joint that accompanies the natural movement of the body and allows the swing of the chair. The user is required to maintain stability by increasing the use of muscles and knees. This important innovation has been investigated in a biomechanical analysis health centre and it has been certified, with a scientific basis, that it provides greater comfort and is healthier for users.

## 一张带来更健康生活方式的椅子

人体关节的活动模式启发了我们设计一款新的座椅机构，让座椅可以支撑人体的全姿态运动，使用户在使用的过程中需要保持平衡，从而锻炼核心肌群。生物力学健康研究中心已认证360座椅能为使用者提供更为舒适健康的体验。



## DYNAMIC BALANCE MOVEMENT:



## SINCRO MOTION:



## SIDE TO SIDE:



## Dynamic balancing movement

It is a system that permits a 360 degree movement, due to the chair combining longitudinal **(A)** and lateral **(B)** movement. Synchro Motion Mechanism **(A)**: The seat and backrest are inclined synchronously (backrest 25° / seat 10°) to provide a floating support. The backrest resistance is easily adjustable between 45 and 120 Kg (with two turns of the handle). Side to side mechanism **(B)**: This mechanism gives the user a unique sideways pivoting movement, connecting the seat and backrest, moving the centre of gravity naturally (6° on each side) and helping the body to move freely, without losing contact with the seat and backrest.

## 动态平衡运动

由于座椅可以在水平**(A)**和垂直**(B)**方向运动，所以3.60座椅具有360°运动系统。  
同步倾仰**(A)**：座椅和椅背可同步倾仰（椅背25°/椅座10°），体重在45kg - 120kg的使用者可轻松使用，调节座椅。倾仰张力调节快速，旋钮转动2圈即可完成倾仰张力由最轻到最终的调节。  
S2S**(B)**：S2S为使用者提供独特的侧向运动支持，自然移动（每侧6°）

### 3D mesh

Soft to touch and breathable, the task chair is upholstered with a 3D mesh. Due to its elastic qualities and to the dynamic swing of the chair, the epithelial pressure decreases, reaching 19.2mm Hg for seat and 26mm Hg for backrest. This function is essential to preserve the health and comfort of the user, as excessive pressure on the skin (higher than 90mm Hg) for a long time (1-2 hours) may cause loss of epithelial blood supply, causing potential discomfort.

### 3D网布

3.60座椅，椅背材质使用3D网布，触感柔软，且透气性好





### Lumbar support

Lumbar support with height and asymmetrical depth regulation expands the range for a healthy posture. These regulations improve the lumbar curve and the epithelial pressures decrease allowing for greater comfort.

### 腰靠

3.60座椅可调节腰靠高度和深度（不对称）方向调节，有效改善坐姿，保护腰部脊椎，增加使用舒适度。



### 4D arms

The 4D armrest relieves the shoulder region and removes tensions. As well as this, it gives support for the intervertebral disc when we rest on them to lift or sit down. The arms with 4D functions are adjustable in height, width, depth and angle. They are integrated in the aluminium support of the backrest. In this way, it ensures that the user can adjust the arm in a personalized way, without restraint.

### 4D可调节扶手

4D扶手环节肩部紧张，并在使用者坐下或起身时，保护脊椎。3.60座椅4D扶手可在高度、宽度、深度和扶手角度上进行调节，多种独特调节，满足使用者个性需求。



## Biomechanic analysis

UMANA, a healthcare centre specializing in biomechanics applied to product design, demonstrated that the **(1)** 3.60 task chair helps to improve health and the core physical condition because it increases muscle activity of the stomach and back, stabilising the lumbar vertebrae. **(2)** Its movement provides a maximum contact surface, minimises the epithelial pressures and it improves contact comfort. **(3)** It helps to correct the lumbar curve, reducing the kyphosis lumbar of the user when seated. **(4)** It helps heat dissipation, preventing perspiration and improving the user's thermal comfort.

## 生物力学分析

UMANA是一个专门从事将生物力学应用于产品设计的医疗中心，它证实**(1)** 3.60座椅有助于改善身体健康，因为它增加了胃部及背部的肌肉活动，从而保护腰椎。**(2)** 在使用3.60座椅时，使用者与座椅接触面积下，使上皮压力最小化，提高使用舒适度。**(3)** 有利于纠正腰部曲线，环节使用者腰椎突出。**(4)** 有利于散热，防止出汗。



## Advantages of the dynamic seating

- Helps the muscle condition, the spinal column and the spinal discs.
- Improves the posture of the body and reduces back pain by strengthening the muscles.
- Activates the circulation and helps the functioning of the internal organs.
- Improves concentration and eases physical tension and stress.
- Helps to obtain a maximum oxygenation of the muscles, preventing stresses and strains.

## 动态平衡座椅有点

- 锻炼核心肌群
- 通过加强肌肉力量，改善驼背，减轻背部疼痛，保持正确坐姿。
- 激活身体循环系统，有利于身体各项技能运作。
- 有利于提高工作专注度，环节紧张与压力。
- 在动态使用中有效分散热量，便于椅背椅座通风，环节座面过热带来的不适感。

## Mechanisms

- 1 – Handle for adjusting the backrest resistance
- 2 – Side to Side activation button
- 3 – 4D adjustable arms
- 4 – Mechanism for height adjustment of the chair
- 5 – Locking mechanism for the backrest angle
- 6 – Lumbar adjustment (optional)
- 7 – Headrest (optional)

## 座椅功能配置

- 1 – 椅背倾仰张力调节钮
- 2 – S2S锁定键
- 3 – 4D可调节扶手
- 4 – 座椅高度调节钮
- 5 – 椅背倾仰锁定键
- 6 – 腰靠
- 7 – 头靠



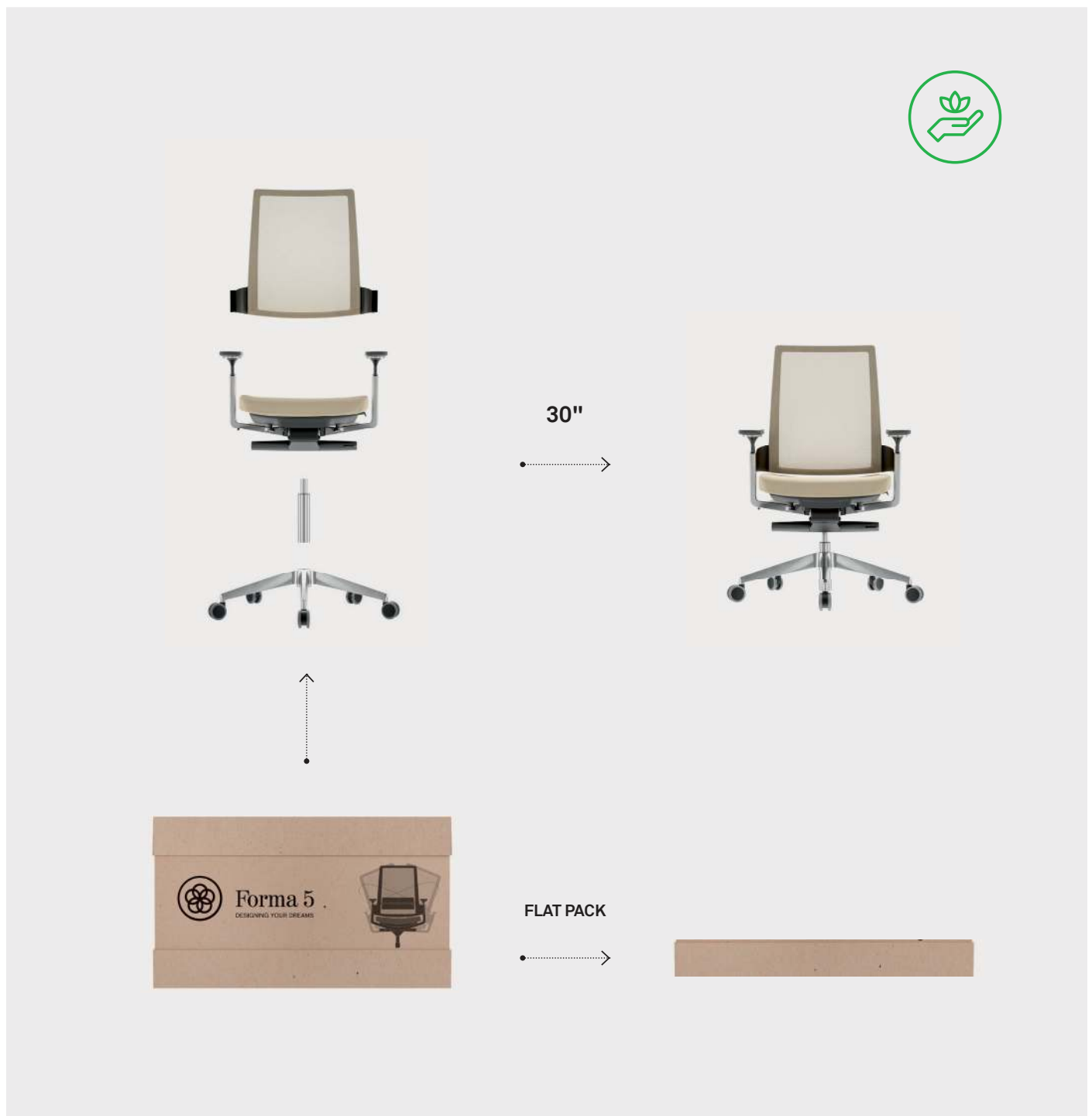


### 30 seconds assembly

The task chair is sent semi-assembled in a box of 66 x 64 x 40 cm. With this decrease in volume, we reduce CO<sub>2</sub> emissions into the atmosphere and we facilitate transportation of this product. No tools are required to assemble this product and thanks to the clipping system, the task chair can be assembled in 30 seconds. This packaging is 100% recyclable.

### 30秒快速安装

3.60座椅包装纸盒尺寸为66 x 64 x 40 cm。小体积包装，节约材料，减少消耗，纸箱可回收再利用，保护环境。3.60座椅安装无需工具，30秒即可完成组装。



1  
Upholstered seat and backrest with 3D Runner mesh. Backrest support in black matt aluminium. A polished aluminium base and double-wheel chrome casters. 4D arms.

2  
Upholstered seat and backrest with 3D Runner mesh. Backrest support in Polished aluminium. A polished aluminium base and double-wheel chrome casters. 4D arms.





3  
Upholstered seat and backrest with 3D Runner mesh. Backrest support in Polished aluminium. A polished aluminium base and double-wheel chrome casters. 4D arms.



4  
Upholstered leather seat and 3D  
Runner mesh backrest. Backrest  
support in Polished aluminium.  
A polished aluminium base and  
double-wheel chrome casters.  
4D arms.





## Backrest support / 椅背支撑件

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- Black matt aluminium  
- 黑色粉喷椅背支撑件K17



- Polished aluminium  
- 抛光铝合金椅背支撑件

## Base finishes / 五星脚

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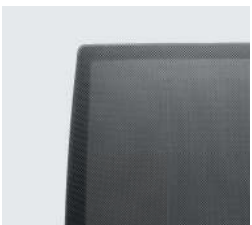
- Polyamide conical  
- 尼龙五星脚



- Polished aluminium  
conical  
- 抛光铝合金五星脚

## Backrest finishes / 椅背面料材质

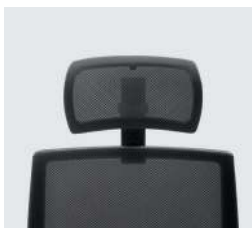
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- 3D mesh backrest  
- 3D网背

## Accessories / 选配件

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- Headrest

- 头靠



- 3D lumbar support

- 3D腰靠

## Casters / 脚轮

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- Double wheel (standard)

- 地毯轮 (标准配置)

## Designers / 设计师

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Founded in 1987, the ITO DESIGN Studio has collaborated with a wide range of industrial enterprises around the world. It is specialised in office seating and is characterised on creating innovative solutions in design, engineering and product development areas. The Studio has more than 100 patents, 90% of which belong to the corporate office furniture market, and 80% belong to mechanical elements for task chairs.

ITO Design Studio 成立于1987年，与全球多家企业有合作项目，在办公座椅设计方面经验丰富。该工作室在设计，工程和产品开发领域提供了许多创新解决方案，它拥有100多项专利，其中90%属于办公家具行业。