





Humanscale foot machines get your feet moving for health and comfort. They offer relief from prolonged, inactive sitting by encouraging a gentle rocking of the feet, which uses most of the lower leg muscles to increase healthful circulation. Our foot machines also raise the feet to relieve pressure on the lower back when sitting.



## FM500

The FM500 provides perfect support for the feet and legs to ease pressures on the lower back when sitting. With curved supports to encourage healthful rocking, the FM500 offers a surprising amount of functionality in a simple and elegant package.



GOOD  
DESIGN



## FM100

The FM100, offering a stable yet dynamically adjustable foot support, packs a lot of features into a value-priced package. In addition, the non-skid surface ensures that feet will stay right where you want them—on the foot rest—to relieve pressure on the lower back.

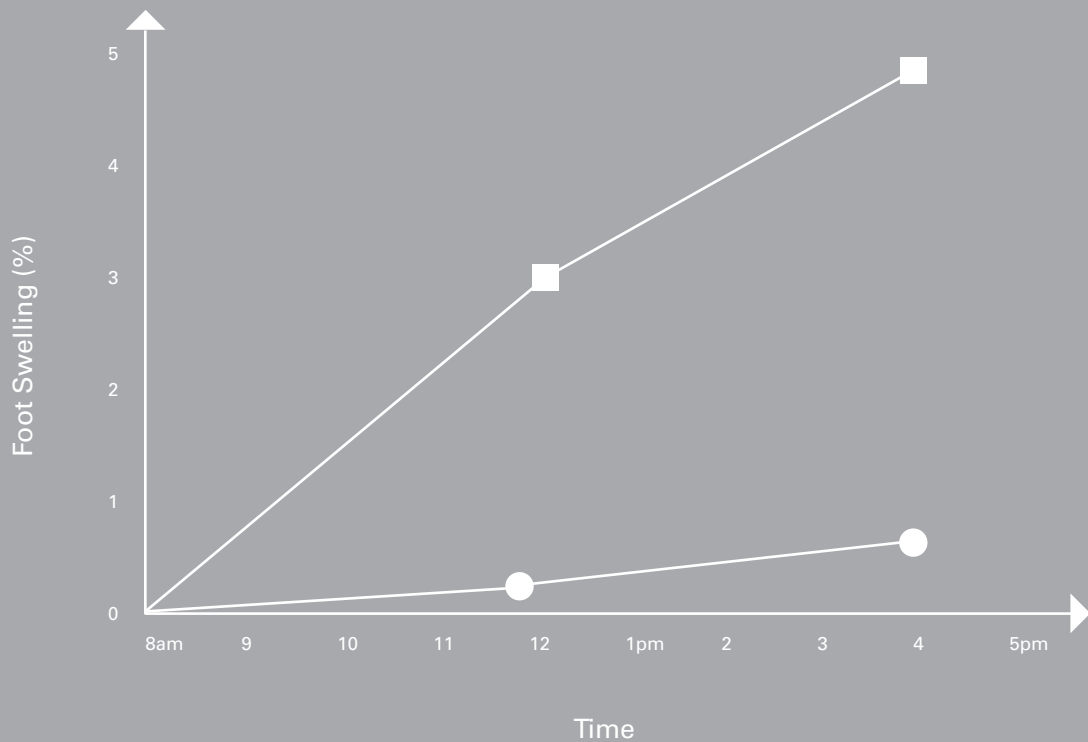
## FM300

The FM300 and FM300B, with their ball bearing rollers, encourage gentle rocking of the feet in the same way a rocking chair encourages movement. This rocking motion uses most of the lower leg muscles to increase healthful circulation. The FM300B offers built-in massage balls to rejuvenate tired feet. In addition, both offer 3" height adjustment for custom positioning.



## Research

### Active Sitting Reduces Foot Swelling



● Active Sitting

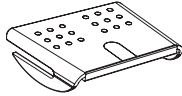
■ Inactive Sitting

"According to the present study, some of the perceptual and physiological problems in the lower legs and feet during prolonged sedentary work may rather easily be reduced by a modest increase of the leg activity comprising a natural part of the sitter's work."

*Winkel & Jorgensen*  
1986, vol. 29

## Features and Specifications

FM500



FM300/FM300B



FM100



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### Features

- Curved leg design encourages rocking motion
- Provides support for lower back
- Rubber, non-skid grips keep feet in place and protect hard flooring

- Ball-bearing rollers encourage rocking motion
- 3" height adjustment
- Non-skid, inset pads
- Rubber feet protect flooring
- Massage balls (FM300B)

- Friction angle adjustment for easy positioning
- Provides support for lower back
- Non-skid, inset pads

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### Measurements

Dimensions:  
16.75" W x 12.25" D x 4.5" H

Dimensions: 16" W x 11.875" D  
Height range: 3.75" to 6.75"

Dimensions:  
19" W x 11.75" D x 3.375" H

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### Materials

- Die-cast aluminum legs
- Molded plywood platform
- Steel foot stop
- Rubber grips

- Solid hardwood platform
- Steel frame
- Phenolic side supports
- Rubber pads
- Plastic knobs

- Solid hardwood platform
- Powder-coated tubular steel frame
- Rubber pads

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### Finishes

Wood Finishes:



*cherry*     *black*

Wood Finishes:



*natural*     *dark cherry*

Wood Finish:



*natural*

Metal Finish: Brushed Aluminum

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### Warranty

Lifetime Warranty

Lifetime Warranty

Lifetime Warranty

A highly ergonomic work environment is built around four primary tools—task chair, articulating keyboard/mouse support, adjustable monitor arm and task light—that work together to improve the health and comfort of computer users. The absence of any one of these four tools may impact the ergonomic benefits of the others, whereas additional components, such as foot rests, can further improve the workstation's ergonomics. To better understand how the ergonomics leader can dramatically improve your workday with the right assessments, tools and training, contact your Humanscale representative.



Location: Brian Reilly Inc., San Diego

## Humanscale®

**Our Design Philosophy:** *At Humanscale, we believe the best designs in the world are based on purpose and function. If a design solves a functional problem as simply and elegantly as possible, the resulting form will be honest and timeless.*

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