



# RH Logic 400/300



**DESIGNED  
FOR  
HUMAN  
PERFORMANCE**

# TEN YEARS OF UNCOMPROMISING ERGONOMICS

RH Logic has a long history of being best in class. Ten years ago, RH Logic was developed and fine-tuned into the chair we know it as today. We had, at that time, a dream of creating the very best chair to sit in for an entire day at the office in front of a computer. In a society where we become increasingly sedentary, the lofty goal we set all those years ago has proved quite insightful. We are happy that we set ourselves such high goals back in the day. For more than ten years RH Logic has helped us give our consumers a more active workday, and we look forward to the continuation of this journey.


## The design challenge

With RH Logic we wanted to create an office chair that gives everyone a seating experience that feels personalised. It was to be a solution for ambitious individuals with long working hours, as well as a continuation of RH's famous dynamic ergonomics. A chair that becomes your unique office throne, completely customised for your body, your movement pattern and your workday, but at the same time easy to adjust for multiple users.

## Ergonomics

RH Logic is full of ergonomic features, where all parts of the chair are optimised for you to sit in the best possible way. It's about sitting upright while at the same time being in motion to increase oxygen supply to the blood thus improving concentration. The chair always provides an upright posture with backrest support and variation through different sitting positions for different work situations. RH Logic is ergonomic design in the upper class. Designed to enable you to perform throughout the workday.





OUR VISION WAS TO CREATE A  
CHAIR THAT PERFORMS AS WELL  
AS THE INDIVIDUAL SITTING IN IT

# A STUDY OF RH LOGIC

There are not many chairs that have been at the centre of such an extensive research study.\* So what happened when researchers replaced the office chairs of 48 employees in Gothenburg with the RH Logic 400? We are proud of the results, which show that both health and performance improved while sitting on RH Logic while working on a computer. The results also showed that it only takes a short period of time before the RH Logic starts making a positive impact on performance.

## PERFORMANCE

70%

The chair affected the entire work situation positively.

75%

Experienced improved working techniques.

## HEALTH

50%

Reduced effort in neck and shoulders (already after a few weeks).

33%

Reduced strain in the lower back.



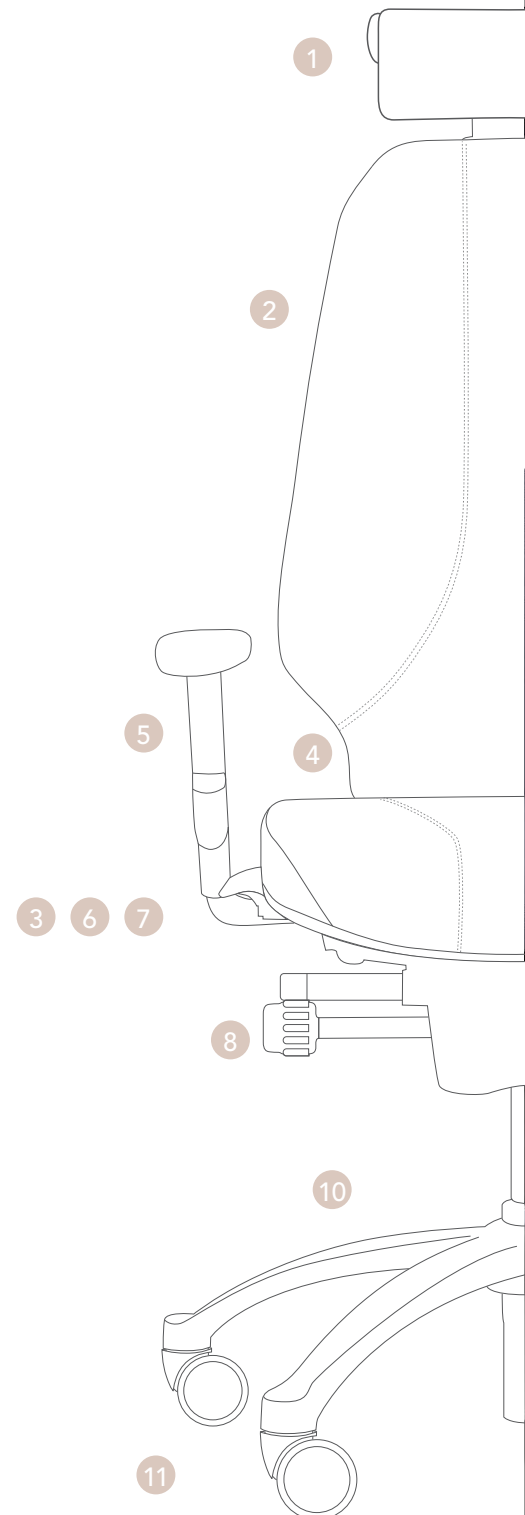
\* Follow the QR code for results from the entire research





# Functionality

- ① **The headrest**  
Is an optional add-on that we highly recommend. It provides support to the neck and thereby relieves the entire body. The headrest is adjustable both in depth and height.
- ② **The backrest**  
Choose between high or low back. The tapered back shape allows movement for arms and shoulders. The Tvedt-cushion between the shoulder blades stimulates an open and upright posture for better breathing.
- ③ **The backrest angle**  
Can be adjusted separately as needed in order for you to always sit comfortably with good support.
- ④ **The lumbar support**  
Provides additional support for the lower back. The pump adjusts the amount of air in a lumbar cushion, providing extra support.
- ⑤ **The armrests**  
Two armrest variants are available. Both can be adjusted by height and width, while one can also be adjusted by depth and the other can be rotated 360 degrees.
- ⑥ **The seat**  
Available with a layer of wool that provides better ventilation, making the seat 2-3 degrees cooler compared to conventional seats. The seat's waterfall edges reduce pressure on the underside of the thighs, enhancing circulation.
- ⑦ **Seat, height and depth**  
Is adjusted by a few simple hand movements. The controls are easily accessible while seated. The correct seat height improves blood circulation in the legs. Correct seat depth provides better relief and better support.
- ⑧ **The tilt mechanism**  
Is smooth in its movement, and can be locked in the desired position, allowing the chair to follow your every movement.
- ⑨ **Tilt resistance**  
Adjust the tilt resistance according to body weight and height to get the right balance. This allows your movement to be followed without the need to use any muscle power to push the chair into new positions.
- ⑩ **Footbase**  
Raised base and curved arms to keep feet firmly on the floor.
- ⑪ **Castors**  
Are available in different variants for both hard and soft flooring.





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# CREATING MORE WITH LESS

Today's consumption of the earth's resources is increasing in line with population growth. Resources will disappear with time, and we are therefore passionate about minimising the environmental footprint we leave behind. Our approach to sustainability has resulted in the RH Logic receiving the Nordic Ecolabel, meaning you can sit in this chair with a clean conscience. We create more with less.

**From cradle to cradle** RH Logic is certified with the Nordic Swan Label, mainly because every part of the chair can be recycled and revived as a new product. Additionally, the chair is manufactured with materials that are free of toxic substances. The minimal amount of material we use to produce the chair and the chair's long shelf life contributes to less transportation and packaging, making the RH Logic a chair with a healthy environmental conscience.



## CERTIFICATES

- EN 1335
- IEC 61340 (ESD)
- BS 5459
- Möbelfakta
- EPD, ISO 14025
- Nordic Swan Label
- GREENGUARD





# PERFORM BETTER WITH RH LOGIC AS YOUR COLLEAGUE

After ten years with RH Logic we know that we have changed the work environment for many people. This includes the brand manager of DNB ASA Tom Kvitseidsjord, who has used the RH Logic for the past eight years. He has, like many of us, a sedentary office life where stress and long hours are part of the job. For him it is absolutely essential to be able to sit in a chair that reminds him to keep moving during the day, so that periods of inactivity in front of the PC do not wear him out, but rather enhance his performance.

## Personalised

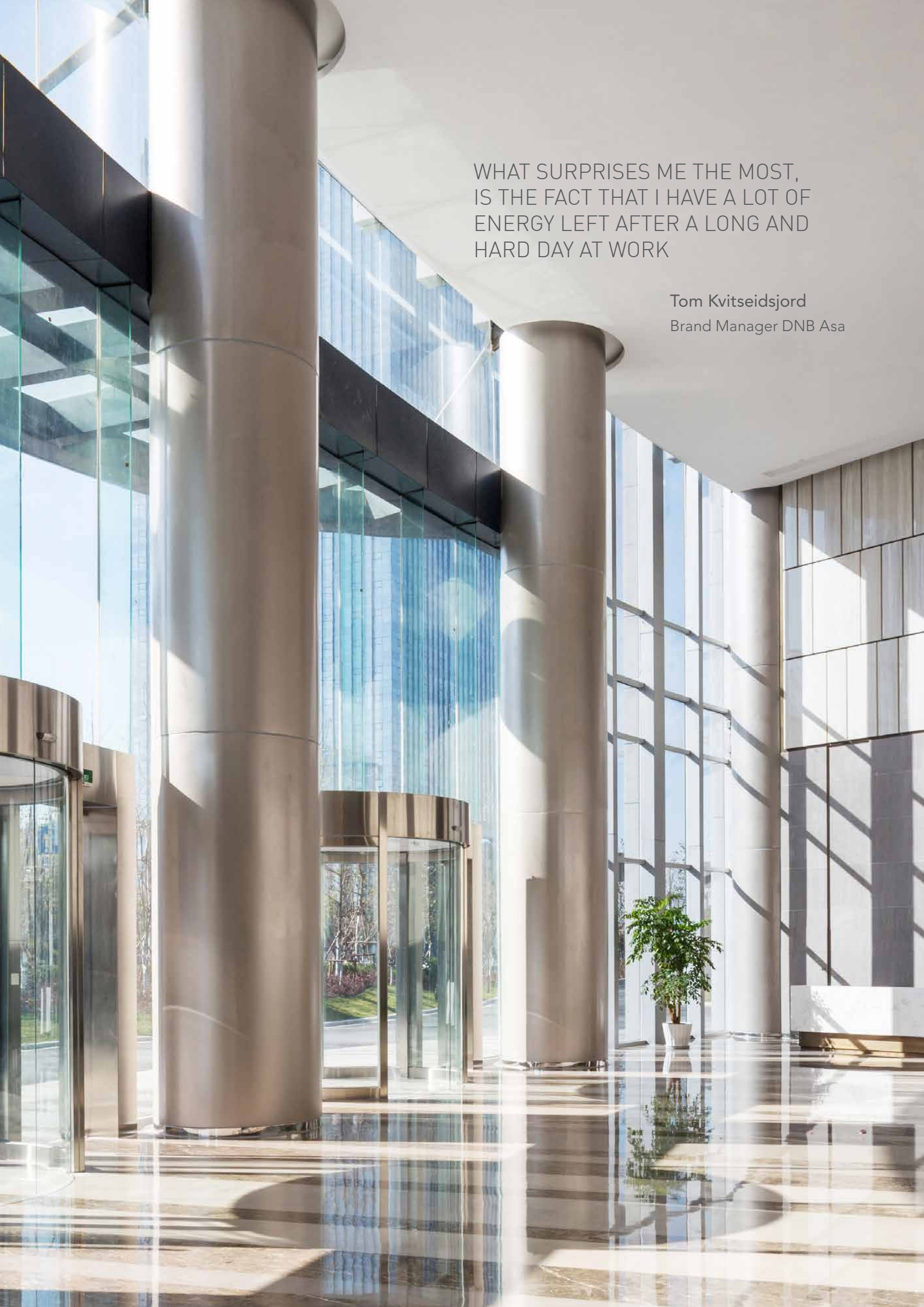
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RH Logic is a chair that is easy to become familiar with. We offer training from our employees who have learned to utilize and adapt the chair to its maximum potential. People need variety, and the option to adjust everything from the seat depth and tilt resistance to the lumbar, support this opinion. Individual parts can also be replaced, whether for hygienic or aesthetic reasons.

## Investment

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The procurement of RH Logic chairs is a long-term investment for any company. An ergonomically designed chair helps avoid muscular and skeletal ailments, as well as providing a significant reduction in sick leave costs for employees and employers. The chair has a 10-year warranty, but lasts on average more than 16 years. A chair from RH Logic is a safe and sound investment. Individual parts can also be replaced, whether for hygienic or aesthetic reasons. For example the seat and backpads can easily be clicked on and off, saving both your wallet and the environment.

A photograph of a modern office lobby. The space is characterized by large, cylindrical columns and extensive glass walls that allow natural light to flood the area. The floor is highly reflective, mirroring the columns and the sky. A potted plant is visible in the distance, and a reception desk is partially seen on the right. The overall atmosphere is clean, bright, and professional.

WHAT SURPRISES ME THE MOST,  
IS THE FACT THAT I HAVE A LOT OF  
ENERGY LEFT AFTER A LONG AND  
HARD DAY AT WORK

Tom Kvitseidsjord  
Brand Manager DNB ASA

# FUNCTIONAL DESIGN



## Our philosophy of ergonomics

We have our own philosophy of ergonomics based on the two important principles of upright posture and active sitting. These principles improve breathing and circulation and stimulate the muscles. The philosophy is evident in the RH Logic 400/300 through the unique “two-point principle” or 2PP™, which ensures that your body receives the variation and support it requires as you move.



## Movement

Research and development showed that we had to create chairs that help people sit upright as much as possible, and encourage movement. Our chairs also relieve muscles in the neck and shoulders and make it less tiring to sit. Motion provides good working techniques, enhances performance and provides energy.



## Blood circulation

RH Logic should be adjusted so that it is customised for your body. In order to generate the most optimal condition for blood circulation, you can adjust the seat depth, tilt and height for maximum support and relief. The waterfall edge of the seat cushion reduces pressure on the underside of the thighs, also helping enhance circulation in the legs.



## Breathing

Sitting upright while moving allows you to breathe better and supplies your blood with sufficient oxygen. Features like the “Tvedts” cushion pushes your shoulder blades backwards, opening the chest for better breathing, ensuring better concentration and performance. When your body feels good, you perform better.





# Options

For your flexibility, the RH Logic 400/300 offers a generous range of accessories. Naturally, you can also buy the basic chair and add accessories as you need them.



- |   |   |    |                                    |
|---|---|----|------------------------------------|
| 1 | Neckrest  | 7  | Extra large seat                   |
| 2 | Coat-hanger   | 8  | Decorative stitching               |
| 3 | Armrest 8E, depth, grey or black                          | 9  | Castors for hard floors            |
| 4 | Armrest 8S, rotating, grey or black, also available in XL | 10 | Base 5X, polished aluminium        |
| 5 | Armrest 8E, black/ESD, depth                              | 11 | Base 5X, black lacquered aluminium |
| 6 | Exchangeable pads   | 12 | Base 5X, grey lacquered aluminium  |

## Different styles for different users

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RH LOGIC 300 (LOW BACK)

As standard, the RH Logic 300 is equipped with castors for soft floors and a graphite aluminium base. Lumbar support is available as an option.



RH LOGIC 300 COMFORT

As standard, the RH Logic 300 Comfort is equipped with extra padding and improved ventilation, castors for soft floors and a graphite aluminium base.



RH LOGIC 400 (HIGH BACK)

As standard, the RH Logic 400 is equipped with an adjustable lumbar support, castors for soft floors and a graphite aluminium base.



RH LOGIC 400 ELEGANCE

As standard, the RH Logic 400 Elegance is equipped with an adjustable lumbar support, upholstered backshell, castors for soft floors and a graphite aluminium base.



RH LOGIC 400 ELITE

As standard, the RH Logic 400 Elite is equipped with lumbar support, castors for soft floor, graphite aluminium base and 20 mm extra foam in the seat and back pad. The chair is suited for 24/7 use.



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