



## Back-friendly stool - DIY - Description

### Material:

IKEA stool [FROSTA](#), Gym ball (here diameter 65 cm), Round elastic band (diameter approx. 3 mm, length approx 6 m) The band length is depending on the size of the gym ball and I have taken the band double.

### Tools:

Handsaw for wood and Mitrebox, Sandpaper, Ruler, Pencil, Scissors

1. Put a stack of magazines or books on the floor.
2. Put the gym ball on this stack.
3. Adjust your individual seat height so that you are seated comfortably at your favorite working desk or dining table.  
This can be done by adding or removing magazines or books.
4. Measure the height of the stack.
5. Subtract the height of the stack from the height of the stool.  
The resulting number will be cut from the legs of the stool with a handsaw. Example: Stack height = 15 cm, Stool height = 45 cm, Difference = 30 cm. In this example, you should have sawn off 30 cm measured from the lower edge of the stool legs.
6. Shorten the stool legs with the handsaw. Helpful is the mitrebox.  
Sand bottom of legs after cutting with sandpaper.
7. Halve the round elastic band, take each part double and connect stool and gym ball with the band, which you can easily attach to the stool legs with a knot.  
You don't realize you're sitting on the bands.  
The bands are also stable and they will not slip off.  
You can also remove the ball and put it back in.

That's it. Have fun building and healthy sitting !!!

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