

freedom®

Ergonomic Stools

Humanscale®

Designed for comfort, health, and versatility

Humanscale's ergonomic stools are among the most versatile and ergonomically comfortable stools on the market and complete our award-winning Freedom seating line. Each stool is height-adjustable and features our unique, triangular seat that swivels 360° and encourages users to sit in a saddle-like position, supporting a healthy lumbar spine. This position lowers the thighs, opens the hips, and reduces pressure points for long-term comfort.

Our stools bring the sitter closer to their work and can be easily stowed away when not in use. Whether used as an alternate seat option at home, in a medical/clinical setting, as guest seating during collaborative sessions, or as an ottoman to elevate your feet, our stools are ideal multipurpose solutions.



Shown: Pony Saddle







	FREEDOM SADDLE	FREEDOM PONY SADDLE	ACTIVE PONY
Swivel	360°	360°	360°
Seat Size	Standard Wide Seat	Compact Seat	Compact Seat
Height Adjustment	Pneumatic Cylinder	Pneumatic Cylinder	Pneumatic Cylinder
Additional Movement	–	–	Tilts 7° in any directions
Foot Ring	Optional	Optional	–

Features

Triangular, saddle-like seat design lowers the thighs and opens the hips, supporting a healthy lumbar spine

Contoured seat cushion with waterfall edge is sculpted to follow the body curve, reducing pressure points, and optimally distributing weight for long-term comfort



Height-adjustable pneumatic cylinder accommodates various seat/surface heights

Optional Foot Ring available for added support while sitting
(Not available on Active Pony)

Designed to fit 95% of the office population (5’ 0” – 6’4” height, 100 lbs – 300 lbs weight)

Shown: Active Pony

Environmental Story

At Humanscale, our approach to product development and manufacturing embodies our mission to minimize our impacts. We believe that the best designs in the world achieve more with less, so we act accordingly.

Our Freedom stools are made with healthy materials that are non-toxic and free of Red-List chemicals.

These stools contributed towards LEED credits and are certified:

LIVING PRODUCT CHALLENGE

GREENGUARD

level 3

TRUE



Shown: Pony Saddle













Technical Specifications

	SADDLE	PONY SADDLE	ACTIVE PONY
Seat Height	Standard Cylinder 17.3″ – 22.1″ Low Cylinder 16.7″ – 20.2″ Tall Cylinder 18.2″ – 23.2″ High Cylinder 19.9″ – 27.5″ *(Counter Height Compatible)* Extra-High Cylinder with Glides 22.4″ – 32.5″ *(Bar and Counter Height Compatible)*		Standard Cylinder 20.5″ – 24.91″ Tall Cylinder 21.91″ – 27.11″ High Cylinder 24.94″ – 32.90″ *(Counter Height Compatible)*
Seat Width	22″	16″	16″
Base Diameter	22″ Standard 25″ High and Extra-High		26.8"
Foot Ring Diameter	18″ or 21″		N/A
Foot Ring Height Adjustment (from floor)	6″-11″		N/A
Weight	14 lbs. 20 lbs. (with Foot Ring)	14 lbs. 18 lbs. (with Foot Ring)	14 lbs.

Base Options	• Graphite • Polished Aluminum with Graphite	Graphite
Caster Options	• Standard Hard Casters • Soft Casters (for hard floors) • Non-Rolling Glides (for fixed location use) • Automatic Locking Casters	Locking Casters
Cylinder Options	• 3″ Return to Height Cylinder • 5″ Return to Height Cylinder • Low Cylinder, 3.75″ • Tall Cylinder, 5″ • High Cylinder, 8″ with 18″ or 21″ Foot Ring • Extra-High Cylinder, 10″ with 18″ or 21″ Foot Ring	• Standard 5″ Cylinder • Tall 5″ Cylinder • High 8″ Cylinder
Warranty	15 Year, 24/7 5 Year on Cushion and Textiles	

