

Johnny's Quest for the Perfect Office Chair Setup SOP

Johnny's setup at age 13:

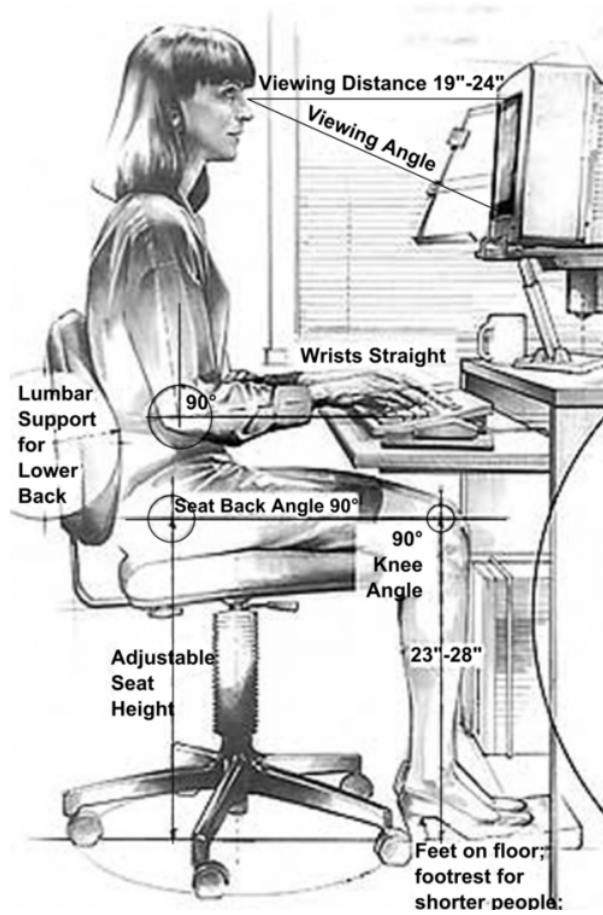


Author/Date

By Johnny Lasater on 12/22/21.

Stop Suffering

This is absolute garbage and is a recipe for being uncomfortable all day:



Fuck that noise.

My Dream

First Dream



Second Dream:



Rota (Formerly Tripp)
@pli_cachete

...

If they made those little baby bouncers for adults and attached a desk they would pull in so much money from the software engineering crowd



Garbage Chairs

If you're using one of these right now, then:

1. Stop what you're doing
2. Question your life choices
3. Just let Johnny make all of your decisions moving forward

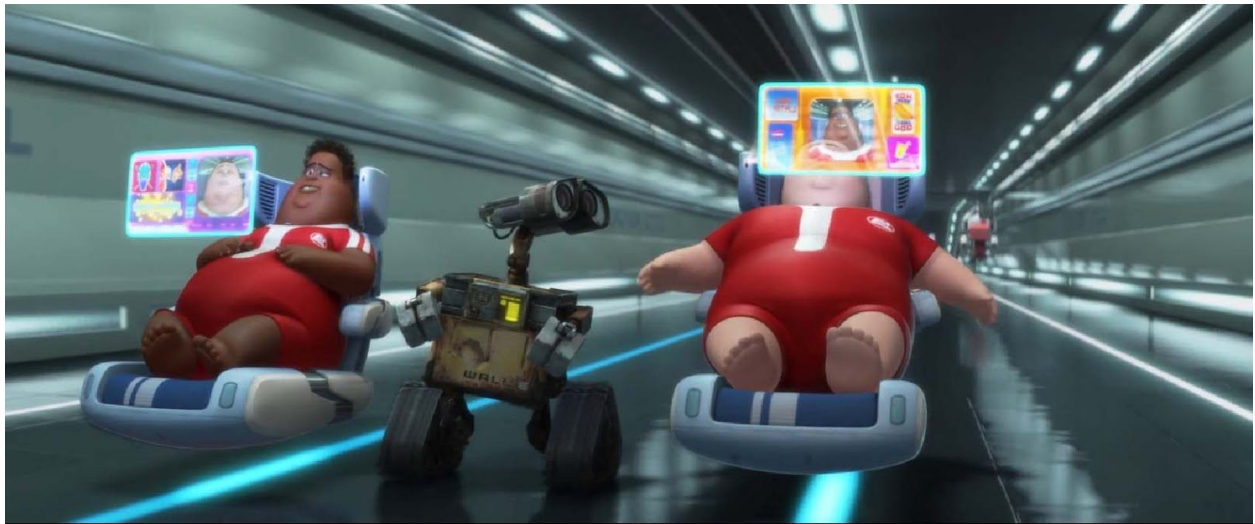


What Is the Goal?

If the set up is good then I believe that:

You should be perfectly comfortable sitting in it for 12 hours at a time without any soreness or achiness of any kind.

What I want is to basically be one of the [people from Wall-E](#):



Off the Shelf Options

These are about right, but are stupidly expensive:

<i>Altwork</i> (\$5-8k)	<i>Zero Gravity</i> (\$5-15k)
	

That is way more money than I'm willing to spend on the problem, so back in the day, I devised my own solution, which took many, many iterations to get right.

[Another custom-made possibility for inspiration.](#)

Demo of Johnny's Setup

[Video SOP](#) that explains everything in detail. Recommended.

*I forgot to include the mini-fridge next to my desk filled with water and yoohoos.



Also,



Elements of a Successful Office Chair Setup

1. Desk

- a. Lets your feet stick out the end
- b. Far enough away from the wall so your legs/feet can fully stretch out
- c. At the right height so your arms/hands are at a comfortable angle related to the mouse and keyboard
 - i. You don't want to feel the weight of your wrists on the edge of your desk
- d. Enough space to hold 2x monitors and accessories

2. Chair

- a. Padding
 - i. Heavy and thick so you're comfortable all day
 - ii. High quality that won't flatten out over time
- b. Lean
 - i. Leans back at the correct angle
 - ii. Stays leaning back
- c. Back
 - i. Tall, executive style back
 - ii. Neck support
 - iii. Your head should be at the correct angle to be comfortable without holding it up
 - iv. Angle between seat and back is comfortable - not perfectly vertical
 - 1. This angle is fixed - the whole thing should tilt, not just the back
 - v. Your eyes should be at the right level so they naturally fall around 1/2 to 2/3 up the screen
- d. Seat
 - i. Wide enough so you can rotate to your side easily
- e. Padded arms

- f. Wheeled base
 - i. Wide enough to support your weight fully reclined

3. Ottoman

- a. Big enough so your legs can be in multiple configurations without slipping off
- b. Enough padding so that your calves never get tired/sore

4. Floor

- a. Must be able to move the chair around easily without having to constantly reposition yourself

Elements of the Chair

Base	Wheels
	
Gas piston	Tilt control mechanism
	
Seat/Back	Kiss from an Angel
	

Finding the Chair

Off the Shelf Solution?

I wish I had an off-the-shelf solution for you, but I think it's gonna be impossible because:

1. Everyone is located all over the world
2. Everyone has a different height and weight

As we have other people replicate my setup, then we'll provide links.

Potentially Helpful Searches

- [Amazon search](#)
- [Costco search](#) (their options are almost always different in-store)
- [Sam's Club search](#)

Chair Examples

This is the kind of thing to look for:





Or this chair, which is an instabuy:



Timko Genuine Leather Executive Chair

By PENN EXECUTIVE CHAIRS

★★★★☆ [14](#)

\$3,199.99

Only 8 Left in Stock. Buy Soon!

Free Shipping Get it between Fri, Dec 31 – Mon, Jan 10 ⓘ

Shopping for a business?

[Unlock insider pricing](#)

\$89/mo. For 36 mos. at 0% APR – Total \$3,199.99¹ [with a Wayfair](#)

That boi is dummy thicc.

Tips

You're Probably Gonna Have to Try It in Person

You won't know how it actually feels and if the mechanism will work for you, until you sit in it.

Stores

If you can, buy from Costco or Sam's Club. The price will be cheaper and you can return it easily.

Shipping from the US

Shipping an office chair overseas is gonna be expensive, but it might end up being the least bad option. You can see what it might cost and then make a decision.

For Thick Padding

Look for the phrasing "big and tall"

There is a knob to adjust the return spring strength

If you lean back in the chair and it keeps kicking you forward, then try adjusting the knob to loosen the spring strength

You Might Have to Mix and Match

That's what I had to do. Fortunately, many office chairs use the same basic hardware setup, so it was easy to do. As long as it uses a 4 bolt tile mechanism setup, there is a very high likelihood that the different parts will fit.

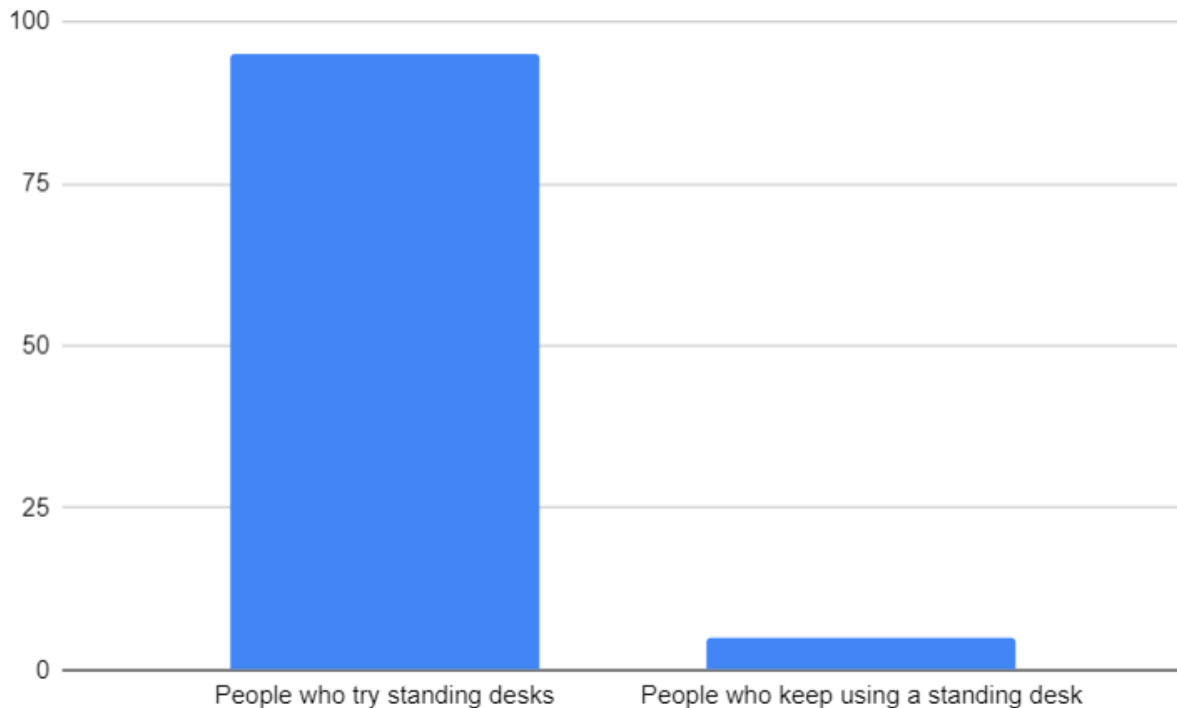
Leather or Cloth

There are trade-offs with each, so you'll have to make a personal choice. I would personally prefer cloth to leather but all that was available to me that met my criteria was leather, so that's what I went with. You do you, though.

1. Leather is more durable on average
2. Leather is Easier to clean

3. Leather is cool to the touch, which isn't fun in the winter (this is why I prefer cloth)
4. Can get a little sticky if you sweat

Standing/Treadmill Desks?



If you need to discover for yourself that you're in the first group, then here is the deal:

1. Spend your own money on it
2. If you actually are still using it after 3 months, I will reimburse you for it
 - a. Within reason as there are some very expensive setups out there that I am not interested in spending company resources on

I am willing to bet basically any amount of money that you won't actually like it enough to do it long-term. I have known several people who reported that they felt great using a standing desk initially, but without failure, every single one of them was back at a sitting desk within 2 weeks.

The spirit is willing but the flesh is weak.

Do I Really Have to Set My Office Up This Way?

No, definitely not.

I obviously recommend a solution like this but everyone has a different body and preferences, and even though my preferences are clearly superior, I want you to do what feels right to you.

The point of this SOP is to offer the best solution that I have found for me. Of course, if you follow this SOP and you're happy as a Johnny in his custom recliner next to his YooHoo fridge, then make sure to Like, Comment, Subscribe and hit that Notification bell.

But, hopefully this SOP also serves as some inspiration for you in your own office setup.

When you experience pain, I want you to solve it. If an off-the-shelf solution is not practical, get creative. You may have to mix and match things. You will have to test things. When new pain arises, tweak something and see if the pain goes away.

The above paragraph applies to literally everything in your life, but certainly your life at JLS. I want you to solve your problems, and not just suffer needlessly.

Questions/Compliments About How Much of a Genius I am

Let Johnny know. He's obviously a freak about this stuff.

In recliners we trust,

Johnny