

Forma 5

TECHNICAL FEATURES

FLOW



SWIVEL CHAIR | BLACK WITH POLYPROPYLENE BACKREST WITHOUT UPHOLSTERY

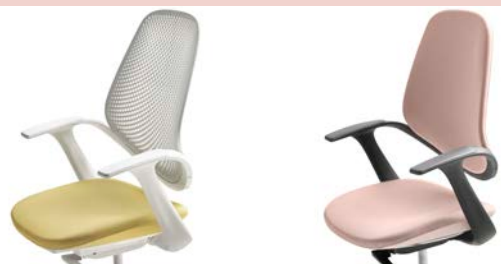


ADJUSTABLE BACKREST



- NATURALLY ADAPTS TO THE CURVATURE OF YOUR BACK
- SINUOUS LINES THAT ENSURE COMFORT
- PROVIDES WELL-BEING FOR MEETING OR COWORKING SPACES

BREATHABILITY



- PERFORATIONS THAT ALLOW PROPER VENTILATION
- PREVENTS HEAT AND MOISTURE BUILDUP
- CONTRIBUTES TO PROLONGED COMFORT

SWIVEL CHAIR | WHITE/GRAY WITH UPHOLSTERED BACKREST



INTEGRATED ARMRESTS



- PROMOTE A RELAXED POSTURE.
- REDUCE TENSION IN THE SHOULDERS AND NECK.
- FACILITATE REST BETWEEN TASKS.

SLIDING SEAT



- DEPTH ADJUSTMENT ACCORDING TO THE USER.
- PROMOTES BLOOD CIRCULATION IN THE LEGS.
- ADAPTABLE TO DIFFERENT BODY SIZES.

SWIVEL STOOL | WHITE/MISTY GRAY WITH POLYPROPYLENE BACKREST, UNUPHOLSTERED



INTEGRATED FOOTREST



- ENHANCES ERGONOMICS IN HIGH-TABLE ENVIRONMENTS
- INCREASES COMFORT IN COWORKING SPACES
- BOOSTS COMFORT DURING PROLONGED USE

HEIGHT REGULATION



- GAS PISTON FOR SMOOTH ADJUSTMENT
- ADAPTABLE TO DIFFERENT TABLE HEIGHTS
- ENSURES CORRECT ANGLE BETWEEN ARMS AND LEGS

SWIVEL STOOL | BLACK WITH UPHOLSTERED BACKREST



LIGHTWEIGHT AND DYNAMIC DESIGN



- FACILITATES MOBILITY IN DYNAMIC SPACES
- PROVIDES A SENSE OF LIGHTNESS TO THE USER
- SUPPORTS QUICK REORGANIZATION OF WORKSTATIONS

MODEL VERSATILITY



- AVAILABLE AS TASK CHAIR AND STOOL
- ADAPTABLE TO MEETING, WORK, AND COWORKING ENVIRONMENTS
- IDEAL FOR USE IN OFFICE, COWORKING, OR HOME SETTINGS

BACKREST

- Sinuous and flexible lines that naturally adapt to the curvature of the back.
- Structure combining backrest and armrests to promote a relaxed and comfortable posture.
- Profiled perforations that ensure proper ventilation and greater comfort during prolonged use.



MECHANISM

- Synchro mechanism, automatically adapting to the user's movements.
- Sliding mechanism, allowing seat depth adjustment up to 5 cm.
- Simple and intuitive height adjustment.



SEAT

- Sliding mechanism allowing depth adjustment, adapting to leg length.
- Stable and padded surface that promotes balanced weight distribution.
- Synchro movement that follows posture and reduces fatigue during long work sessions.



ARMREST

- They form a clean and harmonious visual ensemble, integrating with the backrest to enhance the design's lightness.
- Promote a balanced and relaxed posture between shoulders and arms.
- Available in black and white finishes.



SUPPORT

- Sliding mechanism allowing seat depth adjustment, adapting to leg length.
- Stable, padded surface promoting balanced weight distribution.
- Synchro movement that follows the user's posture and reduces fatigue during extended use.



CASTORS

- Available with double wheels Ø50 mm or Ø65 mm, adapting to different types of use and surfaces.
- Standard or soft wheels, enabling smooth movement on both hard floors and carpets.
- Available in black and white finishes.



CONCEPT

- Lightweight and dynamic, ideal for modern offices and coworking spaces.
- Versatile geometries with simple, clean lines that integrate easily into the environment.
- Comfort built into the design, considered from the inception of each element.



CERTIFICATES

- Evaluated by UMANA
- Certified health benefit
- Quality Mark Certificate (Tecnalia)
- Environmental Product Declaration



BASE

- Sturdy base with 5 points of support.
- Trapezoidal section for better weight distribution.
- Available in high-quality polyamide or aluminum.
- Offered in black and white finishes.



DESIGN

- A masterpiece by ITO DESIGN
- Innovation and ergonomics in office furniture
- International recognition
- Numerous design awards





DESIGN AND ERGONOMICS FOR DYNAMIC SPACES

Flow is the contemporary response to the needs of dynamic work environments. Designed by ITO Design, this chair combines aesthetics and functionality to adapt to offices, coworking spaces, or home environments that demand versatility and comfort throughout the day.

Its most distinctive feature is the polypropylene backrest, an element that embodies both aesthetic strength and comfort. With a hexagonal perforation providing a modern and unique character, the backrest offers natural flexibility that conforms to the curvature of the back. Its lightness and breathability make it an essential ally for maintaining fres-

hness and user well-being during hours of continuous use, delivering the same comfort effect as technical mesh.

The Flow family also stands out for its customization options. The white finish, combined with Misty Gray, projects a fresh and bright image, perfect for spaces seeking modernity and visual purity. For those desiring an extra touch of comfort and sophistication, the upholstered backrest version adds warmth and elegance without compromising ergonomics.



At the heart of Flow is the Synchro Atom mechanism, designed to intuitively follow every movement of the user. This system ensures balanced support in any posture, promoting a healthier and more productive work experience.

Flow is not just a chair; it is a tool for inspiration. Its lightweight design, adaptability, and commitment to sustainability make this series a reliable choice for offices that value both the well-being of people and aesthetic innovation.

DIMENSIONS AND WEIGHTS

SWIVEL CHAIR | POLYPROPYLENE OR UPHOLSTERED BACKREST

Height	96,5 - 107,5 cm
Seat height	42 - 51 cm
Width	63,5 cm
Depth	63,5 cm
Weight	13,97 kg
Upholstery lineat meters (Seat / Seat + backrest)	0,54 m

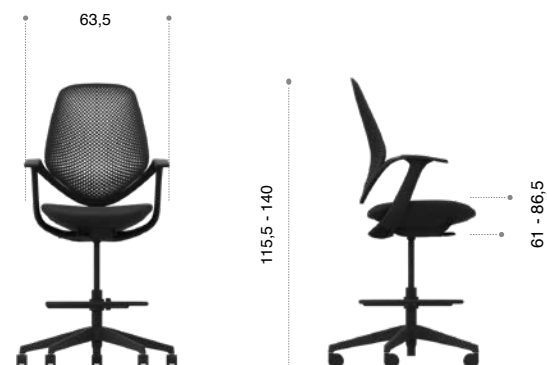
*These minimum and maximum dimensions depend on the selected configuration.
Please consult for specific values if needed.



STOOL | POLYPROPYLENE OR UPHOLSTERED BACKREST

Height	115,5 - 140 cm
Seat height	61 - 86,5 cm
Width	63,5 cm
Depth	63,5 cm
Weight	14,67 kg
Upholstery lineat meters (Seat / Seat + backrest)	0,54 m

*These minimum and maximum dimensions depend on the selected configuration.
Please consult for specific values if needed.



ELEMENT DESCRIPTION

BACKREST, SEAT AND ARMRESTS

BACKREST: The Flow backrest is the central element of its design: lightweight, flexible, and slim, with an organic shape and rounded edges that enhance its contemporary aesthetic. Its hexagonal perforation provides transparency, breathability, and visual lightness, promoting ventilation and thermal comfort. The lumbar curve naturally adapts to the back, offering ergonomic support and comfort for daily use. Made of glass-filled polypropylene, it combines strength and durability with optimal flexibility. Available in black or Misty Gray, also in an upholstered version that increases comfort without compromising performance.

SEAT: Consists of a structural polypropylene shell, textured on the exterior, which serves as support for 62 kg/m³ injected polyurethane foam, upholstered with a band. This band, outlining the seat, is upholstered in the same fabric as the top surface of the seat. The seat optionally features a system that allows depth adjustment up to 5 cm. Available in black and white.

ARMRESTS: The chair always comes with fixed armrests; there is no option to remove them. They are made of glass-filled polyamide and finished on top with a cap of unfilled polypropylene. Available in black and white (cap in Misty Gray).



MECHANISM



SINCRO ATOM: Backrest rotation relative to the seat, with the pivot point located above the seat surface, ensuring optimal support during recline movement. Height adjustment via lever. Mechanism tension automatically adapts to the user's weight (for users between 45 and 110 kg). Backrest lock via lever. Optional: five-position seat depth adjustment or sliding mechanism.



OPTIONS



Polyamide star base, 64 cm diameter, with 5 trapezoidal-section arms featuring rounded ends. Available finishes: white or black.



Polyamide star base, 69 cm diameter, with 5 trapezoidal-section arms featuring rounded ends. Available finishes: white or black.



Polished aluminum star base, 69 cm diameter, with 5 trapezoidal-section arms featuring rounded ends.



Double-wheel caster
Ø50 mm



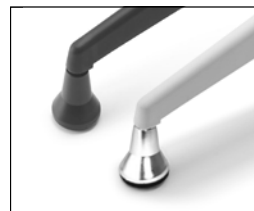
Soft double-wheel caster
Ø50 mm



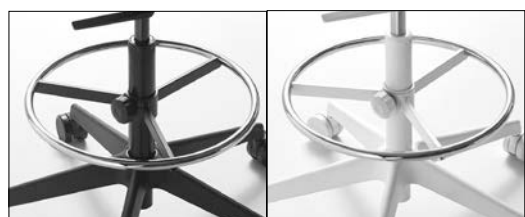
Double-wheel caster
Ø65 mm



Soft double-wheel caster
Ø65 mm



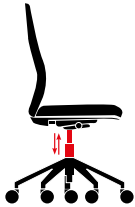
Levelers



Footring

ERGONOMICS

TAKING CARE OF OUR BODY DOES NOT DEPEND EXCLUSIVELY ON GOOD NUTRITION AND CONTINUOUS PHYSICAL EXERCISE. THERE ARE OTHER FACTORS THAT INFLUENCE THE HEALTH OF THE INDIVIDUAL, SUCH AS A CORRECT POSTURE IN THE WORKPLACE. THAT IS WHY TO KEEP THE BODY IN AN IDEAL STATE AND FREE OF PHYSICAL AILMENTS IT IS NECESSARY TO USE GOOD FURNITURE AND MAKE PROPER USE OF IT.



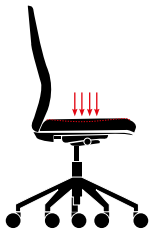
HEIGHT ADJUSTMENT OF THE CHAIR

Chairs must have an option to raise or lower the seat height, either by means of a mechanical system or a pneumatic system. The aim is to ensure that the posture is correct, with the feet resting firmly on the floor and the thighs in a horizontal position. In addition, the mechanism must be easily accessible from a seated position.



SEAT AND BACKREST INCLINATION

It is necessary that the chair has a mechanism to control the seat inclination, in order to maintain a balanced working position. The synchro system is the most common, although there are more advanced versions on the market, such as the Atom synchro. This mechanism is exclusive to Forma 5 and self-adjusts to the user's weight. It also includes the option of adjusting the depth of the seat or backrest.



LUMBAR ADJUSTMENT

Many of the chairs are designed to have an adaptable support in the back area. It is highly recommended that the backrest regulates both forward and backward movement and can be locked or released as desired by the user. In addition, many chairs incorporate a device that adjusts the curvature of the chair to that of the back and provides a more optimized rest for the worker.



BASE 5 POINTS

To facilitate movement that involves less effort to move and to provide the chair with the correct stability and firmness, the base must have 5 points of support of the wheels with the floor.



CONSISTENCY OF THE SEAT

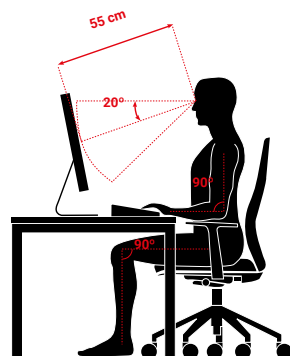
Due to the hours we spend sitting, the seat must provide firmness and adaptation to the user's physiognomy. Both high-density foam and injected foam are two resistant, durable and comfortable materials that perfectly fulfill their purpose.



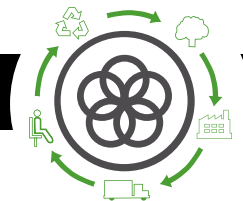
UPHOLSTERY

Depending on the area where the chair will be located and the weather conditions, the most appropriate fabric for each situation should be chosen.

BEARING IN MIND THE ABOVE ASPECTS, IT IS APPROPRIATE TO COMMENT ON THE POSTURE TO BE ADOPTED WHEN SITTING AT THE WORKPLACE.



- 1 The distance between the computer screen and the eyes should be at least 55 centimeters. In addition, the screen must be fixed in front of the worker, and not displaced to one side.
- 2 The top of the screen should be at eye level.
- 3 The thighs of the legs should be horizontal on the seat, and the feet should be fully supported, with a clear space under the table.
- 4 Regular breaks should be taken for stretching and mobilization, changing posture from time to time.
- 5 The eyes should be rested from time to time to avoid eyestrain. For example, focusing on different places on the screen and on distant points.



Life Cycle Analysis

Flow Series



RAW MATERIALS		
Raw Material	Kg	%
Steel	5,65 Kg	42 %
Polypropylene	5,18 Kg	39%
Polyamide	2,16 Kg	16%
Polyester (fabric)	0,14 Kg	1,04 %
Polystyrene	0,06 Kg	0,44 %

% Mat. Recycled= 45%

% Mat. Recyclables= 91%

Ecodesign

Results achieved in life cycle stages



MATERIALS

Aluminium

Aluminum is 60% recycled material.

Steel

Steel with a recycling percentage between 15% and 99%.

Plastic

Plastics with a recycling percentage between 30% and 40%.

Mat. Filling

HCFC-free filler materials and accredited by Okotext.

Upholstery

VOC emission-free upholstery and accredited by Okotext.

Packaging

100% recycled packaging with solvent-free inks.



PRODUCTION

Optimization of the use of raw materials

Cutting of boards, upholstery and steel pipes.

Use of renewable energies

with reduced CO2 emissions (photovoltaic panels).

Energy saving measures

throughout the production process.

Reduction of global VOC emissions

production processes by 70%.

Powder coatings

93% recovery of undeposited paint.

Elimination of glues and adhesives in upholstery the factory

has an internal treatment plant for liquid waste.

Existence of clean points

In the fabric

100% recycling of waste

of the production process and special treatment of hazardous waste.



TRANSPORT

Optimization of cardboard use

of the packaging.

Reduced use of cardboard and packaging materials

Flat packs and reduced package sizes

for space optimization.

Solid waste compactor

which reduces transportation and emissions.

Volumes and light weights

Renewal of transportation fleet

with a 28% reduction in fuel consumption.

Supplier radius reduction

Power local market and less pollution due to transportation.



USE

Easy maintenance and cleaning

solvent-free.

Form 5 Warranty

Highest quality

in materials for an average product life of 10 years.

Optimization of service life

of the product by standardized and modular design.

The boards

without emission of E1 particles.



END OF LIFE

Easy unpacking

for recycling or reuse of components.

Standardization of parts

for reuse.

Recyclable materials used in products (% recyclability):

Aluminum is 100% recyclable.

Steel is 100% recyclable.

Wood is 100% recyclable.

Plastics between 70% and 100% recyclability.

No air or water contamination

in waste disposal.

Returnable, recyclable and reusable packaging

Product recyclability at 63%.

DOWNLOAD
Sustainability Report 2024

DOWNLOAD
Environmental Product Declaration



FROM OUR SKIN, FOR THE EARTH

“From our skin, for the Earth” is our promise, the way we look at, feel and envisage sustainability.

It means soul and art, intention and action, vision and journey. Acting based on our thoughts and feelings to protect nature, the people who live in it, the time that is left. Learning from the journey, the legacy and the spirit of the south. A deliberate, mindful, authentic spirit.

A message that encourages us to think from our skin, create from truth and produce with dedication, mindful and responsible furniture for a better tomorrow on this planet.

“Desde la piel, para la Tierra” es nuestra promesa, nuestra forma de mirar, de sentir y concebir la sostenibilidad.

Es alma y arte, intención y acción, mirada y camino. Es actuar desde el sentimiento y el pensamiento para proteger la naturaleza, las personas que la habitan, el tiempo que queda por venir. Aprendiendo del camino, del legado y de la esencia del sur. Una esencia pausada, consciente, auténtica.

Un mensaje que nos incita a pensar desde la piel, crear desde la verdad y producir con compromiso, un mobiliario consciente y respetuoso para un mejor mañana en este planeta.

“From our skin, for the Earth” est notre promesse, notre façon de voir, de ressentir et de concevoir le développement durable. C’est une âme et un art, l’intention et l’action, le regard et le chemin. C’est agir à travers le sentiment et la pensée pour protéger la nature, les personnes qui l’habitent, le temps qui reste à venir. Apprendre du chemin, de l’héritage et de l’essence même du sud.

Une essence posée, consciente, authentique. Un message qui nous encourage à penser à travers notre peau, à créer à travers la vérité et à produire de façon engagée, un mobilier conscient et respectueux, pour construire un avenir meilleur sur cette planète.

“From our skin, for the Earth” lautet unser Versprechen. Das ist unsere Art, Nachhaltigkeit sichtbar, spürbar und erlebbar zu machen.

Es ist der Geist und die Kunst, die Absicht und die Handlung, die Betrachtung und der Weg. Es bedeutet, nach Gefühl und Gewissen zu handeln, um die Natur zu schützen, die Menschen, die sie bewohnen, und die Zeit, die noch vor uns liegt. Und dabei vom Weg, dem Erbe und der Essenz des Südens zu lernen. Eine ruhige, bewusste, authentische Essenz.

Eine Botschaft, die uns dazu anregt, aus unserer Haut heraus zu denken, aus der Wahrheit heraus zu erschaffen und mit viel Hingabe eine verantwortungsvolle und umweltfreundliche Einrichtung für eine bessere Zukunft auf diesem Planeten zu schaffen.

Humanly sustainable

Skin

Creatively sustainable

Art

Originally sustainable

South

Enduringly sustainable

Time

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SUSTAINABILITY PRODUCT

FLOW

EU PROGRAMME

PROGRAMAS UE
PROGRAMME DE L'UE
EU-PROGRAMM



Forma 5 Group is part of an EU-backed programme to develop sustainable products. Series such as Flow are candidates to be redesigned in the near future by integrating more sustainable materials, with the aim of bringing their carbon footprint as close to zero as possible.

Grupo Forma 5 es participe de un programa respaldado por la Unión Europea para desarrollar productos sostenibles. Series como Flow son candidatas a ser rediseñadas en el futuro próximo integrando materiales más sostenibles, con el objetivo de que su huella de carbono se acerque lo más posible a cero.

Le Forma 5 Group fait partie d'un programme soutenu par l'UE pour développer des produits durables. Des séries telles que Flow sont susceptibles d'être redessinées dans un avenir proche en intégrant des matériaux plus durables, dans le but de ramener leur empreinte carbone à un niveau aussi proche que possible de zéro.

Die Forma 5-Gruppe nimmt an einem von der EU unterstützten Programm zur Entwicklung nachhaltiger Produkte teil. Serien wie Flow sollen in naher Zukunft durch die Verwendung nachhaltigerer Materialien umgestaltet werden, mit dem Ziel, ihren Kohlenstoff-Fußabdruck so weit wie möglich auf Null zu bringen.

CIRCULARITY OF FABRICS

CIRCULARIDAD DE TEJIDOS
CIRCULARITÉ DES TISSUS
KREISFÖRMIGKEIT DER STOFFE



Forma 5 Group has developed a procedure to recycle the fabric scraps generated during our manufacturing process, using advanced technologies that efficiently reincorporate them into our production chain. This innovation reduces waste, promotes a more responsible production and is aligned with circular economy.

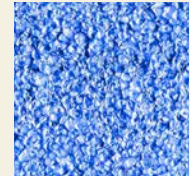
Grupo Forma 5 ha desarrollado un proceso para reciclar los retales de tejidos generados durante nuestra producción, utilizando tecnologías avanzadas que los reincorporan eficientemente en nuestra cadena productiva. Este innovación reduce residuos, promueve una producción más responsable y se alinea con la economía circular.

Grupo Forma 5 a développé une procédure de recyclage des restes de tissus générés au cours de notre processus de fabrication, en utilisant des technologies avancées qui les réincorporent efficacement dans notre chaîne de production. Cette innovation permet de réduire les déchets, de promouvoir une production plus responsable et de s'aligner sur l'économie circulaire.

Grupo Forma 5 hat ein Verfahren entwickelt, um die bei der Herstellung anfallenden Stoffreste zu recyceln. Dabei kommen fortschrittliche Technologien zum Einsatz, mit denen sie effizient in unsere Produktionskette zurückgeführt werden können. Diese Innovation verringert die Abfallmenge, fördert eine verantwortungsvollere Produktion und steht im Einklang mit der Kreislaufwirtschaft.

RECYCLABILITY

RECICLABILIDAD
RECICLABILITÉ
RECYCLABILITY



Alrededor de 92% de una silla Flow podría usarse para producir otra unidad igual una vez terminada su vida útil. Mismo caso que su embalaje, totalmente retornable, reciclable y reutilizable.

Alrededor de 92% de una silla Flow podría usarse para producir otra unidad igual una vez terminada su vida útil. Mismo caso que su embalaje, totalmente retornable, reciclable y reutilizable.

Environ 92 % d'une chaise Flow peuvent être utilisés pour produire une autre unité identique à la fin de sa vie utile. Il en va de même pour l'emballage, qui est entièrement retourné, recyclé et réutilisé.

Etwa 92 % eines Flow-Stuhls könnten am Ende seiner Nutzungsdauer zur Herstellung eines weiteren identischen Stuhls verwendet werden. Gleiches gilt für die Verpackung, die vollständig zurückgegeben, recycelt und wiederverwendet werden kann.

INNOVATION

INNOVACIÓN
INNOVATION
INNOVATION



Europe is committed to optimising plastic recycling by using chemical techniques such as pyrolysis, glycolysis, hydrolysis and methanolysis, enabling the recycling of materials used in Flow, such as polypropylene.

Europa apuesta por optimizar el reciclaje de plásticos mediante técnicas químicas como pirólisis, glicólisis, hidrólisis y metanólisis, facilitando el reciclaje de materiales presentes en Flow, como polipropileno.

L'Europe s'efforce d'optimiser le recyclage des plastiques à travers des techniques chimiques comme la pyrolyse, la glycolyse, l'hydrolyse et la méthanolyse, en favorisant le recyclage des matériaux présents dans le modèle Flow, comme le polypropylène.

Europa setzt sich für die Optimierung des Recyclings von Kunststoffen durch chemische Techniken wie Pyrolyse, Glykolyse, Hydrolyse und Methanolyse ein, die das Recycling der in Flow enthaltenen Materialien wie Polypropylen.

MAINTENANCE AND CLEANING OF CHAIRS

LINES OF ACTION FOR THE CORRECT CLEANING AND MAINTENANCE OF THE DIFFERENT PARTS OF THE CHAIR, TAKING INTO ACCOUNT THE DIFFERENT MATERIALS OF WHICH IT IS COMPOSED:

FABRICS

- 1 Vacuum regularly.
- 2 Rub with a damp cloth soaked in neutral PH soap on the stained area and test a hidden area beforehand.
- 3 Alternatively, dry foam of the type used on carpets can be used.

PLASTIC PARTS

Rub the areas to be cleaned with a damp cloth soaked in neutral PH soap.

Under no circumstances should abrasive products be used.

METAL PARTS

- 1 Rub the areas to be cleaned with a damp cloth soaked in neutral PH soap.
- 2 Polished aluminum parts can be recovered with polish on a dry cotton cloth to restore their initial shine.

REGULATIONS

CERTIFICATE

Forma 5 certifies that the Flow program has passed the tests carried out both in the internal Quality Control laboratory and in the TECNALIA Technological Research Center, obtaining "satisfactory" results in the following tests:

UNE-EN 1335-1:2001 : 'Office furniture. Office chairs. Part 1: Dimensions: Determination of dimensions'.

UNE-EN 1335-2:2009: 'Office furniture. Office furniture. Part 2: Safety requirements'.

UNE-EN 1335-3:2009: 'Office furniture - Office chairs. Office furniture. Part 3: Test methods'.



Developed by ITO DESIGN

