

How to Measure for a Replacement Gas Strut

If you would like to maintain your stool's current height range, measure the main body length of your gas strut. Do not measure the telescopic section.

If you would like a different stool height range, select from the available stool height ranges and strut sizes listed below.

LOW

Strut body length: 190 to 200mm

The LOW gas strut suits persons under 160cm in height.

Telescopic range: 100mm
Seat height range: 42.5 to 51cm

MEDIUM

Strut body length: 235 to 245mm

The MEDIUM gas strut (our most popular) suits persons between 160 and 180cm.

Telescopic range: 160mm
Seat height range: 46 to 61cm

HIGH

Strut body length: 310 to 320mm

The HIGH gas strut suits persons over 180cm in height.

Telescopic range: 200mm
Seat height range: 53 to 72.5cm

EXTRA HIGH

Strut body length: 365mm

The EXTRA HIGH gas strut is designed for use with a sit-stand desk or high bench.

Telescopic range: 265mm
Seat height range: 60.5 to 85.5cm

