

# giroflex 353

Versatile comfort



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## giroflex 353

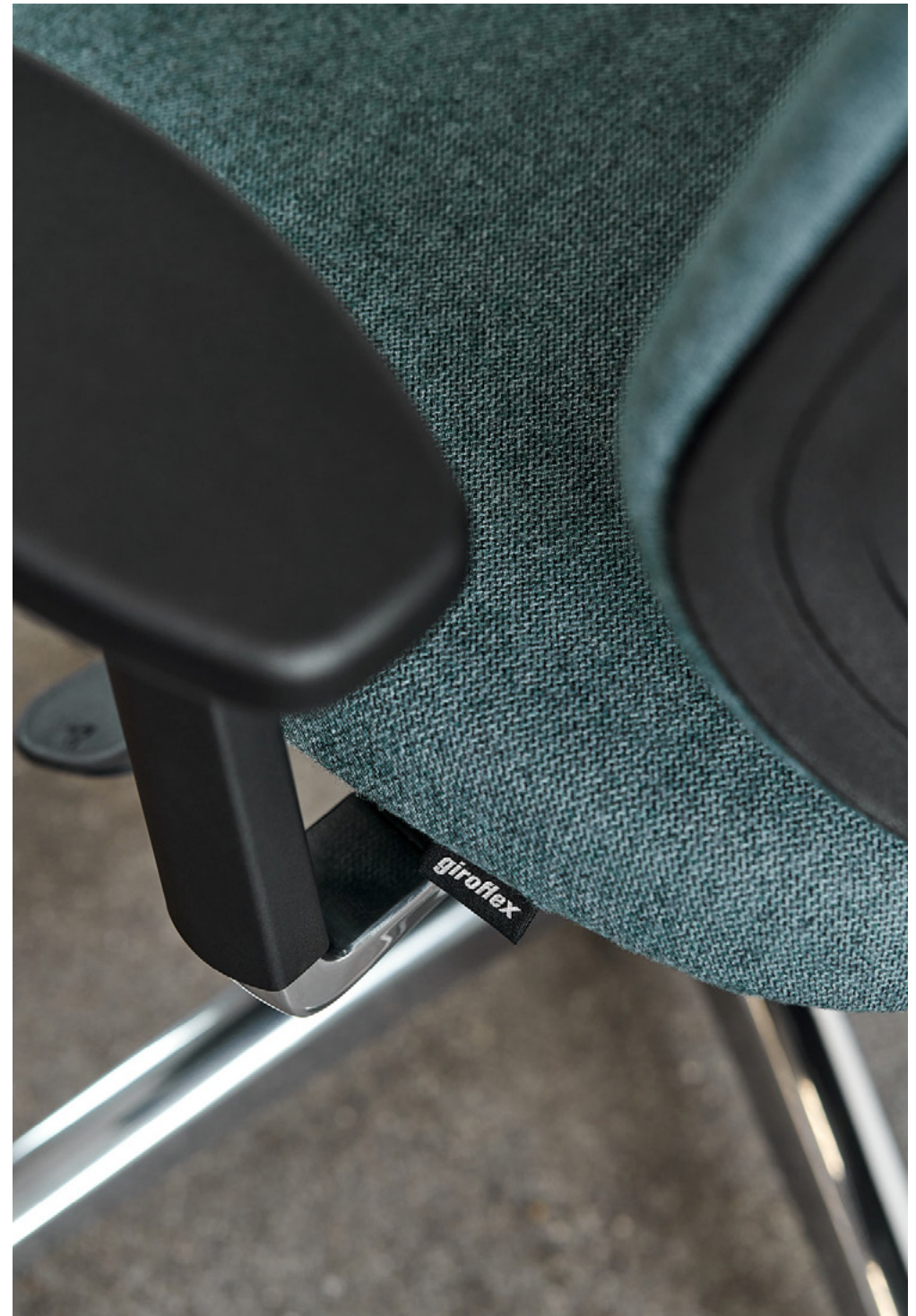
The perfect fit for every interior project

The giroflex 353 chair family is designed to meet the varied demands of today's dynamic workplaces while maintaining a cohesive and stylish aesthetic. Each model offers specific features tailored to different environments, yet they all share the same sleek design language, ensuring your workspace feels unified and harmonious - no mismatched seating here.

Combining advanced ergonomics with a modern, fresh design, the giroflex 353 offers more than just a chair. Depending on the model, you can benefit from features such as Giroflex's unique synchro-motion technology, which promotes natural movement and enhances comfort throughout the day, as well as the dual-seat zone, a cut and contoured front of the seat that facilitates blood flow in the lower limbs during sitting.

The result? A seating solution that adapts effortlessly to every need. Whether you're outfitting an entire office or a single workspace, the giroflex 353 ensures that your space is both functional and visually cohesive - making it easier to configure a complete office solution with just one versatile chair family.

Discover the stylish textile collection for the giroflex 353 – thoughtfully curated to elevate modern interiors and perfectly complement the full range of other Flokk designs. Premium materials, timeless aesthetics, and effortless harmony for any space.











# Synchro Motion

Designed to work -  
with natural movement

The giroflex 353 Swivel models are designed to move with you, offering seamless comfort and support throughout your workday. When you lean back, the synchro motion mechanism automatically tilts the seat one degree for every two degrees the backrest reclines, promoting natural movement and encouraging proper posture.

This design allows you to stretch your chest and torso comfortably, improving blood flow and reducing pressure on your legs and thighs.

## Individual comfort

The giroflex 353 is designed to adapt perfectly to individual needs. Adjustable features include seat height and depth, backrest height, armrest height, width, depth, and rotation, as well as headrest height and angle. Additionally, the forward tilt angle and contact pressure can be fine-tuned for personalised ergonomic support, ensuring maximum comfort and performance across a wide range of preferences.

*Read more about  
synchro motion*



[▶ Watch the video](#)

# giroflex 353

Designed to work –  
in every workspace

The giroflex 353 chair family brings purposeful adaptability to any interior setting, with five distinct base models across Swivel, Conference, and Visitor categories.

Each model provides ergonomic consistency while offering specific designs to suit unique tasks and settings, with carefully chosen backrest shapes, seat widths, and heights for optimal comfort and functionality. The giroflex 353 family can help you tick off any box of “needs” in a typical project where one plan an entire office, with different workspaces.

For added personalization, giroflex 353 offers a range of customisable options, from headrests to armrests, that let you fine-tune each chair to individual needs. To further energise your space, explore our curated collection of premium fabrics and materials, allowing you to create a seating solution that truly reflects your style.

Designed for longevity, the giroflex 353 also offers easily accessible spare parts and a dedicated service team to support your investment, ensuring it remains a key part of your workspace for years to come.

*Configure your customised  
giroflex 353 [here](#).*



# Product family



giroflex 353-4529  
Upholstered back



giroflex 353-4529  
Lab



giroflex 353-3018  
Conference chair  
Mesh back



giroflex 353-3003  
Mesh back  
Cantilever



giroflex 353-7003  
Mesh back  
Cantilever  
Armrests



giroflex 353-3503  
Upholstered back  
Cantilever



giroflex 353-7503  
Upholstered back  
Cantilever  
Armrests



giroflex 353-4029  
Mesh back



giroflex 353-4029  
NPR standard



giroflex 353-3518  
Conference chair  
Upholstered back



giroflex 353-3004  
Mesh back  
4 legs



353-7004  
Mesh back  
4 legs  
Armrests



giroflex 353-3504  
Upholstered back  
4 legs



giroflex 353-7504  
Upholstered back  
4 legs  
Armrests



# giroflex 353

Designed to work –  
Designed to last

Since 1872, Giroflex has been synonymous with exceptional quality - something that continues to define the giroflex 353.

Engineered with precision, premium materials, and thoughtful design, the giroflex 353 provides lasting comfort and support. Since its launch in 2012, this chair has been relied upon around the world, thanks to its enduring durability and design.

## Sustainability at the core

The giroflex 353 is designed with sustainability in mind. Using a significant amount of recycled materials results in reduced environmental impact - all documented and empower you to create a workspace with a lower carbon footprint. The giroflex 353 is designed with sustainability in mind. With approximately 34% recycled materials, the Giroflex 353 is designed to reduce environmental impact - supporting your commitment to a more sustainable workspace. Smart design meets conscious choices, without compromising on performance or style.

## Transparency and certification

The giroflex 353 is EPD (Environmental Product Declaration) certified, meaning we offer a fully transparent, third-party verified account of the materials, energy usage, and carbon footprint involved in its production. Additionally, it carries the GREENGUARD Gold certification, ensuring it contributes to a healthier indoor environment.

## Supporting longevity

To extend the life of your chair, we provide easily accessible spare parts and offer detailed pricing for essential items. Our dedicated service teams are always ready to assist with any needs, ensuring your giroflex 353 remains a lasting investment in your workspace.

*Learn more about taking care  
for a longer product life [here](#).*



Certifications:  
EPD  
GREENGUARD Gold  
GS EN 1335-1/-2/-3  
Möbelfakta  
NPR (for 353-4029)



## giroflex 353

Designed to work -  
in new colours and materials

Working with Gabriel fabrics, we have created an exciting new colour palette for their best selling fabric Runner.

Eight new colours, chosen to reflect the dynamic spirit of the Giroflex brand and seamlessly integrate with the updated Flokk colour palette, offering a cohesive and refreshed look for modern workspaces.

This exciting collaboration brings fresh, energetic colours to our celebrated chair, designed to enhance your office experience with a touch of Swiss precision and style.

### Why Runner

We selected Runner fabric for its advanced 3D knit technology, offering exceptional comfort, durability, and vibrant colour display. Its dynamic yet elegant look complements the giroflex 353's design, while its dimensional stability and moisture diffusion ensure lasting comfort.

Plus, with its EU Ecolabel certification, Runner is a sustainable choice that aligns with our commitment to quality and environmental responsibility.

*Read more about the story  
behind the collaboration  
between Giroflex and Gabriel.*



# Terracotta

A touch of red clay, leaves of autumn and the running tracks passing in a glimpse in your memory. With its earthy feel, this orange-red shade evokes a sense of confidence and strength.

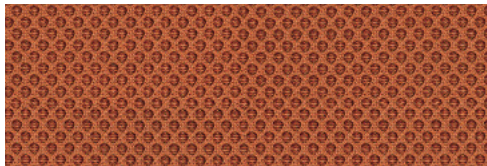
Terracotta has a certain duality - vibrant and bright in character, yet warm with its rich, saturated tone - making it versatile when paired with both lighter and darker colours. It complements natural materials beautifully, especially wood and other organic surfaces.

Runner in Terracotta on a Giroflex chair brings warmth and boldness, helping the chair stand out with integrity. Its colour combinations are countless, working well with brighter hues like blues, greens, reds, and pinks, or more earthy tones like browns and burgundies.

"Terracotta" leaves a joyful impression in any environment!

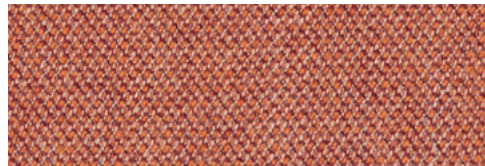


Back colour



Terracotta RUN63125  
Gabriel Runner

Seat colour



Coral CPT4301  
Gabriel Capture

# Chestnut

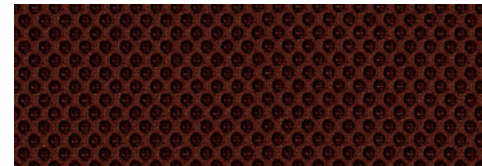
This dark toned red brownish colour is affiliated with a combo of darker reds and browns giving it a grounded feel of connection to nature.

It's deep shade has an intensity in its expression adding a sophisticated feel. It is within the burgundy's colour family psychologically known for increasing energy levels.

Runner in Chestnut give the chairs a refined expression, especially in combo with polished metal parts. It works well in combination with other toned down shades as Dusk, but is also easily combined with lighter blues and Terracotta. Its exclusive touch clearly emerges together with shiny surfaces and spaces with changing light. Chestnut brings the feel of togetherness, a vital ingredient for any workplace.

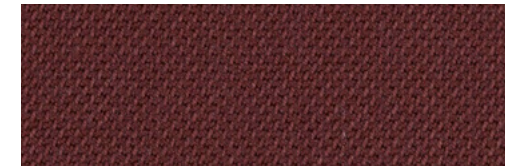


Back colour



Chestnut RUN64159  
Gabriel Runner

Seat colour



Chestnut SC61186  
Gabriel Select

# Stream

This light blue evokes nature's shifting blues - like the sky, the air, or the flowing water of a river or lake.

It embodies a sense of "lightness of being," conveying freedom and continuity.

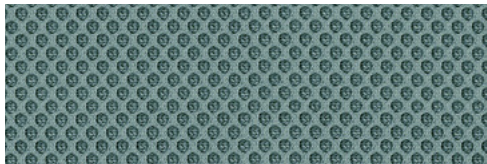
Runner in Stream on a Giroflex chair adds a breath of fresh air to any space, blending beautifully with both warm and dark colours. When paired with materials like wood and concrete, it creates a fresh and delicate atmosphere.

It complements a range of colours, from deep burgundy to various shades of blue and grey.

"Stream" captures both energy and serenity in its tranquil beauty.

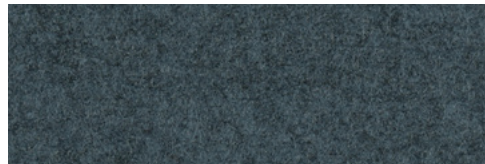


Back colour



Stream (Light blue) RUN67004  
Gabriel Runner

Seat colour



Blue melange FCM60308  
Gabriel Focus Melange

# Lake

This greyish blue – so called livid colours as it's a medium bluish grey shade, awakes the feel of the sky on a half sunny day mirrored in a resting lake.

It's toned down nuance gives a sense of peace and quiet - it calms the mind and makes you feel well and re-energized just as after a yoga session.

Runner in Lake on a Giroflex chair will have a soothing effect on its surroundings without being boring. It especially mixes well with metals and polished surfaces. It's shade is easy to combine with all kinds of blues and greys. In combo with brighter or contrasting colours it harmonizes well.

Lake expresses elegance and certitude in a trusty way. It's a feel-good colour.

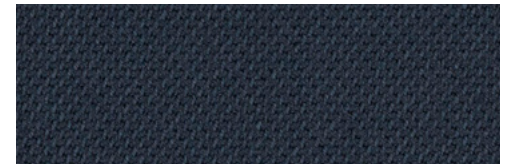


Back colour



Lake (Dusty blue) RUN66248  
Gabriel Runner

Seat colour



Blue SC66194  
Gabriel Select





Photo: Juerg Kaufmann

## giroflex 353

Designed to work -  
By Paolo Fancelli

Launched in 2012, the giroflex 353 was created by Paolo Fancelli, a designer whose work focuses on blending cutting-edge ergonomics with timeless design.

The goal was to develop a versatile seating solution that could adapt to various office environments without compromising on style or functionality. Inspired by Swiss precision and the natural movement of the body, the giroflex 353 features giroflex's trademark synchro-motion mechanism and multi-zone mesh support that ensures comfort and promotes healthy posture throughout the day.

With its clean lines and adaptable features, the giroflex 353 brings cohesion to the workspace, allowing different models - swivel, conference, and visitor chairs - to seamlessly work together.

Through the giroflex 353, Fancelli set out to create a chair that not only meets the functional needs of today's office but also enhances the workspace through thoughtful design, sustainability, and a focus on long-term comfort.

The giroflex 353 is one of several successful collaborations with Fancelli, including the giroflex 64, and giroflex 313, and together they answer different workspace questions for individuals and organisations.

*Read more about Paolo Fancelli on [flokkm.com](https://flokkm.com)*

 *Watch a full Design Story of giroflex 353 (GER)*



# Models and measurements

giroflex 353	-4029	-4029 NPR	-4529	-3003	-7003	-3503	-7503
Seat height loaded	40-52 cm	41-55 cm	40-52 cm	44 cm	44 cm	44 cm	44 cm
Total height (without headrest)	100-118 cm	101-121 cm	100-119 cm	92 cm	92 cm	93 cm	93 cm
Backrest height	60-66 cm	59-65 cm	60-66 cm	46 cm	46 cm	47 cm	47 cm
Armrest height above floor	-	-	-	-	67 cm	-	67 cm
Seat width	45 cm	45 cm	45 cm	47 cm	47 cm	47 cm	47 cm
Backrest width	44 cm	44 cm	44 cm	46 cm	46 cm	47 cm	47 cm
Total width (5 arm base)	70 cm	70 cm	70 cm	-	-	-	-
Total width	-	-	-	52 cm	64 cm	52 cm	64 cm
Seat depth	42,5-48,5 cm	41-52 cm	42-48 cm	43 cm	43 cm	43 cm	43 cm
Adjustment range lumbar support	6 cm	6 cm	6 cm	-	-	-	-
Seat - surface inclination angle	+5°   -9°	+5°   -9°	+5°   -9°	-	-	-	-
Backrest inclination angle	+28°	+28°	+28°	-	-	-	-
Mechanism adjustable range	45-120 kg	45-120 kg	45-120 kg	-	-	-	-

	-3004	-7004	-3504	-7504	-3018	-3518
Seat height loaded	44 cm	44 cm	44 cm	44 cm	39-51cm*	39-51 cm*
	-	-	-	-	47 cm**	47 cm**
Total height	93 cm	93cm	94 cm	94 cm	89-101 cm*	90-102 cm*
	-	-	-	-	96 cm**	97 cm**
Backrest height	46 cm	46 cm	47 cm	47 cm	46 cm	47 cm
Armrest height above floor	-	67cm	-	67 cm	69 cm*	69 cm*
	-	-	-	-	70 cm**	70 cm**
Seat width	47 cm	47 cm	47 cm	47 cm	47 cm	47 cm
Backrest width	46 cm	46 cm	47 cm	47 cm	46 cm	47 cm
Total width (4 arm base)	-	-	-	-	70 cm	70 cm
Total width	53 cm	64 cm	53 cm	64 cm	-	-
Seat depth	43 cm	43 cm	43 cm	43 cm	43 cm	43 cm
Stacking amount	5	5	5	5	-	-

\* castors Ø50mm

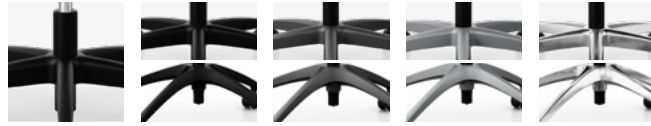
\*\* castors Ø65mm





# Options

## Footbase (-4029,-4529,-3018,-3518)



5-arm  
plastic,  
black 810

5-arm / 4-arm  
aluminium,  
black 810

5-arm / 4-arm  
aluminium,  
pearl-metallic  
812

5-arm / 4-arm  
aluminium,  
alu-metallic  
813

5-arm / 4-arm  
aluminium,  
polished

## Seat height (-4029,-4529)



39-51cm 49-65cm  
41-55cm 55-72cm  
46-62cm 62-79cm

## Frame colour\* (-3003,-7003,-3503,-7503,-3004,-7004,-3504,-7504)



Frame steel,  
black 810

Frame steel,  
pearl-metallic  
812

Frame steel,  
alu-metallic  
813

Frame steel,  
chromium  
plated

## Castor



50 mm for soft  
/ hard floors

50 mm for soft  
/ hard floors  
- broken when  
loaded

65 mm for soft  
/ hard floors

65 mm for soft  
/ hard floors  
- broken when  
loaded



Glides /  
Glides with felt

## Column (-3018,-3518)



Column  
black

Column  
auto-return,  
black

Column fixed,  
chromium  
plated

Column  
auto-return,  
chromium  
plated

Column height  
adjustable,  
black

Column height  
adjustable,  
auto-return,  
black

Column height  
adjustable,  
chromium  
plated

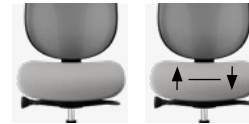
Column height  
adjustable,  
auto-return,  
chromium  
plated



Column height  
adjustable,  
standard,  
black

Column height  
adjustable,  
standard,  
chromium

## Seat cushion (-4029,-4529)



Seat standard

Seat 3D Move

## Seat mechanism (-4029,-4529)



Mechanism  
normal

Seat tilt  
adjustable

# Accessories

## Armrest (-4029,-4529)

(-3018,-3518)



Fixed  
Black 810

2D  
Support  
plastic black,  
with softpad

4D  
Support  
plastic black,  
with softpad

4D  
Aluminium  
support  
polished,  
with softpad

4D - NPR  
Plastic support  
with softpad

Fixed  
Steel support  
black

Fixed  
Steel support  
chromium  
plated

## Headrest (-4029,-4529)



Adjustable

Adjustable,  
mesh runner

## Coat hanger (-4029,-4529)



Black 810

## Lumbar support (-4529)



Adjustable

## Footring (-4029,-4529)



Chromium plated,  
centre piece  
black, Ø 50 CM

## Glides

(-3004,-7004,  
-3504,-7504)

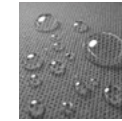


Glides /  
Glides with felt

(-3003,-7003,  
-3503,-7503)

Glides /  
Glides with felt

## Cleanguard



Seat for 4029  
Back + seat for 4529

Accessories are not available for all models. Please check the configuration for individual models.

Discover full model details, technical specifications, and pricing in our price list or by visiting our website.

## Service

### Partnership

We see ourselves as a partner for all your service requirements and will support you so that your office furniture investment pays off for many years to come.

### Durable

Our products are designed for sustainability. All seating furniture is designed for long-term use and longevity is at the forefront of every development process.

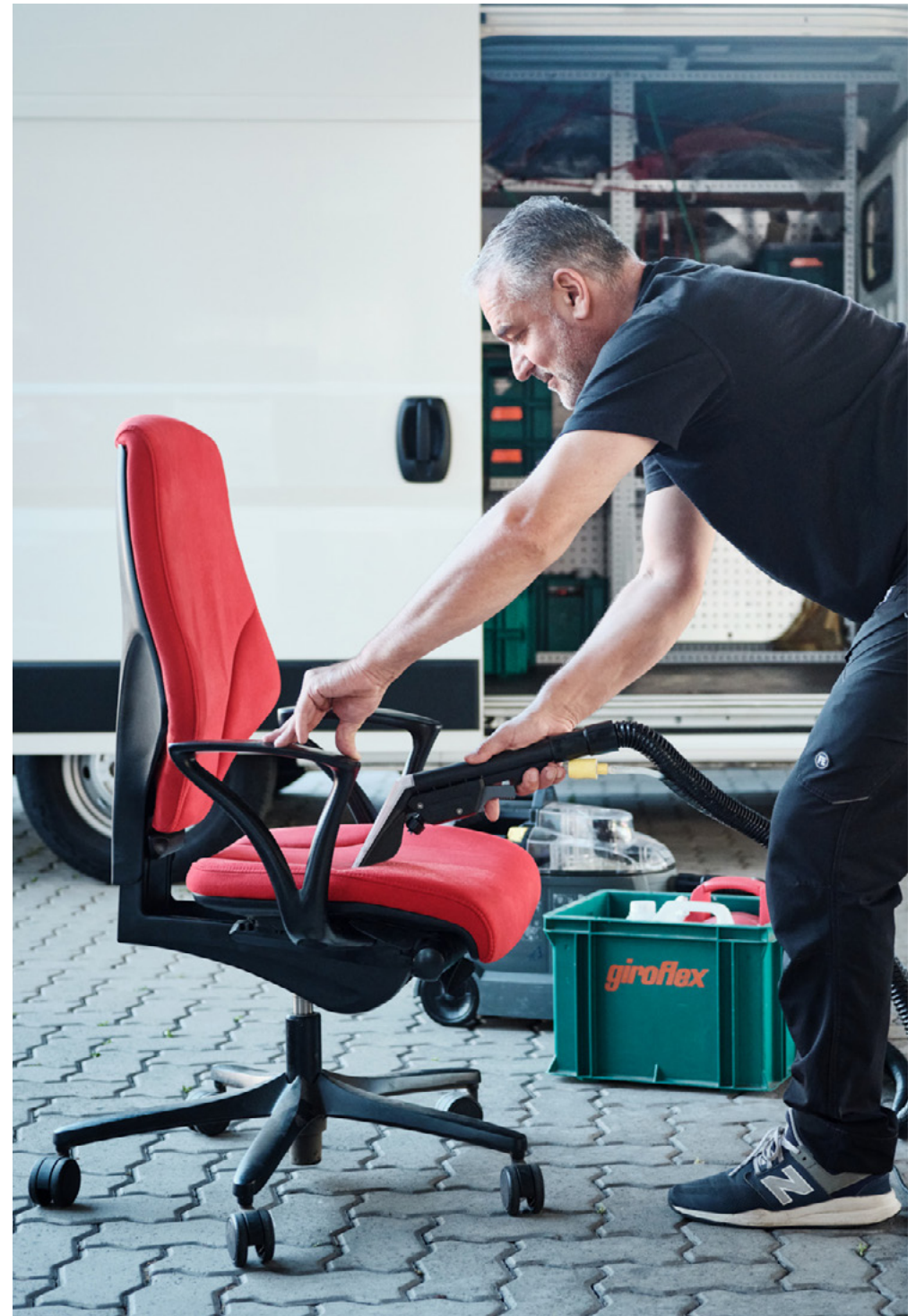
### Keeping it good

Professional repairs by our service technicians as well as cleaning and maintenance of the range guarantee that our products retain their value. It is important to us that our products remain in use for many years. That is why we keep a stock of original spare parts with rapid availability.

Unfortunately, we cannot control or promise how the products will be used when first out of our hands, but we will do our best to help you care for your product to live forever.

[Click to download.](#)

## User guide





Discover more from Giroflex,  
including the well-loved giroflex 313,  
a chair perfectly designed for shared  
experiences.

Click on the selected chair  
to learn more.



giroflex 353  
conference chair

giroflex 68

giroflex 64

giroflex 40

giroflex 60

giroflex 161

giroflex 313

giroflex 353  
swivel chair

giroflex 434

giroflex 10



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Go to giroflex 353  
online configurator

***giroflex***  
designed to work