

HÅG



HÅG Capisco
HÅG Capisco Puls



HÅG Capiisco

The icon that moves you.

For more than 40 years, the HÅG Capiisco has redefined what a chair can be—intuitive, tactile, and effortlessly dynamic. Its sculptural form and fluid motion encourage natural movement, inspiring creativity and comfort in equal measure.

With seamless adjustability and limitless customization, Capiisco fits effortlessly into any environment, from focused workstations to unexpected spaces. Distinctive yet timeless, it remains a design icon that continues to shape the way we move, sit, and create.



Peter Opsvik—The inventor

Peter Opsvik's vision reshaped the way we think about sitting. In the 1970s, while many designers pursued the "perfect" posture, Opsvik pursued movement. His creations, including the iconic HÅG Capisco and HÅG Capisco Puls, invite the body to shift naturally through multiple positions, all within a single chair.

When he introduced the HÅG Capisco in 1984, Opsvik challenged traditional sitting habits with an unconventional, sculptural form. Decades later, this playful, ergonomic design remains one of Europe's most celebrated seating innovations—a true classic that continues to move with the times.



Celebrating movement

Rise, sit, perch.

No other task chair adapts to movement quite like the HÅG Capisco. Its flexible height range makes it effortless to shift between sitting, standing, and perching, encouraging natural motion throughout the day. By varying your posture, you stay energized, focused, and comfortable. It's an intuitive way to keep your body active and your mind engaged, no matter how you work.

Balance that moves with you.

The distinctive saddle seat of the HÅG Capisco and HÅG Capisco Puls promotes a naturally balanced posture that encourages movement in every direction. It supports the spine's natural curve, opens the hips, and keeps muscles active yet relaxed, reducing the strain often caused by traditional sitting.





HÅG Capisco



Backrest

Combined with armrest, forming a strong cross shaped profile. Open curves and proportions allowing freedom to move and support in all directions.

Seat

The saddle-shaped, cross-form seat invites movement in every direction. It tilts the pelvis forward to promote a natural posture, freeing the legs for greater mobility and effortless flow between sitting and standing.

Footbase

Organic in its orientation, it's designed with the HÅG Capisco in mind and has the unique signature of Peter Opsvik. It gives stability and ease of movement and alternative levels for the feet.

Sustainability

Crafted with 50% recycled materials, built from few easily disassembled parts, and 85% recyclable, HÅG Capisco proves that performance and sustainability can move in perfect harmony.



The HÅG Capisco is a chair with a very special and recognizable shape. It has become a classic and we love that they are made to last, and made to be repaired. Ergonomically, the chair allows us to work an entire day at the desk without becoming uncomfortable. We chose coral upholstery for our office. Saturated colours are best used on objects we want to stand out—the HÅG Capisco certainly does.

Dagny Thurmann
Koi Color Studio, Norway





HÅG Capisco Puls



Ergonomic

Constructed with a height-adjustable, high-strength shell, HÅG Capisco Puls provides the same unrestricted movement as the upholstered HÅG Capisco, but in a lighter and more minimalist form.

Comfortable

The HÅG Capisco Puls features a durable plastic seat with integrated cushion and optional Comfort Pad or Extra Cushion upgrades—choose the support level that best fits your space and needs.

Adaptable

Built for environments that demand mobility, cleanliness, and ergonomic support. Its lightweight frame moves easily, and its smooth surfaces wipe clean in seconds—making it a smart choice for medical labs, salons, and studios.

Sustainable

Designed with circularity in mind, it's made from 93% recycled plastic and is 95% recyclable, cutting its carbon footprint by 70% (from 187 lbs CO₂e to just 55 lbs CO₂e).



We are living through a global waste crisis driven by mass consumption, where valuable resources go astray instead of being reused and recycled. At Flokk, our designers, developers and the Environment Team are inspired to use waste as a resource, creating beautiful, long-lasting products.

Atle Thiis-Messel

Director Product Environmental Strategy, Flokk





Movement for our future

Designed for the way people move, the HÅG Capisco's and HÅG Capisco Puls' dynamic form supports natural, fluid motion, enhancing comfort, focus, and well-being throughout the day.

Built with minimal materials for easy disassembly and recycling, it reflects a deep commitment to sustainable design. Each model is **GREENGUARD Gold** certified for low emissions, and meets the highest standard of sustainability with **BIFMA LEVEL® 3**.

By using recycled materials and prioritizing longevity, it proves that performance and responsibility can move in perfect harmony, shaping better spaces for people and the planet.

