



Height of the Chair

[RIGHT SIDE, FRONT BUTTON]

Pull button out. Lift body weight off the chair to raise height & sit down to lower.

**Optimum Position:** Feet flat on floor for solid foundation & even support.



Seat Slider

[RIGHT SIDE, MIDDLE BUTTON]

Pull button out & slide the seat forward & backward.

**Optimum Position:** Slide the seat forward or backward so that there are 3 fingers width between the waterfall edge & the back of the knee.



Neck Support

**Height:** Hold by the attachment to the bow & slide up or down.

**Depth:** Pull or push on the pad to touch your neck comfortably.

**Curve:** Tilt the pad up or down for custom fit.



Low Back Support

[KNOB BEHIND YOUR LOW BACK]

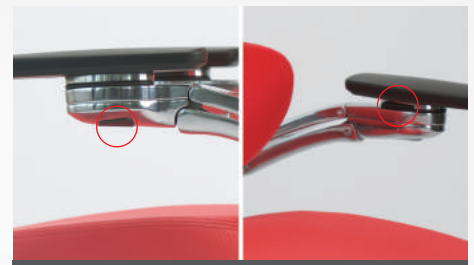
Twist clockwise for greater lumbar pressure & counterclockwise for less.



Side-bending

[RIGHT SIDE, REARMOST BUTTON]

Pull button once to open the side to side movement, pull again to engage the lock for static upright position.



Armrest

**Height:**

[BUTTON ON UNDERSIDE OF THE ARMREST]

Press & hold to lift and lower the armrest into position.

**Depth:** Push or pull the arm pad forward or backwards.

**Pad Angle:**

[BUTTON ON INSIDE OF THE ARMREST]

Press button to spin the pad 360°.



Recline

[LEFT SIDE, LEVER]

Click forward two times to unlock.

**Forward:** The back support is open, free to fully recline.

**Middle:** While leaning part way back, the middle position of the lever allows for recline freedom from a partially reclined position.

**Rear:** To lock the back into a static position choose your desired position by sitting upright, semi-reclined or full reclined — then, switch the lever to the rear position.

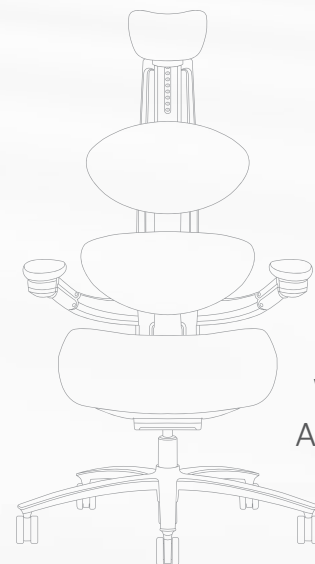


Tension Adjustment

[LEFT SIDE, WHEEL]

For ease of movement through recline, adjust to preference (typically to body weight).

Twist counterclockwise for less tension & clockwise for more support.



Sit Smarter.  
Work Better.  
Achieve More.