



Seat Height Adjustment — Enables the seat to adjust to the preferred height.

To raise the seat, lift your weight off the seat and pull up on the lever; release lever when seat reaches desired height.

To lower the seat, lift up on the lever while you are seated; release lever when seat reaches desired height.

Seat Glide Adjustment — The depth of your seat adjusts to accommodate different leg lengths.

To change the seat depth, lift and hold the lever as you push the seat forward or backward.

Release the lever to lock seat in place.

Tilt Lock — Locks the chair in an upright position for full task support.

Lean forward to take pressure off of the back.

Push the lever in while the seat and back are upright to lock into upright work position.

Pull lever out to unlock and free float.

Tilt Tension Adjustment — Increases or decreases the amount of effort needed to recline in the chair.

Turn the knob counterclockwise to decrease the amount of tension required to tilt the chair back.

Turn the knob clockwise to increase the amount of tension required to tilt the chair back.

Back Lumbar Adjustment — Lumbar adjustment provides support to your lower back muscles.

To increase lumbar support, turn knob clockwise.

To decrease lumbar support, turn knob counterclockwise.

Arm Height Adjustment — Enables arms to adjust to your body size and personal preference.

Lift up on lever, and adjust arm height to desired position.

Release lever to lock arm into place.

Manual Arm Width Adjustment — Enables arms to adjust to your body size and personal preference.

Loosen three screws on bottom side of arm support using a 3/8" socket wrench.

Slide arm into the desired width position.

Tighten three screws to secure arm into position.