



**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.

**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.

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

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

Slide the lever forward to unlock and free float.

**Back Height Adjustment** — Provides custom lumbar support.

From a seated or standing position, lift up on the back to adjust the back height to one of five preset positions.

Lift the back to its maximum height in order to release the internal back height mechanism and return the back to the lowest position.

**Arm Height Adjustment** — Enables the user to adjust the arms based on body size, task, and personal preference.

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

Release lever to lock arm into place.

**Manual Seat Depth Adjustment** — Loosen (do not remove) three hex head screws located on bottom side of chair back assembly, and adjust back to desired sitting depth.

Tighten three hex bolts to 200 in. lbs.

Refer to instructions located on the bottom of the seat.