



Seat height

The seat is at the correct height when your upper and lower leg (thighs and calves) form a 90° angle with your feet resting on the floor. Hold the handle / lever on the right side of the seat. To increase the height, take some of your weight off the seat and pull the lever up. To decrease the height, keep your weight on the seat and pull the lever up.



Back height

To adjust the backrest, put your hand under the backrest, push the button at the right side, and pull up until the lumbar support of the backrest is supporting you in the lower part area.



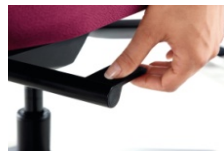
Adjustable lumbar (optional)

The sliding lumbar support is located in the lower part of the backrest. To adjust the position of the lumbar support, grasp it and slide it up or down. Your lumbar support is adjusted properly when it feels most comfortable to you. If you do not wish to engage the lumbar support, slide it all the way down to the neutral position.



Tilt tension

When adjusted properly, you can recline in your chair to any position without applying too much pressure and remain in that position without effort. Turn the first knob on the right-hand side of the seat forwards for more support or backwards for less support.



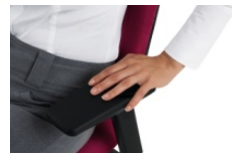
Back lock

Use this adjustment to lock the chair in your preferred position. Control located at the left-hand side. 3 different positions + upright lock.



Armrests - Height adjustable (optional feature)

When placed at the right height, the armrests provide relief for your shoulders and upper back. To adjust for height push the button under each armrest.



3D armrests (Height, pivot and depth) (optional feature)

Proper adjustment guidelines

The arm height is adjusted properly when you can sit with your arms at your side with your forearms parallel to the ground, without your shoulders being hunched. You'll know your arm pivot, and depth is correct when your elbows are close to your sides and, if you are using a keyboard, your wrists are straight.



Seat depth (optional)

Use this adjustment to support your thighs comfortably (leaving a suitable gap behind the knees)