



**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 Depth Adjustment** — The depth of the seat adjusts to accommodate different leg lengths.

To change the seat depth, lift your weight off the seat and turn the seat depth adjustment knob counterclockwise to loosen.

Adjust the seat forward or backward to desired position, and turn knob clockwise to tighten.

**Tilt Lock** — Locks the chair in three positions while providing full task support.

Slide tilt lever all the way forward for an upright work position.

Slide tilt lever to middle position for a relaxed work position.

Slide tilt lever all the way back for continuous, fully supported reclining.

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

Reach back with both hands and slide the mechanism up to increase lumbar support, or down to decrease lumbar support.

The mechanism will lock itself into place.

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

Press button under the front portion of the arm cap.

Lift or lower arm to desired position and release button to lock into place.

**Arm Width and Depth Adjustment** — Enables the user to adjust the arm width and depth based on body size, task, and personal preference.

Slide arm pad inward or outward to decrease or increase the width between arms.

Slide arm pad forward or backward to increase or decrease arm pad depth.

**Quick Tension™ Lever** — Increases or decreases the amount of effort needed to recline in the chair.

Slide the Quick Tension lever all the way forward for the lowest tension, all the way back for the highest tension, or to any of the three middle positions.