



Run

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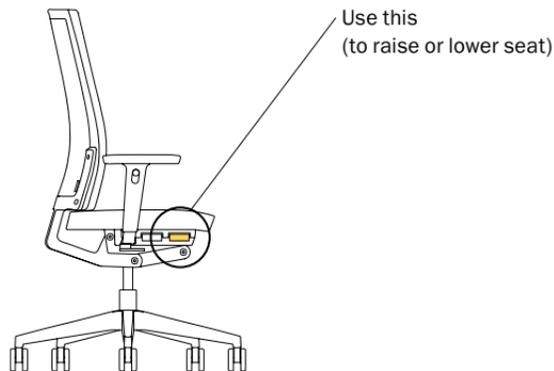
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Sit down. Please.

The only way to know if you are adjusting your chair to provide you with maximum comfort, is to make these adjustments while you are seated.

1. Seat Height Adjustment

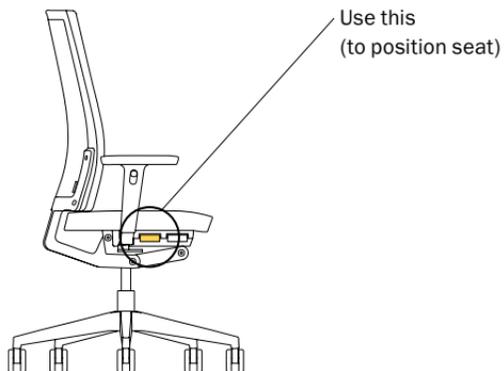


Use the tab located underneath the seat, on the front right side

To raise pull the tab out while lifting your weight off of the seat

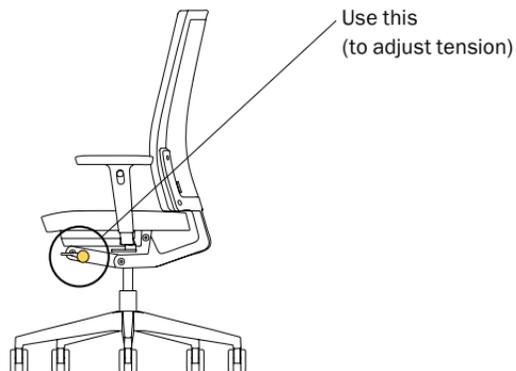
To lower pull the tab out while seated

2. Sliding Seat Pan



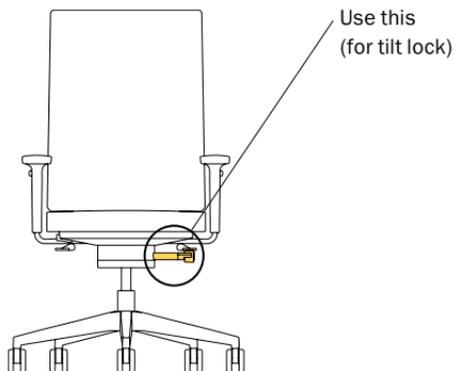
Use the tab underneath the seat on the back right side
Pull the tab to activate the sliding seat pan and slide your seat to the desired position, release the tab

3. Tension Adjustment



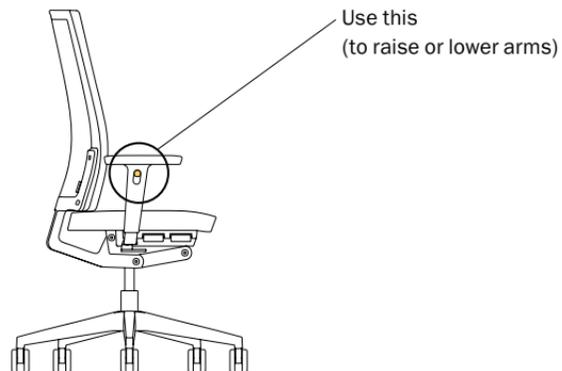
Use the knob located underneath the seat on the left side
To increase tension, pull knob out and turn forward
To decrease tension, pull knob out and turn backwards
Slide knob in once desired tension has been achieved

4. Tilt Lock



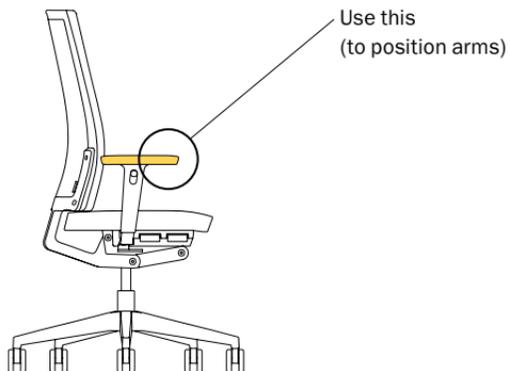
Use the lever located underneath the chair on the left side
To unlock tilt push the lever down
To lock tilt pull the lever up

5. Arm Height Adjustment



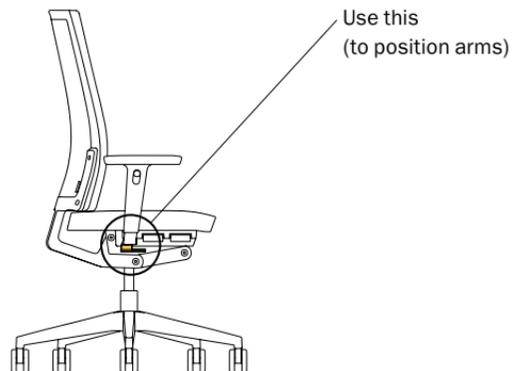
Use the buttons on the outside of the arm rests
To raise or lower, push the button in and raise or lower the arm rests and release the button to lock into place

6. Arm Adjustment



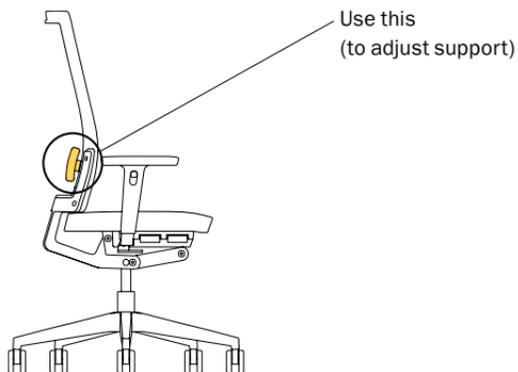
Grasp the arm pad firmly and pivot the arm pad in or out or front and back to reach the desired position (there are no buttons to push)

7. Lateral Arm Adjustment



Use the lever located under the arm, underneath the chair
Push the lever down and adjust the arm in or out to the desired position
Pull the lever up to lock the arm into position

8. Lumbar Support (Optional)



To adjust the lumbar support reach behind the back of the chair and slide the lumbar support up or down to the desired position
(On upholstered models, only tabs are visible)