



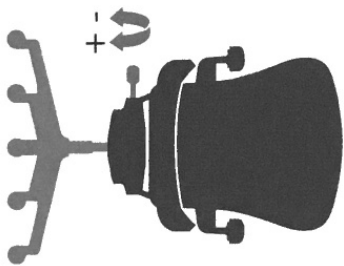
#### Seat Height

*Paddle-shaped lever on right side*

**To raise:** While taking your weight off chair, lift lever up.

**To lower:** While seated, lift lever up.

Adjust chair height so your feet rest flat on the floor or footrest, with your body comfortably supported by breathable Pellicle® suspension. Avoid dangling legs, which puts pressure on the back of thighs and restricts blood flow. A work surface or keyboard that seems too high or low may require adjusting.



#### Kinemata® Tilt Tension

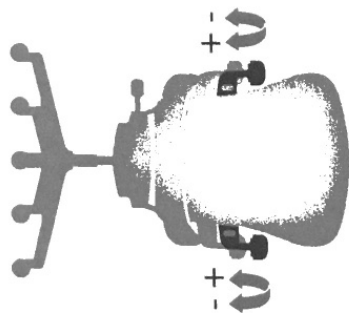
*Long stem on right side with knob*

**To increase tension:** While seated, turn knob forward (clockwise, toward + sign).

**To decrease tension:** While seated, turn knob backward (counterclockwise, toward - sign).

Depending on the desired tilt resistance, a number of turns may be required.

Increased tilt tension provides more stability and back support while you recline. Too much resistance may make it difficult to recline. Depending on weight and preference, different people will require different levels of tilt resistance.

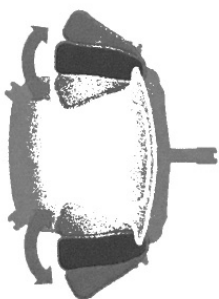


#### Arm Height

*Wheel on base of arm support*

**To raise or lower arm:** While seated, turn wheel upward until arm loosens. Grasp base of arm support and raise or lower to desired height. Turn wheel downward to lock.

Adjust height of each chair arm so your arms are supported. This helps take weight off your shoulders.



#### Arm Angle

*Front of each armpad*

**To swing arms in or out:** While seated, grasp front end of armpad and pivot it to the left or right.

Adjusting arm angle can help support different types of work and shifts in posture. Swing chair arms inward for support while using keyboard. Swing arm out to support use of computer mouse.

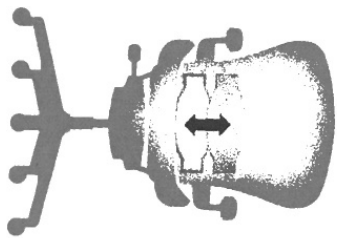


#### Lumbar Depth

*Thick pad on back of chair*

**To adjust depth:** Using equal pressure on each end of lumbar support pad, lift it out of its track in back of chair. Flip it over and replace in track. (Notice that one side of support pad is thicker than the other side.)

Switch between thick and thin sides so that it comfortably supports the natural curve of your spine.



#### Lumbar Height

*Thick pad on back of chair*

**To change height:** Using equal pressure on each end of lumbar support pad, raise or lower it to desired position within adjustment track.

Adjust lumbar height so that it comfortably supports the natural curve of your spine.



#### Forward Tilt

*Front lever on left side*



**To position chair forward:** Lean back and lift lever all the way up. Lean forward.

**To resume horizontal position:** While seated, push lever all the way down. Lean back.

Normally, forward tilt position is used with increased chair height. This relaxes the bend of your waist, knees, and ankles. To support back, set tilt limiter after assuming forward position.



#### Tilt Limiter

*Rear lever on left side*



**To limit tilt range:** Recline as far as you like. Move lever up to define the limit of recline. You can still move forward. Readjust as necessary.

**To release tilt limiter:** Lean forward, press lever down.

If you want to sit in an upright position, set the tilt limiter when the seat is in a horizontal or forward position.