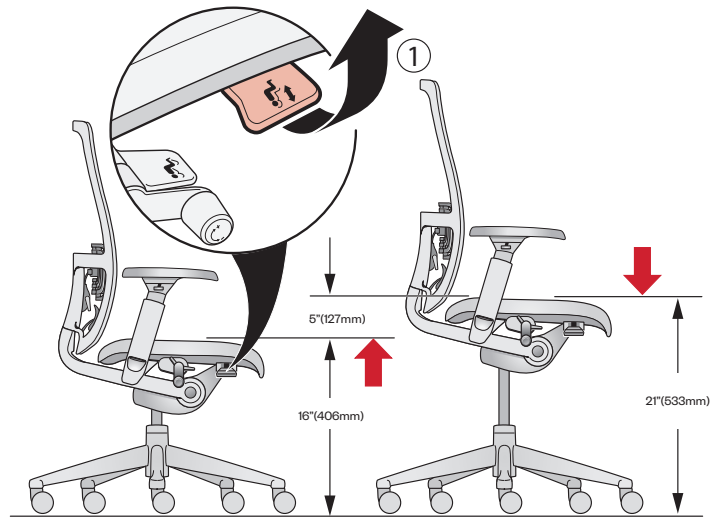


① Pneumatic Height Adjustment 座高调节

Pneumatic height adjustment is used to adjust the seat to fit different user heights. (1) Pull the lever up and lift the body out of the chair to raise the seat. To lower the seat, remain seated and pull the lever up.

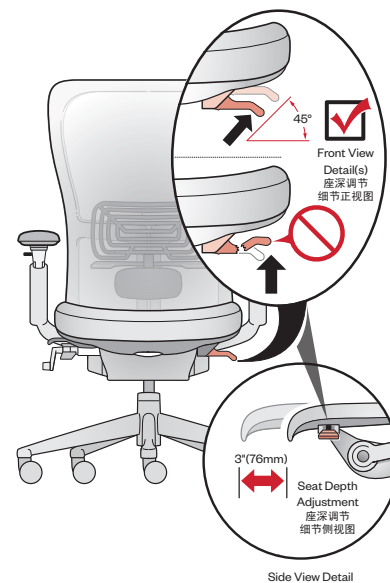
气动式座高调节功能可适应不同用户的身高。1) 向上拉动 座垫右下方的座高调节把手，身体稍微离开座垫，调节到合适高度时，放开调节把手。



② Seat Depth Adjustment 座深调节

Seat depth adjustment moves the seat pan to accommodate different leg lengths. Pull out and up on the lever at a 45 degree angle, and slide the seat pan front to back.

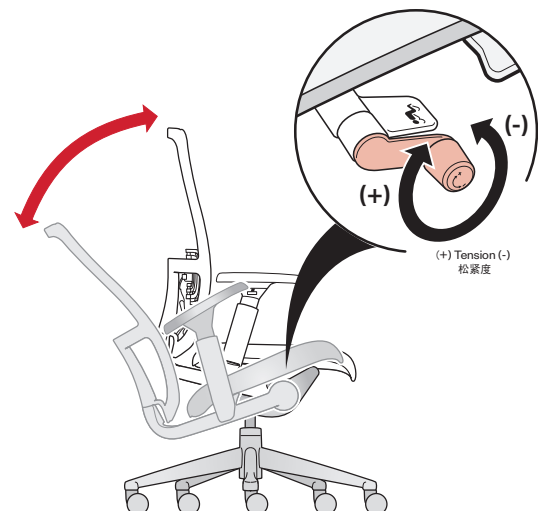
通过座垫深度调节可适应不同身高腿长的用户。将座垫左下方的把手向斜上方45度拉伸，滑动座垫到合适的座深后释放调节把手。



③ Tilt Tension Control 背倾仰松紧度调节

Tilt tension adjusts the force necessary for a user to recline in the chair. Turn the crank forward (clockwise) to tighten the tension and backward (counter-clockwise) to loosen the tension. Once the tension has reached its maximum in either direction, do not force the crank further.

不同体重用户可通过背倾仰松紧度调节来找到最适合自己的靠背倾仰阻力力度。抓住座垫右下方的摇杆，顺时针是加大阻力力度，逆时针则是减少阻力。请注意调到极限后，不要再过度调节。



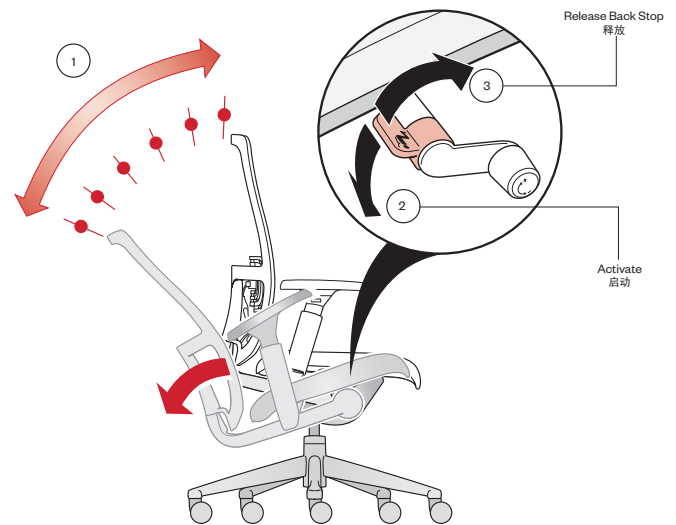
4 Back Stop 背倾仰角度记忆功能

Back stop allows users the choice of selecting an upright position or limiting the amount of recline.

- (1) Recline to the desired stopping position and
- (2) push down on the lever to activate the back stop.
- (3) Pull up on the lever to release the back stop.

用户可通过这个功能，可让座背停靠在90度或者任意偏好位置。

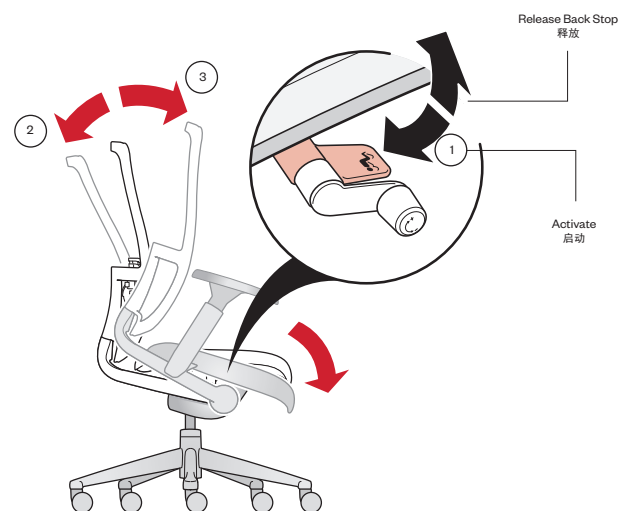
- (1) 向后靠到理想的位置。
- (2) 向下扳动背锁按钮即可。
- (3) 向上扳动则释放背锁功能。



5 Forward Tilt 前倾功能

Forward tilt allows users to sit forward in the chair during task-intensive work. (1) To activate, push down on the forward tilt lever, (2) Recline and (3) Then lean forward; pull up and recline to release.

前倾功能可让坐垫和整个椅背向下5度，适合长时间电脑屏幕工作者。(1) 向下扳动按钮。(2) 坐在椅背上，向后仰，这时能感受到座垫向下倾斜。(3) 向上扳动按钮，再次向后背靠以恢复坐垫水平于地面的角度。



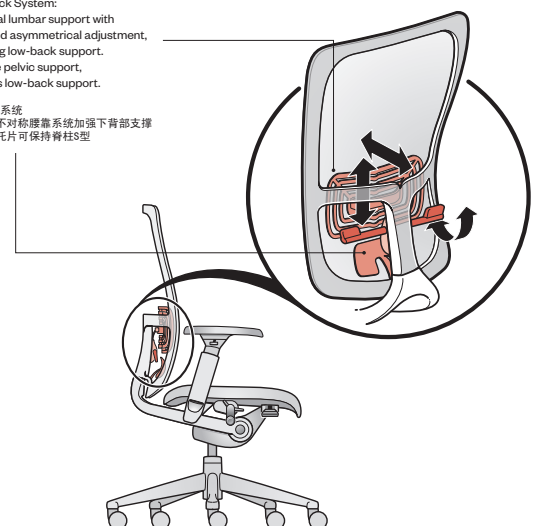
6 PAL® Back System & Lumbar Adjustment PAL® 腰靠系统

Lumbar height adjustment allows the user to position the lumbar pad in the lumbar curve (the small_ of the users back). Pull up on the handles to raise the lumbar pad; push down to lower it. Lumbar support helps maintain the lumbar curvature (lordosis) in the spine of the lower back when the user is seated. Rotate the handles up to increase the amount of support and down to decrease the amount of support. Each handle can be rotated independently.

抓住腰靠把手，向上或者向下调节到需要支撑的腰部。腰靠支撑能帮助用户保持健康的脊柱屈曲。旋转把手可向前或者向后调节靠垫与腰部的接触面以找到最舒适的支撑度。并且左右支撑力度可分开调节。

PAL® Back System:
*Optional lumbar support with patented asymmetrical adjustment, providing low-back support.
*Passive pelvic support, Provides low-back support.

PAL® 腰靠系统
*可选配不对称腰靠系统加强下背部支撑
*骨盆承托片可保持脊柱S型



⑦ Arms 扶手

(1) Arm height adjustment raises and lowers the arms to keep the users shoulder in a neutral posture. To change the height of the armrest, pull up on the lever and slide the armrest up or down.

(2) Armrest side-to-side adjustment accommodates users with various shoulder width. Grasp the armrest cap and slide it side-to-side as needed.

(3) Armrest front-to-back adjustment allows users to get closer to their work surface while maintaining effective use of the backrest. Grasp the armrest and slide it forward or 3"(76mm) backward as needed.

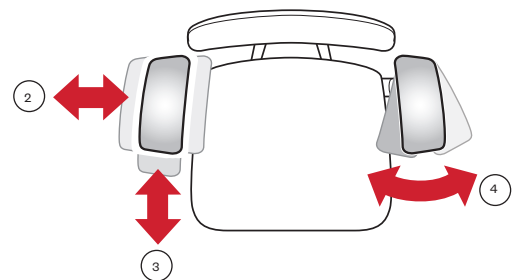
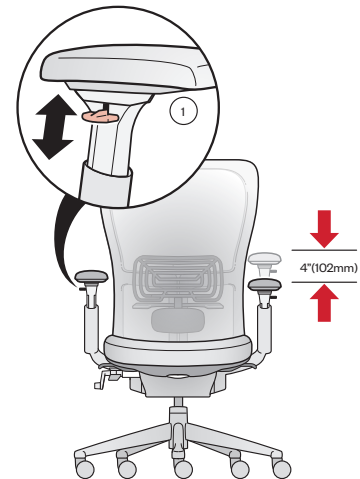
(4) Armrest pivot allows the user to have proper support of the forearm when mousing or keying. To change the angle of the armrest, grasp the armrest cap and rotate the front of the armrest toward or away from the body.

(1) 扶手高度调节帮助用户肩颈保持自然的姿势，握住扶手盖下方的按钮向上或者向下拉动扶手。

(2) 扶手内外侧宽度调节可适合不同用户的肩宽，抓住扶手向内或者向外滑动到合适的位置。

(3) 扶手前后调节能让用户背部不离开椅背的情况下，手臂更加接近电脑屏幕，扶手前后有7.6厘米的调节范围。

(4) 在使用鼠标和键盘的时候，扶手角度调节有助于小臂的支撑不至于悬空给肩颈带来额外的压力，抓住扶手向里外旋转调节到适合角度。



⑧ Headrest Adjustment 头靠调节

Headrest provide user thoracic support with 2.5"(64mm) adjustment range. Grasp the headrest with both hands, pull up or push down to the position preferred, there is 7 position stop which cover wide range of user needs.

头靠有6.4厘米的调节范围，适合不同身高的用户，提供用户颈部支撑。双手抓住头靠两端，用力向上拉或者向下推以调节到合适自己的位置，一共有7个调节位置。

