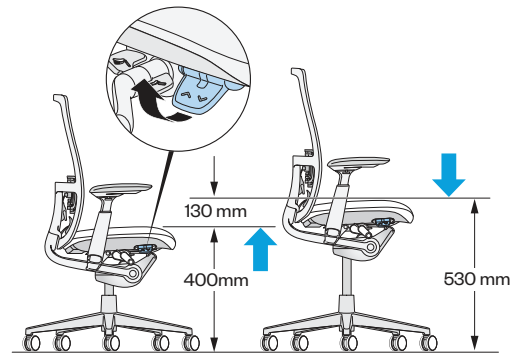


1 Seat Height Adjustment*

Seat height adjustment lets you adjust the chair to properly position your body at the worksurface and maintain proper blood flow in your legs. Seat height should be adjusted to allow your legs to maintain a 90-degree angle to the floor or footrest. (1) Pull up on the lever and raise your body out of the chair to increase seat height. (2) Stay in the chair and pull up on the lever to decrease seat height.

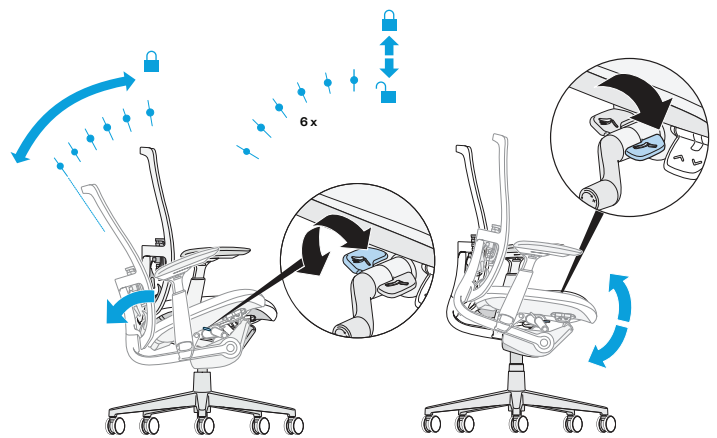
*The indicated dimensions are determined while chair supports a load of 64 kg.



2 Back Stop and Forward Tilt

Back stop allows users to lock the back of chair at upright position for task application. In total there are 6 back rest positions to fix. (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. Rotate the lever forward to engage; rotate backward to disengage.

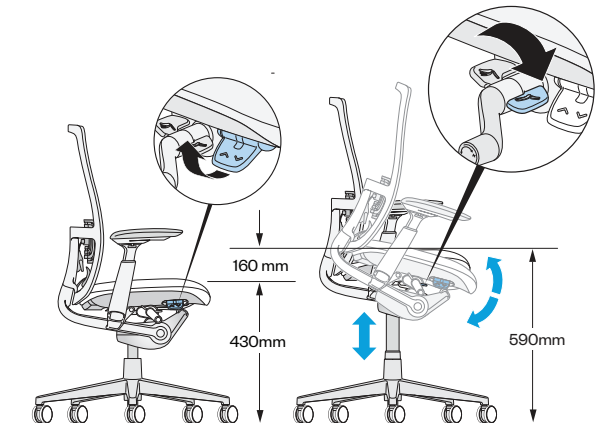
Forward Tilt enables you to vary your posture throughout the day by changing the curve of your spine. (1) Push down on the lever. (2) Recline just until you hear a click, then lean forward. (3) Pull up on lever and lean back to release forward tilt.



3 Dual Posture*

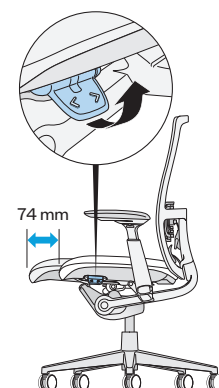
Models with dual posture enable a greater degree of forward tilt to provide spinal alignment and support for the "perching" posture between sitting and standing. This posture offers an alternative to standing or having to use another chair when you increase the height of your worksurface. Seat height should be adjusted accordingly.

*The indicated dimensions are determined while chair supports a load of 64 kg.



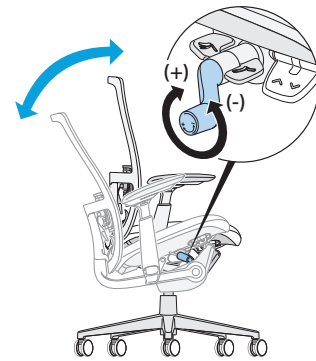
4 Seat Depth Adjustment

Seat depth adjustment moves the seat pad to accommodate different leg lengths. It helps you sit back far enough in the chair to use the backrest without creating pressure behind the knees. With a full 74 mm of seat depth you have lots of room to adjust, so blood flow to your legs isn't restricted and you stay alert. (1) Pull up and slide the seat forward to lengthen, or backward to shorten. A minimum of two fingers should fit between the back of your calf and the front of the seat.



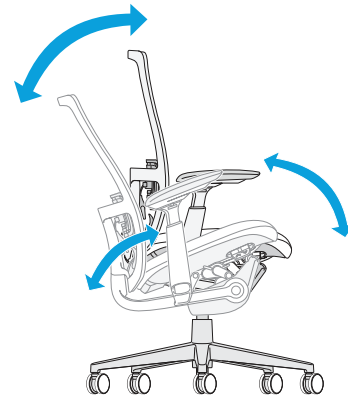
5 Tilt Tension Control

Regulates the amount of resistance you feel when leaning back in the chair, and the effort required to recline backward. You accomplish multiple tasks throughout the day—the tension control helps you stay comfortable. (1) Turn the crank forward to increase tension; backward to decrease.



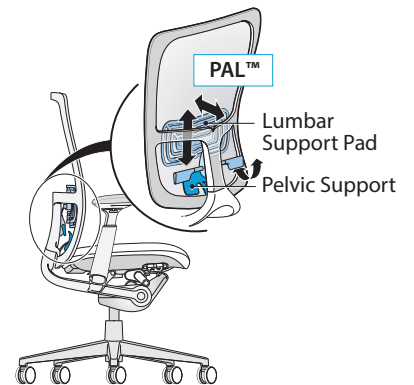
6 3-point synchro mechanism

A comfortable, relaxed posture is facilitated by the recline feature, which allows for the opening of the users' chest cavity, providing a good airflow to promote alertness. Aligning the location of the mechanism's pivots with the pivot points of the body—namely, the hip, knee, and ankle—ensures optimal ergonomic support. This alignment facilitates the maintenance of user posture, ensuring that the back maintains contact with the chair's backrest while reclining.



7 PAL™ Pelvic and Asymmetrical Lumbar support adjustments

Lumbar height adjustment allows the user to position the lumbar support pad in the lumbar curve of the user's back. Pelvic support helps maintain the lumbar curvature (lordosis) in the spine of the lower back when the user is seated. (1) Pull the lumbar support up or push down to adjust the height. (2) Rotate the handles up to increase and down to decrease the amount of support. The handles can also be adjusted independently to achieve varying amounts of support on each side of the back.



8 Arms

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

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

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

