With intuitive adjustments, a slim silhouette and broad color and finish palette, Life sets the standard for ergonomics and innovative design.

**No Adjustment Necessary**

1. **Synchronized recline with auto-balanced tension**
   - No need to adjust tension. Automatic recline tension counterbalances your body weight, resulting in perfect balance as you recline.

2. **Forward seat flex**
   - No knobs or levers needed. Lean forward or perch toward the edge of the seat and Life’s seat pan automatically adjusts to support your position.

**Intuitive Adjustments**

3. **Dual function lever**
   - **Seat height**
     - Lift the right lever. Sit down to lower the seat or remove your weight to raise it. Release the lever to lock.
   - **Seat depth**
     - Push the right lever down to slide the seat within the 4” range to the desired position. Release the lever to lock.

4. **Tension preference selector**
   - Sit fully upright. Push the back left lever forwards to tighten the tension, or push it backwards to loosen.

5. **Upright tilt lock**
   - Sit fully upright. Push the front left lever down to lock the upright tilt and lift up to unlock.

**Performance Options**

6. **High performance arms**
   - Lift the lever on the outside of the arm to adjust arm height and release to lock. Press the button on the inside of the arm pad to adjust them. The arm pads move in an orbital motion. Release button to lock.

7. **Height adjustable arms (not shown)**
   - Lift the lever on the outside of the arm to adjust arm height.

**Height adjustable lumbar (above)**
- To adjust the lumbar, slide the pad on the front and magnet on the back up and down the back of the chair.

*Note: Product contains magnets. Consult the lumbar hangtag for more information.*