No Adjustment Necessary

1. Tandem Back
   Comprised of intelligent layers of contrasting materials to provide movement and active support.

2. Contoured Seat
   Varying levels of thickness provide targeted cushioning for long-term comfort and waterfall edges for shifting postures.

Intuitive Adjustments

3. Seat height
   To lower seat, lift the right lever while seated in the chair. To raise seat, remove your weight from seat while lifting right lever. Release to lock.

4. Seat depth
   Lift the left lever and slide to the desired position. Release to lock.

5. Three-point tilt lock
   Turn left knob backward to lock upright or forward to allow for recline. To set recline lock position, lean back and turn knob backward at mid-way point or at full recline. This will lock chair in place at that position. To release, turn knob forward, recline slightly and sit back upright.

6. Tilt tension
   Turn right knob forward to increase the tilt tension or backward to reduce tension.

Performance Options

7. Arm options
   Height adjustable arms (shown left)
   To adjust the height, push the button underneath the armpad. Slide the arm to the desired position and release the lever to lock.

   High performance arms (shown below)
   In addition to arm height adjustment, free float arm pads easily move in width, depth and pivot.