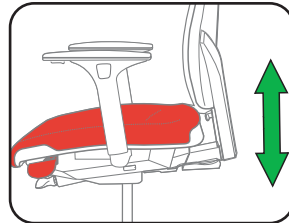


## Operating your G68 Chair

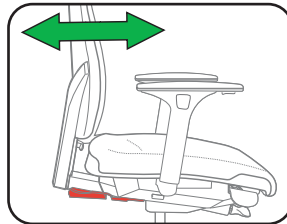
- **Seat Height:**

Pull up on the lever and press down on, or remove weight from the seat. Release the lever to lock the seat at the desired height.



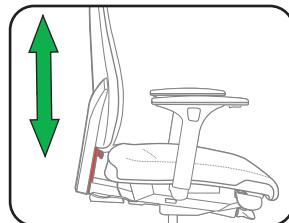
- **Seat Depth:**

Push the lever up and slide the backrest into desired position.



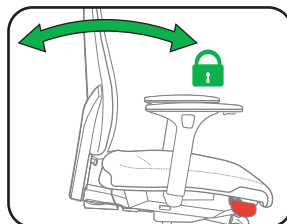
- **Backrest Height Adjustment:**

Press button at end of backrest. Push back into required position and release button.



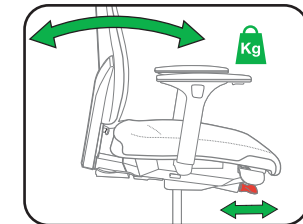
- **Back Lock**

Push down on the lever and lean against the backrest to recline the seat and back. Pull the lever up to lock in position.



- **Body Weight:**

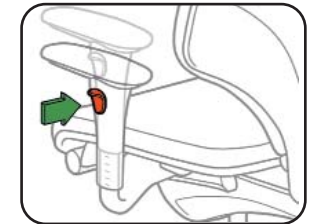
The strength of the synchro mechanism can be adjusted to the user's weight by turning the knob located under the seat. (Turn clockwise to increase resistance, and anti-clockwise to decrease resistance)



- **Multi Adjustable Arm: (if fitted)**

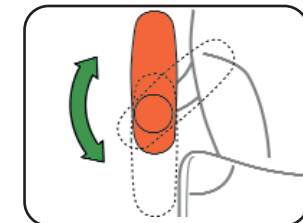
**Height Adjustment:**

Press the button on the outside of the armrest and slide up or down into the desired position. Release the button to lock.



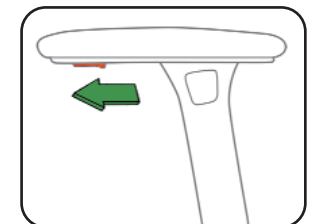
**Armpad Rotation:**

The armpads rotate through 3 different positions, including 180° backwards, just in case they clash with your desk.



**Armpad Lock:**

The armpad will automatically lock in the front position. Slide control on the underside of armpad forward to release the lock and rotate to desired position.



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