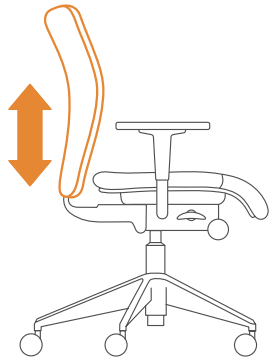


# Operating Instructions

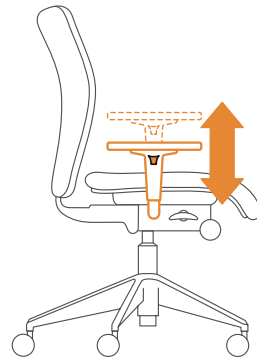
## Back height



Lift the back upwards into the desired position, it will incrementally click into place. (When the back reaches its maximum height, it will travel freely downward to its lowest position)

The back lumbar should fit the small of your back to maintain the natural 'S' shape of the spine.

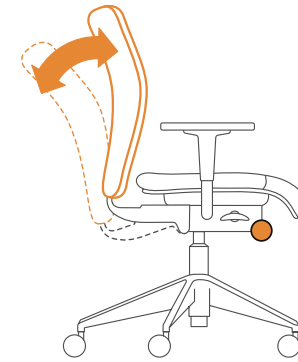
## Armrest height



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

The armrests should touch your forearms when your shoulders and elbows are relaxed at your side. This will avoid strain in the neck and upper limbs.

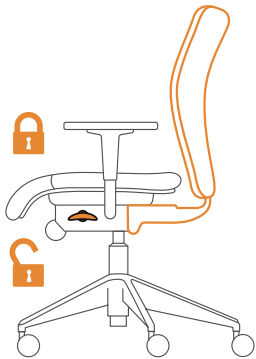
## Kg tension



The strength of the free float mechanism can be adjusted to your weight by rotating the side tension control. (Turn clockwise to increase resistance, and anti clockwise to decrease resistance)

Create the feeling of floating to encourage improved blood circulation and comfortable changes of posture. The tension should not be too soft so that you instantly recline and not too hard that you can't naturally push back.

## Back lock

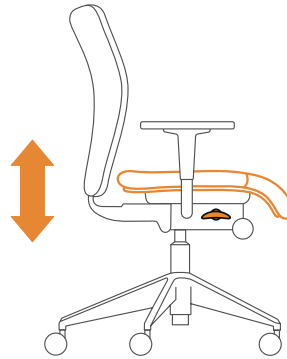


Push down on the lever and lean against the backrest to recline the seat and back. Pull the lever upwards to lock in position.

Keep the chair unlocked most of the time. Make full use of the chair movement, especially when on the phone or reaching behind you.

Note: The synchromove action features a safety lock system - push back on the cushion and then lean slightly forward to release the lock after pushing the lever down.

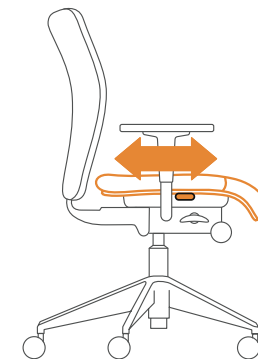
## Seat height



Pull up on the lever and press down on, or remove weight from the seat. The seat is locked at the height at which the lever is released.

Thigh to trunk angle should be 90° or slightly more to help keep your pelvis up-right and your spine aligned in a natural 'S' shape.

## Seat depth



Press the button in, and slide the seat into the desired position to increase or decrease the seat depth.

There should be up to three fingers gap between the front of the seat and behind your knees. This will ensure adequate thigh support without obstructing leg movement.

