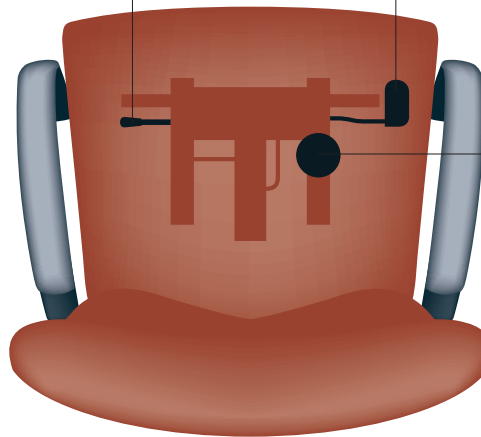


Adjustments for XtremeDuty™ Control

For maximum seating comfort we recommend that you adjust your chair in the numerical steps indicated below.

Seat and Backrest Rocking 2

Lean slightly forward in chair and pull lever out to allow the chair to rock freely (See rocking tension adjustment). To lock the chair into a fixed upright position, lean forward and push lever in.



1 Seat Height

While seated, lift the lever. The chair will go down. Remove your weight from the chair and it will rise.

3 Rocking Tension

The tension adjustment provides a controlled rocking motion to the chair. Make sure the chair is in rocking motion (See backrest rocking adjustment). Turn knob tighter or looser to suit your weight.