

# Adjustments for SyncErgo™ Control

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

## 3 Seat Depth

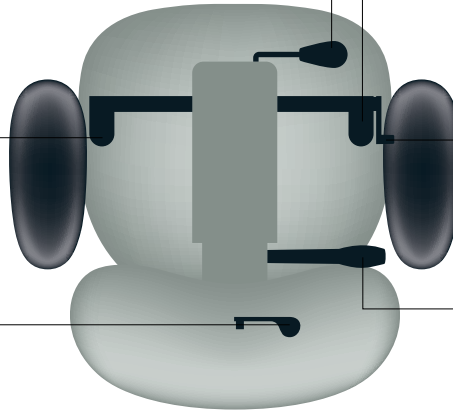
While lifting the lever, slide yourself forward and backward until with you have 2 - 3 inches between the front of your seat and the back of your knee.

## 4 Seat & Backrest Rocking

Lift the lever up to lock the chair. Push the lever down and you are in rocking mode.

## 2 Backrest Height

Find the fingertip button and lift it. Lean slightly forward and guide the backrest up and down until it nestles nicely into the small of your back.



## 1 Seat Height

Lift the lever while seated and the chair will go down. Remove your weight, lift the lever, and the chair will rise.

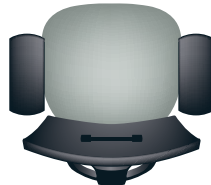
## 5 Rocking Tension

Pull the crank out, then turn the knob forward for more resistance. Turn the crank back for less resistance.

## 6 Backrest Angle

Turn the knob forward until it supports you, turn the knob back if it is pushing you too far forward.

## Adjustment for Optional Backrests



### Mesh Back Adjustment

Grab the backrest with both hands, lean slightly forward, and lift the backrest until it clicks into place. Lift the backrest all the way up to reset. Twist the lumbar handle to increase or decrease profundity.