



# Adjustments for Advanced Synchron™ 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

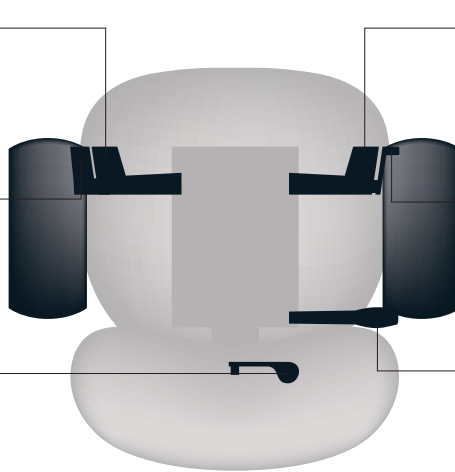
Lift the lever while seated and the chair will go down. Remove your weight, lift the lever, and the chair will rise.

## 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.

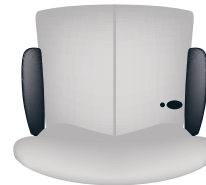


## Adjustment for Optional Backrests



### 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 lumbar support.



### Posh Executive 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. Air lumbar bulb is under the seat.



**SITMATIC**<sup>®</sup>

## **SY** Adjustment Guide

### **Thank you for choosing Sitmatic!**

For correct ergonomic support and all-day comfort, please use the adjustment guidelines on the reverse side of this card. For more information on our entire range of task, management, guest and public seating, please visit our website: [www.Sitmatic.com](http://www.Sitmatic.com).



*Scan the QR code for the adjustment video. In your browser, visit:*  
<http://sitmatic.com/sy>