

# Adjustments for SyncErgo™ Control

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

**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.

Seat & Backrest Rocking

Lean back into the chair and flip lever forward to allow seat and backrest to rock freely. Flip lever backward to lock chair into a fixed position.

## Backrest Height 🚯

Lift lever, lean slightly forward and guide the backrest up or down with both hands. Release lever when lumbar region is best supported.

Seat Height

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

#### Backrest Tension

The tension adjustment provides a controlled rocking motion to the chair. Make sure the chair is in rocking motion (See step 4). Pull out and turn crank tighter or looser to suit your weight

## 5 Backrest Angle

Lift lever and lean forward or back to desired backrest angle.

## 4 Air Lumbar (Optional)

Pull the bulb from the holder and squeeze. You will feel the bolster inflate. To deflate, simply push the button and lean back into the chair.

# **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.