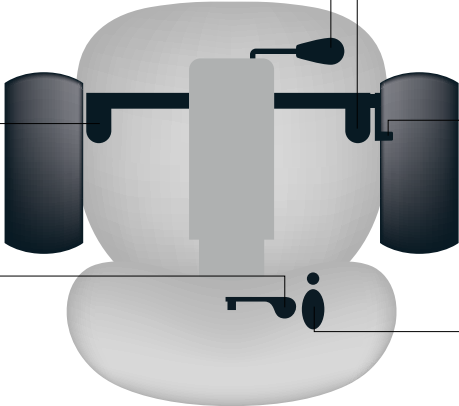


Adjustments for Sync™ Control

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



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.

2 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.

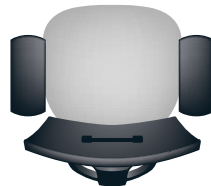
3 Backrest Height
Lift lever, lean slightly forward and guide the backrest up or down with both hands. Release lever when lumbar region is best supported.

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.

5 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.

6 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

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.