



Adjustments for AdvancedSync™ Control

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

Seat & Backrest Rocking

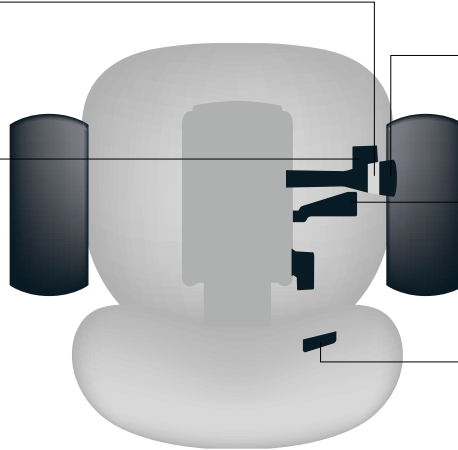
Turn the ring backward to lock the chair. Turn it forward and you are in rocking mode.

4

Seat Height

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

1



5

Rocking Tension

Turn the knob forward for less resistance and back for more resistance.

3

Seat Depth

Push the button in and slide yourself forward and backward until you have 2 - 3 inches between the front of your seat and the back of your knee.

2

Backrest Height

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

Adjustment for Optional Backrests



Mesh Back Adjustment

Flip the lever up to unlock. Lean slightly forward and guide the backrest up or down with both hands. Flip the lever down to lock when your lumbar region is best supported.