

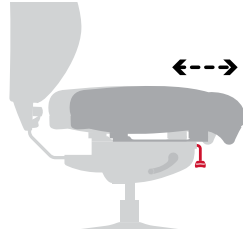
Adjustments for Sync™ Control

For maximum seating comfort, we recommend that you adjust your chair in the numerical steps indicated below. Scan QR code for video instructions.



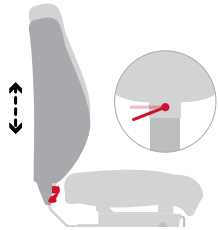
1 Seat Height

While seated, lift the lever and the chair will go down. Remove your weight from the chair, lift the lever, and the chair will rise.



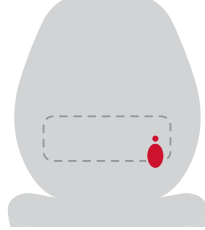
2 Seat Depth

While seated, lift the lever, slide yourself forward or back to desired seat depth. Remove your weight from the chair, lift the lever, and the seat will reset.



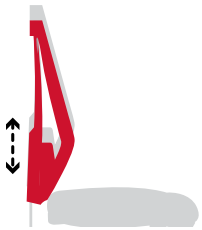
3 Backrest Height

Lean slightly forward, lift the lever and guide the backrest up or down with both hands. Release the lever and the backrest will lock in place.



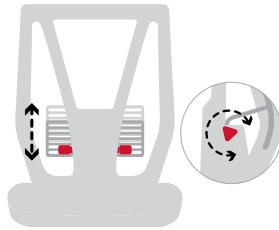
4 Air Lumbar (Optional)

On the right side of outer backrest shell, pump the rubber bulb for more lumbar support or press the button for less.



5 Backrest Height (Mesh Back)

Lean slightly forward, lift the backrest with both hands and it will click into place. Lift the backrest to its topmost position and it will reset.

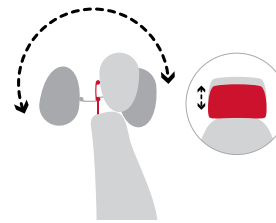


6 Lumbar Pad (Mesh Back)

Adjust lumbar pad height using the two lumbar adjustment knobs. Twist them forward for more lumbar support or back for less.

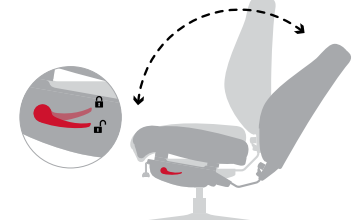
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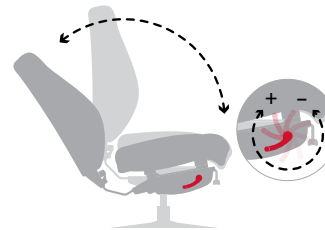
7 Headrest (Optional)

Lift the headrest up to adjust the height. It will reset at its topmost position. With both hands, position the headrest to any angle you desire.



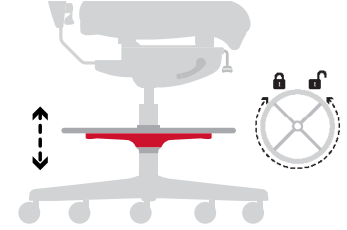
8 Rocking Mode

Pull the lever up to activate rocking. Push the lever down to lock in any position.



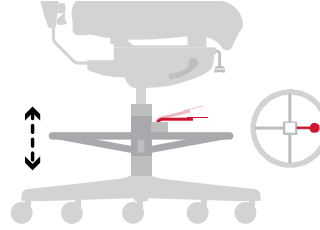
9 Rocking Tension

Make sure the chair is in rocking mode and turn the dial to increase or reduce the resistance.



10 Footring Height (Optional)

Hold the footring at your desired height, turn the entire ring counter-clockwise to loosen and turn clockwise to lock at your desired height.



11 Standing Height (Optional)

Lift the lever with one hand and raise or lower the ring with your other hand. Release the lever to lock the ring in your desired position.