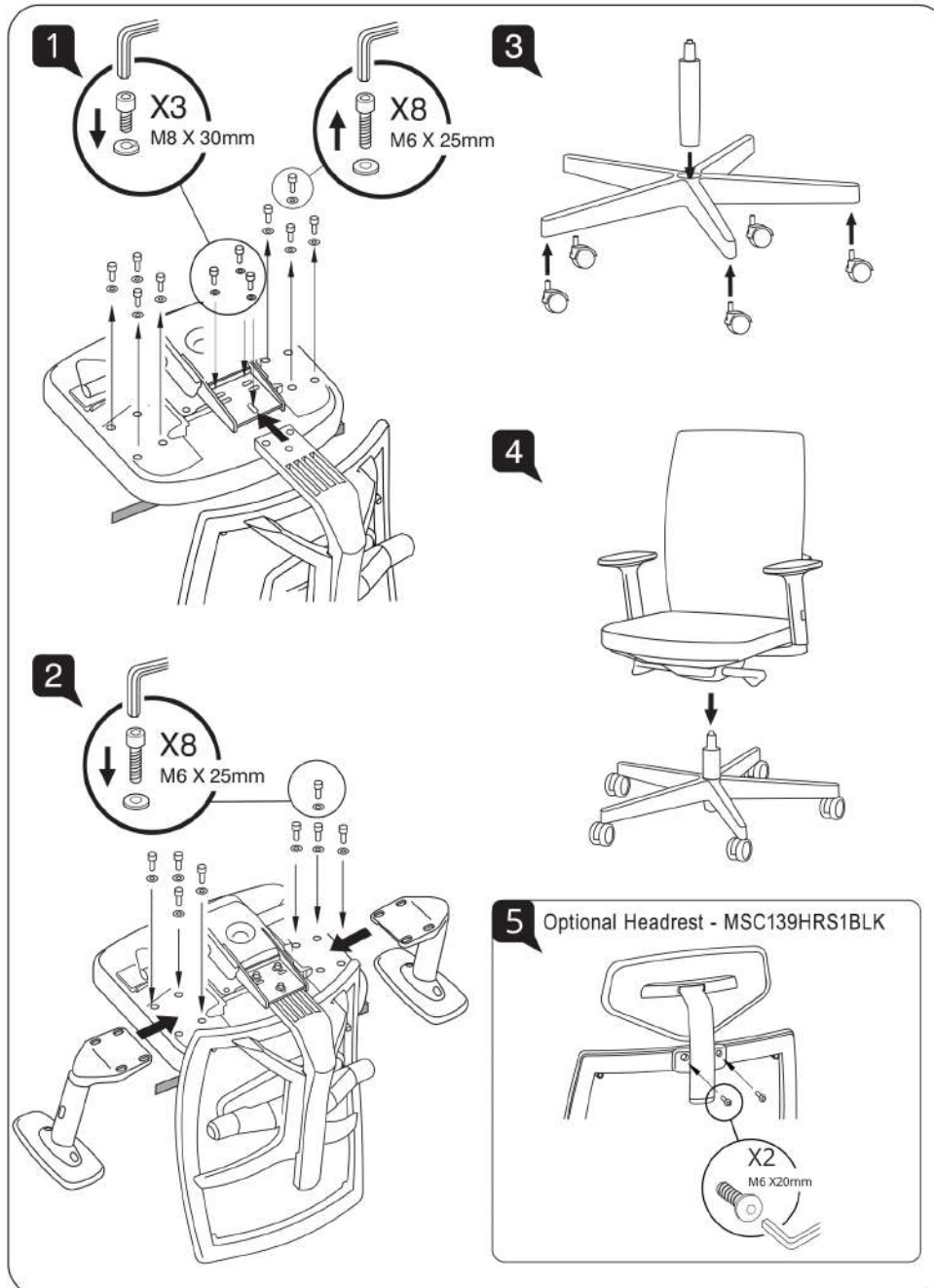




User Instructions

- A Seat Height Adjustable**
Flip up lever on right-side to raise or lower seat. Adjust such that your feet are adequately supported on floor.
- B Multi-Position Tilt Lock**
Recline to desired position, and turn lever anti-clockwise to lock. Turn lever clockwise to release tilt-lock.
- C Armrest Height**
Press the button and raise or lower the armrest. Adjust height to adequately support elbows to take strain off shoulders.
- D Armpad Angle**
Grasp armpads and rotate them inwards or outwards to adjust elbow support to suite specific tasks. An inward position works during keyboard use, while an outward position is recommended during mousing.
- E Armrest Depth**
Grasp armpads and push them forwards and backwards to suite your arm support.
- F Seat Depth Adjustment**
Pull the lever under the right-side of the seat to adjust fore and aft position.
- G Lumbar Depth**
Turn knobs on either side of back-frame to adjust depth of lumbar-support cushion. A slack mesh-back is normal and may be tensioned by adjusting the cushion forwards.
- H Backrest Height**
Hold backrest by both sides and pull up, one step at a time, to desired height. To lower backrest, pull it up till maximum height and then, return it to lowest height to start again. Adjust height so that the backrest curvature follows the curve of your back.
- I Headrest Height**
Adjust height by holding both sides of headrest and pull up or down to your desired height.

