

## 1. Seat Height



Lift the middle lever on the right or left-hand side and take your weight off the seat to raise the height. Remain seated to lower the height. Release the lever to lock the seat height.

## 2. Seat Tilt Adjustment and Free Float Activation



Lift the front lever on the right or left-hand side to release the seat tilt lock. Tilt the seat while seated. Release the lever to lock the seat tilt.

Or push down the front lever to activate the seat rock. Lift the lever back up to lock the seat in any position.

## 3. Free Float Tension



Twist the knob on the underside of the chair while in free float mode to adjust the tension of the rocking motion. Clockwise increases the tension, anti-clockwise reduces the tension.

## 4. Back Height



Twist the left and right knob on the back mechanism in the same direction simultaneously to adjust the back height.

## 5. Seat Depth



Ensure the seat is tilted fully forward. Pull out either the left or right lever at the back corner of the seat and slide the seat forward or backward. Release the lever to lock the seat depth.

## 6. Arm Rest (If fitted) Width



Loosen the screw at the base of the arm to loosen the arm width lock. Slide the whole arm in or out. Tighten the screw back again to lock the arm. Repeat for the other arm.

## 7. Arm Rest (If fitted) Height



Push in and hold the button on the underside of the arm to release the arm height lock. Raise or lower the arm. Release the button to lock the arm height. Repeat for the other arm.

## 8. Arm Rest (If fitted) Depth



Slide the arm-top forward or backward to achieve the desired depth. Repeat for the other arm.

## 9. Arm Rest (If fitted) Angle



Rotate the arm until it locks at the desired position. Repeat for the other arm.