

## 1. Seat Height



Lift the front lever on the right-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. Back Angle



Lift the back lever on the right-hand side and take your weight off the back to bring it forward. Apply more weight to the back to move it backwards. Push the lever back down to lock the back angle.

## 3. Back Height Adjustment



First, raise the back to its highest setting, then lower it to its lowest setting. Then lift the back one click at a time (8 clicks maximum) to the desired position.

## 4. Lumbar Support



Squeeze the bulb repeatedly to inflate the lumbar support. Press the button on the bulb to deflate the lumbar support.

## 5. Seat Depth



Lift the front lever on the left-hand side and slide the seat backwards or forwards. Release the lever to lock the seat depth.

## 6. Seat Angle Adjustment



Lift the middle lever on the right-hand side to release the seat tilt lock. Tilt the seat while seated. Push the lever back down to lock the seat tilt.

## 7. Seat Rock Tension



Twist the knob on the underside of the chair while in seat angle adjustment mode to adjust the tension of the movement.

## 8. Arm Rest Height



Lift the button up on the arm post to release the arm height lock. Raise or lower the arm. Release the button to lock the arm height.

## 9. Arm Rest Width



Push and hold the button in to release the width adjustment lock. Whilst pushed in, manoeuvre the top of the arm rest out, increasing width. Reverse the operation to decrease width of the arm rest.

For further assistance please call  
Customer Services on  
0845 345 0898