

1. Seat Height



Lift the middle 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. Lean back to move it backwards. Release the lever to lock the back angle.

3. Free Float Activation



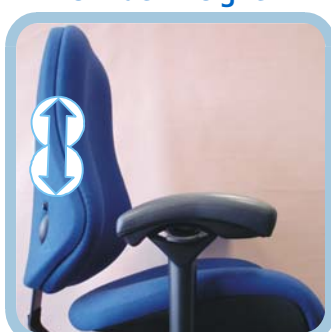
Lift the front lever on the right-hand side to activate the seat rock. Push the lever back down to lock the seat in any position.

4. Free Float Tension



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

5. Back Height



First, raise the back to its highest setting, then lower it to its lowest setting. Then lift the back one click at a time (7 clicks maximum) to the desired position.

6. Lumbar Pump (If fitted)



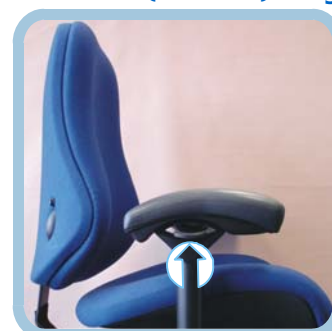
Squeeze the bulb repeatedly to inflate the lumbar support. Press the button on the bulb to deflate.

7. Seat Depth



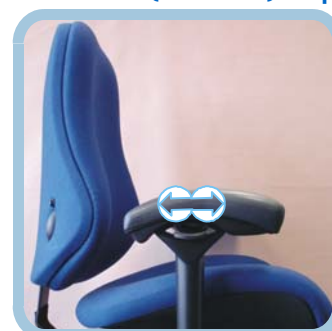
Lift the lever on the left-hand side and slide the seat backwards or forwards. Release the lever to lock the seat slide.

8. Arm Rest (If fitted) Height



Lift up and hold the lever on the arm post to release the arm height lock. Raise or lower the arm. Release the lever to lock the arm height. Repeat for the other arm.

9. Arm Rest (If Fitted) Depth



Slide the arm-top forward or backward. Repeat for the other arm.

10. Arm Rest Width



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

For further assistance please call
Customer Services on
0845 345 0898