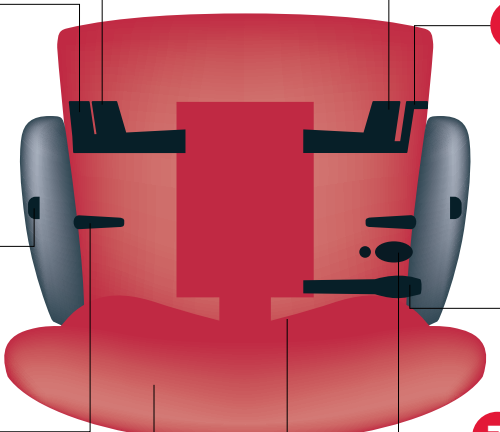
SY

Adjustments for *Advanced Synchron*™ Control

For maximum seating comfort we recommend that you adjust your chair in the numerical steps indicated below.



1 Seat Height

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

2 Seat Depth

Lift lever and slide seat forward or back.

3 Backrest Height

To raise, lean slightly forward, pull backrest up with both hands to desired height. To lower, pull backrest up to topmost position to disengage, drop to lowest position, and raise to desired height.

4 Seat and Backrest Rocking

Lean back in the chair and flip lever forward to allow seat and backrest to rock freely (See backrest tension adjustment). Flip lever backward to lock chair into a fixed position.

5 Backrest Tension

The tension adjustment provides a controlled rocking motion to the chair. Make sure the chair is in rocking motion (See seat and backrest rocking adjustment). Pull out and turn crank tighter or looser to suit your weight.

6 Backrest Angle

Turn knob forward or back to desired backrest angle.

7 Air Lumbar

Underneath the seat, pump bulb to inflate. Press button to deflate.

8 Arm Width

Push lever up and slide arm in or out to desired position.

9 Arm Height

Immediately under the pad, locate tab. Pull tab up while lifting pad up or down.

10 Headrest Angle

Push headrest forward or back to desired position.