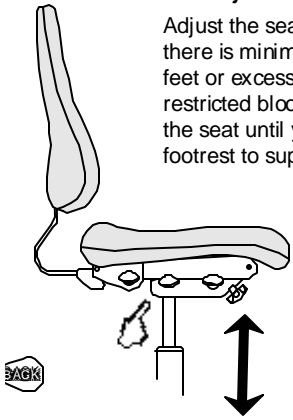


## 1. Adjust Seat Height

Adjust the seat so that your feet are resting flat on the floor and there is minimal pressure on the back of your thighs. Dangling feet or excessive pressure on the back of the thighs may lead to restricted blood flow. If the work surface seems too high, raise the seat until you are at comfortable working height and use a footrest to support your feet.

To raise seat height pull up on the middle lever labeled **HEIGHT** and ease body weight off of the seat. The seat will raise automatically, release the lever to lock the seat in the desired position.

To lower the seat height, pull up on the middle lever labeled **HEIGHT** while all your body weight rest on the seat. Release the lever to lock the seat in the desired position.



## 2. Adjust Seat Angle & Tilt Tension

The tilt tension adjustment balances your weight so the chair can be tilted with ease. The ideal tilt tension lets you lean back in your chair with minimum effort, but with enough resistance to provide back support at any position throughout the tilt range. Normally, this adjustment is performed once. To increase or decrease tension turn the knob located on the underside of the chair, clockwise or counter-clockwise.

You have the choice of keeping the seat in a free - float (rocking) motion or locked into one selected position.

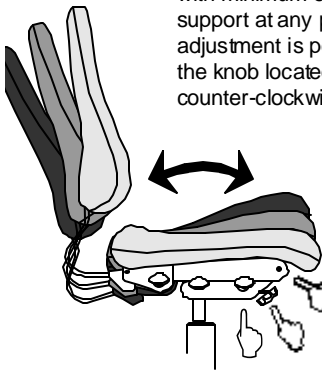
To lock the seat into one position, pull up on the lever labeled **SEAT** allowing the chair to rock. Find your preferred seating position and the lower the lever to the down position to lock the seat angle.

Pulling up on and locking the lever labeled **SEAT** in the up position activates the free - float option. (see tilt tension to adjust the free - float balance)

### Forward Tilt Lockout

When activated, the forward tilt lockout feature maintains the seat angle parallel to the floor in the resting position. You can still free-float (rock) in your chair. When de-activated the seat is allowed to tilt forward (an inclined position of 6°)

To activate or de-activate this feature your chair **must** be in the reclined position. To activate (limit forward tilt) the forward tilt lockout rotate the lever located directly beneath the front right corner of your seat in a counter clockwise direction. To de-activate (allow forward tilt) rotate the lever in a clockwise direction.



## 3. Adjust Back Height

The back height adjustment allows you to raise and lower the backrest relative the seat. The backrest should be positioned so that the small of your back is comfortably supported by the backrests contoured lumbar.

To raise the backrest simple grasp the back from either top, bottom or sides and lift upward slowly. Listen for the distinctive "click" as the backrest auto-locks as it moves upward every 1/2". To lower the backrest, simply raise the back to maximum height and allow the backrest to fall to its lowest position.

## 4. Adjust Back Angle

The backrest angle adjustment allows you to position the backrest angle relative to the seat. The backrest should be adjusted so that the angle between your torso and thighs is greater than 90° and provides firm support during your varied daily tasks. Maintaining constant contact with the backrest at all time will maximize your overall comfort and will reduce muscle fatigue, (sit back deep in your chair).

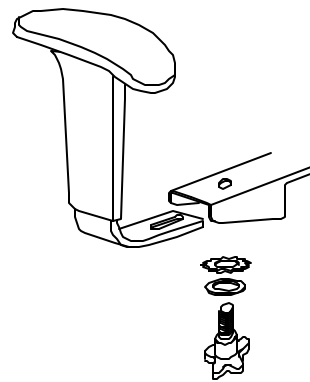
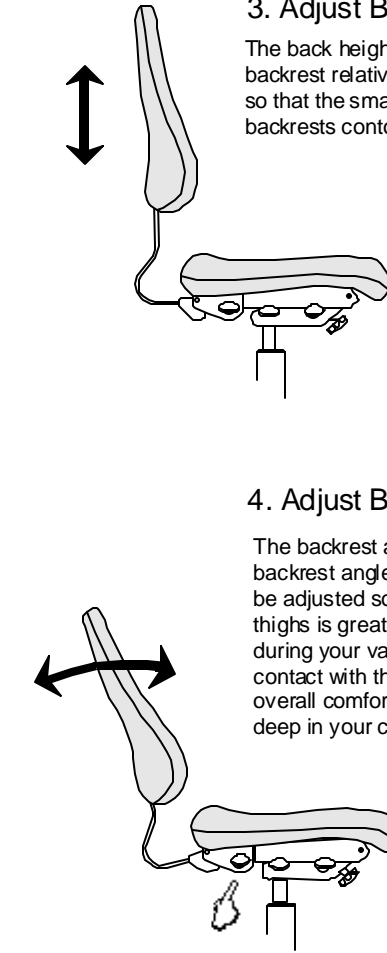
To adjust the backrest angle pull up on the lever labeled **BACK** and lean forward or backward until you have found a comfortable position. Release the lever and the backrest will lock in your preferred position.

## 5. Adjust Armrests

Armrests can be adjusted both in height and width to comfortably support your forearms. Armrest height should be positioned so that the shoulders are relaxed and the angle between the forearm and upper arm is greater than 90°.

To adjust the armrest vertically up or down simply squeeze the trigger on the front of the armrest and raise or lower to your desired position. Releasing the trigger will lock the arm into position.

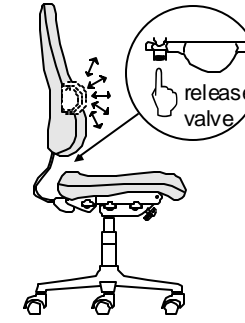
To adjust the distance between the arms loosen the knobs located under the arm bracket. Position the spacing between the arms to your preference and tighten the knobs.



## 6. Adjust Air Lumbar (optional)

The Air Adjustable Lumbar allows you to customize the amount of lumbar support in the backrest to meet your specific preference.

By simply compressing the pump bulb, or depressing the release valve, you may tailor the lumbar curvature to your own needs.



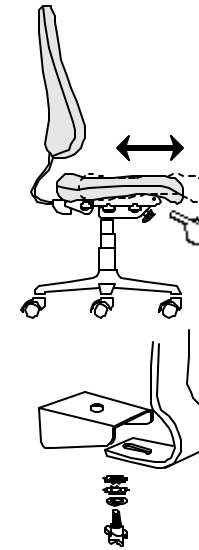
## 7. Adjust Backrest Depth (optional)

The seat depth option allows for adjustments to the seat depth (the distance from the front edge of the seat to the backrest) The seat depth should be adjusted so that there is a space 2 - 3 finger width between the front edge of the seat and the back of your knee.

All Built2Last chairs have approximately 7/8" of seat depth adjustment built into the base of the back bar. Simply loosen the Back Bar Knob and slide the backrest forward or backward as required.

The Seat Slider option allows for up to 2 1/2" of additional seat depth. Adjustable in 1/2" increments from the seated position.

The Seat Slider is activated by depressing the lever located beneath the front left corner of your seat. While the lever is depressed simply adjust your seat forward or backward as necessary. Releasing the lever will lock your seat into the chosen position.



## 8. Adjust Headrest (optional)

The Headrest feature provides additional cervical support and comfort. Your headrest can be adjusted in 1/2" increments, providing five different height settings.

Simply grasp the headrest and raise, listen for the distinctive "click" that indicates that an auto-lock position. To lower the headrest, raise it to its maximum height and allow the headrest to fall to its lowest position and push downward until you hear a "click"

