



Adjustments for SynchroLock 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 Backrest Height
To raise, 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.

3 Air Lumbar (optional)
On the backrest shell, pump bulb to inflate. Press button to deflate.

4 Seat and Backrest Rocking
Lean back into chair and flip lever up to allow the seat and backrest to rock freely. See Rocking Tension for adjustment of this movement. Push lever down to lock the chair into a fixed position.

5 Rocking Tension
This tension adjustment provides a controlled rocking motion to the chair. Put chair in rocking motion (see Seat and Backrest Rocking adjustment). Turn knob tighter or looser to suit your weight.

6 Tilt Ranges
Flip up rocking lever to allow the chair to rock freely. Lean back into chair and turn lever forward for a full tilt range; middle position for more reclined; and back position for most reclined.

7 Arm Height
Immediately under the pad, locate button. Pull lever up while lifting pad up or down.

8 Arm Width
Push or pull metal arm support from the bottom, in or out.

9 Armrest Angle (optional)
Lift pad slightly and rotate armrest to align with the angle of your forearms when working.