



Seat Height: Lever under right side of seat



To raise:

Take your weight off chair, lift lever up.



To lower:

Lift lever up while seated.

At the proper height, your feet should rest flat on the floor.

Harmonic™ Tilt Tension: Knob below front center of seat



To increase:

Turn knob clockwise.



To decrease:

Turn knob counterclockwise.

Set the tilt tension to control the resistance you feel when reclining.

Seat Depth: Lever under left side of seat

Only available on some models.



To adjust:

While taking your weight off chair, lift lever and adjust seat pan forward or back. Release lever to lock in position.

In the proper position, you will have approximately three-fingers of clearance between the back of your knees and the seat edge.

Forward Tilt: Horizontal tab under left front side of seat

Only available on some models.



To position chair forward

Recline and flip tab down.



To resume horizontal position:

Recline and flip tab up.

Engage forward tilt to support the thighs' declined posture when performing intensive tasks such as keyboarding.

Tilt Limiter: Vertical tab under left front side of seat

Only available on some models.



To engage:

Recline and move tab up to define the limit of recline.



To release:

Lean forward and press tab back.

Engage the tilt limiter when you want to sit in an upright or partially reclined position.

Arm Height: Outside lever on top of arm support

Only available on some models.



To adjust:

Raise lever to unlock arm, adjust arm, release lever to lock.

For maximum comfort, your arms should make contact with the arm pad without any lift at your shoulders.

Lumbar Height: Side edges of lumbar support

Only available on some models.



To adjust:

While seated, grasp side edges of lumbar support, slide lumbar support up or down to desired height.

Adjust the lumbar height so that it comfortably supports the natural curve of your spine.

Arm Angle & Width: Front & rear of each armpad

Only available on some models.



To adjust arm angle:

Grasp front end of armpad and pivot it inward or outward.



To adjust arm width:

Grasp rear portion of armpad and adjust arm in or out.

Adjust arm angle inward when using a keyboard; adjust arm angle outward when using a mouse.

In the proper position, your elbows should be in line with your shoulders.

Lumbar Depth: Knob in center of lumbar support

Only available on some models.



To increase:

While seated, turn knob clockwise.



To decrease:

While seated, turn knob counterclockwise.

Adjust the lumbar depth so that it comfortably supports the natural curve of your spine.

Footring Height:

Only available on some models.



To adjust footring height:

Hold base with one hand, grasp footring spoke and turn counterclockwise (-) to loosen.



Once loose, raise or lower footring to desired height.



Hold collar with one hand, grasp footring and turn clockwise (+) to tighten. To secure, finish turning footring while holding base.