1/ SEAT HEIGHT

Lift right-hand lever. Use body weight to raise or lower the seat (sit on seat to move down, take weight off to move up). The seat will lock at the height the lever is released.



2/ BACK HEIGHT

Place hand below back and slowly lift to desired height using 8-point ratchet system. When the highest point is reached the back will drop to the starting position.



3/ PCB MECHANISM

Pull up rear lever to right hand side of seat. The chair back will remain in permanent contact with the user as they move throughout the day. To secure the back at any desired angle push lever down.



4/ SYNCHRONOUS MOVEMENT

To adjust the ease of movement to the weight of the user, adjust the knob situated under the front of the seat, turn clockwise to increase resistance and anti-clockwise to decrease. Pull up rear lever to the right hand side of the seat. The seat and back will move together in a ratio of 2.5:1. To secure in any desired position push down lever.



6/ SEAT SLIDE



5/ HEIGHT ADJUSTABLE ARMS

Place hand underneath armpad and slowly lift to desired height using 6-point ratchet system. When the highest point is reached the arm will drop to the starting position.





7/ PUMP UP LUMBAR SUPPORT

Lift lever located on the left under the seat and use weight to move seat forward. There should be up to 3 fingers gap between the front of the seat and behind your knees when sat all the way back in the chair.



Repeatedly press rubber air cell located to the left until the lumbar has reached the required firmness. To deflate, press the button on the top of the air cell.



8/ FOLDING ADJUSTABLE ARMS

Press button on side of arm to raise or lower arm, release the button to lock. To fold arms away, press button at the base of the arm and push arms backwards.





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