



- A Seat Height Adjustment**
Flip up lever on right-side to raise or lower seat. Adjust such that your feet are adequately supported on floor.
- B Multi-Position Tilt Lock**
Recline to desired position, and flip down lever on left-side to lock. Flip up lever and recline to release tilt-lock.
- C Lumbar Depth**
Turn knobs on either side of back-frame to adjust depth of lumbar-support cushion.
- D Armrest Height**
Push button to unlock armrest and raise or lower it to desired height, and release button to lock. Adjust such that elbows are resting on armpads without straining the shoulders.
- E Armpad Depth and Angle**
Grasp armpads and slide forwards or backwards, to match elbow position. Rotate them inwards or outwards to adjust elbow support to suite specific tasks. An inward position works during keyboard use, while an outward position is recommended during mousing.
- F Seat Depth**
Pull lever out to slide seat forward or backward to desired depth. Adjust such that the front edge is not pressing on to calves while your back is resting on backrest.
- G Headrest Height**
Adjust height by holding both sides of headrest then pulling up or down to your desired height.