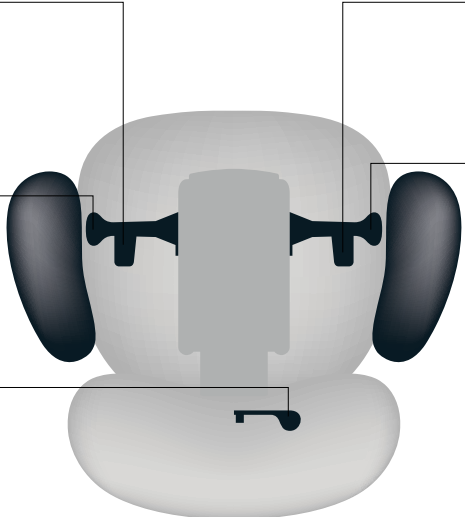




Adjustments for SynchroPosture™ Control

For maximum seating comfort we recommend that you adjust your chair in the numerical steps indicated below.



1 Seat Height
Lift the lever while seated and the chair will go down. Remove your weight, lift the lever, and the chair will rise.

2 Seat Depth
While lifting the lever, slide yourself forward and backward until you have 2 - 3 inches between the front of your seat and the back of your knee.

3 Backrest Height
Lift lever, lean slightly forward and guide the backrest up or down with both hands. Release lever when lumbar region is best supported.

4 Seat & Backrest Rocking
Lean back into the chair and twist forward to allow seat and backrest to rock freely. Twist backward to lock chair into a fixed position.

5 Backrest Tension
The tension adjustment provides a controlled rocking motion to the chair. Make sure the chair is in rocking motion (See step 4). Twist forward for more resistance and twist backward for less.

Backrest Height Adjustment for Mesh Backrests



Mesh Back Adjustment

Grab the backrest with both hands, lean slightly forward, and lift the backrest until it clicks into place. Lift the backrest all the way up to reset.



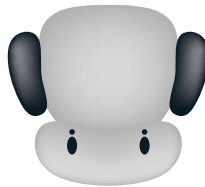
AutoSit Mesh Back Adjustment

Flip the lever up to unlock. Move the backrest up or down to your desired height. Flip the lever back down to lock in place. With both hands, slide the lumbar up or down to desired position.

Adjustment for Optional Air Bladders

Thoracic Air Bladder Adjustment

(Left Side) Pull the rubber bulb from the holder and pump. You will feel the bladder inflate in the thoracic region of your back. To deflate, simply press the release valve at the base of the rubber bulb.



Lumbar or Sacral Air Bladder Adjustment

(Right Side) Pull the rubber bulb from the holder and pump. You will feel the bladder inflate in the lumbar or sacral region of your back. To deflate, simply press the release valve at the base of the rubber bulb.

Foot Ring Adjustment for Stools



Footring Adjustment

Turn the ring counter-clockwise to loosen. Raise or lower to your desired height, then turn clockwise to tighten.



Stand Ring Adjustment

Lift the paddle and raise or lower the ring to your desired height. Release the paddle and it will lock in place.



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