

# USAGE GUIDE

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Backrest Recline Adjustment

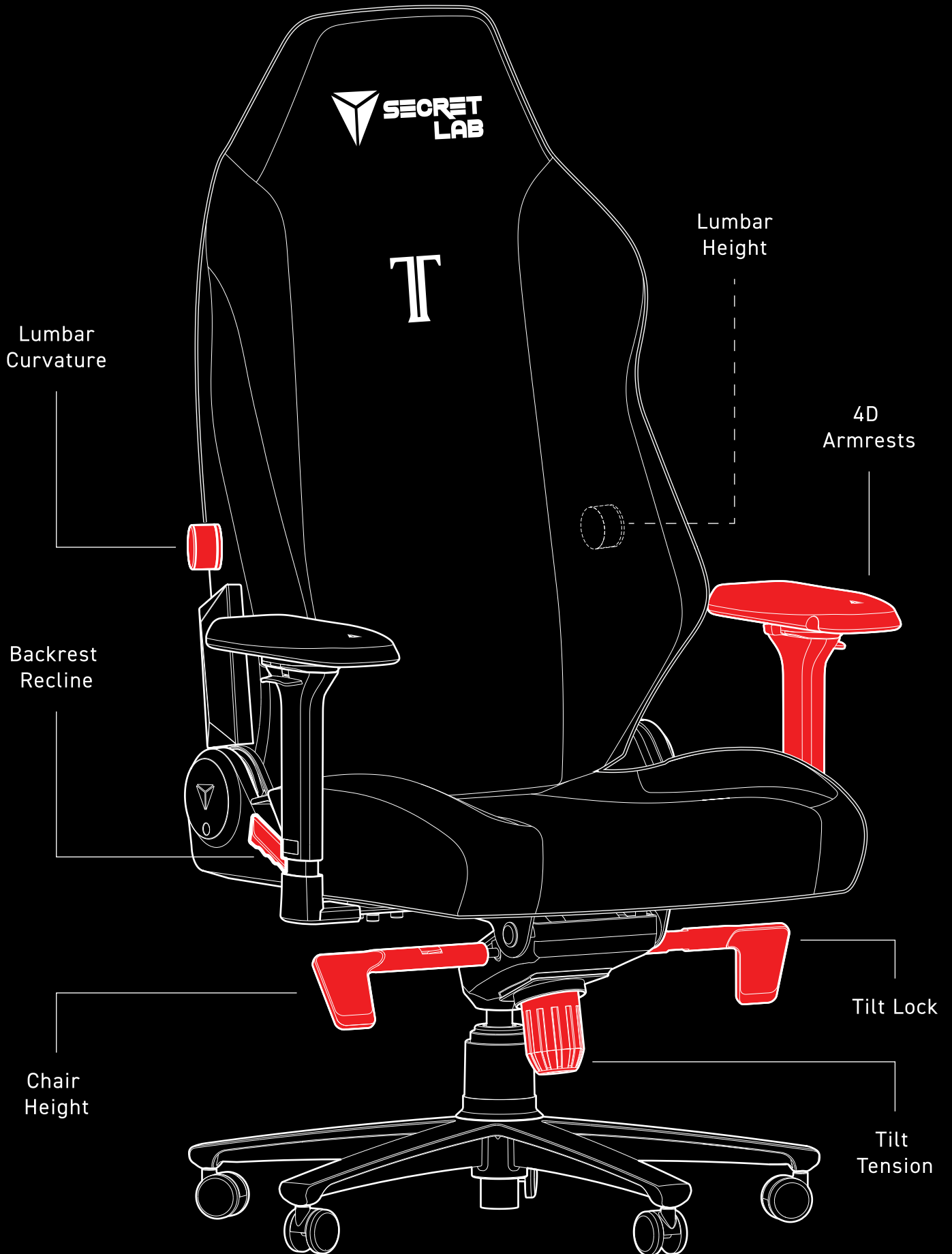
Height Adjustment

Multi-Tilt Adjustment

L-ADAPT™ Lumbar Support Adjustment

Armrest Adjustment

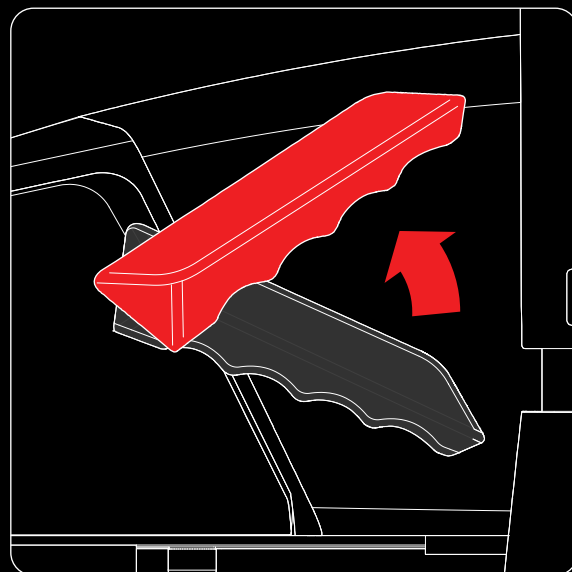
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## A Backrest Recline Adjustment

Adjustment Range: 85-165° (Tilt Unlocked)

- 01 Shift your weight off the backrest slightly and pull up fully on the lever.
- 02 Lean back slowly until the backrest is at your desired angle.
- 03 Slowly return the lever to its starting position. Ensure that the lever locks back in place.

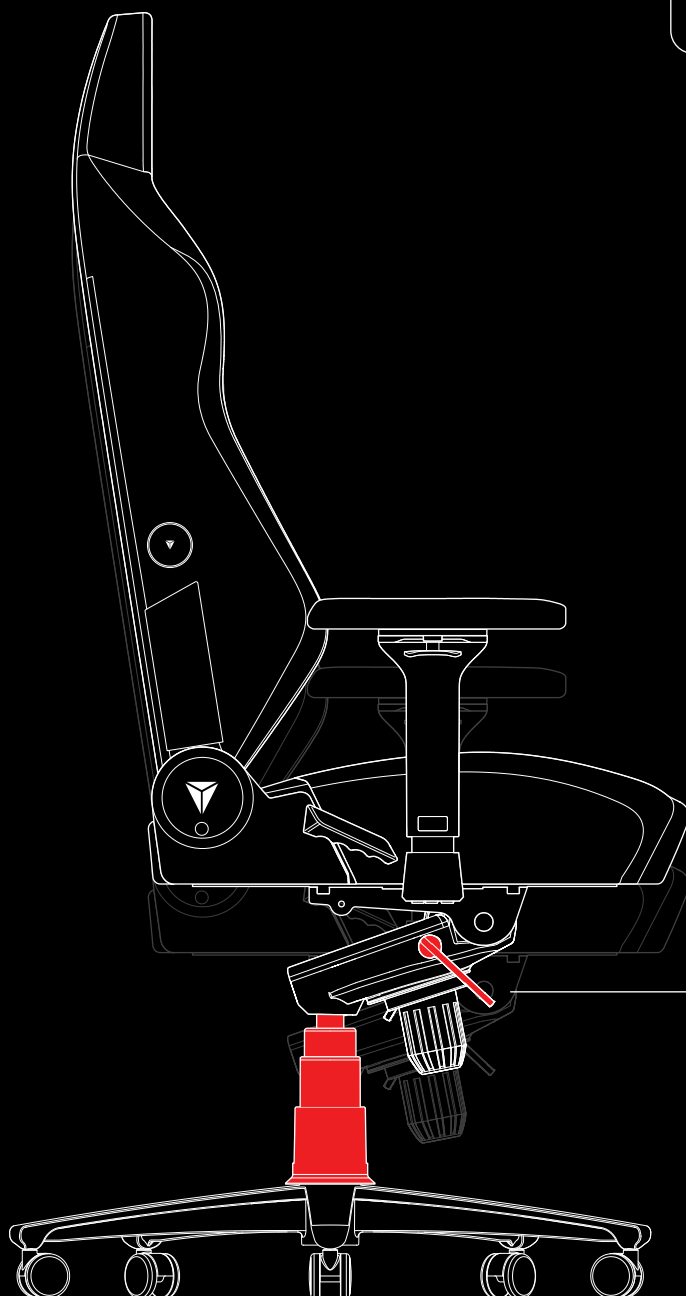
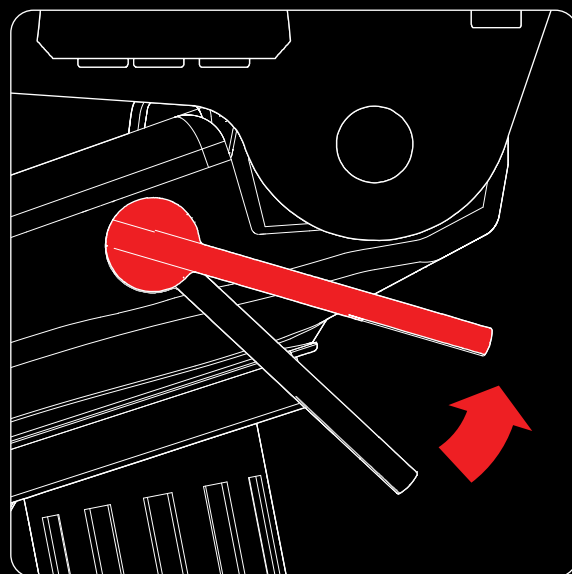


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## **B** Height Adjustment

Adjustment Range: 7.5 cm (S and R)  
9.5 cm (XL)

- 01 To lower the height of your chair, pull up on the height adjustment lever while seated. Release the lever when you have reached the desired height.
- 02 To raise the height of your chair, pull up on the height adjustment lever with your weight off the chair. Release the lever when you have reached the desired height.



## C Multi Tilt Adjustment

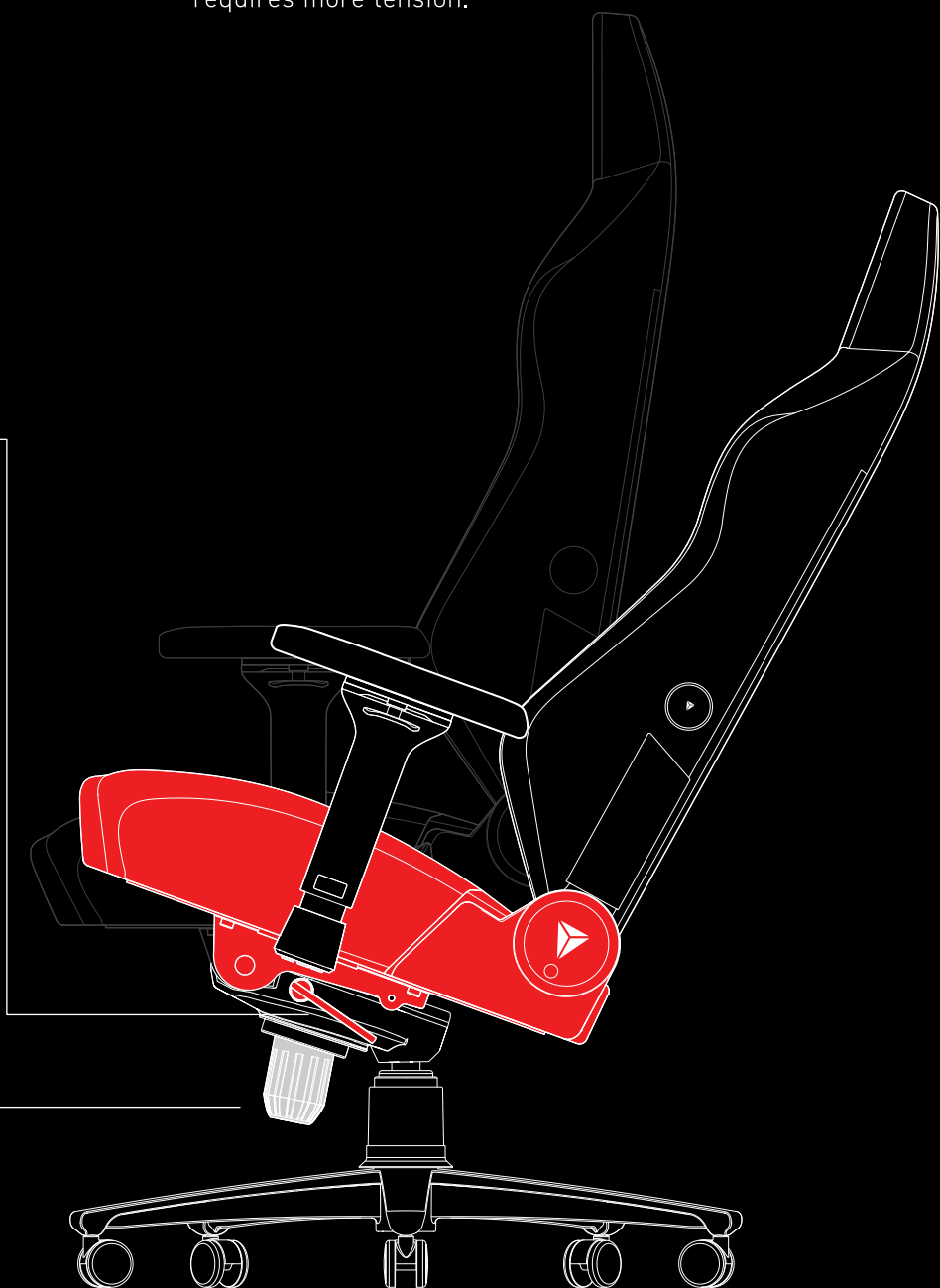
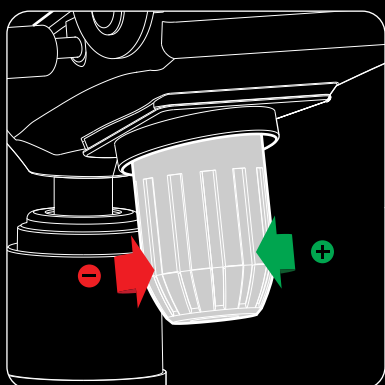
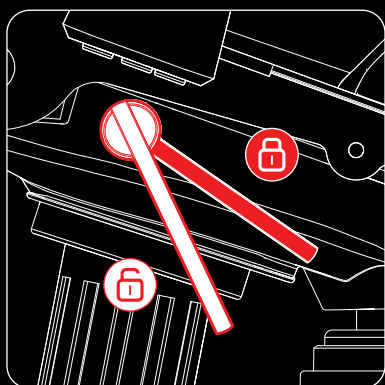
Adjustment Range: 0-30°

### Tilt Angle

- 01 Push down on the tilt lever handle to unlock the multi-tilt mechanism.
- 02 Lean your weight back slowly until the seatbase is at your desired angle.
- 03 Pull up on the tilt lever handle to lock the seatbase tilt angle.

### Tilt Tension

- 01 Turn the tension knob clockwise to loosen the rocking tension of the chair. Anti-clockwise to tighten.
- 02 Adjust according to your weight, more weight requires more tension.

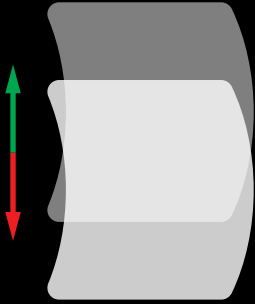


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## D L-ADAPT™ Lumbar Support Adjustment

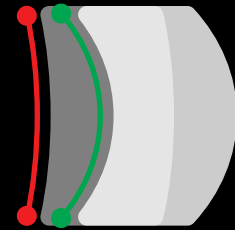


Do not put weight on the backrest when adjusting your lumbar support.  
Do not turn the knobs past their maximum and minimum points.  
Do not attempt to turn both knobs at the same time.



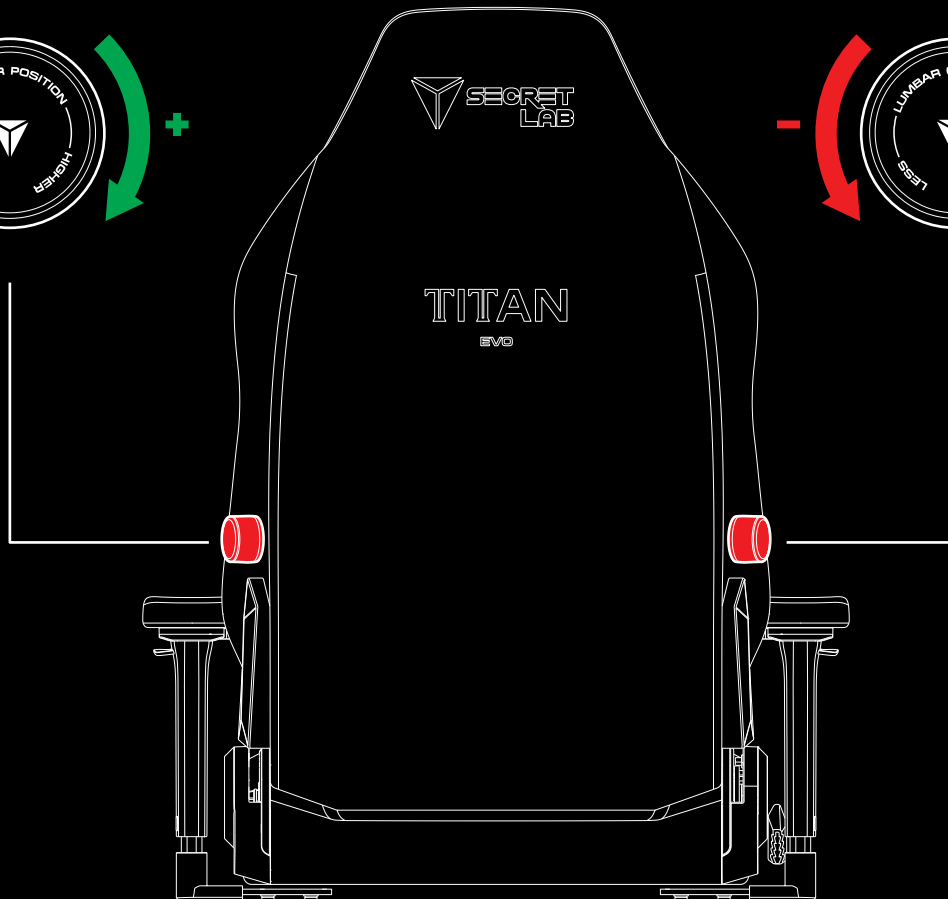
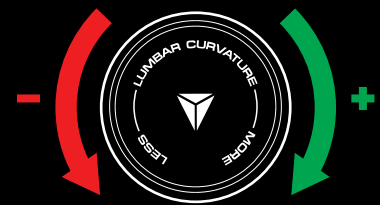
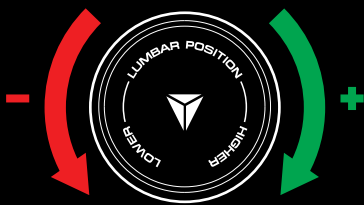
### Height Adjustment

Turn the knob anti-clockwise to lower the height of the lumbar support, and clockwise to raise it.

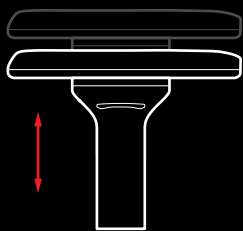
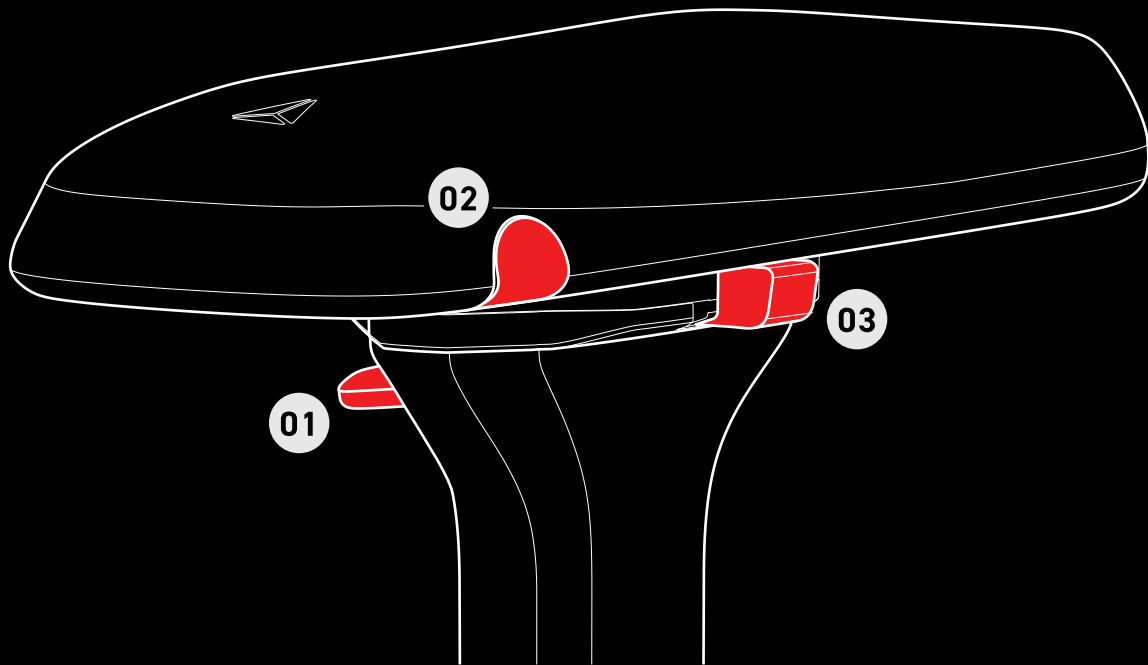


### Curvature Adjustment

Turn the knob anti-clockwise to decrease the curvature of the lumbar support, and clockwise to increase it.

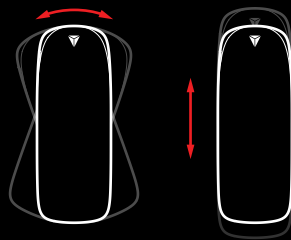


## E Armrests Adjustment



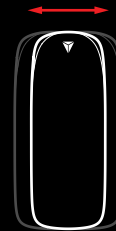
### 01 Height Lever

Pull the lever up and adjust to your desired height. Release to lock in the height.



### 02 Front Button

Press the button to adjust the angle and front-back position. Release to lock the position.



### 03 Inner Side Button

Press the button to adjust the side-side position. Release to lock the position.