**10A Straight upright height adjustable arm user guide.**
Brisbane, Proform® & Terra.

1 Arm height adjustment - While pressing the button located below the armrest, use your hand to raise and lower the arm height.

2 Optional arm width adjustment (add bracket -20AB) - Rotate the switch located beneath the arm forward. Use your hand to grasp the arm and adjust it out to your desired width away from seat. Each arm adjusts separately. When finished making adjustments, rotate the switch back to its original position.