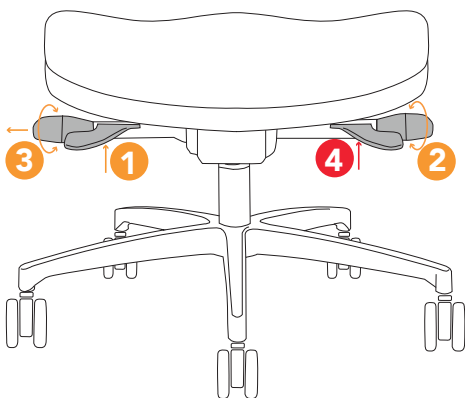




great things happen in a chair



USER GUIDE: **10C** synchro control with side tension adjustment with seat slider

1 seat height adjustment - Adjust the seat height by lifting your weight out of the chair and pulling up on the paddle. Proper seat height is realized when the top of your legs are somewhat parallel to the floor.

2 back tilt lock adjustment (5 position) - Tilt the seat back to desired angle and twist a quarter turn. To unlock, twist the other way, leaning back to unlock.

3 back/recline tension adjustment - Pull paddle out and turn right to tighten or left to loosen the back tension.

4 seat slider - Pull up on paddle while shifting your weight forward to move your seat forward or backward to move your seat back.

note: 10CH variation uses a heavy duty spring tension.

