10CH Syncho control with seat slider user guide.
Features a heavy-duty spring. Used on high backs.

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

3 Back/recline tension adjustment - Pull paddle knob out. Turn right to tighten or left to loosen the back tension.

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