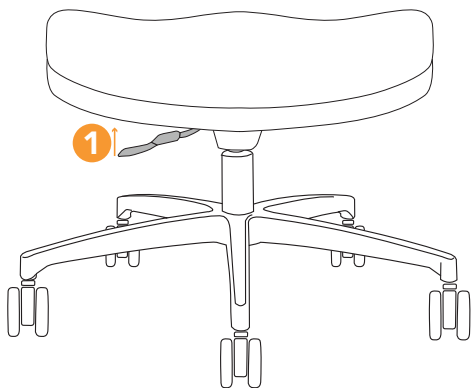




great things happen in a chair



## USER GUIDE: **21C** swivel & height adjustment control

**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.



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