USER GUIDE: **26C** swivel tilt control 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. **Upright position tilt lock (single position)** - Push in to lock and pull out to unlock.

3. **Back/recline tension adjustment** - Rotate knob right to increase tilt tension. Rotate knob left to decrease tilt 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.