USER GUIDE: **29C full function synchro 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.

2 **back tilt lock adjustment (5 position)** - Push the button. Use your back to lean against the back of the chair, pushing with your back to your desired angle. Feel/hear a click as you reach different angle lock positions. Adjusts to 5 different back angles.

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

4 **seat slider** - rotate paddle right to adjust seat slide forward or back. Push down to lock seat slider in position (range 2”).

5 **forward tilt lock adjustment** - To limit forward motion, lean back, push and release button. For full upright position - used for keyboarding support - push and release button.