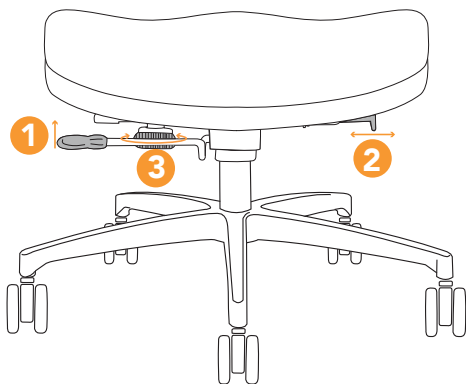


great things happen in a chair



## USER GUIDE: **37C** torsion bar knee tilt control

**1 seat height adjustment** - Adjust the seat height by lifting the paddle (located just below front, right corner of the seat cushion). Proper seat height is realized when the top of your legs are somewhat parallel to the floor.

**2 back lock adjustment (single position)** - To lock the chair in an upright position, shift your weight forward until the chair is in an upright position, then push in plunger. To rock (free float) shift your weight forward and pull plunger out. Lean back and relax.

**3 back recline tension adjustment** - While seated, rotate the adjustment knob to the right to increase tilt tension. Rotate to the right to increase tilt tension. Rotate to the left to decrease tilt tension.

