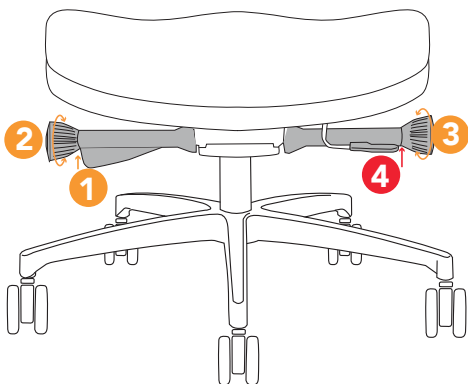




great things happen in a chair



## **USER GUIDE: 68C-12SS enhanced body balance 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 single rotation back tilt lock adjustment (5 position)** - Tilt the seat back to desired angle and twist slightly. To unlock, twist the other way, leaning back to unlock.

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

**4 seat slider (-12SS)** - Pull up on paddle while shifting your weight forward to move your seat forward or backward to move your seat back.



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