# Proform user guide

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Arm height adjustment:
Push the “switch” located beneath the arm forward. Use your hand to grasp the arm and adjust out to desired width away from seat. Each arm adjusts separately. When finished making adjustments, push the switch back to its original position.

Optional arm width adjustment (Only applies to 20AB): Push the “switch” located beneath the arm forward. Use your hand to grasp the arm and adjust out to desired width away from seat. Each arm adjusts separately. When finished making adjustments, push the switch back to its original position.
Arm height adjustment
(Only applies to 38A): While pressing the “button” use your hand to raise and lower the arm height.

Optional arm width adjustment
(Only applies to 19AB): Push the “switch” located beneath the arm forward. Use your hand to grasp the arm and adjust out to desired width away from seat. Each arm adjusts separately. When finished making adjustments, push the switch back to its original position.
Roll back arm feature: while pressing and holding the small “button” toward the top front on the silver circle, grasp the arm and roll back to horizontal position. Repeat to lift back to upright position.

Arm height adjustment: While pressing the “button”, use your hand to raise and lower the arm height.
Arm height adjustment:
While lifting up on the small “switch”, use your hand grasping the arm cap to raise and lower the arm height.

Arm cap slide: Grasp and slide “arm cap” forward or backward, sliding forward a max of 2.5”.

Arm cap rotation: Grasp and lift “arm cap” to turn left or right, rotating a max of 15° each way.

Additional Width Adjustment (Only applies to 19AB): Pull back on the “levers” under the arms to unlock and extend the arms outwards. Push forward on the levers to lock.

To put them back to normal simply just do the opposite. Unlock (pull back on the lever) and push the arms back in to place, and lock the arms by pushing the lever forward.
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.

Back/recline tension adjustment:
Rotate “knob” right to increase tilt tension. Rotate knob left to decrease tilt tension.

Upright position tilt lock (single position): Push in “paddle” to lock and pull out to unlock.
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.

Back/recline tension adjustment: Rotate "knob" right to increase tilt tension. Rotate knob left to decrease tilt tension.

Upright position tilt lock (single position): Push in "paddle" to lock and pull out to unlock.

Seat slider: Pull up on "paddle" while shifting your weight forward to move your seat forward or backward to move your seat back.
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.

Back lock adjustment (single position): Use the same paddle as you use for the seat height adjustment. To lock the chair in an upright position, shift your weight forward until the chair is in an upright position, then push the “button” in. To rock (free float) shift your weight forward and push the button again.

Foot ring adjustment: 35C with 11DR/11XDR

Unlock foot ring: press down on the plastic “inner hub” and lift the foot ring up to unlock it. Adjust foot ring to desired position.

Lock foot ring: lock foot ring in place by pressing down on “outer foot rest” until hub is in “locked” position.
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.

Single rotation back tilt lock adjustment (5 position): Tilt the seat back to desired angle and twist the “right knob” slightly. To unlock, twist the other way, leaning back to unlock. The turn is smooth. All tilt lock angles can be reached within a single turn of the handle.

Back/recline tension adjustment: Rotate knob right to increase tilt tension. Rotate “left knob” left to decrease tilt tension. Rotate within a single rotation of the knob to achieve any of the 7 distinct back tension levels.
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.

Back/recline tension adjustment:
Rotate knob right to increase tilt tension. Rotate “left knob” left to decrease tilt tension. Rotate within a single rotation of the knob to achieve any of the 7 distinct back tension levels.

Forward tilt adjustment (FT): Push the “paddle” in the down position and lean back in the chair. You will hear a click when the forward tilt mechanism has turned on. Sit in your normal position to use the forward tilt feature. To turn off the forward tilt feature, lift the paddle in the up position and lean back in the chair. You will hear a click when the forward tilt mechanism has turned off.

Single rotation back tilt lock adjustment (5 position): Tilt the seat back to desired angle and twist the “right knob” slightly. To unlock, twist the other way, leaning back to unlock. The turn is smooth. All tilt lock angles can be reached within a single turn of the handle.

Seat slider: Pull up on “paddle” while shifting your weight forward to move your seat forward or backward to move your seat back.
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.

Back/recline tension adjustment: Rotate knob right to increase tilt tension. Rotate “left knob” left to decrease tilt tension. Rotate within a single rotation of the knob to achieve any of the 7 distinct back tension levels.

Single rotation back tilt lock adjustment (5 position): Tilt the seat back to desired angle and twist the “right knob” slightly. To unlock, twist the other way, leaning back to unlock. The turn is smooth. All tilt lock angles can be reached within a single turn of the handle.

Optional seat slider (12SS): Pull up on “paddle” while shifting your weight forward to move your seat forward or backward to move your seat back.
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.

Back lock adjustment (3 position): Use the same paddle as you use for the seat height adjustment. To lock the chair in an upright position, shift your weight forward until the chair is in an upright position, then push the "button" in. To rock (free float) shift your weight forward and push the button again.

Optional seat slider (12SS): Pull up on "paddle" while shifting your weight forward to move your seat forward or backward to move your seat back.
Ratchet back adjustment: The “ratchet back” is adjustable up and down. To adjust the back simply just pull up or push down on the back to the desired height (as you adjust the back you will here the ratchet sound letting you know each lock point). To unlock the position pull the back up to its highest point and then your able to push it back down so it can be readjusted.