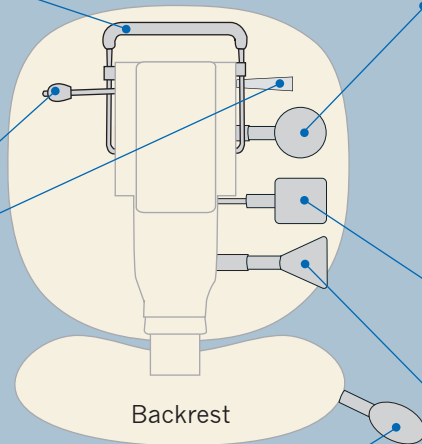


SEAT DEPTH - To adjust the seat depth, pull up on the bar under the front edge of the seat and move the seat forward or backward in relation to the backrest. Release the bar to lock.

INFINITE FORWARD TILT LOCK OUT - To prevent the seat from tilting forward when in the free float mode, tilt the seat pan slightly backward and turn the handle on the left side of the seat clockwise. Turn this handle counter clockwise to allow the seat to tilt forward.

SPRING TENSION - To adjust the spring tension, turn the knob located under the front right corner of the seat. Turn the knob clockwise to increase the spring tension and counter-clockwise to decrease the spring tension.

Top View



BACK HEIGHT - To adjust the back height, push the **OVAL** paddle back away from the seat and adjust the backrest up or down to the desired height. Pull this paddle towards the seat to lock.

SEAT ANGLE / FREE FLOAT - To adjust the seat angle, pull up on the **CIRCULAR** paddle and shift your weight forward or backward until the seat is at the desired angle. Push this paddle down to lock. To free float the chair, pull this paddle all the way up and leave it in the up position.

SEAT HEIGHT - To raise the seat, pull up on the **SQUARE** paddle while raising your weight off the chair. To lower the seat, pull up on the paddle while sitting. Release the paddle to lock.

BACK ANGLE - To adjust the back angle, pull up on the **TRIANGULAR** paddle and hold it in the up position. Lean backward or forward until the backrest is at the desired angle. Release the paddle to lock. When adjusted correctly the angle between your upper body and thighs should be greater than 90 degrees.

Read this or visit ergo1.ca to view a 90-second video on how to adjust this chair. Simply click play.