1. Seat Height Adjustment (while seated)

Use the lever on the right side underneath the seat.

To raise lift your weight off the seat while lifting the front of the lever.
To lower sit on the seat while lifting the front of the lever.
Knee Tilt (optional feature)

2. Tilt Tension

Use the big round knob underneath the center of the seat.
To increase tension turn the knob clockwise.
To decrease tension turn the knob counter-clockwise.
Knee Tilt (optional feature)
3. Tilt Lock (while seated)

Use the paddle shaped lever on the left side underneath the seat.
To unlock tilt pull the front of the lever up and tilt back slightly.
To lock tilt recline to your desired position and push the front of the lever down.
4. Arm Height Adjustment (optional feature)

Use the buttons underneath the arm rests.
To raise or lower push the button in and raise or lower the arm rest and release button to lock.
5. Lumbar Adjustment (optional feature)

**Use** the handles on either side of the back.

**To raise or lower** grasp both handles and slide the lumbar support to the desired position.