1. Seat Height Adjustment (while seated)

Use the paddle shaped 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

2. Tilt Tension

3. Tilt Lock (while seated)

Use the adjusting knob at the end of the height adjustment lever
To increase tension slide the knob out and turn the knob clockwise.
Slide knob back into place.
To decrease tension slide the knob out and turn the knob counter-clockwise. Slide knob back into place.

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