1. Pneumatic Height Adjustment

Use the small paddle shaped lever on the right side underneath the seat.
- **To raise** lift your weight off the seat while pulling the lever up.
- **To lower** sit on the seat while pulling the lever up.

2. Arm Height Adjustment (optional feature)

Use the button located under the arm cap in the front of the arm rest, slide your middle fingers to the front of the arms and push the button in – raise or lower the arm rest to the desired position and release the button to lock in position.