

Performance Optimization Guide

By Your Personal Posture Coach



Height of the Chair

[RIGHT SIDE, FRONT BUTTON]

Pull button out. Lift body weight off the chair to raise height & sit down to lower.

Optimum Position: Feet flat on floor for solid foundation & even support.



[KNOB BEHIND YOUR LOW BACK]

Low Back Support

Twist clockwise for greater lumbosacral pressure & counterclockwise for less.



Seat Slider

[RIGHT SIDE, MIDDLE BUTTON]

Pull button out & slide the seat forward & backward.

Optimum Position: Slide the seat forward or backward so that there are 3 fingers width between the waterfall edge & the back of the knee.



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[RIGHT SIDE, REARMOST BUTTON]

Pull button once to open the side to side movement, pull again to engage the lock for static upright position.



Height: Hold by the attachment to the bow & slide up or down.

Depth: Pull or push on the pad to touch your neck comfortably.

Curve: Tilt the pad up or down for custom fit.



Height:

[BUTTON ON UNDERSIDE OF THE ARMREST]

Press & hold to lift and lower the armrest into position.

Depth: Push or pull the arm pad forward or backwards.

Pad Angle: [BUTTON ON INSIDE OF THE ARMREST]

Press button to spin the pad 360°



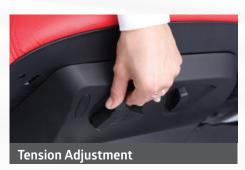
[LEFT SIDE, LEVER]

Click forward two times to unlock.

Forward: The back support is open, free to fully recline.

Middle: While leaning part way back, the middle position of the lever allows for recline freedom from a partially reclined position.

Rear: To lock the back into a static position choose your desired position by sitting upright, semi-reclined or full reclined — then, switch the lever to the rear position.



[LEFT SIDE, WHEEL]

For ease of movement through recline, adjust to preference (typically to body weight).

Twist counterclockwise for less tension & clockwise for more support.



