



SEAT HEIGHT ADJUSTMENT

Adjust the seat height with your upper and lower leg angled at 90° to 100°. This position will result in the least possible pressure on the upper legs which allows for a better blood circulation.



Move the lever up to activate the gas spring.

SEAT DEPTH ADJUSTMENT

Adjust the seat depth to a space approximately the size of a fist between the seat and the backs of the knees. This position will result in the least possible pressure on the upper legs which allows for a better blood circulation.



Push the button to move the seat forward or backward for a longer or shorter seat surface.

LUMBAR SUPPORT ADJUSTMENT

Adjust in height to where the lumbar support is on the same level as your belt (just slightly below the hollow of your back and just above your pelvis). This ensures the right support of the lower back.



Move the lumbar support on the rear of the backrest up or down for the right lumbar support.

AUTOFIT SYNCHRONOUS MECHANISM

The use of the autofit synchronous mechanism stimulates sitting in a dynamic way. It prevents static strain and helps to prevent complaints which are caused by sitting for long periods of time. Therefore we recommend always setting the chair in active mode. The autofit synchronous mechanism can be set in three dynamic modes.

- S: small rearward movement
- M: medium rearward movement
- L: large rearward movement

Starting point: Back is fixed in upright position (lever fully pull out)

- Activating dynamic mode S:
Push the lever one position inside
- Activating dynamic mode M:
Push the lever two positions inside
- Activating dynamic mode L:
Push the lever three positions inside



FINE TUNING BACK PRESSURE AUTOFIT SYNCHRONOUS MECHANISM

- Pull the lever on the front of the mechanism forward.*
- Turn clockwise for more pressure.*
- Turn counterclockwise for less backpressure.*
- Push the lever back*



Optional, not for every model available!

ADJUSTABILITY 4D ARMREST

ARMRESTS

- Adjust the height so that the shoulders are relaxed while the elbows and lower arms are supported by the armrests. This prevents strain of the muscles in the shoulders.
- Adjust the distance between the armrests so that the arms can rest on the armrests while positioned alongside your body.
- Adjust the depth of the armrests so that the elbows and lower arms are supported and you can sit close enough to the desk.



HEIGHT ADJUSTMENT
Push the button on the side to adjust the height.



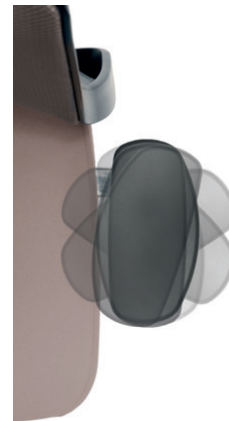
WIDTH ADJUSTMENT
Move the lever downwards to adjust the entire armrest sideways. Move the lever up to lock.



WIDTH ADJUSTMENT
Move the armrest sideways to set the right width.



DEPTH ADJUSTMENT
Move the armrest forwards or backwards to set the right depth.



360° ROTATABLE
Push the button directly underneath the armrest to rotate the armrest in a different position. The armrest is 360° rotatable.

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