

#### SEAT HEIGHT

To raise, push the paddle down while taking your weight off the chair. To lower, stay seated and push the paddle down. Release when you reach the desired height.

#### ARM HEIGHT ADJUSTMENT

Press the lever located under the arm cap to raise or lower the arm. Release the lever to lock in place.

#### TILT TENSION

Adjust by turning the knob clockwise to loosen and counter-clockwise to tighten.



#### SEAT DEPTH

Lift up on paddle and lift your weight from the seat while sliding forward or backward. Release the paddle to lock seat in place.

#### TILT LOCK

To adjust the chair tilt, pull the paddle out to unlock, recline to desired position, push the paddle in to lock.