

INNATE[®]

Instructional Guide

HEADREST (OPTIONAL)

2.5" of height adjustability, raised or lowered over 5 positions and 60° of pivoting upward and downward for optimal comfort.

LUMBAR

Integrated lumbar moves to mimic the natural curvature of the spine. This adjustable lumbar has a range of 4". To adjust, use both handles to slide the lumbar up and down to create necessary lower back support.

SEAT SLIDER

Under the right side of the seat. Pull the button out and slide to the desired position. Release to lock the seat in place.

SEAT HEIGHT

To raise the seat, pull the button out while taking your weight off the chair. To lower the seat, stay seated and pull the button. Release the button when you reach the desired height.



ARMS

To move the arm cap, press the button under the arm cap, rotate inward and outward to desired position. To adjust the height, pull the trigger at the side of the arm, adjust to desired height and release. To rotate the arm upright, pull the button at the base of the arm. Rotate arm to desired position, release button to lock in place.

BACK TILT LOCK

To lock the recline of the backrest, lean back to the desired position, pull the tilt lock button out to lock the recline in any one of the 4 positions.

TENSION CONTROL

If back tension is too stiff, rotate the tension dial counter-clockwise. If the chair does not provide enough resistance, turn the dial clockwise.