# **YOU**<sup>®</sup> User Guide

### BACKREST RECLINE

To adjust the recline angle, twist the knob forward to unlock it. Recline to the desired position and twist the knob backwards to lock it in place.



### BACK HEIGHT ADJUSTMENT

From a seated position, grasp the bottom of the back and pull up to adjust the back height.

#### LUMBAR SUPPORT

Turn the knob so the back bows to create a convex curve. Lift the U-shaped frame in increments to the desired height. Raise the frame all the way to the top to release.

For additional information, please visit allseating.com

### For Sales and Customer Service

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### For all other inquiries

Email: info@allseating.com Phone: 905-502-7200



### TURN THE KNOB TO FIND THE RIGHT LUMBAR SUPPORT FOR YOU.

The knob on the back right controls the bow and flex of the back to create just the right amount of lumbar support to keep you sitting tall and light on your sit bones for greater comfort and productivity.

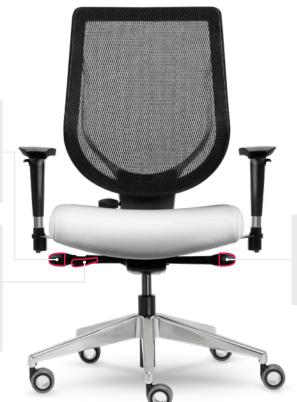


### **TILT TENSION**

Adjust the tilt tension by turning the knob under the front of the chair—clockwise to loosen and counter-clockwise to tighten. Use the tilt lock to lock in position.

### SEAT HEIGHT

To raise the seat height, lift the paddle attached to the tilt tension while taking your weight off the chair. To lower the seat height, stay seated and lift the paddle. Release the paddle when you reach the desired height.



## **YOU**\* User Guide

### SEAT SLIDER (OPTIONAL)

Lift the lever located in front of the paddle to unlock and slide the seat to the desired position. Release the lever to lock the seat in position.

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