

Adjustability Understood

We at healthHcentric want to ensure that the adjustment features of your chair are understood. We believe the proper use of these features is critical and will ensure you receive the full benefits of your ergonomic chair.

This booklet was designed to teach you the adjustment features of this chair. Please take a moment to review this booklet. Call us if you have any questions at 1.866.438.3746 and ask for a customer support representative.



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USER GUIDE



3 Lever Control (Bar)

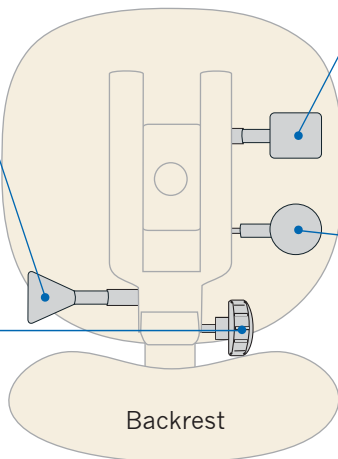


BACK ANGLE - To adjust the back angle, pull up on the **TRIANGULAR** paddle and hold it in the up position. Lean backward or forward until the backrest is at the desired angle. Release the paddle to lock. When adjusted correctly the angle between your upper body and thighs should be greater than 90 degrees.



Top View

SEAT HEIGHT - To raise the seat, pull up on the **SQUARE** paddle while raising your weight off the chair. To lower the seat, pull up on the paddle while sitting. Release the paddle to lock.



BACK HEIGHT - To adjust the back height, turn the knob located at the base of the back bar counter clockwise. Adjust the backrest up or down until the back is at the desired height. Turn the knob clockwise to lock.

SEAT ANGLE - To adjust the seat angle, pull up on the **CIRCULAR** paddle and shift your weight forward or backward until the seat is at the desired angle. Push this paddle down to lock.

