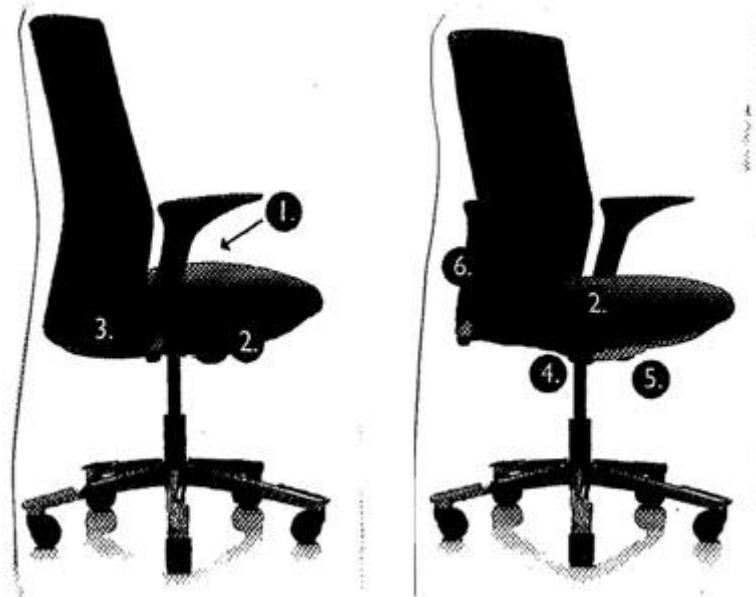


## Chair settings workplaces library



### Step 1 - Seat height

With the bottom left button you adjust the chair in a height that you make an angle of about 90 degrees between upper and lower leg. When you slide from the chair you set the chair in a lower position till you are in proper balance..

### Step 2 - Seat depth

By pressing the bottom right button you adjust the seat depth by pushing the back of the chair backwards. The seat is properly set when you can comfortably move back and forth and sit still whenever you want to.

### Step 3 - Back height

You set the back height with the buttons on both sides at the back bottom. Take care that the lumbar rest offers effective support in the lower back.

### Step 4 - Swing function

With the slide button to the bottom right of the seat you simply set the swing function. You ease the function by moving it outwards, you make it heavier by moving it inwards.

**Step 5 - Locking**

To the left under the seat you find a slide control to fix the chair in horizontal position. The chair can be fixed in any required position by simply sitting still (body lock). To the left under the seat is the slide control to fix the chair in horizontal position.

**Step 6 - Armrests**

You adjust the armrest height with the buttons on the inside. The width between the armrests is adjusted by means of the slide controls at the bottom of the armrest clamp. With the 3D version you set the armrests even narrower by turning them towards you. The armrest can also be moved back and forth