Back Tension

Rotate the right knob forward (clockwise) to increase the recline resistance or backward (counterclockwise) to reduce it. There are seven settings. As you turn the knob, you will feel each one engage.

Seat Height

To lower the height, while seated lift the paddle on the front right. To raise the seat height, lift your body weight momentarily while lifting the lever. Releasing lever allows seat to stop at the desired height.

Back Tilt

To select one of the four back lock positions, lean back and pull the left knob out slightly. Adjust your weight forward or backward to find desired position. Rotate the knob forward to lock or backward to unlock.