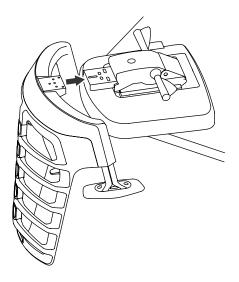
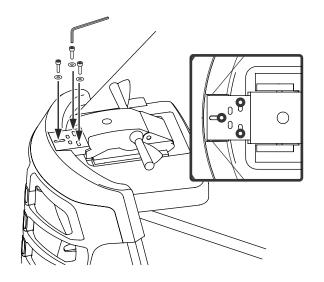
## **Assembly Instruction**

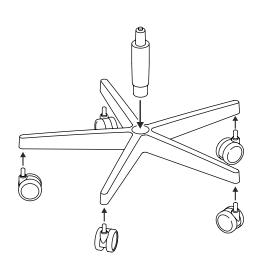
STEP 1:



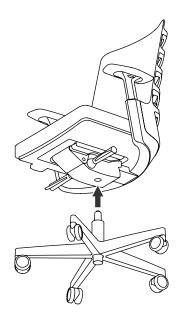
STEP 2:



STEP 3:



STEP 4:



## **User instructions**

- A Seat Height Adjustable
  Flip up lever on right-side to raise or lower seat.
  Adjust such that your feet are adequately supported on floor.
- Multi-Position Tilt Lock
  Recline to desired position, and turn lever anti-clockwise to lock. Turn lever clockwise to release tilt-lock.
- Tilt tension Control
  Press the button and raise or lower the armrest.
  Adjust height to adequately support elbows to take strain off shoulders.

- Armrest Height
  Pull the lever under the right-side of the seat to adjust fore and aft position.
- Armrest Width
  Grasp armpads and rotate them inwards or outwards to adjust elbow support to suite specific tasks. An inward position works during keyboard use, while an outward position is recommended during mousing.
- Armpad Angle
  Grasp armpads and push them forwards and backwards to suite your arm support.

