TONE CHAIR

INSTRUCTIONS FOR ADJUSTMENT



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- ① **SEAT HEIGHT:** Pull upwards on the rear right hand side lever and allow the gas spring to lift the seat. Release the lever when the desired height is reached. Your thighs should be horizontal when your feet are flat on the floor.
- ② **SEAT DEPTH:** Pull outwards on the front right hand side lever to allow the seat to move forward and back. Release the lever to select required position.
- ③ **SEAT TILT LOCK:** Push backwards on the left hand side lever to lock the seat and back tilt. Push forward to unlock the tilt angle.
- ④ ARM HEIGHT ADJUSTMENT: With hand flat on the arm, lift lever on the outside of the arm to be adjusted with fingers and raise or lower the arm to the height needed. Release the lever to lock into place.
- **⑤ BACKREST SPRING TENSION:** Turn the rotary adjuster under the seat clockwise to increase tension and anti-clockwise to decrease tension.
- **® BACK LUMBAR SUPPORT:** Adust the back lumbar support while seated. Grip the two tabs on the lumbar support and move it up or down in its tracks.