

NeutralPosture



1. Back Height

2. Adjustable Lumbar

3. Seat Slider (Depth)

4. Tilt Tension

5. Seat Height

10. Arm Pad Position

9. Arm Pad Rotation

8. Arm Height

7. Arm Width

6. Tilt Lock

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Synchro

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1. **BACK HEIGHT**—Slowly lift the back until you have the appropriate lumbar support. If the back is too high, lift the back all the way up and then lower to the first position.
2. **ADJUSTABLE LUMBAR**—Slowly slide the adjustable lumbar up or down until you have the appropriate lumbar support.
3. **SEAT SLIDER (DEPTH)**—With your back against the backrest, press the button to disengage the lock and slide the seat to your desired position. Release the button to lock the seat in place.
4. **TILT TENSION**—Turn the knob to the right to increase tension or turn the knob to the left to decrease tension. The knob will click into position.
5. **SEAT HEIGHT**—Lift the lever and lift your weight to raise the seat to the desired position. To lower the seat, lift the lever while remaining seated.
6. **TILT LOCK**—To lock tilt position, recline in seat until at desired angle and then turn the knob to the right to lock. To unlock, turn the knob to the left.
7. **ARM WIDTH**—Push lever down to release the arm and slide the arm to the proper position. Lift lever to lock arm into place.
8. **ARM HEIGHT**—Press button to adjust height until your arms are properly supported.
9. **ARM PAD ROTATION**—Rotate arm pad in either direction until it is in a comfortable position.
10. **ARM PAD POSITION**—Slide arm pad forward or backward until it is in a comfortable position.