

posture balance

OPERATING YOUR AUTO MECH

A) TENSION CONTROL

This function has two settings; Rotate fully forward to increase resistance in the back recline.

Rotate fully rearward to decrease resistance in the back recline.

B) SEAT HEIGHT CONTROL

Lift and hold the lever upwards to set the seat to the correct height. Release when desired height is reached.

Note: When raising the height, remove your body weight from the seat.

C) SEAT SLIDE CONTROL

To use the seat slide function, pull the lever up, and hold it firmly. Then use your hips and legs to move the seat forward or rearwards until the depth of the seat is at the desired position; then release lever and the seat will stay locked in that position.

D) BACK TILT

This function has three settings;

- D1) Paddle in an upwards position will lock synchro and the chair will remain in an upright position.
- D2) Paddle in the neutral position will activate a half-tilt function.
- D3) Paddle in an downwards position will activate a full-tilt function.

Do not push or pull on this lever. Rotate either up or down until you hear an audible 'click'.