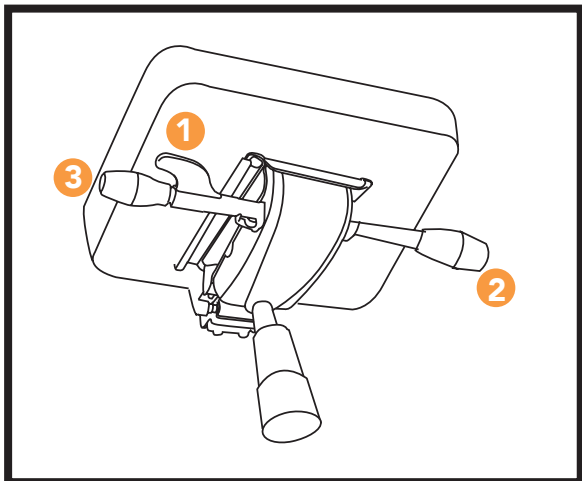


via seating's user guide

9C - Syncro Control with Side Tension Adjustment



- 1 seat height adjustment** - adjust the seat height by lifting the paddle (located just below front, right corner of the seat cushion). proper seat height is realized when the top of your legs are somewhat parallel to the floor.
- 2 back lock adjustment** - tilt the seat back to desired angle and twist a quarter turn. the back will lock in five positions. to unlock twist the other way, lean back unlocks.
- 3 back/recline tension adjustment** - pull out and turn right to tighten and left to loosen the back tension.

