

# How to use your chair

## Synchronised Body Responsive Mechanism

Simplistic controls located all on one side make this mechanism really easy to use and ultra ergonomic. This quick and easy mechanism has been developed to put the user in full control of their chair, enabling them to work in free flow mode or lock the chair into a position that is comfortable for them.

### 6 HDW 6 O L G H

Push and hold the button to alter the seat depth by sliding your body forward. When you are happy with the seat location release the button to lock the chair into the desired position.

%DFN DQG 6HDW \$QJOH \$GMXVWPHQW  
3XVK WKH EXWRQ WR VHW WKH FKDLU LQ DQ\ RQH RI WKH ORFNLQJ SRVLWLRQV

%DFN DQG 6HDW +HLJKW \$GMXVWPHQW  
5DLVH WKH OHYHU DQG DGMXVW WKH KHLJKW RI WKH VHDW WR PD[LPLVH FRPIRUW