

YOU[®]

User Guide

SEAT SLIDER (OPTIONAL)

Lift the lever located in front of the knob to unlock and slide to the desired position. Release the lever to lock in position.

BACKREST RECLINE

To adjust the recline angle, twist knob forward to unlock it. Recline to the desired position and twist knob backwards to lock in place.

TILT TENSION

To adjust the tilt tension, pull the telescopic knob out. Turn clockwise to tighten and counter-clockwise to loosen.

LUMBAR SUPPORT

Turn the knob so the mesh bows to create a convex curve. Lift the U-shaped frame in increments to the desired height. Raise the frame all the way to the top to release.

SEAT HEIGHT

To raise, lift the paddle attached to the tilt tension while taking your weight off the chair. To lower, stay seated and lift the paddle. Release the paddle when you reach the desired height.



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