

# Relax Operating Instructions

All instructions assume that the user is seated on the chair.

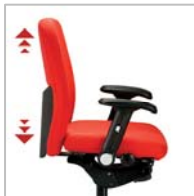
## 1/ SEAT HEIGHT

Lift right-hand lever. Use body weight to raise or lower the seat (sit on seat to move down, take weight off to move up). The seat will lock at the height the lever is released.



## 2/ BACK HEIGHT

Place hand below back and slowly lift to desired height using 12-point ratchet system. When the highest point is reached the back will drop to the starting position.



## 3/ TENSION CONTROL

The strength of the Syncro action can be adjusted to the users weight by turning the pull out lever located on the right hand side under the seat. Turn the lever clockwise to increase and anti-clockwise to decrease.



## 4/ SYNCHRONOUS ACTION

Lift left-hand lever to release action and lean against back to start action. Lean backwards or forwards to achieve desired position and push lever down to lock. Leave lever unlocked for a free-float action.



## 5/ FORWARD SEAT TILT

To activate remove weight from chair and turn lever at the back of the seat clockwise and lock in position.



## 6/ SEAT SLIDE

Pull out the hand wheel to right of chair and turn clockwise. There should be up to 3 fingers gap between the front of the seat and back of knees when sat all the way back in the chair.



## 7/ FOLDING ADJUSTABLE ARMS

Press button on side of arm to raise or lower arm, release the button to lock. To fold arms away, press button at the base of the arm and push arms backwards.



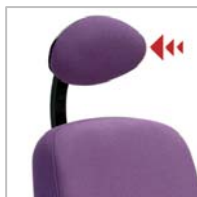
## 8/ PUMP UP LUMBAR

Repeatedly press rubber air cell located on the right under the front of the seat until the lumbar has reached the required firmness. To deflate the lumbar press the button at the side of the air cell.



## 9/ HEAD REST

The headrest is adjustable via a ratchet system and should be adjusted before use.



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