

### Adjustability Understood

We at ergoCentric want to ensure that the adjustment features of your chair are understood. We believe the proper use of these features is critical and will ensure you receive the full benefits of your ergonomic chair.

This booklet was designed to teach you the adjustment features of this chair. Please take a moment to review this booklet. Call us if you have any questions at 1.866 GET ERGO® and ask for a customer support representative.



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# USER GUIDE

GET ERGO®

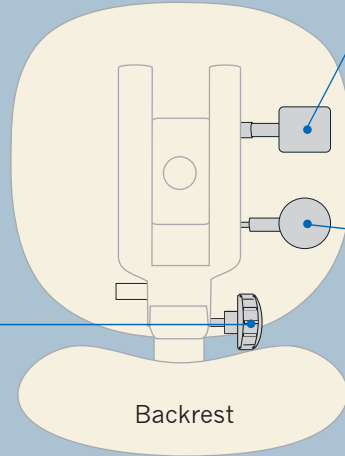
## A Healthy Investment, Guaranteed



## Standard Control (Tube)

3 In 1 Sit Stand

Top View



**BACK HEIGHT** - To adjust the back height, turn the knob located at the base of the back bar counter clockwise. Adjust the backrest up or down until the back is at the desired height. Turn the knob clockwise to lock.



**SEAT HEIGHT** - To raise the seat, pull up on the *SQUARE* paddle while raising your weight off the chair. To lower the seat, pull up on the paddle while sitting. Release the paddle to lock.



**SEAT ANGLE/BACK ANGLE** - To adjust the seat and back angle, pull up on the *CIRCULAR* paddle. Shift your weight forward or backward until the seat is at the desired angle. Push back against the backrest or lean forward until the backrest is at the desired angle. Release the paddle to lock.

Backrest