

## 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.



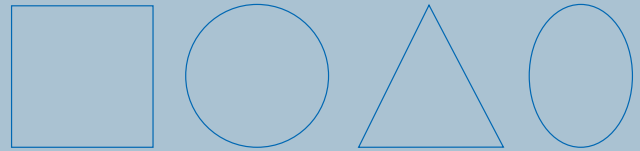
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# USER GUIDE

GET ERGO®

## A Healthy Investment, Guaranteed



*Read this guide or visit [ergo4.ca](http://ergo4.ca)*

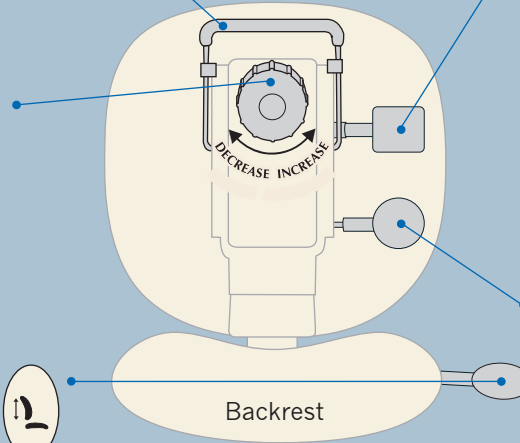
# Synchro

**SEAT DEPTH** - To adjust the seat depth, pull up on the bar under the front edge of the seat and move the seat forward or backward in relation to the backrest. Release the bar to lock.

**SPRING TENSION** - To adjust the spring tension, turn the knob under the front of the seat as indicated in the diagram. The proper spring tension is important for comfort and safety.

**BACK HEIGHT** - To adjust the back height, push the *OVAL* paddle back away from the seat and adjust the backrest up or down to the desired height. Pull this paddle towards the seat to lock.

Top View



**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 / FREE FLOAT** - To adjust the seat angle, pull up on the *CIRCULAR* paddle and shift your weight forward or backward until the seat and back are at the desired angle. Push this paddle down to lock. To free float the chair, pull this paddle all the way up and leave it in the up position.

Backrest