

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

Call us if you have any questions and ask for a customer support representative.

# ergoCentric®

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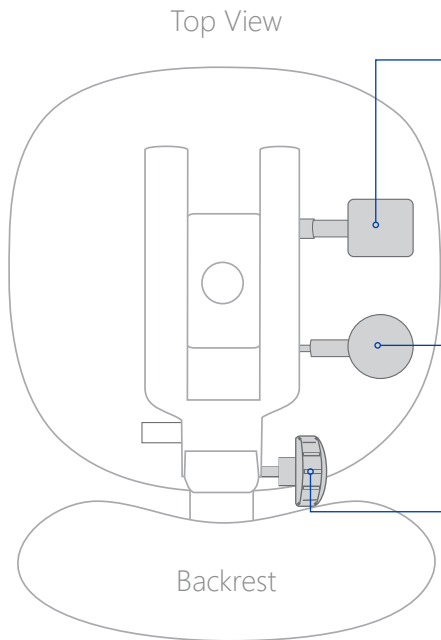
# Adjustability understood™

To get the most out of your chair, please take a minute to learn about its adjustment features.

## Read this user guide

**Standard Control** (Tube) 3 in 1 Sit Stand

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### 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.

### 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.