

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  
or visit [ergo3.ca](http://ergo3.ca)

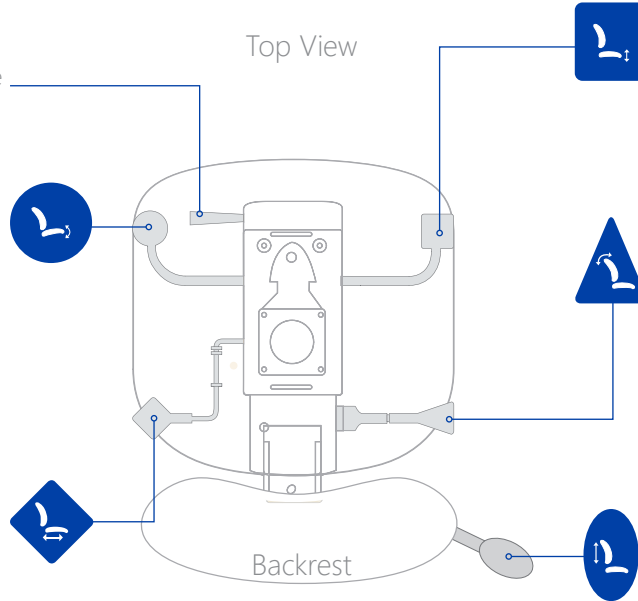
**Synchro Glide**

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**SPRING TENSION:** To adjust the spring tension, turn the knob located under the front left corner of the seat. Turn the knob counter-clockwise to increase the spring tension and clockwise to decrease the spring tension.

**FREE FLOAT:** To free float the chair, push down on the CIRCULAR paddle and lean back against the backrest to disengage the safety lock. To lock the chair pull up on the **CIRCULAR** paddle.

**SEAT DEPTH:** To adjust the seat depth, pull up on the **DIAMOND** paddle with your left hand and move the seat in relation to the backrest by shifting your weight forward or backward while holding the backrest with your right hand. Push down on the diamond shaped paddle to lock the seat in place.



**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.

**BACK ANGLE:** To adjust the back angle, pull up on the **TRIANGULAR** paddle and hold it in the up position. Lean backward or forward until the backrest is at the desired angle. Release the paddle to lock. When adjusted correctly the angle between your upper body and thighs should be greater than 90°.

**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 down and towards the seat to lock.