

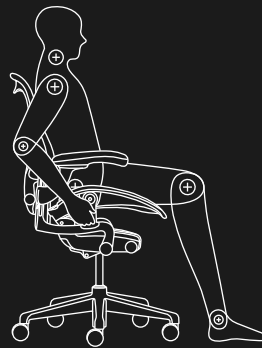
# AERON® CHAIR



Get the most out of your chair by fine-tuning its highly technical adjustment features so you can sit exactly how you want. Get situated at your gaming setup, sitting the way you usually do, and follow these steps to enjoy a healthier, more comfortable gaming experience.

## 1. SEAT HEIGHT:

Paddle-shaped lever on the right side



### TO RAISE:

While taking your weight off chair, lift lever up.



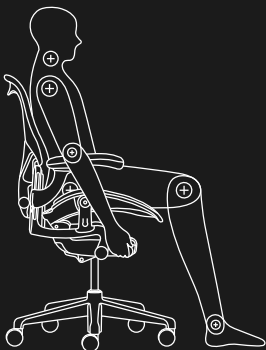
### TO LOWER:

While seated, lift lever up.

At the proper height, your feet should rest flat on the floor.

## 2. TILT TENSION:

Long stem on right side with knob



### TO INCREASE TENSION:

While seated, turn knob forward (toward + sign).



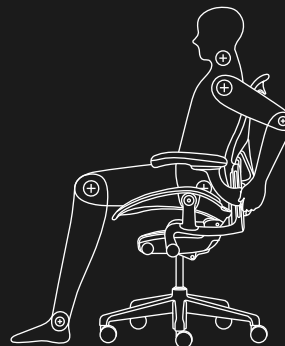
### TO DECREASE TENSION:

While seated, turn knob backward (toward – sign).

Set the tilt tension to control the resistance you feel when leaning back.

## 3. ARM HEIGHT:

Lever on base of arm support

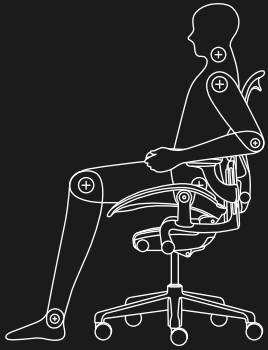


### TO RAISE OR LOWER ARM:

While seated, lift lever to unlock. Grasp base of arm support and raise or lower to desired height. Lower lever to lock.

#### 4. ARM ANGLE:

Front of each armpad

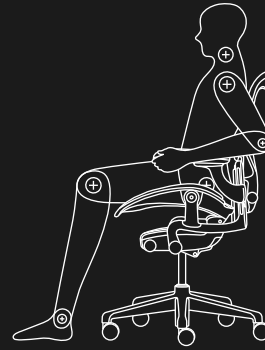


##### TO SWING ARMS IN OR OUT:

While seated, grasp front end of armpad and pivot it to the left or right.

#### 5. ARM DEPTH:

Front of each armpad

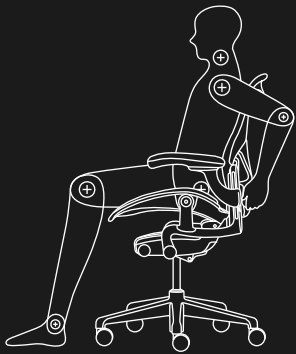


##### TO MOVE ARMPADS FORWARD AND BACK:

Grasp front end of armpad and slide forward or back.

#### 6. POSTUREFIT SL™ ADJUSTMENT:

Knob on right or left side on back of chair



##### TO ENGAGE:

While seated, turn knob forward until you find the support that feels right for you.

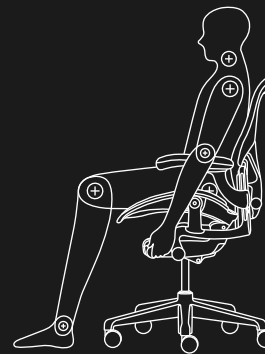
##### TO DISENGAGE:

While seated, turn knob backward.

Set PostureFit SL with the tilt limiter engaged in the forward position. Before making this adjustment, sit down with your back in the pocket of the chair back. Then adjust PostureFIT SL until you feel the most comfort in your lower back.

#### 7. FORWARD TILT:

Outside knob on left side



##### TO POSITION CHAIR FORWARD:

Lean back and rotate knob forward.

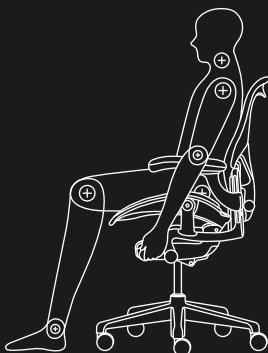
##### TO RESUME HORIZONTAL POSITION:

While seated, lean back and rotate lever back all the way.

Engage forward tilt to support your thighs.

#### 8. TILT LIMITER:

Inside knob on the left side



##### TO LIMIT TILT RANGE:

Rotate knob forward to limit recline to preferred position.

##### TO RELEASE TILT LIMITER:

Rotate knob all the way back.

Engage the tilt limiter when you want to sit in an upright or partially reclined position.