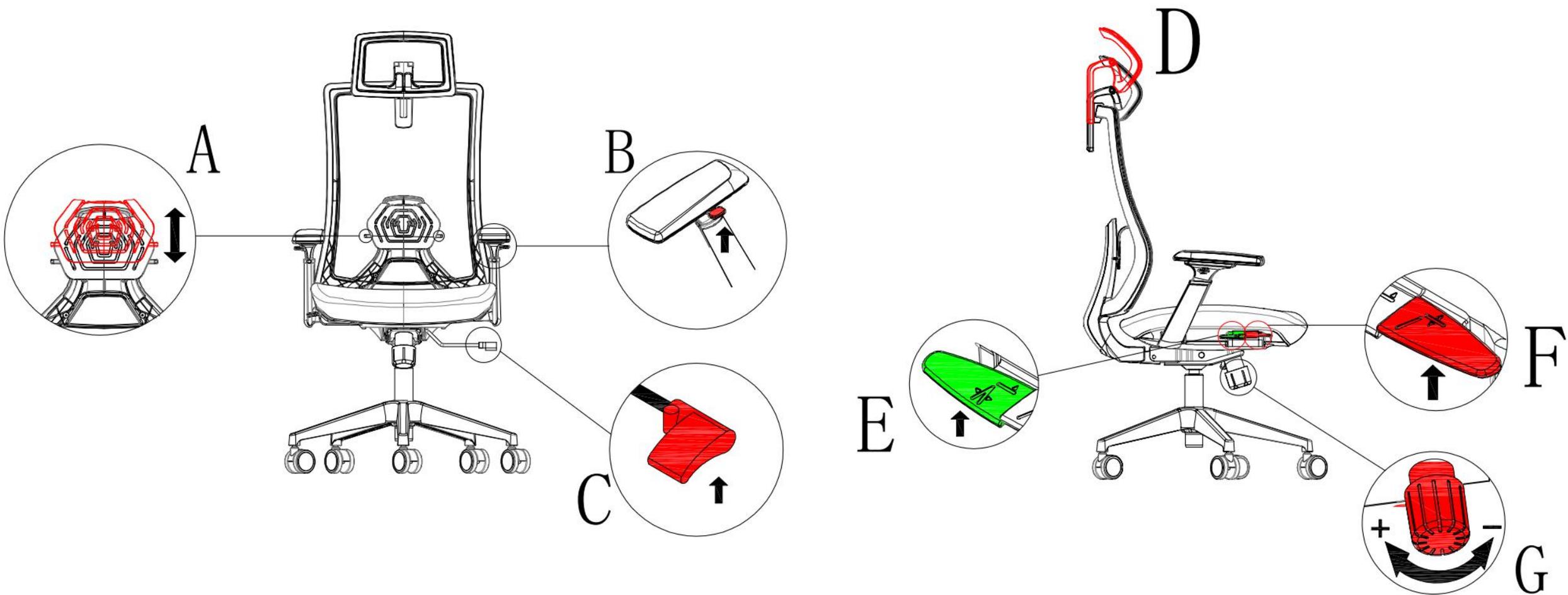


Operation Instruction



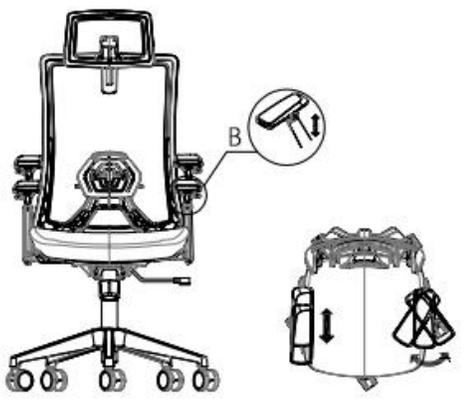
A

Lumbar support
Height adjustment: Pull up and down



B

3D Arms
1. Height adjustment: press slide bar **B** to move the arm up and down.
2. The arm pad can be moved forward and backward
3. Angel: arm pad can be rotated at the center.



C

Seat sliding:
Seat depth adjustment: Lock and fix the backrest, sit on the seat, Pull seat slider **C** up and move out the seat at the same time. do again to move back the seat.



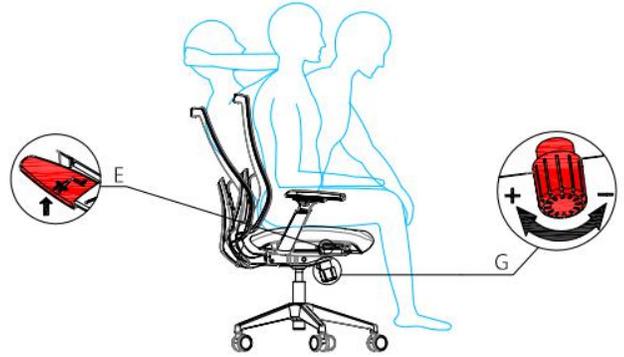
D

Headrest
1. Height adjustment: Pull up and down



E/G

Backrest
1. Tilting adjustment: sit on the chair, Pull **E** up to fix the backrest. Press **E** down to unlock and use your back to tilt the backrest. When you lock the backrest at one angel, Press **E** down to unlock and then use your back lay on the backrest to give it little pressure, the backrest will follow your back to come back. Do the same.
2. Tilting tension adjustment: turn the knob **G** to adjust the backrest tilting tension



F

Pull up adjuster **F** to move the seat up without sitting; sit on the chair and and press A down to move down the seat

