

## Using the Circular Adjustments



### Step 1 (Right Side of Chair)

Turn the tension knob towards the back to loosen the tension until it is very easy to lean back. (Rotate the **inner ring** on the **Left Side of Chair** all the way to the back if the tension knob appears to not work.)

### Step 2 (Left side of Chair) Back-Rest Angle

There are four “Hard-Stop” positions. Rotating the **inner ring** towards the front of the chair will lock it upright. Rotating **it** towards the back of the chair will increase the angle up to about 45-degrees. Adjust to your preference.

### Step 3 (Left Side of Chair) Seat Angle

There are two positions: flat and forward.

To achieve a flat seat; rotate the **outer ring** to the back of the chair. Then lean back until it clicks and locks in place.

To achieve a forward leaning seat, **lean back** and rotate the **outer ring** to the front of the chair, then lean forward.

### Step 4 (Right Side of Chair)

Turn the tension knob towards the front to increase the tension. Adjust to your preference.

