

# Stool: Auto-Adjust Body Balance #35C



### 3-Position Tilt Limiter

Type: Rotatable knob

Rotate the outer dial for three separate tension settings. Rotate clockwise (forward) to increase tension & counter-clockwise (backward) to decrease tension.

### Foot Ring #11DR & #11XDR

Type: Footrest

Press down on the plastic inner hub and lift the foot ring up to unlock. Adjust to desired position. To lock, press down on the outer foot rest until hub is in locked position.

### Seat Height

Type: Pull paddle

Adjust the seat height by lifting your weight out of the chair and pulling up on the paddle. Proper seat height is realized when the top of your legs are somewhat parallel to the floor.



< Watch our 35C  
Online User Guide



Watch our Foot Ring >  
Online User Guide