

# Quick Adjust Advanced Synchro #67C



## Back Tension

Type: Turn dial

Rotate knob right to increase tilt tension.  
Rotate knob left to decrease tilt tension.

## Optional Seat Depth #SS

Type: Pull paddle

Push down on paddle while shifting your weight forward to move your seat forward. Shift backward to move your seat back.

## 5-Position Tilt Limiter

Type: Turn dial

To recline more, turn the dial right.  
To recline less, turn the dial left.

## 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.

## Optional Forward Tilt #FT

Type: Pull paddle

Push the paddle in the down position and lean back in the chair. You will hear a click when the forward tilt mechanism has turned on. To turn off the forward tilt feature, lift the paddle in the up position and lean back in the chair. You will hear a click when the forward tilt mechanism has turned off.



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