

# Synchro #9CH



## Back/Recline Tension

Type: Rotatable knob

Pull paddle knob out. Turn right to tighten or left to loosen the back tension



## 5-Position Back Lock

Type: Rotatable knob

Tilt the seat back to desired angle and twist a quarter turn. To unlock, twist the other way and lean back.

## 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.



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Online User Guide