

Proform[®]

Control Mechanisms:

- Basic Conference #25C
- Basic Conference & Seat Depth #26C
- Auto-Adjust Body Balance #74C
- Quick Adjust Advanced Synchro #67C
- Stool: Auto-Adjust Body Balance #35C

Adjustable Arms:

- Adjustable Arms #51A/#53A

Adjustable Backrest:

- Integrated Ratchet Back



Basic Conference #25C



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.

Back/Recline Tension

Type: Rotatable knob

Rotate knob right to increase tilt tension. Rotate knob left to decrease tilt tension. You can use your right or left hand based on your own comfort.

Single Position Back Lock

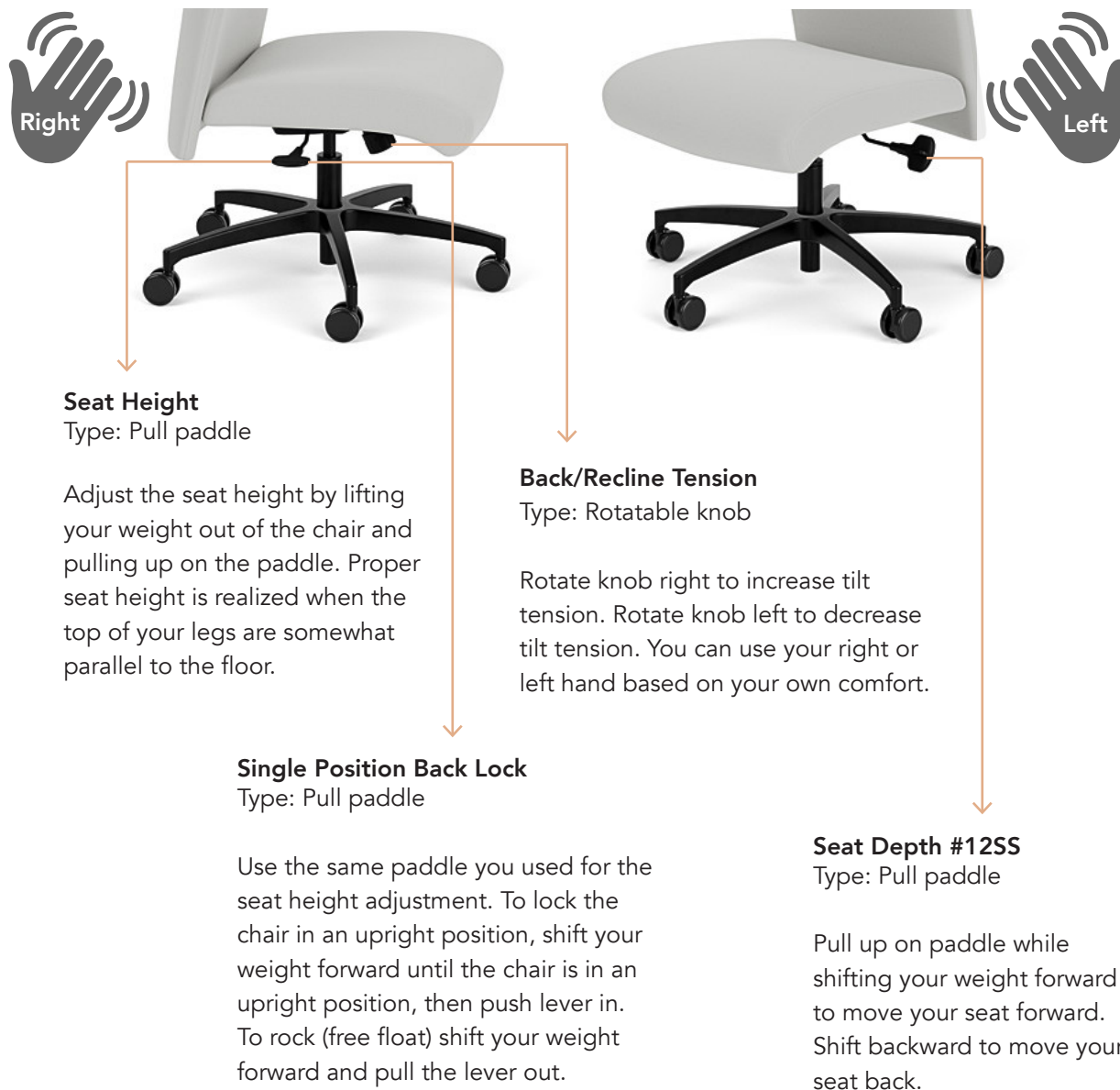
Type: Pull paddle

Use the same paddle you used for the seat height adjustment. To lock the chair in an upright position, shift your weight forward until the chair is in an upright position, then push lever in. To rock (free float) shift your weight forward and pull the lever out.



< Watch our 25C
Online User Guide

Basic Conference & Seat Depth #26C



< Watch our 26C
Online User Guide

Auto-Adjust Body Balance #74C



4-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.

Optional Seat Depth #12SS

Type: Pull paddle

Pull up on paddle while shifting your weight forward to move your seat forward. Shift backward to move your seat 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.



< Watch our 74C
Online User Guide

Watch our 74C-12SS >
Online User Guide



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.



< Watch our 67C-SS
Online User Guide



Watch our 67C-SS-FT >
Online User Guide

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



Adjustable Arms #51A/#51AG/#52A/#53A



Arm Height (Up/Down)

Type: Button

Press the button found beneath the armrest while grasping the armrest with both hands. Raise or lower each arm to desired height. Release the button.

Optional Armrest Rotation

Type: Armrest

Grasp armrest and turn left or right to rotate a max of 15° each way.

Optional Arm Width (In/Out)

Type: Switch

Rotate the switch located beneath the arm forward. Use your hand to grasp the arm and adjust it out to your desired width away from seat. Each arm adjusts separately. When finished making adjustments, rotate the switch back to its original position.

Optional Armrest Back/Forth

Type: Armrest

Grasp armrest & slide it forward or back to desire position. Armrest slides forward a max of 1.5".



< Watch our 51A/51AG/52A/53A
Online User Guide

Proform[®] Ratchet Back



Height Position

Type: Backrest

Grasp the backrest on both sides and lift it up. At each position, you'll hear a click. As you reach the top position, lift up & then gently drop the backrest down to the lowest starting position. This adjustment allows the backrest to be correctly positioned for differently sized individuals.



< Watch our Proform[®] Ratchet Back
Online User Guide