

ALUMNO CHAIR

INSTRUCTIONS FOR ADJUSTMENT



- ① **SEAT HEIGHT:** Pull up on the paddle lever with fingertips and allow the gas-spring to lift the seat. Release the lever when the desired height is reached. Your thighs should be horizontal when your feet are flat on the floor.
- ② **SEAT TILT LOCK:** Slide the paddle lever in or out to lock or unlock the seat tilt function. The seat tilt can be locked only in the upright position.
- ③ **SEAT TILT SPRING TENSION:** Rotate the knob under the seat clockwise to decrease tilt resistance and anti-clockwise to increase tilt resistance.
- ④ **ARM HEIGHT ADJUSTMENT:** Squeeze the lever under the arm-rest to unlock. Adjust to desired height and release the lever to lock in position.