

DOT.PRO CHAIR

INSTRUCTIONS FOR ADJUSTMENT

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- 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 **BACK TILT LOCK:** Push the back-rest backwards and then pull the left-handed paddle lever up to lock it in the desired position. Push the paddle lever down and nudge the backrest backwards to release.
- ③ **ARM HEIGHT ADJUSTMENT:** Press the button on the outer side of either arm-rest to unlock. Then slide arm-rest up or down to the desired position and release button.