Rotate Arm Cap
Press button on inside and move arm cap in or out.

Adjust Arm Cap
Press button on outside and move arm cap backward, forward or side to side.

Adjust Arm Height 2D or 4D
Press button on outside and lift up or down.

If arm is height adjustable only
Press button on front of arm cap and lift up or down.

Back Support Tension
As seated, pull knob out and rotate forward to increase back tension; rotate backwards to decrease tension.

Seat Height Adjustment
Stand up and pull lever to raise seat height or pull lever while sitting in chair to lower seat height to desired position.

Adjust width of arms
Pull down on lever and move arm in or out and lock the lever in place.
Adjust Lumbar Support
Move 2 tabs on back of chair up or down to desired comfort.

Back Tilt Lock Mechanism
As seated, to lock back in upright position, turn knob backwards; to unlock, turn knob forward.
To lock chair in another angled position, lean back and turn knob backwards; to unlock, turn knob forward.

Seat Depth
Pull lever up and move seat front or back to desired position.