



Adjust sitting height

Lift lever to operate the gas lift. This will increase the chair height. Lifting while seated will lower chair height.



Adjust seat angle

Twist lever to adjust seat angle between 2 positions 0 degrees and 5 degrees.



Adjust seat depth

Pull tab out and slide seat forward or backwards



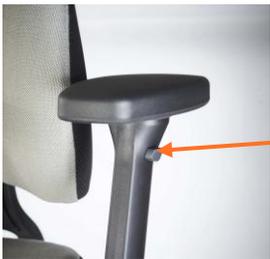
Adjust backrest height and lumbar support

Push tab and pull back up to raise or push down to lower
Squeeze lumbar bulb to inflate lumbar support and press button to release pressure



Adjust backrest angle

Twist to adjust backrest angle. Avoid putting pressure/weight against the backrest during this adjustment as it will make the control stiff to adjust.



Adjust armrest

Press button on arm stem to raise or lower armrest height
Slide the pad forwards, backwards, and side to side to adjust position



Unlock free float

Twist lever to unlock the free float

Adjust tension

Twist control to adjust free float to match body weight

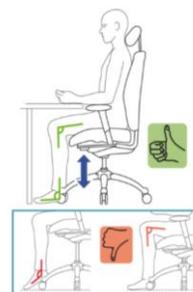


Everest

Setting up your chair

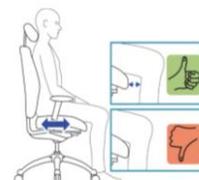
Seat height

Adjust the chair so your hips sit slightly higher than the knees with your feet flat to promote a neutral spine and even pressure through the back.



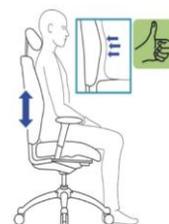
Seat depth

Adjust the seat depth to leave a 2–3 cm gap behind the knees, ensuring you sit fully back in the chair for correct positioning and support. This gap reduces pressure under the knees, improving blood flow and helping prevent discomfort.



Backrest height

Adjust the backrest so the lumbar support aligns with your lumbar spine, with the shoulder blades (and neck rest, if fitted) comfortably supported. Note that some users may not need lumbar support when seated correctly and moving dynamically.



Backrest angle

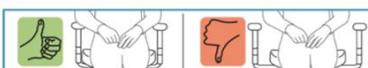
Adjust the backrest angle so you sit upright with the ear, shoulder, and hip aligned, keeping both the lumbar and shoulder areas in contact with the backrest. A slight backward tilt is acceptable, and you may need to change the angle depending on the task you are performing.



Armrest height and position

Adjust the armrests so you maintain relaxed shoulders with a 90-degree elbow angle, using the armrests only to support the elbows. Position them level with the desk and adjust the seat or desk height if needed, ensuring the hips stay higher than the knees.

Adjust the armrests so you can keep your arms close to your body without angling your elbows outward, ensuring a relaxed upper-body posture.



Free float and tension mechanism

Adjust the rocking action so you can sit dynamically in a balanced posture without feeling pushed forward or sinking back.

The rocking action to promotes movement, improves blood flow, and reduces fatigue from prolonged static sitting. If you are unsure, try starting with 20-minute intervals and gradually increasing use until comfortable.

