

Sketch Mesh



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 depth

Lift lever to adjust seat slide. Release to lock in position



Adjust backrest height

Twist to loosen, raise or lower to desired height and twist to tighten.



Adjust backrest angle

Lift lever to adjust the angle of the backrest, to lock in position push the lever back down.



Adjust armrest

Arm height can be adjusted by pressing button underneath arm pad and lifting up and down. Release button to lock in place.



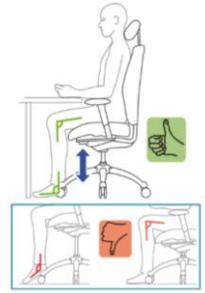
Unlock free float

Lift lever to free the tilt angle of the seat and the back. When exiting the chair always push the lever back down to the locked position.

Setting up your chair

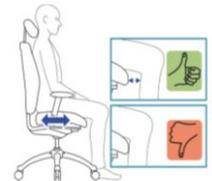
Seat height

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.



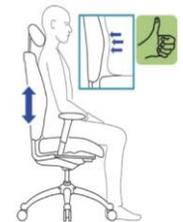
Seat depth

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.



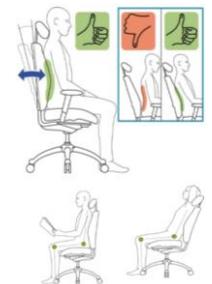
Backrest height

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

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.



Free float mechanism

Enable free float 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.

