



# Embrace Ergo™

Multi-tilt



## Embrace Ergo™ - Multi-tilt

1. **Back Height** - Slowly lift the back until you have the appropriate lumbar support. If the back is too high, lift the back all the way up and then lower to the first position.
2. **Forward Tilt-stop** - Your chair can be set to tilt forward, past horizontal and locked in position. Before adjusting, recline the seat slightly. Rotate the control rod to allow variable degrees of forward tilt.
3. **Back Angle** - Seated upright, lift the back angle lever and position the backrest as you choose. Then release the lever to lock it. This lever will lock in a free-float mode.
4. **Seat Height** - Lift the lever while not seated to increase height. Lift the lever while seated to decrease height.
5. **Seat Angle** - Lift the lever to release the seat. If you desire a rocking mode, lift the lever fully upward. Push the lever down again to lock seat tilt.
6. **Seat Tilt Tension** - Twist the control forward to increase tension or rearward to decrease tension
7. **Seat Slider (Depth)** - While seated, lift the lever to slide the seat forwards and backwards. This is usually a one time adjustment.
8. **Arm Width** - Loosen the knob under the arm to release the arm and slide the arm to the proper position. Tighten the knob to lock the arm into place.
9. **Arm Height** - Squeeze the lever under the outer edge of the arm pad to adjust the height until your arms are properly supported.