



# Embrace™

Tilt-swivel



1. Seat Angle

2. Seat Height

3. Seat Tilt Tension

## Embrace™ - Tilt-swivel

1. **Seat Angle** - Pull the lever out, away from the seat to allow the seat to rock freely. To lock the seat into position, push the lever back in.
2. **Seat Height** - Lift the lever and lift your weight to raise the seat to the desired position. To lower the seat, lift the lever while remaining seated.
3. **Seat Tilt Tension** - From in front of the chair turn the knob to the right to increase tension or turn to the left to decrease tension.