# **Usage Information**



## **Adjustable Headrest**

To adjust the headrest height, simply grip it and move it up or down until it's at your preferred position.



#### **3 Position Back Tilt**

Push or engage the lever to lock the backrest into one of the three available tilt positions. Adjust the tilt lock as needed to find the most comfortable position for your back and posture.

Turn the tilt tension knob clockwise to loosen the rocking tension of the chair, anti-clockwise to tighten.



### **Adjustable Lumbar**

Adjust the lumbar support vertically to match the natural curve of your spine by moving it up or down as needed



## **Height Adjustment**

Turn the knob clockwise to raise the chair or counterclockwise to lower it, until you reach your desired height. Ensure the chair is stable and securely locked in place after making adjustments.



## **Adaptive Backrest**

The adaptive backrest employs cutting-edge technology to dynamically respond to your body's movements and changes in posture, ensuring optimal support at all times.



#### **Accessory Hook**

To utilize the accessory hook feature, locate the designated hook at the back of the chair.

Simply hang your earphones or cloth on the hook for convenient storage and accessibility. This feature helps keep your workspace organized and ensures your items are within reach whenever you need them.



### **4D Armrest Adjustment**

Adjust the armrests in four directions:

1 vertically (up and down), 2 horizontally (side to side), 3 longitudinally (forward and backward), and 4 rotationally.