

Instructions for adjusting G1 working chairs

G1 M1 1:1 back/seat movement with independent seat and back angle adjustment



Recommended adjustment sequence for G1:

1. Adjust seat height so that your thighs are either sloping slightly downwards or level. While sitting on the chair, raise your weight a little off the seat and lift the height adjustment lever. To lower, sit very lightly on the seat and lift the height adjustment lever.
2. Adjust seat depth (where applicable) to your preference. Ensure at least a fist of clearance between the back of your knees and the front of the seat.
3. G2: Adjust backrest height. Lift the back to raise in steps. After reaching maximum height the back will drop back down to the lowest position. G2E: adjust lumbar support height. Push the lumbar support forward to release and move it to any of the three height settings.
4. Adjust armrest height. Depress the button on the inside of the arm and raise or lower to the desired height.
5. Adjust armrest depth. Push or pull the rear or front of the armrest pad to slide it forwards or backwards.
6. Ensure tilt is not locked and adjust the tilt tension to suit your preference. Turn the knob underneath the seat (G2) or to the side of the seat (G2E). We recommend that the tilt is not locked in normal use, for improved comfort and health.
7. Optional inflatable lumbar support: Squeeze the bulb to increase the lumbar curve. Press the small button adjacent to the bulb to release the pressure and decrease the curve.

G1 M2 synchro mechanism with 2:1 back/seat movement



G1 M3

fixed seat with
manual back rake
adjustment



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Instructions for adjusting G2 and G2E working chairs

G2 M2 synchro mechanism with 2:1 back/seat movement



Recommended adjustment sequence for G2 and G2E:

1. Adjust seat height so that your thighs are either sloping slightly downwards or level. While sitting on the chair, raise your weight a little off the seat and lift the height adjustment lever. To lower, sit very lightly on the seat and lift the height adjustment lever.
2. Adjust seat depth (where applicable) to your preference. Ensure at least a fist of clearance between the back of your knees and the front of the seat.
3. G2: Adjust backrest height. Lift the back to raise in steps. After reaching maximum height the back will drop back down to the lowest position. G2E: adjust lumbar support height. Push the lumbar support forward to release and move it to any of the three height settings.
4. Adjust armrest height. Depress the button on the inside of the arm and raise or lower to the desired height.
5. Adjust armrest depth. Push or pull the rear or front of the armrest pad to slide it forwards or backwards.
6. Ensure tilt is not locked and adjust the tilt tension to suit your preference. Turn the knob underneath the seat (G2) or to the side of the seat (G2E). We recommend that the tilt is not locked in normal use, for improved comfort and health.
7. Optional inflatable lumbar support: Squeeze the bulb to increase the lumbar curve. Press the small button adjacent to the bulb to release the pressure and decrease the curve.

G2E MG premium synchro mechanism with 2:1 back/seat movement and integral seat depth adjustment



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Instructions for adjusting G3 working chairs

G3 MG synchro mechanism with 2:1 back/seat movement and integral seat depth adjustment



Recommended adjustment sequence for G3:

1. Adjust seat height so that your thighs are either sloping slightly downwards or level. While sitting on the chair, raise your weight a little off the seat and lift the height adjustment lever on the right side of the chair. To lower, sit very lightly on the seat and lift the height adjustment lever.
M6 mechanism only: to enable the seat to angle slightly downwards when sitting forwards (recommended), pull out the forwards tilt enable/disable button.
2. Adjust seat depth to your preference, by lifting the lever under the left side of the seat while sliding forwards or backwards. We recommend at least a 'fist' of clearance between the back of your knees and the front of the seat.
3. Adjust backrest height. Lift the back to raise in steps. After reaching maximum height the back will drop back down to the lowest position.
4. Adjust armrest height. Depress the button on the inside of the arm and raise or lower to the desired height.
5. Adjust armrest depth. Push or pull the rear or front of the armrest pad to slide it forwards or backwards.
6. Ensure tilt is not locked and adjust the tilt tension to suit your preference. We recommend that the tilt is not locked in normal use, to enable and encourage healthy movement.
7. Optional inflatable lumbar support: Squeeze the bulb to increase the lumbar curve. Press the small button adjacent to the bulb to release the pressure and decrease the curve.

G3 M6 premium synchro mechanism with 2:1 back/seat movement and integral seat depth adjustment



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Instructions for adjusting G8E working chairs

G8E MG mechanism with integral seat depth adjustment



Recommended adjustment sequence for G8E:

1. Adjust seat height so that your thighs are either sloping slightly downwards or level. While sitting on the chair, raise your weight a little off the seat and lift the height adjustment lever on the right side of the chair. To lower, sit very lightly on the seat and lift the height adjustment lever.
2. Adjust seat depth to your preference, by lifting the lever under the left side of the seat while sliding forwards or backwards. We recommend at least a 'fist' of clearance between the back of your knees and the front of the seat.
3. Adjust backrest height. Lift the back to raise in steps. After reaching maximum height the back will drop back down to the lowest position.
4. Adjust armrest height. Depress the button on the inside of the arm and raise or lower to the desired height.
5. Adjust armrest depth. Push or pull the rear or front of the armrest pad to slide it forwards or backwards.
6. Ensure tilt is not locked and adjust the tilt tension to suit your preference. We recommend that the tilt is not locked in normal use, to enable and encourage healthy movement.

Instructions for adjusting HBB executive chairs

HBB MG synchro mechanism with 2:1 back/seat movement and integral seat depth adjustment



Height-adjustable arms



Recommended adjustment sequence for HBB:

1. Adjust seat height so that your thighs are either sloping slightly downwards or level. While sitting on the chair, raise your weight a little off the seat and lift the height adjustment lever. To lower, sit very lightly on the seat and lift the height adjustment lever.
2. Adjust seat depth to your preference, by lifting the lever under the left side of the seat while sliding forwards or backwards. We recommend at least a 'fist' of clearance between the back of your knees and the front of the seat.
3. Adjust armrest height (where applicable). Simply lift the arm, which incorporates a ratchet mechanism, to the desired height. To lower, lift to maximum height whereupon the arm will drop back to the lowest position.
4. Ensure tilt is not locked and adjust the tilt tension to suit your preference. We recommend that the tilt is not locked in normal use, to enable and encourage healthy movement.

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Instructions for adjusting Ele executive chairs

Ele MG synchro mechanism with 2:1 back/seat movement and integral seat depth adjustment



Recommended adjustment sequence for Ele:

1. Adjust seat height so that your thighs are either sloping slightly downwards or level. While sitting on the chair, raise your weight a little off the seat and lift the height adjustment lever. To lower, sit very lightly on the seat and lift the height adjustment lever.
2. Adjust seat depth to your preference, by lifting the lever under the left side of the seat while sliding forwards or backwards. We recommend at least a 'fist' of clearance between the back of your knees and the front of the seat.
3. Ensure tilt is not locked and adjust the tilt tension to suit your preference. We recommend that the tilt is not locked in normal use, to enable and encourage healthy movement.

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