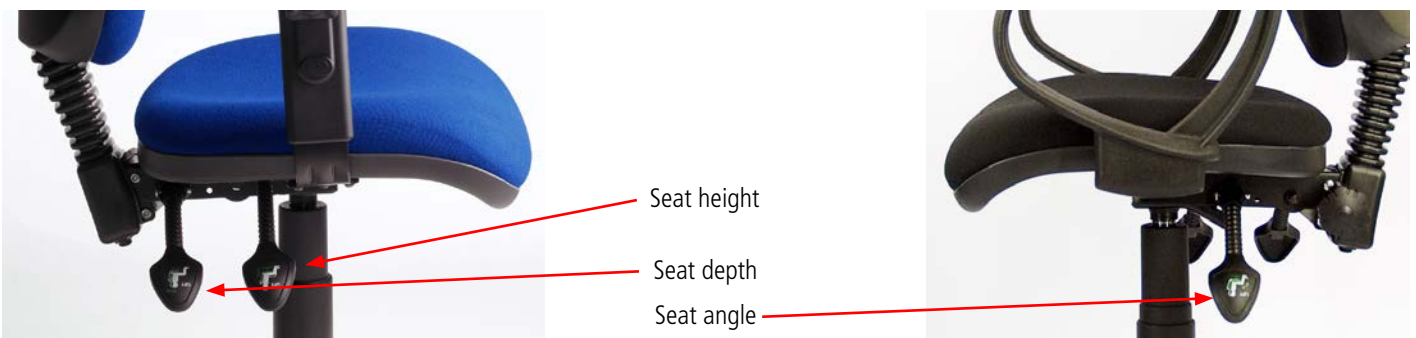


User Instructions for X-Range XR1/XR2/XR3 chairs

Two and three lever manual mechanisms

- ① Sit on the chair and adjust the seat height by lifting the front lever on the right hand side of the chair. When increasing seat height raise yourself slightly off the chair while actuating the lever. As a guide, the seat height should be set so that your upper thighs slope slightly downwards with your feet flat on the floor. If you cannot place your feet flat on the floor when the seat is at a height that is comfortable in relation to your desk you should consider using a footrest.
- ② The backrest angle can be adjusted by lifting the rear on the right hand side of the chair. Backrest height can be adjusted undoing the locking knob under the backrest on the left side of the chair, adjusting the backrest to the desired height and retightening the knob.
- ③ With three lever mechanisms, adjust the seat angle by lifting the lever on the left side of the chair.
- ④ If optional seat depth adjustment is fitted, raise the lever on the left side of the chair and slide the seat backwards or forwards.

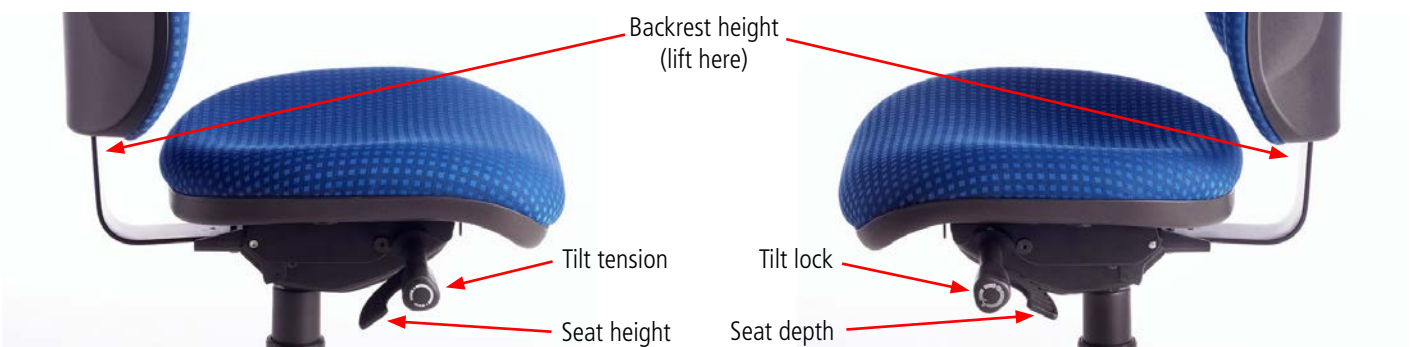
(All references to left and right are from the perspective of a user sitting on the chair)



Synchro mechanism (with 2:1 back/seat movement)

- ① Sit on the chair and adjust the seat height by lifting the lever under the right hand side of the chair. When increasing seat height raise yourself slightly off the chair while actuating the lever. As a guide, the seat height should be set so that your upper thighs slope slightly downwards with your feet flat on the floor. If you cannot place your feet flat on the floor when the seat is at a height that is comfortable in relation to your desk you should consider using a footrest.
- ② Adjust the backrest to the desired height by simply lifting the backrest. It raises in small increments on a ratchet to its highest setting, whereupon it slides back to its lowest point.
- ③ If optional seat depth adjustment is fitted, raise the lever on the left side of the chair and slide the seat backwards or forwards.
- ④ Adjust the tilt tension to your personal preference by rotating the knob under the right side of the seat. You can lock the tilt by rotating the knob under the left side of the seat, but we recommend leaving the tilt unlocked so that you benefit from movement whilst seated: even small forwards/backwards movements enhance wellbeing and long term sitting comfort.

(All references to left and right are from the perspective of a user sitting on the chair)



X-Range working chairs with synchro mechanism

User Instructions

Synchro mechanism with 2:1 back/seat movement

- ① Sit on the chair and adjust the seat height by lifting the lever under the right hand side of the chair. When increasing seat height raise yourself slightly off the chair while actuating the lever. As a guide, the seat height should be set so that your upper thighs slope slightly downwards with your feet flat on the floor. If you cannot place your feet flat on the floor when the seat is at a height that is comfortable in relation to your desk you should consider using a footrest.
- ② Adjust the backrest to the desired height by simply lifting the backrest. It raises in small increments on a ratchet to its highest setting, whereupon it slides back to its lowest point.
- ③ If optional seat depth adjustment is fitted, raise the lever on the left side of the chair and slide the seat backwards or forwards. As a guide, you should be able to pass your clenched fist through the gap between the back of your knee and the front of the seat.
- ④ Adjust the tilt tension to your personal preference by rotating the knob under the right side of the seat. You can lock the tilt by rotating the knob under the left side of the seat, but we recommend leaving the tilt unlocked so that you benefit from movement whilst seated: even small forwards/backwards movements enhance wellbeing and long term sitting comfort.

(All references to left and right are from the perspective of a user sitting on the chair)



X-Range working chairs with two lever manual mechanism

User Instructions

- ① Sit on the chair and adjust the seat height by lifting the front lever on the right hand side of the chair. When increasing seat height raise yourself slightly off the chair while actuating the lever. As a guide, the seat height should be set so that your upper thighs slope slightly downwards with your feet flat on the floor. If you cannot place your feet flat on the floor when the seat is at a height that is comfortable in relation to your desk you should consider using a footrest.
- ② The backrest angle can be adjusted by lifting the rear lever on the right hand side of the chair. Backrest height can be adjusted undoing the locking knob under the backrest on the left side of the chair, adjusting the backrest to the desired height and retightening the knob.
- ③ If optional seat depth adjustment is fitted, raise the lever on the left side of the chair and slide the seat backwards or forwards. As a guide, you should be able to pass your clenched fist through the gap between the back of your knee and the front of the seat.

(All references to left and right are from the perspective of a user sitting on the chair)



X-Range working chairs with three lever manual mechanism

User Instructions

- ① Sit on the chair and adjust the seat height by lifting the front lever on the right hand side of the chair. When increasing seat height raise yourself slightly off the chair while actuating the lever. As a guide, the seat height should be set so that your upper thighs slope slightly downwards with your feet flat on the floor. If you cannot place your feet flat on the floor when the seat is at a height that is comfortable in relation to your desk you should consider using a footrest.
- ② Adjust the seat angle by lifting the lever on the left side of the chair.
- ③ The backrest angle can be adjusted by lifting the rear on the right hand side of the chair. Backrest height can be adjusted undoing the locking knob under the backrest on the left side of the chair, adjusting the backrest to the desired height and retightening the knob.
- ④ If optional seat depth adjustment is fitted, raise the lever on the left side of the chair and slide the seat backwards or forwards. As a guide, you should be able to pass your clenched fist through the gap between the back of your knee and the front of the seat.

(All references to left and right are from the perspective of a user sitting on the chair)



Seat angle



Backrest height

X-Range XRE1 chairs

User Instructions

Synchro mechanism with 2:1 back/seat movement

- ① Sit on the chair and adjust the seat height by lifting the lever under the right hand side of the chair. When increasing seat height raise yourself slightly off the chair while actuating the lever. As a guide, the seat height should be set so that your upper thighs slope slightly downwards with your feet flat on the floor. If you cannot place your feet flat on the floor when the seat is at a height that is comfortable in relation to your desk you should consider using a footrest.
- ② Adjust the backrest to the desired height by simply lifting the backrest. It raises in small increments on a ratchet to its highest setting, whereupon it slides back to its lowest point.
- ③ Adjust the tilt tension to your personal preference by rotating the large knob under the seat. You can lock the tilt by pulling up the lever under the left side of the seat, but we recommend leaving the tilt unlocked so that you benefit from movement whilst seated: even small forwards/backwards movements enhance wellbeing and long term sitting comfort.
- ④ If height adjustable arms are fitted, press the button at the inside top of the arm stem to raise or lower.

(All references to left and right are from the perspective of a user sitting on the chair)



X-Range XRE2 chairs

User Instructions

Synchro mechanism with 2:1 back/seat movement

- ① Sit on the chair and adjust the seat height by lifting the lever under the right hand side of the chair. When increasing seat height raise yourself slightly off the chair while actuating the lever. As a guide, the seat height should be set so that your upper thighs slope slightly downwards with your feet flat on the floor. If you cannot place your feet flat on the floor when the seat is at a height that is comfortable in relation to your desk you should consider using a footrest.
- ② Adjust the lumbar support behind the backrest to the desired height by sliding up or down.
- ③ To adjust the seat depth, raise the lever on the left side of the chair and slide the seat backwards or forwards. As a guide, you should be able to pass your clenched fist through the gap between the back of your knee and the front of the seat.
- ④ Adjust the tilt tension to your personal preference by rotating the knob under the right side of the seat. You can lock the tilt by rotating the knob under the left side of the seat, but we recommend leaving the tilt unlocked so that you benefit from movement whilst seated: even small forwards/backwards movements enhance wellbeing and long term sitting comfort.
- ⑤ If height adjustable arms are fitted, press the button at the inside top of the arm stem to raise or lower.

(All references to left and right are from the perspective of a user sitting on the chair)

