User Instructions

Seat Height Adjustment A

Flip up lever on right-side to raise or lower set. Adjust such that your feet are adequately supported on floor.

B

Multi-Position Tilt Lock

Recline to the desired position, and flip down lever on left-side to lock. Flip up lever, and recline backwards to release tilt-lock.

Tilt Tension Control $\left(C \right)$

Turn bottom knob clockwise to provide a stronger tilt tension, and vice-versa. Adjust such that minimum effort is required to push back when reclining.

Adjustable Lumbar Depth D

Turn knobs on either side of back-frame to adjust depth of lumbar-support cushion. A slack mesh-back is normal and may be tensioned by adjusting the cushion forwards.

Armrest Height

E

Press the button and raise or lower the armrest. Adjust height to adequately support elbows to take strain off shoulders.

F Armrest Depth

Grasp armpads and push them forwards or backwards to suit your arm support.



G Armpad Angle

Grasp armpads and rotate them inwards or outwards to adjust elbow support to suit specific tasks. An inward position works during keyboard use, while an outward position is recommended during mousing.

H Adjustable Headrest Height (P079 and P069 models only)

Hold head-rest by both sides and pull up or push down to the desired height.

Fulkrum models: P079 YF B6S V P069 YF B6S V P068 YF B6S V P067 YF B6S V





