

# BREATHE™ SEATING

## Operating Instructions



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## Deriving Maximum Benefits From Your Breathe™ Task Chair

For maximum support, sit as far back in the seat as is comfortable and lean against the backrest.

To benefit from the Breathe chair's range of ergonomic features, individual adjustments need to be made.

Proper cardiovascular circulation requires the seat be at the correct height. To achieve the correct height, your feet should be flat on the floor:

Seat height is adjusted with a pneumatic cylinder. To lower height while seated, lift the lever at the right front of the seat.

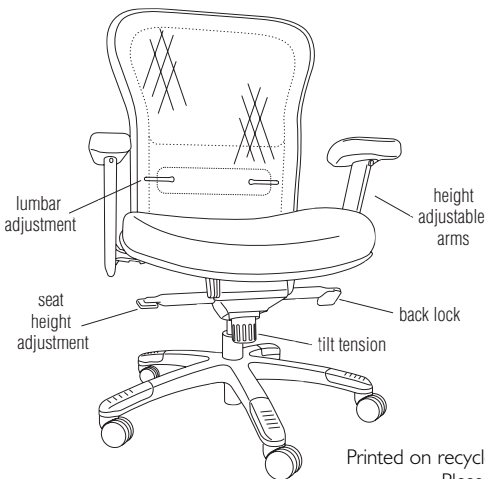
To raise the height, remove your weight from the seat while lifting the lever.

For lumbar adjustment, grasp the levers on each side of the back and raise or lower to the desired position.

To lock the back at a given angle, first recline to the desired position and then pull up on the lever. To resume free float, push down on the lever.

To adjust the arm height, push the button in and then raise or lower the arm.

An adjustment can be made to the chair's seat tilt tension with the knob directly under the front of the seat. To increase the tension of the tilt, turn the dial clockwise. To decrease tension, turn the dial counter-clockwise.



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