

# Standard Synchro Adjustment Instructions

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Use the standard synchro (F) mechanism for a variety of task environments. This synchro mechanism offers simple features for the budget conscious buyer.

Standard synchro is available on Knack, Novo and Wit.

## TILT LOCK

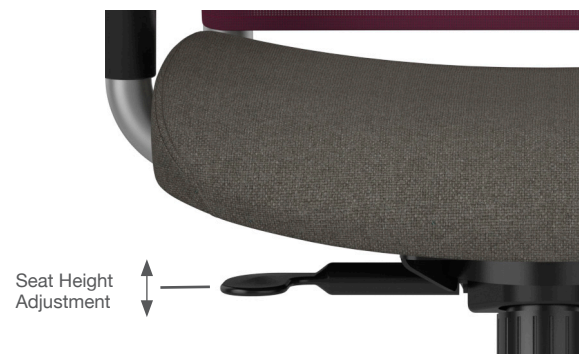
The tilt or recline feature is adjusted with a paddle located on the left side of the seat. To unlock, turn the front of the paddle up. To lock the tilt, turn the paddle forward, toward the front edge of the seat. You can lock the seat in either the reclined or upright position.



## SEAT HEIGHT ADJUSTMENT

The seat height is adjusted using the right side paddle. To raise the seat, lift the paddle as you lift your weight slightly off the chair. Release the paddle when the seat reaches the desired height.

To lower the seat, remain seated and lift the paddle, similarly releasing it when the seat reaches the desired height.



## OPTIONAL SEAT DEPTH ADJUSTMENT (E3)

The rear right hand side paddle is used to adjust the seat depth. To increase the seat depth, lift the paddle and push your hips forward. Release the paddle and the seat will lock in the nearest available position.

To decrease the seat depth, lift the paddle and push your hips back. Release the paddle and again, the seat will lock in the nearest available position.

## TILT TENSION

The large knob located towards the front of the seat adjusts the tilt tension. From a seated position grab the bottom of the knob with your palm facing up. Rotating the knob to your left will increase the tension. Rotating the knob to your right decreases the tension. If the knob was never adjusted it may require first adjustment from a position facing the chair and using both hands to turn to your left to decrease the tension.



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