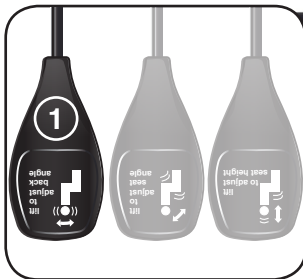


how to...

# set up

zentoFit™

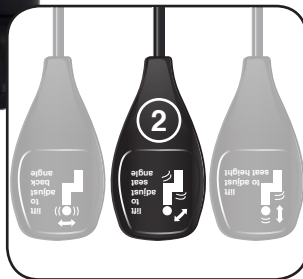
## operating instructions



### Backrest Angle Adjustment

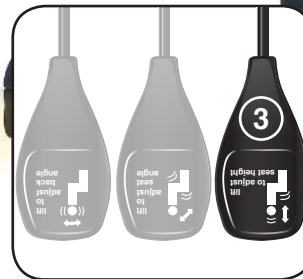
To alter the angle of the backrest, lift the lever (1) and move the backrest to your desired position.

This is best done whilst sitting. Return lever to the downward position to lock in place.



### Seat Tilt Adjustment

The seat is locked in position when paddle (2) is in the downward position, to unlock the seat tilt action, lift the paddle up. Leave unlocked for free float or, if preferred, lock when the desired seat angle is reached.



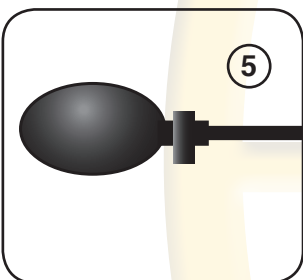
### Seat Height Adjustment

Lift handle (3) and raise or lower seat until desired height is found. Release handle to set height. To lower the seat, body weight must be applied to the seat surface. Adjustments should be made when sitting in the chair.



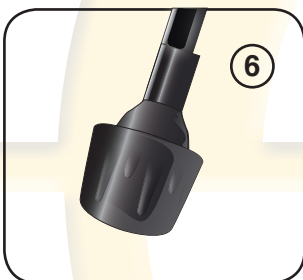
### Back Height Adjustment

Lock the backrest in a vertical position. When seated, grasp the sides of the backrest and raise until comfortable. This is a 6-position ratchet system. To re-position the back, lift fully to the top, lower to the bottom and raise to the desired height.



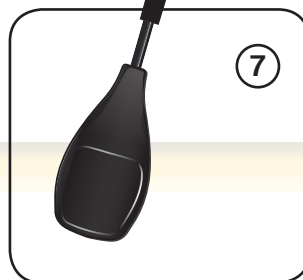
### Inflatable Lumbar Support.

Adjust the lumbar support by depressing the inflation pump bulb (5) located under the seat at the rear. (If necessary, reposition the backrest). Deflate the air-cell, by pressing the valve button attached to the bulb.



### Body Weight Tension Adjustment

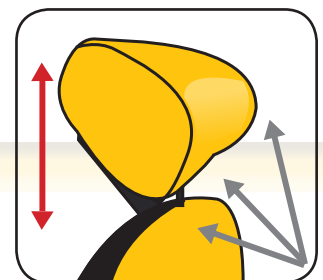
The body weight tension adjuster (6) is located under the seat and operated by turning it clockwise to increase the tension and anti-clockwise to reduce.



### Seat Depth Adjustment

Seat depth adjustment lever is located on the left-hand side of the seat.

Lift lever (7) to slide the seat to the desired depth. Release the lever to set.



### Head / Neck Support.

**Height Adjustment**  
Raise or lower by grasping the headrest mechanism.

**Angle** - Rotate the pad manually to achieve the angle you need.

for more information contact us on: 01454 329210 or visit: [www.ergochair.co.uk](http://www.ergochair.co.uk)