

NeutralPosture



NV™ — Forward Pivot Synchro

1. **BACK HEIGHT**—Slowly lift the back until you have the appropriate lumbar support. If the back is too high, lift the back all the way up and then lower to the first position.
2. **SEAT TILT TENSION**—Pull the right side control outward and then rotate it forward to increase tension or turn the control backward to decrease tension.
3. **SEAT HEIGHT**—Lift the right side control tab and lift your weight to raise the seat to the desired position. To lower the seat, lift the tab while remaining seated.
4. **SEAT SLIDER (DEPTH)**—With your back against the backrest, lift the left side control tab to disengage the lock and slide the seat to your desired position. Release the tab to lock the seat in place.
5. **SEAT & BACK SYNCHRONIES ANGLE**—While seated, twist the left side control forward to release seat into rocking mode. Slight rearward pressure against the backrest may be required to regain rocking mode. Lock in any of 5 preset positions by holding that position and rotating the control rearward.
6. **ARM WIDTH**—Loosen the knob under the arm to release the arm and slide the arm to the proper position. Tighten the knob to lock the arm into place.
7. **ARM HEIGHT**—Slowly lift the arm until your arms are properly supported. If the arm is too high lift the arm all the way up and then lower to the first position.
8. **ARM PAD ROTATION**—Grasp the arm and pivot arm to desired position.
9. **ARM PAD POSITION**—Grasp the arm pad and move arm pad to desired position.