

# ergonomic features

This glossary is to be used as a general guide to the full range of commonly found chair functions. Please see product page for the specific features that apply to this chair.



## TENSION ADJUSTMENT

Increase or decrease to match body weight. Allows you to rock comfortably, without heavy pushing, reducing muscle fatigue.



## BACK ANGLE

Adjust to change the angle of your torso in relation to your thighs. Helps reduce disc pressure and relaxes your back muscles.



## PROPERLY CONTOURED CUSHIONS

Support the body effectively, allowing you to sit longer without discomfort.



## CHAIR TILT LOCK

Lock the tilt movement in position(s) to accommodate your working posture. Allows you to lock your chair in a comfortable and supportive position. (can be either single position or infinite style).



## ARM HEIGHT

Raise or lower to support your forearms. Reduces muscular effort in neck and shoulders, minimizing risk of pain.



## VIBRATING BACK/SEAT

Soothing effect contributes to your relaxation during work breaks.



## SEAT HEIGHT

Raise or lower to allow your feet to rest flat on the floor. Avoids pressure under your thighs, easing blood flow.



## ARM ANGLE

Tilt to support your forearm in various positions. Reduces muscular effort in neck and shoulders, minimizing risk of pain.



## WIDTH ADJUSTABLE ARMS

Allows outward movement of armrests to match shoulder breadth. Ensures armrests properly support forearms, reducing muscular effort in neck and shoulders.



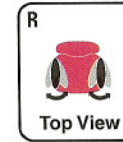
## BACK HEIGHT

Raise or lower to position lumbar support in your lumbar area. Reduces likelihood of back pain.



## KNEE-TILT MOVEMENT

Chair tilts from a pivot point at the front of the seat, keeping your feet on floor as you rock. Maintains stability while enhancing blood flow.



## ARM ROTATION

Rotate armcap to support your forearm in various positions. Reduces muscular effort in neck and shoulders, minimizing risk of pain.



## SEAT DEPTH

Change the depth of the seat to accommodate the length of your thighs. Keeps your back in contact with the backrest while avoiding pressure behind your knees.



## SYNCHRO-TILT MOVEMENT

Backrest reclines at a faster rate than the seat, increasing the angle between your torso and thighs. Enhances comfort and encourages dynamic body movement.



## CENTER-TILT MOVEMENT

Chair tilts from a pivot point under the center of the seat allowing you to rock. When your feet are well supported, blood flow is enhanced.



## FORWARD SEAT ANGLE

Allows chair to tilt forward changing the angle of your thighs in relation to the floor. Helps reduce disc pressure during forward leaning tasks.



## WATERFALL SEAT EDGE

Reduces pressure at the back of the knee, contributing to good blood flow.



## PUSH BUTTON

Push to activate control. Location within reach increases your adjustment. Promotes good posture as you move to various positions.