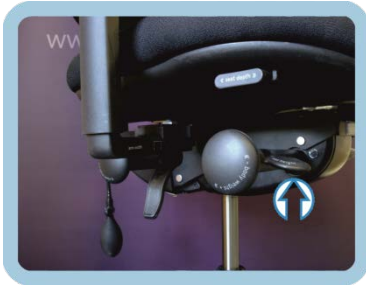




## FLO - INSTRUCTIONS

### 1. SEAT HEIGHT



Lift the lever on the right-hand side and take your weight off the seat to raise the height. Remain seated to lower the height. Release the lever to lock the seat height.

### 2. BACK ANGLE



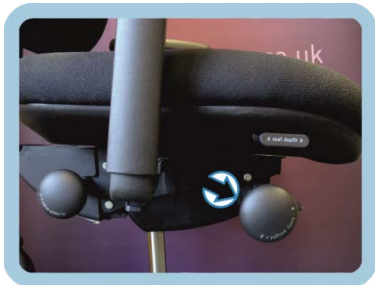
Take your weight off of the back and twist the rear knob on the right-hand underside of the chair to adjust the angle of the back rest. To angle it forwards twist clockwise, to angle it backwards twist anti-clockwise.

### 3. SYNCRO LOCK



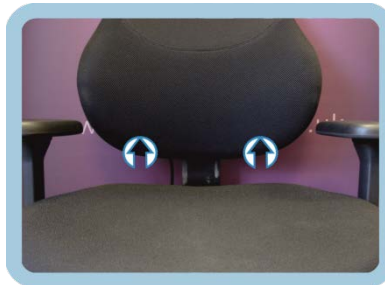
To adjust the angle of the chair, ensure the left-hand lever is lifted and lean back to the required position. To lock the chair, push the lever down. To reset the angle of the chair lower the lever lean back slightly and then allow the backrest to rise to its original upright angle.

### 4. BODY WEIGHT TENSION



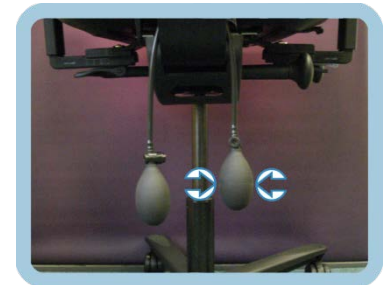
The resistance of the chair, when unlocked, can be adjusted to suite your body weight by turning the knob on the right-hand side of the seat. To increase the resistance turn clockwise, to decrease the resistance turn anti-clockwise.

### 5. BACK HEIGHT



To adjust the height of the backrest, grasp the bottom of the backrest and raise to the desired height. To allow the backrest to be lowered again, raise the backrest all the way to the top and lower it to its lowest position.

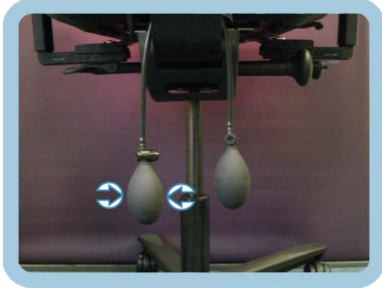
### 6. LUMBAR SUPPORT



As you are sitting on the chair, squeeze the bulb on the rear right-hand side of the chair repeatedly to inflate the lumbar support. Press the button on the bulb to deflate the lumbar support.



### 7. THORACIC SUPPORT



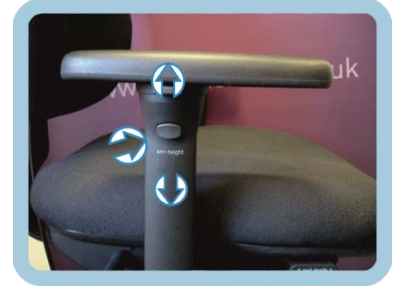
As you are sitting on the chair, squeeze the bulb on the rear left-hand side of the chair repeatedly to inflate the thoracic support. Press the button on the bulb to deflate the thoracic support.

### 8. SEAT DEPTH



Push in the button on the right-hand side and slide the seat forward or backward. Release the button to lock the seat pan.

### 9. ARMREST HEIGHT



To adjust the height of the armrest press the button on the side of the armrest and lift or lower to the desired position. The armrest will lock in to a total of six different heights.

### 10. ARMREST ROTATION



Press the button underneath the arm-pad and rotate the arm rest in to position. Release the button to lock the armrest in to position.

### 11. ARMREST WIDTH



Lower the lever on the underside of the armrest and move the arm to the desired width, lift the lever back in to its upper position to lock in the armrest width.

### 12. HEADREST ADJUSTMENT



Rotate the headrest cushion and slide the support arm up or down for varying support.