Thumb-Lock
Push in to be able to adjust arm pads telescopically, and laterally.

Height Adjustment
Push button in to adjust the height of arm brackets.

Back Angle
Pull up to unlock. Release to lock back iat desired angle.

Seat Slider
Pull up to unlock the seat slider. Release once set to desired depth.

Tilt-Lock
With the lever in the upright position, chair is free flowing. Lower lever to lock.

Titl-Tension Adjustment
Turn clockwise to add tension, and counter clockwise to lessen the tension.

Forward Seat Tilt
With tilt-lock released, turn forward to drop the angle, and turn backward to raise the angle.

Seat Height
Pull up to raise or lower the height of the seat.