



# Assembly © 5 mins



### IMPORTANT SAFETY INFORMATION

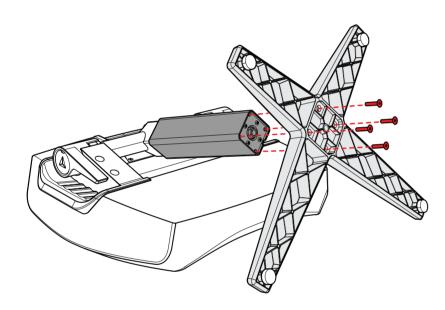


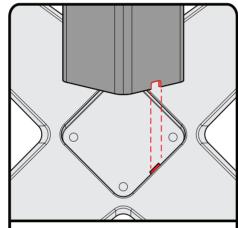




Gently lift and place the legrest upside down as shown.

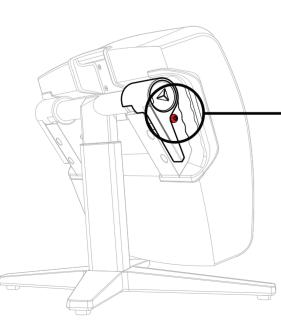
Insert the base into the main column. Insert the 4 screws and secure them with the screw handle provided.

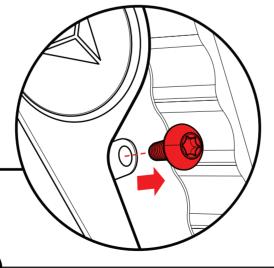




Align the notch on the base to the respective slot on the main column to ensure the base is in the correct orientation.

Gently lift and flip the legrest upright. Remove the red safety screw located on the right side of the legrest.

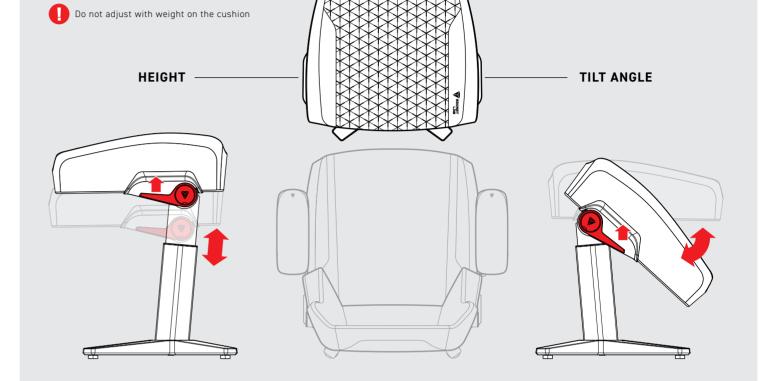




Once set up, the cushion can be adjusted to tilt across 5 incline angle settings (0°, 7.5°, 15°, 22.5°, and 30°). Do not try to compress the cushion to its out-of-box setting (>30°).

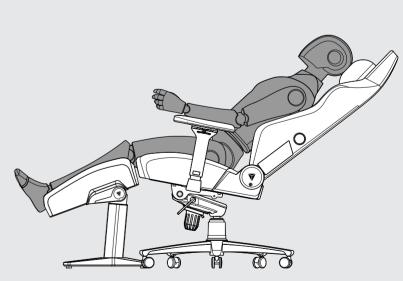
### Usage

**ADJUSTMENTS** 



## RECOMMENDED POSITIONS





#### Upright

Lock your chair tilt slightly back to relieve pressure on your lower spine. Set the legrest height level with the top of the tilted seat and adjust the legrest tilt to the steepest angle.

#### Reclined

Lock your chair tilt slightly back to relieve pressure on your lower spine. Set the legrest height level with the top of the tilted seat and adjust the legrest tilt to flat or slightly tilted.