



AbChair®



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1. **Arm Cushion Rotation** - Push the cushion away from the metal support arm. Lock in any of the 4 possible positions by rotating the cushion.
2. **Seat Slider (Depth)** - Lift the lever and slide the seat forward or backward. Release the lever to lock seat in place.
3. **Seat Tilt Tension** - Out of the chair, tighten or loosen the resistance with the knob.
4. **Seat Angle** - Lift lever and adjust seat pan to desired angle. Push lever down to lock.
5. **Seat Height** - Lift lever to raise or lower seat. Release lever to lock.
6. **Arm Rotation** - Lean away from the support cushion and rotate in the appropriate direction until the positive stops are reached.