**BODYBILT**

**Z-Mech Adjustments Guide**

**Forward Tilt Reduction Lever**
The first lever on the right side of the seat, rotate the lever forward to increase the level of forward tilt, and backward to lessen the level of forward tilt.

**Seat/Back Tilt Lever**
While seated, raise the second lever on the right side of the seat. The chair seat and back will move together. To lock a desired position, lower the lever to its original position.

**Back Tilt Lever**
While seated, raise the fourth lever on the right side of the seat. The chair’s back can then be positioned to the desired angle. Lower the lever to lock the back into position.

**Seat Height Lever**
Remove weight from the seat, and raise the third lever on the right side of the seat. The chair height can now be raised and lowered. Release the lever to lock the seat height at the desired level.

**Tilt Tension Knob**
While facing the chair, locate the tilt tension knob. Turn it to the right to tighten the tension. Turn it to the left to loosen the tension. The chair should have some resistance with the tilt.

**Seat Slider Lever**
While seated and lifting the oval paddle located at the back left of the chair, slide the seatpan into the desired position. Release the paddle to lock the seatpan.
BACK HEIGHT ADJUSTMENT

Stand behind the chair and grasp the backrest with both hands. Lift the backrest to the top of its travel (approx. 4” range). Then release the back and it will then drop to its lowest level. Simply lift the backrest one click at a time until you reach the desired height. This will help for you achieve optimum back support.

ADJUSTING THE LUMBAR REGION

Lumbar Support Adjustment
The lumbar support cushion may be raised or lowered to suit your comfort. While seated in the chair, reach behind your back towards the lumbar region of the chair. Grasp the sides of the lumbar cushion, and raise or lower it to the desired height. There are eight settings available for the lumbar support cushion. The back will not move. It is stationary. Only the lumbar region is adjustable with an up and down motion.