

We at ergoCentric, want to ensure the adjustment features of your chair are easily understood. We believe the proper use of these features is critical and will ensure you receive the full benefits of your ergonomic chair.

Call us if you have any questions and ask for a customer support representative.

ergoCentric®

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# Adjustability understood™

To get the most out of your chair, please take a minute to learn about its adjustment features.

Read this user guide

**Boardroom iCentric™ Mesh**

ergoCentric®

### **SPRING TENSION:**

To adjust the spring tension, turn the knob located under the front center of the seat. Turn the knob clockwise to increase the spring tension and counter-clockwise to decrease the spring tension.

### **FREE FLOAT TILT:**

To allow the chair to tilt, pull the lever out away from the seat and shift your weight forward or backward. Push this paddle in towards the middle of the seat to lock.

### **SEAT HEIGHT:**

To raise the seat, pull up on the paddle while raising your weight off the chair. To lower the seat, pull up on the paddle while sitting. Release the paddle to lock.

