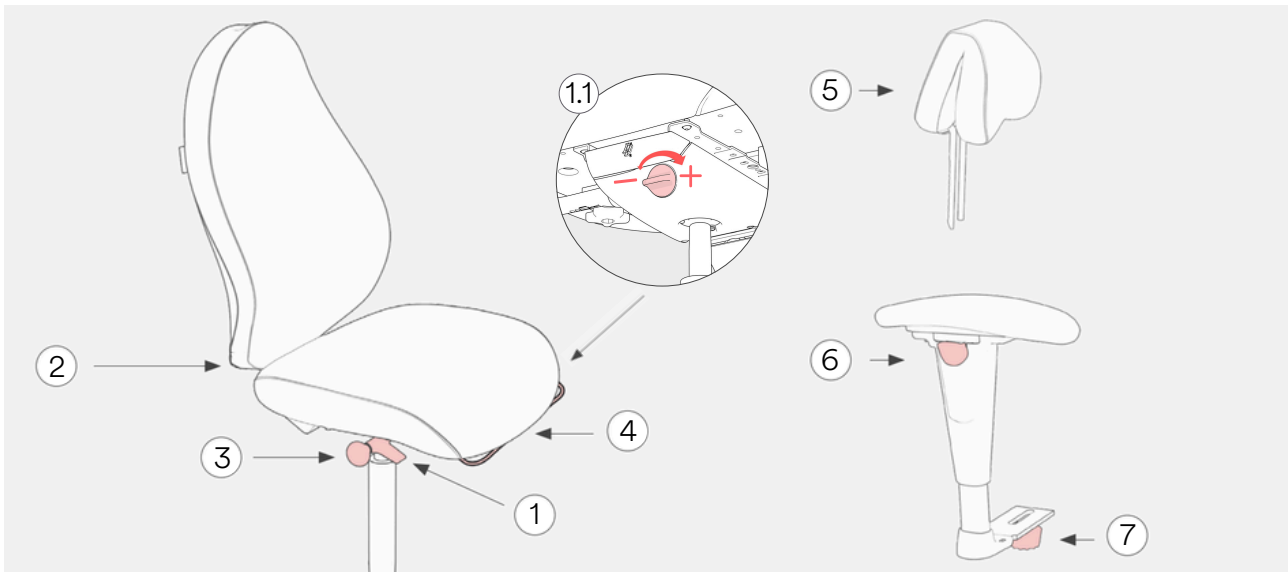


How to adjust Active R3



1 / Seat height. Rotate the inner wing to adjust the seat height. The chair lowers under load and rises without load. Release the lever at the desired position. The hip joint should be slightly above the knee joint.

1.1 / For fine adjustment of the tilt resistance. Gently turn the adjustment wheel beneath the seat to make the rocking function lighter or firmer. Small adjustments are often enough - try approximately ½-1 turn at a time until the chair feels balanced and comfortable.

Left = lighter resistance
Right = firmer resistance

2 / Backrest height. Adjust by gripping the lower part of the backrest with both hands and pulling the back upward until the support matches your spinal curvature. A clicking sound is heard for each locking level. If it's not right, pull the backrest to the highest position and then down to the bottom to start over.

3 / Tilt lock. Rotate the outer round part of the lever to open and lock the tilt. The back needs to be loaded with pressure to release the safety locks in the tilt. We recommend having the tilt in an open position for optimal support.

4 / Seat depth adjustment. (Optional) Lift the lever and pull the seat forward for increased depth or backward for reduced depth. There should be a few centimeters between the front edge of the seat and the back of the knee to ensure proper blood circulation.

5 / Neck support. (Optional) Pull up and press down for height adjustment. Lean forward for depth. Place the neck support with the lower edge at the neck, so it doesn't become a headrest.

6 / Armrest. (Optional) Adjust the height of the armrests to provide support in a reclined position.

7 / Armrest. (Optional) Adjust the width of the armrests by loosening the screw, then tighten it again.

VIDEO SETTINGS



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