

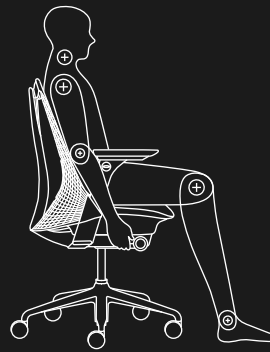
SAYL® CHAIR



Get the most out of your chair by fine-tuning its highly technical adjustment features so you can sit exactly how you want. Get situated at your gaming set-up, sitting the way you usually do, and follow these steps to enjoy a healthier, more comfortable gaming experience.

1. SEAT HEIGHT:

Lever next to tilt tension knob, right side of chair



TO RAISE:

Take your weight off chair, lift tab up.



TO LOWER:

While seated, lift lever up.

At the proper height, your feet should rest flat on the floor.

2. SEAT DEPTH:

Lever under left side of seat



TO INCREASE DEPTH:

Pull lever out, slide thighs forward to adjust seat; release lever.



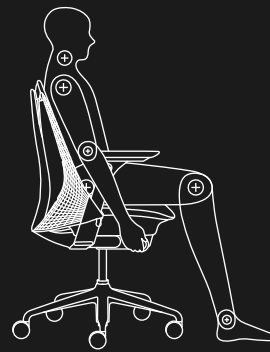
TO DECREASE DEPTH:

Pull lever out, push seat back and release lever.

In the proper position, you will have approximately three-fingers of clearance between the back of your knees and the seat edge.

3. TILT TENSION:

Knob below right side of seat



TO INCREASE TENSION:

Turn knob clockwise.



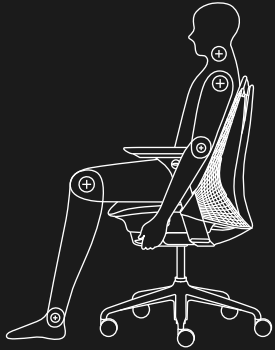
TO DECREASE TENSION:

Turn knob counterclockwise.

Set the tilt tension to control the resistance you feel when leaning back.

4. FORWARD TILT:

Front horizontal tab on left side of seat



TO POSITION CHAIR FORWARD:

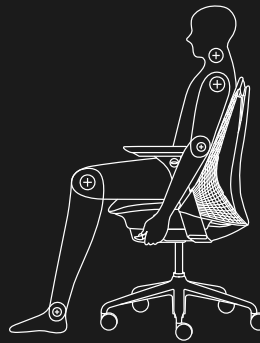
Recline and flip lever down.

TO RESUME HORIZONTAL POSITION:

Recline and flip lever up.

5. TILT LIMITER:

Back horizontal tab on left side of seat



TO ENGAGE:

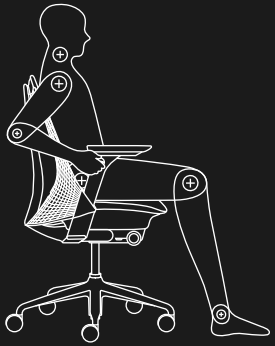
Recline and move tab up to define the limit of recline.

TO RELEASE:

Lean forward and flip tab fully downward.

Engage the tilt limiter when you want to sit in an upright or partially reclined position.

6. ARM HEIGHT:

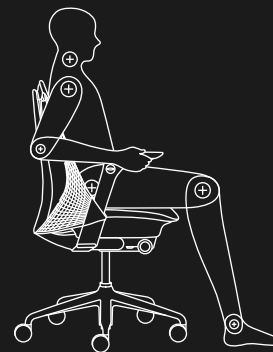


TO ADJUST ARM HEIGHT:

Squeeze lever on arm stem while pulling arm up to raise arm to desired height. To lower arm, squeeze lever on arm stem while pushing arm down on armpad.

For maximum comfort, your arms should make contact with the armpad without any lift at your shoulders.

7. ARM ANGLE & WIDTH:



TO ADJUST ARM ANGLE:

Grasp armpad and pivot in or out.

TO ADJUST ARM WIDTH:

Grasp armpad to pull in or push out.

Armpad width is properly adjusted when your elbows are in line with your shoulders while seated.

8. ARM DEPTH:



TO ADJUST ARM DEPTH:

Grasp armpad and slide forward or backward.

Adjust for comfort. Avoid any pressure on wrists and elbows.