

# 4u

## **Control Mechanisms:**

- Auto-Adjust Body Balance #74C
- Quick Adjust Advanced Synchro #67C
- Stool: Auto-Adjust Body Balance #35C

## **Adjustable Arms:**

- 6D Adjustable Arms #33A/#35A
- Roll Back Arms #39A
- Adjustable Arms #51A/#52A/#53A

## **Adjustable Lumbar:**

- Adjustable Lumbar #LS4B/#LS4W
- 4u Upholstered Adjustable Lumbar



# Auto-Adjust Body Balance #74C



## 4-Position Tilt Limiter

Type: Rotatable knob

Rotate the outer dial for three separate tension settings. Rotate clockwise (forward) to increase tension & counter-clockwise (backward) to decrease tension.

## Seat Height

Type: Pull paddle

Adjust the seat height by lifting your weight out of the chair and pulling up on the paddle. Proper seat height is realized when the top of your legs are somewhat parallel to the floor.



< Watch our 74C  
Online User Guide

# Quick Adjust Advanced Synchro #67C



## Back Tension

Type: Turn dial

Rotate knob right to increase tilt tension.  
Rotate knob left to decrease tilt tension.

## Optional Seat Depth #SS

Type: Pull paddle

Push down on paddle while shifting your weight forward to move your seat forward. Shift backward to move your seat back.

## 5-Position Tilt Limiter

Type: Turn dial

To recline more, turn the dial right.  
To recline less, turn the dial left.

## Seat Height

Type: Pull paddle

Adjust the seat height by lifting your weight out of the chair and pulling up on the paddle. Proper seat height is realized when the top of your legs are somewhat parallel to the floor.

## Optional Forward Tilt #FT

Type: Pull paddle

Push the paddle in the down position and lean back in the chair. You will hear a click when the forward tilt mechanism has turned on. To turn off the forward tilt feature, lift the paddle in the up position and lean back in the chair. You will hear a click when the forward tilt mechanism has turned off.



< Watch our 67C-SS  
Online User Guide



Watch our 67C-SS-FT >  
Online User Guide

# Stool: Auto-Adjust Body Balance #35C



### 3-Position Tilt Limiter

Type: Rotatable knob

Rotate the outer dial for three separate tension settings. Rotate clockwise (forward) to increase tension & counter-clockwise (backward) to decrease tension.

### Foot Ring #11DR & #11XDR

Type: Footrest

Press down on the plastic inner hub and lift the foot ring up to unlock. Adjust to desired position. To lock, press down on the outer foot rest until hub is in locked position.

### Seat Height

Type: Pull paddle

Adjust the seat height by lifting your weight out of the chair and pulling up on the paddle. Proper seat height is realized when the top of your legs are somewhat parallel to the floor.



< Watch our 35C  
Online User Guide



Watch our Foot Ring >  
Online User Guide

# 6D Adjustable Arms #33A/#35A



## Arm Height (Up/Down)

Type: Button

Press the button found beneath the armrest while grasping the armrest with both hands. Raise or lower each arm to desired height. Release the button.

## Armrest Back/Forth

Type: Armrest

Using both hands, push the armrest back or forth to desired position. Adjust each armrest separately. The armrest can slide forward a max of 2.5".

## Armrest In/Out

Type: Armrest

While sitting in the chair, grasp the armrest and rotate in or out to desired angle. Adjust each armrest separately or at the same time. Armrest rotate a max of 15° each way.



< Watch our 33A/35A  
Online User Guide

# Roll Back Arms #39A



### Arm Height (Up/Down)

Type: Button

Press the button found beneath the armrest while grasping the armrest with both hands. Raise or lower each arm to desired height. Release the button.

### Roll Back Feature

Type: Button

While pressing and holding the small button toward the top front on the silver circle, grasp the arm and roll back to horizontal position where arm is parallel with the floor. Repeat to lift back to upright for use as an armrest.



< Watch our 39A  
Online User Guide

# Adjustable Arms #51A/#51AG/#52A/#53A



## Arm Height (Up/Down) Type: Button

Press the button found beneath the armrest while grasping the armrest with both hands. Raise or lower each arm to desired height. Release the button.

## Optional Armrest Rotation Type: Armrest

Grasp armrest and turn left or right to rotate a max of 15° each way.

## Optional Arm Width (In/Out) Type: Switch

Rotate the switch located beneath the arm forward. Use your hand to grasp the arm and adjust it out to your desired width away from seat. Each arm adjusts separately. When finished making adjustments, rotate the switch back to its original position.

## Optional Armrest Back/Forth Type: Armrest

Grasp armrest & slide it forward or back to desire position. Armrest slides forward a max of 1.5".



< Watch our 51A/51AG/52A/53A  
Online User Guide

# Adjustable Lumbar #LS4B/#LS4W



## Vertical Lumbar Position

Type: Lever

From the seated position, use your hand to make adjustments by engaging the small lumbar adjustment lever. Slide the lever up to move the lumbar support up. Slide the lever down to move the adjustable lumbar support down. You can use your right or left hand based on your own comfort.



< Watch our LS4B/LS4W  
Online User Guide

## 4u Upholstered Adjustable Lumbar



### **Lumbar Depth Adjustment**

Type: Lever

From the seated position, use your right hand to make adjustments by engaging the small, black lumbar adjustment bar. Slide the small bar to the left to move the adjustable lumbar support up. Slide the small bar to the right to move the adjustable lumbar support down.



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