

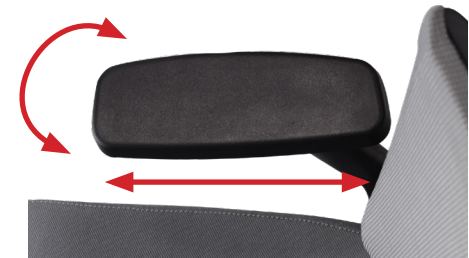
# F980 MOTIVATE: HIGH BACK

## USER GUIDE



### Armrest Height Adjustment

Press in the button on the side of the armrest. Pull or push the armrest up or down then let go of the button to set the new height.



### Arm Angle/Depth Adjustment

Rotate your armrest inward or outward to adjust the angle. Grab the armrest and pull it towards or away from the chair to adjust depth.



### Tilt Lock Adjustment

Pull the lever located on the left side of the chair while seated up or down to enable and disable tilt lock.



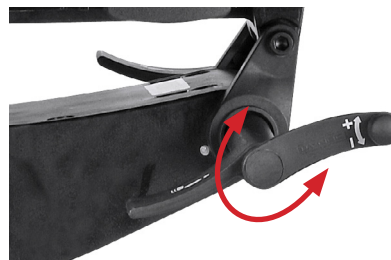
### Lumbar Height Adjustment

Move the lumbar unit on the back of the chair up or down to adjust the lumbar support.



### Seat Slider Adjustment

Pull out the tab located under the right side of the seat while seated to release the seat slider. Slide the seat into a new position then release the tab to lock the seat.



### Tilt Tension Adjustment

Rotate the lever located on the right side of the chair to adjust the tension of the backrest tilt mechanism.



### Seat Height Adjustment

Pull the lever located on the right side of the chair to adjust seat height up or down.