

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®

ph: 1 866 GET ERGO | 905 696 6800

fx: 1 800 848 5190 | 905 696 0899

service@ergocentric.com

ergocentric.com



Association of Canadian Ergonomists  
Association Canadienne d'Ergonomie

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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 ecoCentric™ Mesh Executive**

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## SPRING TENSION:

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

## FREE FLOAT / FIVE POSITION TILT LOCK:

To adjust the seat angle, pull up on the LEFT paddle and shift your weight forward or backward until the seat is at the desired angle. Push this paddle down to lock. To free float the chair, pull this paddle all the way up and leave it in the up position.

## Lumbar Support:

To adjust the lumbar support, push the lumbar pad up or down to the desired height.

## SEAT HEIGHT:

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

