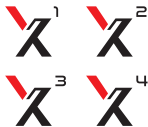


X-CHAIR



ASSEMBLY
INSTRUCTIONS
AND
ADJUSTMENT
GUIDE FOR

















PARTS LIST,
ASSEMBLY INSTRUCTIONS
&
ADJUSTMENT MECHANISMS

Parts List



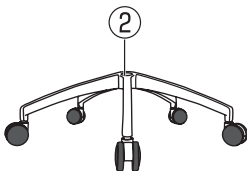
No.	Pic.	Q'ty	No.	Pic.	Q'ty
①	 Caster	5	⑥	 Backrest	1
②	 Base	1			
③	 Gas Lift	1	⑦	 Seat Cushion	1
④	 Armrest	2	⑧	 Headrest	1
⑤	 Screw	12 3 for spare	⑨ ⑩ ⑪ ⑫	 ⑨  ⑩  ⑪  ⑫ one of each	

Assembly Instructions



1

Parts



1



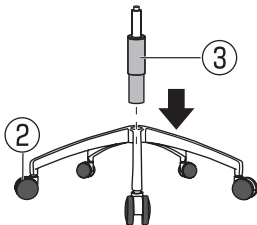
2



Press the casters firmly into the holes on the base.

2

Notice: Keep Gas Lift away from your clothes. Oil on its surface may transfer.

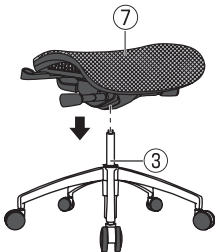


Assembly Instructions



3

Place the Seat Cushion (7) on the Gas Lift (3). Sit on the seat and use the seat height adjustment knob to raise and lower the seat completely 3 times.



4

Attach the armrests (4) to the seat (7) and screw in place.

Parts

⑤



× 4

④

Take care to attach each armrest to the correct side of the chair.



Assembly Instructions



5

Connect the backrest (6) to the seat (7) and use the Allen Wrench (9) to tighten screws in place.

Parts

⑤



×3

⑫



×1



If there is no headrest, put the cover (12) in to finish assembly now.

6

Headrest Installation

Parts

⑤



×2

⑪



×1



1 Use the ØLÓ Allen Wrench (10) to screw the headrest onto the backrest

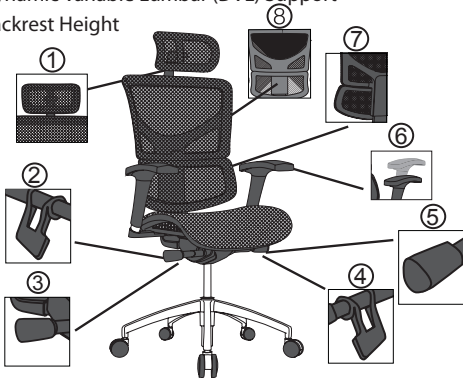
2 When the screws are tight, put the cover (11) over them



Adjustment Mechanisms



1. Headrest Height and Angle
2. Seat Height
3. Scifloat™ Infinite Recline
4. Seat Depth
5. Tilt Lock
6. Armrest Height, Width, Depth, and Angle
7. Dynamic Variable Lumbar (DVL) Support™
8. Backrest Height
















PARTS LIST,
ASSEMBLY INSTRUCTIONS
&
ADJUSTMENT MECHANISMS

Parts List



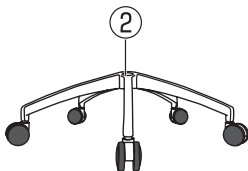
No.	Pic.	Q'ty	No.	Pic.	Q'ty
①	 Caster	5	⑥	 Backrest	1
②	 Base	1		 Seat Cushion	1
③	 Gas Lift	1		 Headrest	1
④	 Armrest	2	⑧		
⑤	 Screw	11 3 for spare	⑨ ⑩ ⑪ ⑫	 Allen Wrench	⑪ ⑫ one of each
				 Cover for high-back chair	
				 Cover for mid-back chair	

Assembly Instructions



1

Parts



1



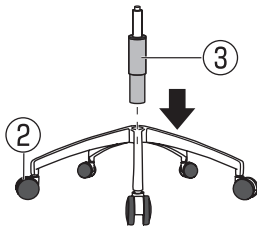
2



Press the casters firmly into the holes on the base.

2

Notice: Keep Gas Lift away from your clothes. Oil on its surface may transfer.

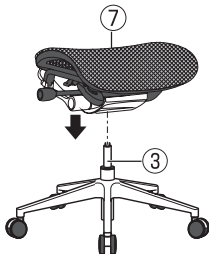


Assembly Instructions



3

Place the Seat Cushion (7) on the Gas Lift (3). Sit on the seat and use the seat height adjustment paddle to raise and lower the seat completely 3 times.



4

Attach the armrests (4) to the seat (7) and screw in place.

Parts

⑤



x2

④

Take care to attach each armrest to the correct side of the chair.



④

Right

⑦

④ Left

⑤



Assembly Instructions

5

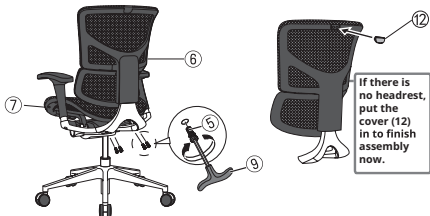
Connect the backrest (6) to the seat (7) and use the Allen Wrench (9) to tighten screws in place.

Parts

⑤



⑫



6

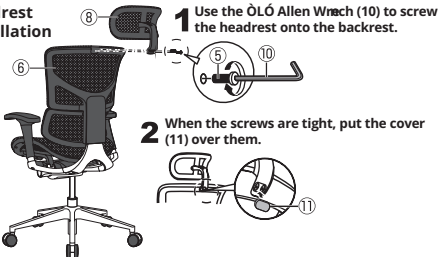
Headrest Installation

Parts

⑤



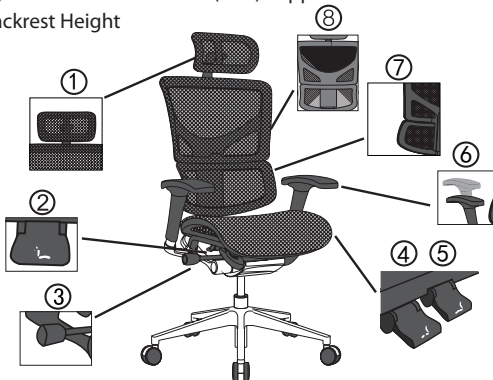
⑪



Adjustment Mechanisms



1. Headrest Height and Angle
2. Tilt Lock
3. SciFloat™ Infinite Recline
4. Seat Height
5. Seat Depth
6. Arm Height, Width, Depth, and Angle
7. Dynamic Variable Lumbar (DVL) Support™
8. Backrest Height

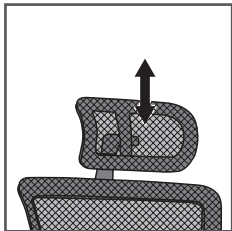




ADJUSTMENT GUIDE



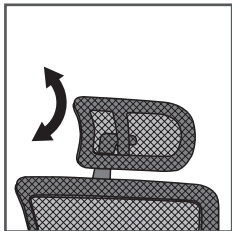
Headrest Height Adjustment



Hold the headrest handles and push up or down to adjust the height. There is a 2.75" vertical range of motion.

Your headrest is positioned to provide ergonomic support when it makes full contact with the back of your head and neck.

Headrest Angle Adjustment

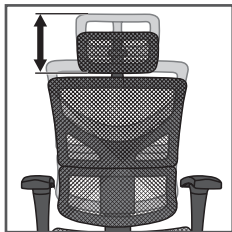


Hold the headrest handles and twist up or down to adjust the angle. There is an 80 degree range of motion.

You should be able to move your neck naturally while leaning on the headrest. If it is difficult to move in any direction, reposition the headrest.



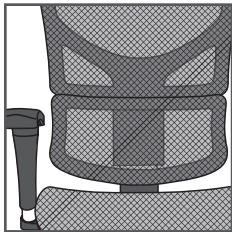
Backrest Height Adjustment



Grasp the bottom of the backrest and pull it up to adjust the height. To lower the backrest, raise it to the highest setting then release. There are 4 lock positions with a range of 30°.

We recommend keeping the backrest at a height where the lumbar support is resting in the natural curve of your low back.

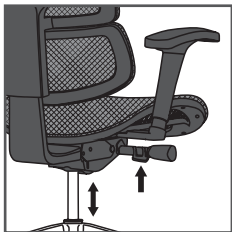
Dynamic Variable Lumbar (DVL) Support™



The Dynamic Variable Lumbar (DVL) Support™ will automatically adjust to your body weight and shape as you lean back on it. ***You will receive the appropriate support without ever making an adjustment.***

The angle of the lumbar support automatically changes as you lean back in the chair. It pivots with you, maintaining an appropriate level of support and comfort in any position.

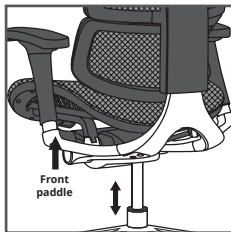
Seat Height Adjustment



Setting your seat to an incorrect height can lead to back fatigue. At an ideal height your feet are flat on the floor and your knees are at a 90 degree angle.



- ¹ Press upwards on the Height Adjustment Lever located on the knob on the right side of the chair. Hold the lever while raising or lowering the seat to your desired height.



- ² Press upwards on the Height Adjustment Paddle on the left side of the chair. Hold the paddle while raising or lowering the seat to your desired height.

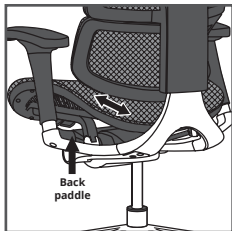
Seat Depth Adjustment



The seat is ideally positioned when you can slide 2 or 3 fingers between the edge of the seat and the back of your knee.



1 The Seat Depth Adjustment Lever is located on the knob on the left side of the chair. Lift the lever and slide the seat to your desired position. Release the lever to lock the position.



2 Press upwards on the Seat Depth Adjustment Paddle on the left side of the chair. Hold the paddle and slide the seat to your desired position. Release to lock the position.

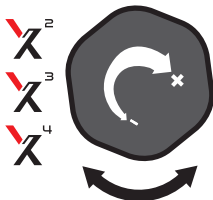


SciFloat™ Infinite Recline



To change the amount of resistance you feel as you lean back, turn the SciFloat^a Infinite Recline Knob located on the right side of the chair. Turn forward to increase the tension, turn backward to reduce.

Adjust the tension to what feels comfortable for you. It will vary for each person based on weight, height, work habits, and personal preference.



Tilt Lock

We recommend leaving the tilt unlocked while you work. Being able to recline facilitates motion throughout the day and can help reduce pressure on the spine during prolonged sitting.



Pull out on the Tilt Lock Adjustment Knob on the left side of the chair. Turn it forward, then recline the chair to your desired angle. Twist the knob backwards until you feel the chair lock in place. To unlock, pull the knob out and turn forward again, then lean back to unlock the position. There are 4 different lock positions available within the 22 degrees of recline.



Press up on the Tilt Lock Adjustment Paddle on the right side of the chair.

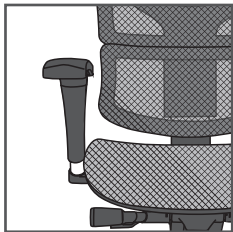


Recline the chair to your desired angle, then lower the paddle back to its original position. There are 4 lock positions within the 28 degrees of recline.





Armrest Height Adjustment

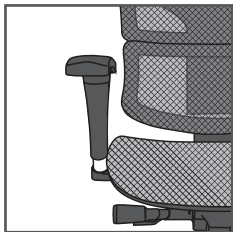


Grasp the tube and pull up on the armrest. To lower, raise the armrest to the highest setting then release. There are 9 locking positions with a height range of over 3.5".

For best use, position the armrests so your elbow rests comfortably at a 90 degree angle or greater.



Armrest Position Adjustments



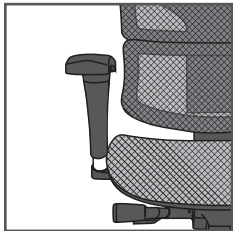
Adjusting width: Simply pull the armrests toward you or push them away. Each has a range of over 1".

Adjusting depth: Easily push the arm-pads forward or backward. Each has a range of over 2".





Armypad Angle Adjustment



Grasp the front of the armypad and pivot it to the right or left. The range of motion is 18 degrees.

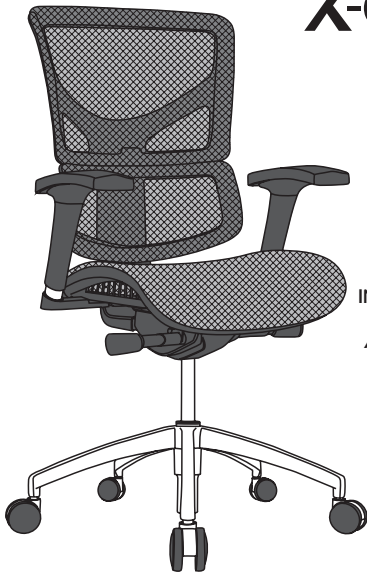
We recommend keeping your armrests at an angle where your arms naturally rest while you work.



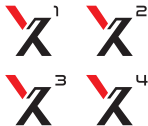
Important Notices

- The armpads should be kept clean and dry to ensure longevity
- The casters may be damaged if used on uneven surfaces
- This product is intended for indoor use only, it is not warranted for outdoor use

X-CHAIR



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www.xchair.com