

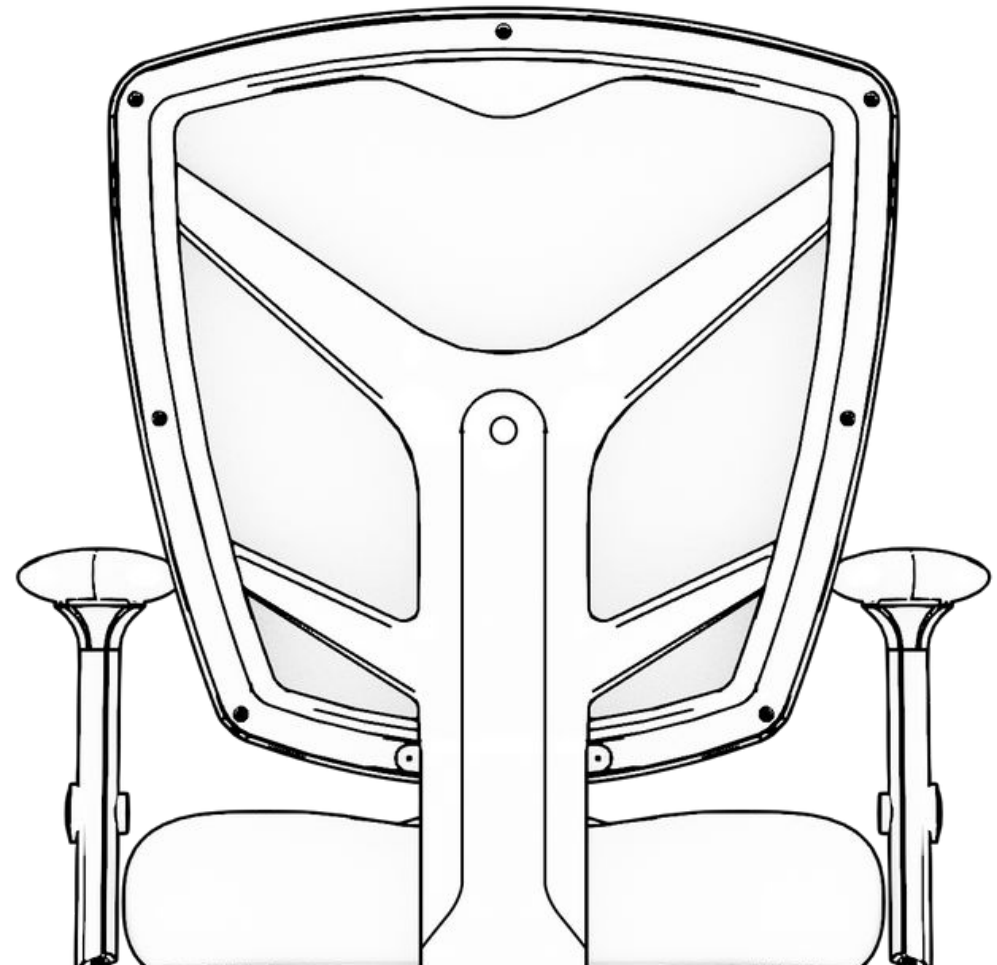
MONTI

Therapeutic Office Chair

MONTI ASSEMBLY AND USER GUIDE.

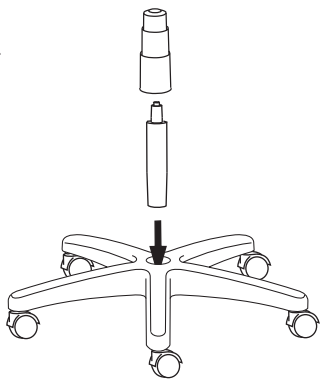
bdo furniture

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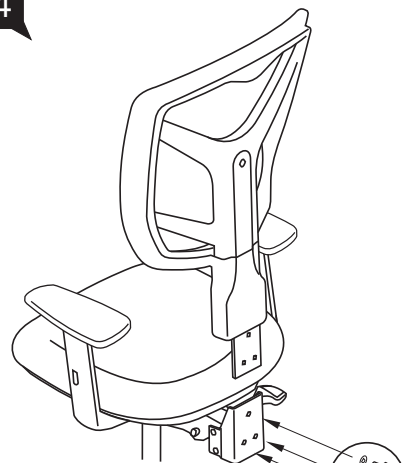


Assembly Instructions

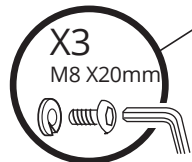
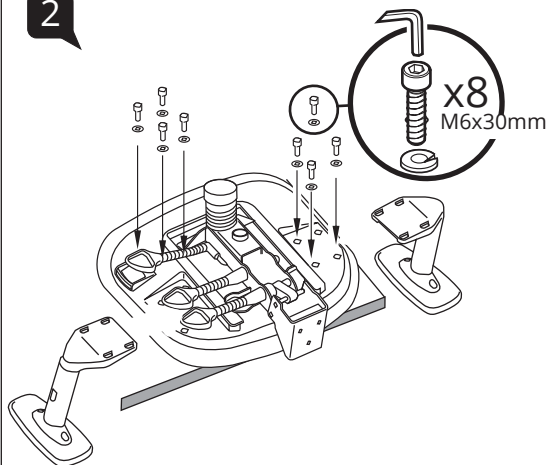
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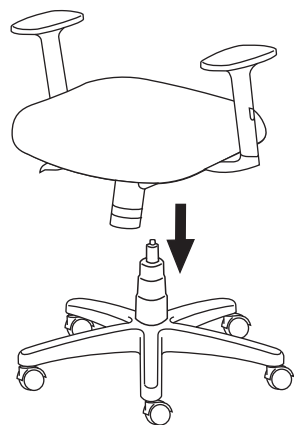
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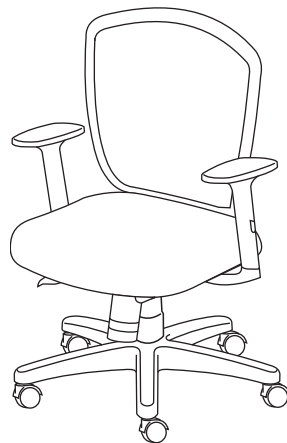
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User instructions

- A Seat Height Adjustable**
Flip up lever on right-side to raise or lower seat. Adjust such that your feet are adequately supported on floor.
- B Backrest Angle**
Pull up lever to unlock backrest. Recline to desired angle, and release lever to lock.
- C Seat Angle**
Pull up lever to unlock seat. Recline to desired angle, and release lever to lock.
- D Tilt tension Control**
Turn bottom knob clockwise to provide a stronger tilt tension, and vice-versa. Adjust such that minimum effort is required to push back when recline.
- E Armpad Angle**
Grasp armpads and rotate them inwards or outwards to adjust elbow support to suite specific tasks. An inward position works during keyboard use, while an outward position is recommended during mousing.
- F Armpad Depth**
Grasp armpads and push them forwards and backwards to suite your arm support.
- G Armrest Height**
Press the button and raise or lower the armrest. Adjust height to adequately support elbows to take strain off shoulders.
- H Seat Depth Adjustment**
Pull the lever under the right-side of the seat to adjust fore or aft position.
- I Backrest Height**
Hold backrest by both sides and pull up to desired height. To lower backrest, pull it to maximum height and then, return to lowest height to start again. Adjust height so that the backrest curvature follows the curve of your back.

