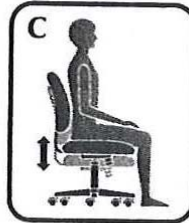


# ERGONOMIC CHAIR FEATURES



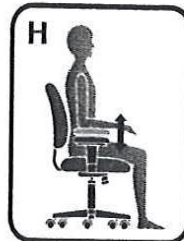
## BACK ANGLE

Adjust to change the angle of your torso in relation to your thighs. Helps reduce disc pressure and relaxes your back muscles.



## SEAT HEIGHT

Raise or lower to allow your feet to rest flat on the floor. Avoids pressure under your thighs, easing blood flow.



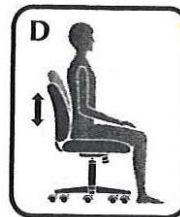
## ARM HEIGHT

Raise or lower to support your forearms. Reduces muscular effort in neck and shoulders, minimizing risk of pain.



## WIDTH ADJUSTABLE ARMS

Allows outward movement of armrests to match shoulder breadth. Ensures armrests properly support forearms, reducing muscular effort in neck and shoulders.



## BACK/LUMBAR HEIGHT

Raise or lower to position lumbar support in your lumbar area. Reduces likelihood of back pain.



## SEAT DEPTH

Change the depth of the seat to accommodate the length of your thighs. Keeps your back in contact with the backrest while avoiding pressure behind your knees.