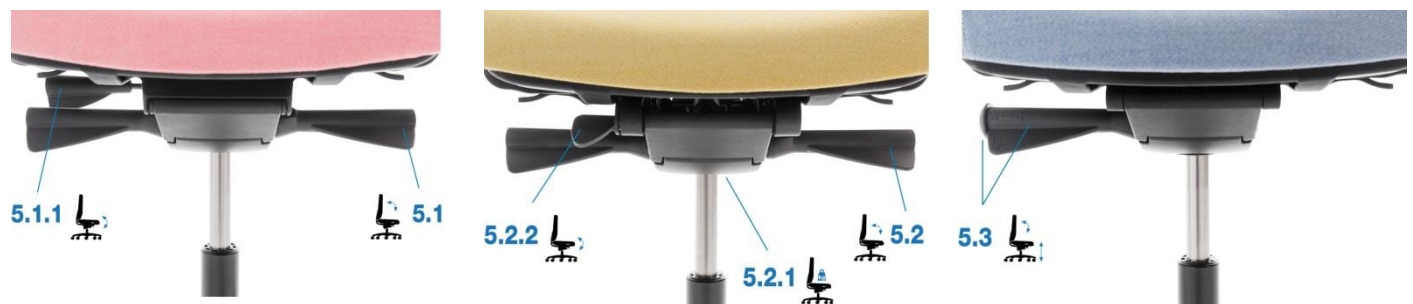


# JAMES USER INSTRUCTIONS



### 1. Seat height adjustment:

To adjust the height of the seat, pull the lever up. Adjust the height so that your knees are at about 90 degrees when your feet are firmly against the floor. Release the lever.

### 2. Seat depth adjustment:

Push the knob and slide the seat so that there is enough space for your palm between the back of your knee and the seat. Lock the seat in place by releasing the knob. The adjustment rate is 7.5 cm.

### 3. Backrest height adjustment:

Adjust the backrest height so that your back is as comfortable as possible when you are sitting. To adjust the height of the backrest, lift it from the bottom. To lower the backrest, lift it as far up as it will go and then lower it again.

### 4. Adjusting the armrests:

4a. To adjust armrest height: press the button and move the armrest to the desired height. Release the button and the armrest will lock in place. Adjust the height so that you do not have to hunch your shoulders to place your arms on the rest.

4b. Adjusting the position of the top of the armrest: Take hold of the top of the armrest and slide it forward or backward.

4c. Angle: Rotate the top of the armrest to desired angle by pressing the button. Release the button.

4d. Adjusting the distance between armrests: Press down the lever under the seat, adjust the armrest and lock the position by lifting the lever.

Removing the armrests: Remove the seat padding by lifting it from the back edge of the seat. Loosen the fastener with a 20 mm spanner and remove the armrests.

### 5.1. Synchro swing mode, flex:

Release the chair for the synchro swing mode by lifting the lever and leaning backward. Mechanism is self-weighting. To lock the chair in desired position, push the lever down. There are four possible positions.

#### 5.1.1 Angle of the seat:

Seat can have a free float movement or you can adjust the angle of the seat downwards 5° by turning the lever downwards. The seat can be locked by rotating the lever forward.

### 5.2. Synchro swing mode, synchro:

Release the chair for the synchro swing mode by lifting the lever and leaning backward. To lock the chair in desired position, push the lever down. There are four possible positions.

5.2.1. Adjust the resistance of the swing mechanism: Mechanism is self-weighting. Fine-tune the resistance of the swing mechanism according to your height and weight by rotating the knob under the seat until you are able to easily change positions and the chair conforms to your Movements. The resistance increases when you turn the knob clockwise.

#### 5.2.2. Angle of the seat:

You can adjust the angle of the seat upwards or Downwards by rotating the knob.

### 5.3. Synchro swing mode, Synchro Easy:

Release the chair for the synchro swing mode by pulling the knob out. Mechanism is self-weighting. To lock the chair in desired position, push the knob. There are three possible positions.

### 6. Headrest (optional accessory for high back version):

The padding on the headrest can be adjusted upwards and downwards by taking hold of the padding and adjusting it to the desired position.

### 7. Adjusting the lower back support (optional accessory for high and mesh back versions):

Sit in the chair and adjust the lower back support by turning the triangular knob on the lower right hand side of the backrest. In the mesh back chair turn the knob on the back of the back rest.

### NB!

Please contact Martela if the chair requires servicing.