

## How to use your Contour Heavy Duty Synchro



### Contour Heavy Duty Synchro

Simplistic controls located all on one side make this mechanism really easy to use and ultra ergonomic. This quick and easy mechanism has been developed to put the user in full control of their chair.

#### 1) Seat Height Adjustment

Raise the lever and adjust the height of the seat to maximise comfort. Release lever when your seat is in your preferred position.

#### 2) Synchronised Seat And Back Angle Adjustment

Raise lever to set synchronised back and seat angle, push down to lock into desired position.

#### 3) Body Weight Tension Control

Wind the hand-wheel clockwise to decrease resistance, allowing for more free movement. Wind the hand-wheel anti-clockwise to increase the resistance.

#### 4) Ratchet Back Height Adjustment

Lift or drop the backrest to the required height for maximum back support while sitting.