



# HOW TO USE THE RHYTHM CHAIR

**WELCOME TO THE RHYTHM EXPERIENCE, HERE'S HOW TO  
SIMPLY ADJUST YOUR NEW RHYTHM CHAIR!**



## **1. GAS LIFT**

When sitting on the Rhythm chair, reach your hand down to feel the gas lift lever on the right side. Lift this lever to control the gas lift up and down to the required height.



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### **2. TILT**

On the left hand side, there is another lever for the synchronised tilting mechanism. Lift this lever up to allow the backrest to tilt. The backrest can be locked into place by pushing the lever down. To unlock the backrest from the tilting position, lift the lever and lean back a little on the chair until you hear a clicking sound. The chair will then return to the upright position.



### **3. TENSION**

If you cannot recline the backrest, you may need to adjust the tension control by winding the handle (on the right hand side) backward to decrease the tension (recommended for smaller individuals), or winding the handle forwards to increase the tension (recommended for larger/heavier individuals).

*Designed to correctly support many shapes and sizes in a large workforce, hope this helps you experience the Rhythm chair better!*