Criterion

If you want to work effectively, you've got to sit comfortably. Take a moment to adjust the controls of this Criterion® chair for maximum comfort. Note: You may not have all of the controls.

**Back Tension** - Turn knob clockwise to increase, counterclockwise to decrease.

**Seat Depth** - Lift the lever and push the seat with your bottom forward or backward. Let go of the lever to lock.

**Chair Height** - To lower, lift handle on the right side while seated. To raise, lift handle and hold weight off chair.

**Arms In or Out** - Grasp the arm cap and move.

**Seat and Back Tilt** - Pull up, lean forward or back until you like the angle, and release the lever.

**Variable Back Stop** - Hold switch forward to recline. Lean back to desired angle and release switch to set range.