

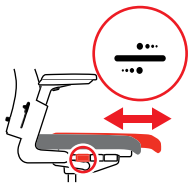
## Seat height

### To lower

- Pull lever on right side towards the outside
- Release lever when desired height is reached

### To raise

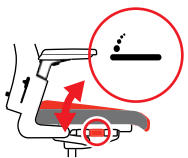
- Stand up
- Pull lever
- Release lever when desired height is reached



## Seat depth

### Shorter/longer

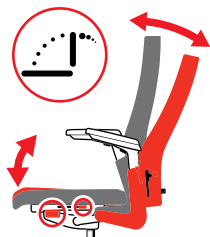
- Pull lever on right side towards the outside
- Push the seat backwards/forwards
- Release lever when desired position is reached



## Seat tilt

### Forward / backward

- Pull lever on right side towards the outside
- Tilt the seat backwards/forwards
- Release lever when desired position is reached



## Synchro movement

### Release synchro movement

- Turn lever on left side up

## Locking movement

### Lock synchro movement (4 pos.)

- Pull lever on left side towards the outside
- Move backrest into the desired position
- Push lever inside

### Release synchro movement

- Pull lever on left side towards the outside
- Lean against the backrest to release it.  
(the backrest has a kickback protection)



## Comfort regulator synchro

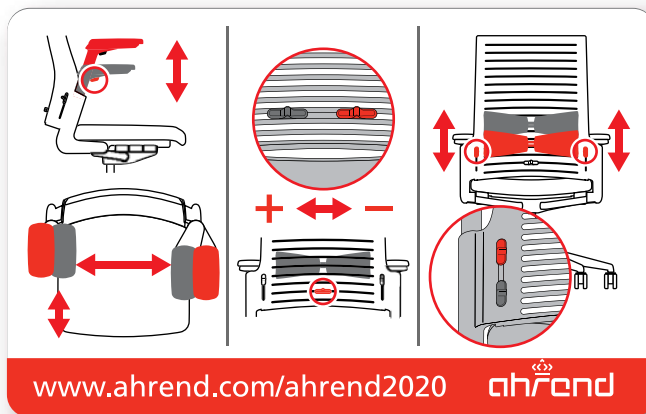
This chair is provided with an Self-Tensioning Synchro movement. To optimize this movement towards its optimum comfort you can slide a knob.

### To increase spring tension

- Slide the knob forwards

### To reduce spring tension

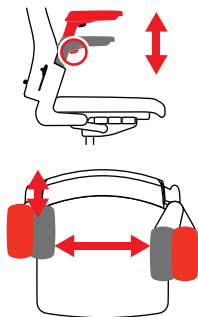
- Slide the knob backwards.



## Armrests

types of armrests:

- fixed armrest
- height adjustable armrest
- adjustable armrest for height width and depth



### Higher/lower

- Grip the armrest
- Press the button and hold it down
- Raise/lower the armrest
- Release button when desired position is reached

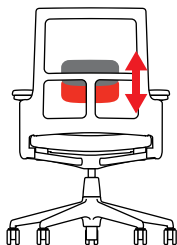
### Forwards/backwards Wider/narrower (HWD version)

The armrests can simply be slid to its desired position by hand. The required position is held in place with a click mechanism. Arm pads remain parallel.

## Lumbar support

types of backrests:

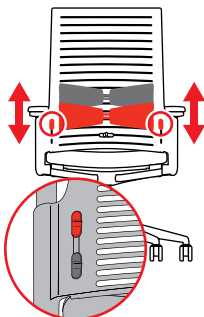
- Backrest Verta: height adjustable lumbar support
- Backrest Extraverta: height and pressure adjustable lumbar support



Lumbar support at Verta backrest

### Up / down

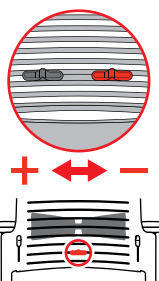
- Seated in the chair raise or lower the lumbar support by hand towards the required height



Lumbar support height at Extraverta backrest

### Up / down

- Seated in the chair raise or lower the lumbar support by sliding both levers on the back by hand towards the required height



Lumbar support pressure at Extraverta backrest

### More / less

- Seated in the chair shift the central lever towards left or right for more or less pressure

## Office desk chairs

We recommend that you use this desk chair for working at a monitor or general office tasks.

By adjusting the desk chair to your body type this Ahrend deskchair gives good support in all desk task situations.

## Castors / Glides



### Hard rim castors

- For the use on carpeted floors
- Recognised by one colour, wheel rim is also black



### Soft rim castors

- For the use on hard floors
- Recognised by two colours, wheel rim is grey



### Hard glides

- For the use on carpeted floors
- Recognised by plastic bottom



### Glides with felt

- For the use on hard floors
- Recognised by soft felt on the bottom

Instructions for changing castors can be requested by Ahrend

## Maintenance desk chair

### Cleaning hard parts

Use a microfibre cloth (dry or damp) to clean the hard parts. Small quantities of cleaning agent can be used.

### Cleaning fabric upholstery

Clean the upholstery by vacuuming regularly.

### Cleaning stains in upholstery

Most spots can be removed with lukewarm water possibly adding a neutral detergent. See more cleaning tips on the Ahrend website.

### Technical maintenance

Ahrend office chairs do not require technical maintenance during time of use. Additional technical maintenance can only be repaired by trained personnel.

## Caution

Only trained personnel can replace or repair the gas lift cylinder for seat height adjustment. Never open or heat up the gas lift cylinder casing.