

We all sit slightly differently everyday... Spending a few moments getting to know your chair and thinking about the way you sit can make a huge difference to how you feel... here's how to adjust your **zentoSmart™**



**ergochair®**  
...the future at work

TM

e d i c a t o r u s

**zentoSmart**

**Zsmart Articulated Neck Rest**

The mechanism of the optional Zsmart neck rest enables you to position the neck rest into exactly the right place to suit you

**Back Height Adjustment**

The back rest on your ZentoSmart can be lifted and clicked into place. The adjustment mechanism is on a loop. To lower, or reset, continue to lift to the top of the range which enables you to fully lower and start the loop again

**Arm Height/Width Adjustment**

Raise and lower armrests by pressing in the side button and lifting or lowering to your desired position.

Width adjustment can be made using the hand-wheel located under the seat. Loosen - Position - Re-tighten

The arm caps can also be positioned to your personal preference and can be moved as indicated by the arrows. The pads retract, rotate and width adjust

**Inflatable Lumbar Support Adjustment**

Inflate the air cell (1) by squeezing the inflation bulb located on the rear of the back rest (2). To deflate, press the valve button attached to the bulb. If necessary, re-adjust the backrest height to help align with your natural lumbar curve

**ergofo™ Seat**

If you find the responsive cushioning a little too firm, you will find the adjustment valve located under the front left hand corner of the seat. Depress the button for 1 - 2 seconds to expel the air. To reverse the action simply stand up and press the valve again - it will automatically re-inflate

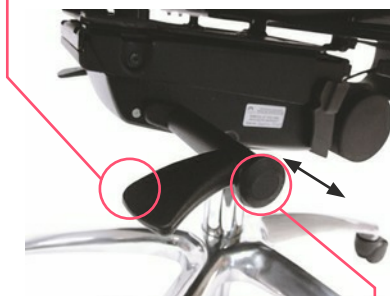
**Synchronised Tilt Function**

Your ZentoSmart can either 'float' or be locked into a fixed seating position simply by raising or lowering the lever located at the left-hand side of the seat



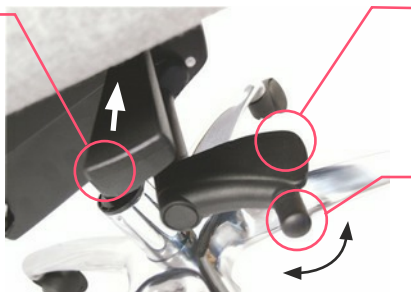
**Back Angle Adjustment**

Rotate the hand wheel to adjust the angle of the backrest



**Seat Depth Adjustment**

The depth of the seat can be altered by pressing-in the handle located on the right-hand side of the seat and sliding seat to your preferred setting



**Seat Height Adjustment**

Lift the lever located to the front right of the seat and apply or release pressure to the seat pad to achieve the desired height. (Adjustments should be made when sitting in the chair)

**Tension Control**

Your ZentoSmart is built to accommodate a wide range of people and should be adjusted to your body weight. Pull out the Tension Control handle located on the right-hand side of the seat then wind handle forwards to increase tension or backwards to reduce it

**Tilt Booster**

With your ZentoSmart in 'float' mode there is the additional option of a further 3 degrees of forward tilt. To activate, ensure your ZentoSmart is in 'float' mode (lever up) and pull booster button outwards, as shown



01639 844500  
sales@healthyworkstations.com  
www.healthyworkstations.com