Custom Fit Instructions

**Backrest/Lumbar Support Height**
While seated, grasp backrest with both hands on lower corners. Squeeze handle at right with fingertips and move backrest to most comfortable height.

**Optional Headrest**
Grasp headrest with both hands and move to desired position. The dynamic, position-sensitive headrest cradles your head and neck as you recline, and moves out of the way when you sit upright automatically.

**Seat Height**
Lift up on lever under right side of seat cushion and position chair to a comfortable height with your thighs parallel to the floor and your feet fully supported by the floor or footrest. Release lever.

**Seat Depth**
Lift up on lever under forward edge of seat and slide seat to a position such that when you’re sitting with your back fully against the backrest, there are 2 - 4 inches of clearance between the front edge of the seat and the back of your knee. Release lever.

**Synchronous Armrests**
Freedom’s body-friendly, gel armrests move up and down together and stay with you during recline, always keeping you in supported balance. Both of the gel-cushioned armrests on Freedom can be adjusted synchronously without touching any release buttons. Lower them all the way for close desk work.

**To Raise**
Gently pull upward on the armrests and raise to desired position. They will automatically lock in place when released.

**To Lower**
Place hand on armrest as pictured and rotate wrist toward you (as if revving a motorcycle) to disengage. Lower to desired position. The armrests will automatically lock in place when released.

**Advanced Armrests (Optional)**
Push the inside of the armrest outward (or away from the body) in a lateral motion. The armrest will automatically remain in position you last put it in, without the use of a button.