

NAMASTE Chair Instruction Sheet

BACKREST

LUMBAR SUPPORT

To increase or decrease lumbar support height, simply hold both sides of the lumbar support and lift or press down (see red arrow below).

The lumbar support will ratchet up in 1cm increments. Once the correct height is achieved, nothing else is required to lock it in.



HEADREST

To adjust the height of the headrest, simply hold either side of the headrest (see and lift or lower the headrest to the desired height).

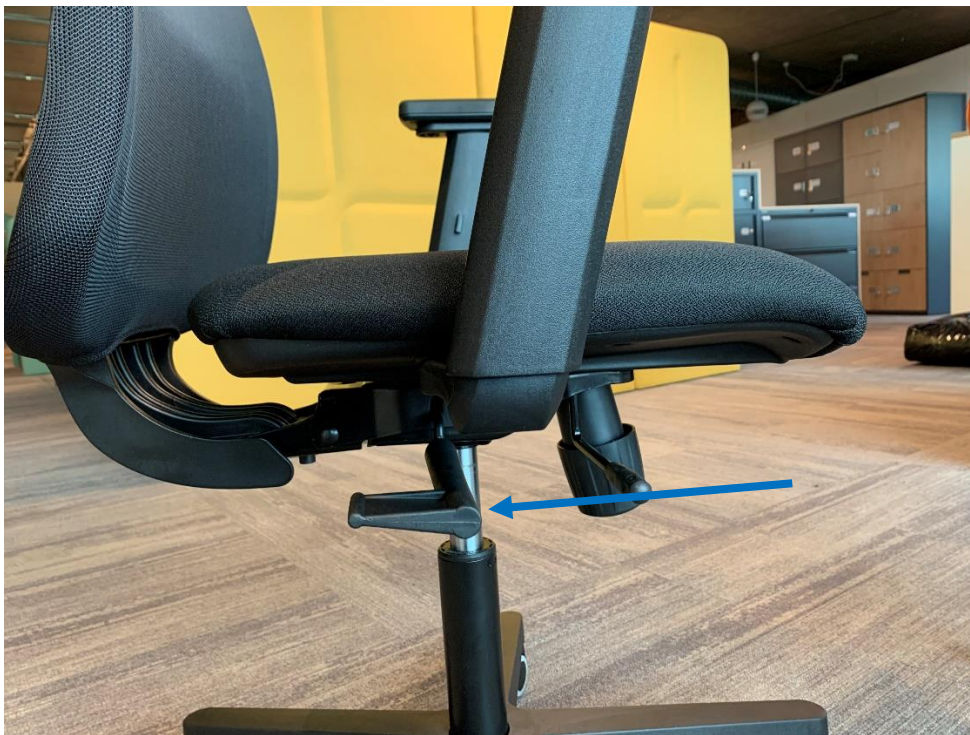
SEAT LEVERS

SEAT HEIGHT

To adjust the height of the seat of the chair, use the second lever on the right hand side of the seat (see [blue](#) arrow below).

To decrease, sit on the chair and swivel the appropriate lever (lift the tab-like end upward).

To increase, stand off the chair (ensuring there is no weight on the seat) and lift the appropriate lever (lift the tab-like end upward). Keep the lever lifted for the entire adjustment process.



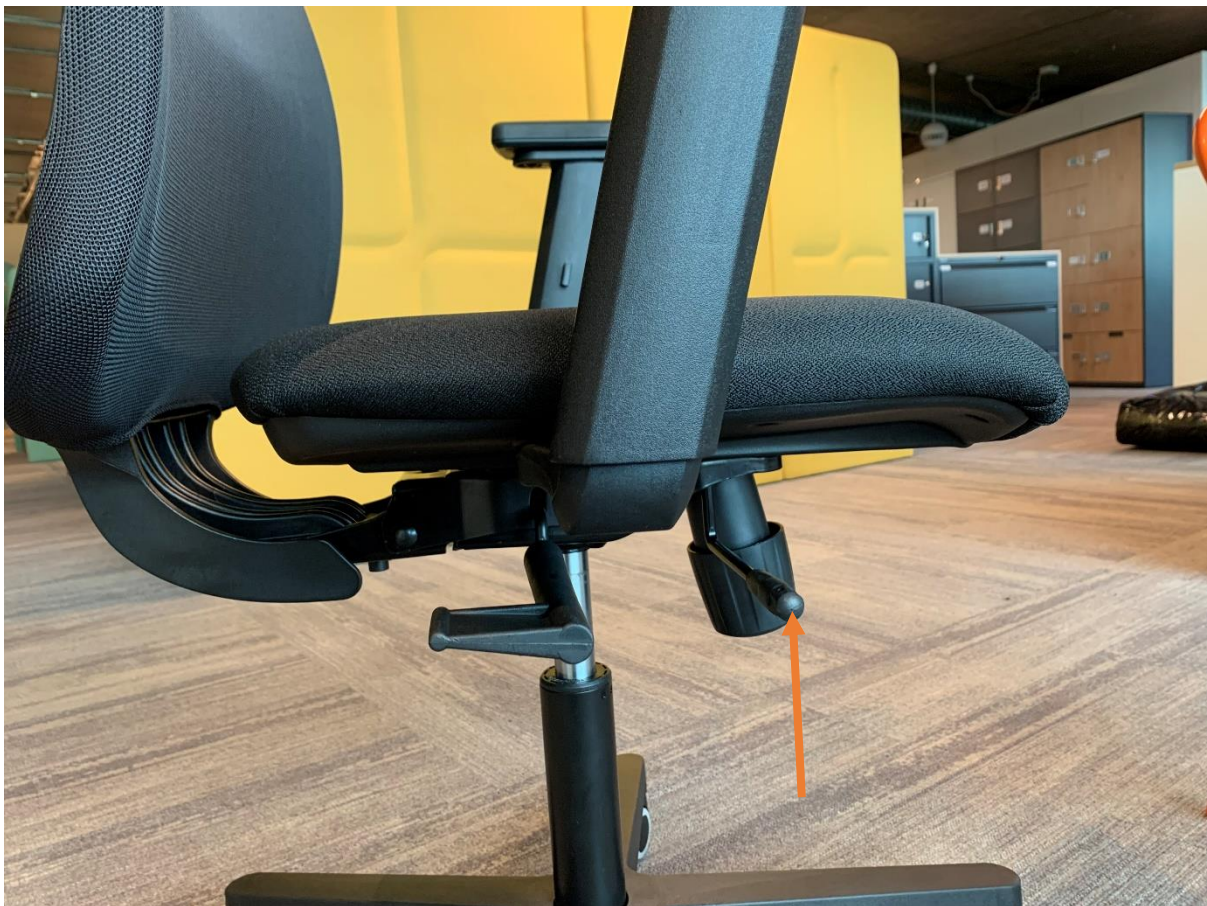
The angle of your legs to the ground with your feet flat on the floor should be just beyond 90 degrees.

SEAT DEPTH

To adjust the depth of the seat, use the lever on the left-hand side of the chair (see [orange arrow](#) below).

Simply lift the lever and 'scoot' (pull) forward or push backwards until desired depth is reached. Keep the lever lifted for the entire adjustment process, once it is dropped it'll lock the seat into place.

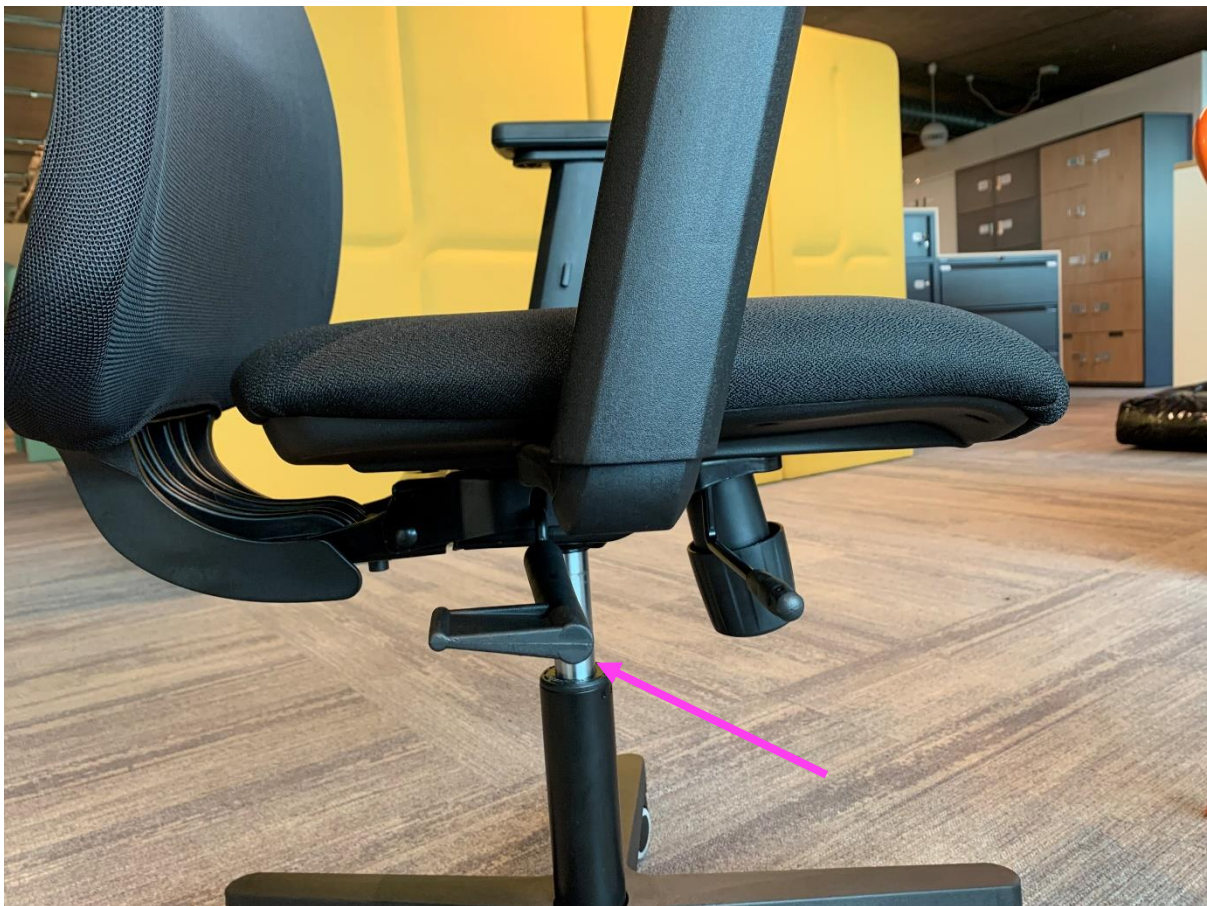
There should be roughly 3 fingers of a gap between the back of the knee and the front of the chair.



BACKREST ANGLE

To adjust the angle of the tilt of the backrest, use the second lever on the right hand side of the chair (see pink arrow below). You will need to pull the lever out to adjust the angle, and push it back in to lock in the position.

The backrest of the chair will tilt forward automatically once the lever is pulled, but you can adjust it backward by applying more pressure to the backrest (simple bodyweight is fine, just be gentle) until the correct tilt is achieved, then push the lever back in towards the chair.



ARMRESTS

To raise/lower the height of the armrests of this chair, simply press the small black button at the base of the armrest (see red circle in picture below).

Then, push/pull the armrests to the desired height.

The button does need to be held down the whole time, it can just be released when at the right height. There are fixed heights that the armrest will lock into, once the button is released.



To adjust the depth of the armrests, simply hold the top of the armrest and slide it backwards or forwards (see green arrow in photo above).

Your elbow/arm should be at a 90 degree angle to properly support your arms and shoulders.

TENSION ADJUSTMENT

To adjust the tension of the chair, use the knob underneath the seat (see white arrow below). There is a + / - sign on the knob itself to guide which direction you'll need to turn it in. The less weight on the chair, the less amount of tension you'll need applied. This is to provide better support and reduce the risk of injuries by falling off the chair.

