

# NEEMO

## User Guide

### HEADREST [OPTIONAL]

The headrest is height adjustable, and pivots forward and backward to find optimal comfort.

### BACK [MESH]

3-dimensional supportive mesh.

### LUMBAR

The lumbar is able to move up and down to create necessary lower back support.

### CASTERS

Standard black carpet casters, or optional hard surface casters.

### ARMS

To adjust the height, press the trigger at the front of the arm, adjust to desired height and release. Arm caps slide forward and back for forearm support.

### TILT TENSION + LOCK

For tension, adjust by turning tension knob clockwise to tighten and counterclockwise to loosen. To lock the recline of the backrest, lean back to the desired position, push the tilt lock lever down to lock in place. To release, pull the lever up to unlock.

### HEIGHT ADJUSTMENT

For desired seat height use the lever under the right side of the seat. To raise the seat, lift the lever up while taking your weight off the chair. To lower the seat, stay seated and lift the lever. Release the lever when you reach the desired height.

