

NOVAH®

FRASSO

Guide Book



**Armrest Adjustment:**

Press the button located on the outer side of the armrest and then lift or lower the armrest surface to your desired comfortable position.

**Seat height adjustment:**

Sit comfortably in the center of the chair. Locate and lift up the adjustment lever positioned beneath the right side of the seat cushion. While doing this, slightly lift your body or apply gentle downward pressure on the seat to adjust the height upwards or downwards accordingly.

**Backrest Reclining Adjustment:**

While seated, pull out the handle located at the lower left side of the seat to allow the chair to tilt back to its maximum angle.

Once you've reached a comfortable recline position for your backrest, push the handle inwards to lock it into one of five different tilt angles. To unlock the backrest from its locked position, simply pull the handle out again and gently lean backwards against the backrest to release the lock.

**Tension Control:**

Locate the tension control dial beneath the center of the seat cushion. Rotate this spring-loaded mechanism according to your body weight to adjust the resistance when reclining the backrest. To increase the tilt tension (making it harder for the chair to recline), turn the dial clockwise. Conversely, to decrease the tilt tension (allowing for easier reclining), turn the dial counterclockwise. Once you've found a comfortable level of tension, release the dial and test the adjustment.



**Tension Control:**

Pull out the tension control rod located beneath the right side of the seat cushion and rotate it while applying a slight rocking motion. Adjust the rod according to your body weight to set the desired level of resistance for the backrest tilt function. To increase the tilt tension (making it harder to recline), turn the rod clockwise; to decrease the tension (allowing for easier reclining), turn it counterclockwise. Once you've reached a comfortable setting, release the rod and it will automatically retract into its original position.

**Seat height adjustment:**

Sit comfortably and centered on the chair. Locate and lift up the adjustment lever positioned beneath the right side of the seat cushion. As you do this, gently rise or apply slight downward pressure to your body to help raise or lower the seat height accordingly. This action will allow you to adjust the seat height to a comfortable position that best suits your desk setup and posture needs.

**Seat depth adjustment:**

To adjust the seat depth, press down on the handle located beneath the right side of the seat cushion while sliding the seat forward or backward. Move it to a comfortable position that suits your leg length and posture preferences. Release the handle once you've reached the desired depth; this will lock the seat in place among five available depth settings.

If you need to return the seat to its initial position, simply press the handle down again, and the seat will automatically glide back to its starting point.

**Backrest Reclining****Adjustment:**

While seated and centered on the chair, pull down the handle located beneath the left side of the seat cushion to allow the chair to recline to its maximum angle. Once you've reached a comfortable tilt position for your backrest, lift up the handle to lock it into one of five different tilt angles.

To release the locked backrest and enable free tilting, push the handle upwards while applying slight pressure against the backrest as you lean back. This will disengage the lock and permit the backrest to tilt freely according to your body movements.