



1) Back Tilt

Why? It is important to allow your body to remain dynamic with the chair in its unlocked position, because a dynamic posture promotes good circulation and a healthy spine. The tension of the chair should be adjusted to suit your own weight so that your body moves freely and harmoniously with the chair rather than having to fight it.

How? To unlock the back of the chair and allow it to move with your body, pull up the paddle found under the left hand side of your seat. To adjust the tension to suit your own weight pull out the handle under the right hand side of the seat; rotate it forward to increase and back to decrease the tension.



2) Lumbar Support

Why? It is important that the chair gives you support through the whole of your back. To do this the lumbar support on the chair must be aligned with your own lumbar region.

How? Behind the mesh back rest sits the adjustable lumbar support. To adjust the position of the lumbar support use both hands to reach behind the seat and slide the lumbar rest up or down until it is in a suitable position.



3) Seat Height

Why? To keep your thighs parallel to the floor and your elbows at a similar height to the keyboard. This helps to maintain a healthy posture with good circulation.

How? Lift the paddle located under the right hand side of your seat whilst lifting your weight out of the chair to allow the seat to raise to the desired height. To lower the height, lift the paddle again leaving your body weight on the seat.



4) Seat Slide

Why? If your seat depth is too long you could compromise the circulation in your lower legs as well as being unable to make effective use of the back rest and will adopt a posture with a rounded spine. If it is too short, you will increase the pressure on your thighs. Ideally the front edge of the seat should be 5cm from the back of your calves.

How? Push the button on the right hand side of the seat. Keep your weight on the seat pad and move forward before releasing the button. If you push the button and take your weight off the seat it will return to the rear position.



5) Arm Pad Adjustment

Why? Forearms must be allowed to rest flat on the arm pads, allowing your shoulders to relax in order to eliminate some of the tension in your upper body.

How? Press in the buttons on the outside of the arm risers to raise and lower the arms. Ensure that both arm pads are the same height. The polished aluminium arm is available with a multi-functional arm pad which can slide forwards and backwards as well as rotating in and out.

Moneypenny's host of innovative design features, bespoke tooling and the integration of industry-leading adjustment mechanisms make this a chair that is setting new industry standards for ergonomics, comfort, durability and flexibility.