

LD 6220 | 6230 | 6240

LANAB  
A PART OF LANAB GROUP

Give yourself a few minutes with the setting of your work chair to get an individually adapted ergonomic chair.

When you set up your chair correctly, you have a compliant and supportive feeling that stimulates you to move. It gives a little extra energy to your work and the opportunity for a moment of relaxing rest if you want.



LD 62 | FREEFLOAT

LANAB GROUP:

[www.lanabgroup.se](http://www.lanabgroup.se)

**1. Seat height**

Pull the lever upwards and press down on the seat in order to lower the height. Remove weight from the seat in order to raise the height.

**2. Back height**

Push the backrest upwards to adjust the height of the back. Reset to default position by pushing the backrest all the way up to release the mechanism.

**3. Back lock**

Pull the lever upwards to unlock the backrest. Pull the lever down and lean against the backrest to recline the seat and back until you find the required position.

**4. Back resistance**

Pull the lever or knob out, turn clockwise to increase resistance and anticlockwise to decrease resistance. Once adjusted, the lever/knob automatically returns to its location.

**5. Seat depth**

Press down the lever under the seat, slide with the seat into the required position. Release the lever to lock in position.

**6. Seat tilt**

Rotate the lever clockwise to unlock the seat. Leave it free float or rotate the lever back and lock.