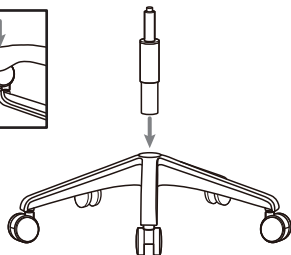
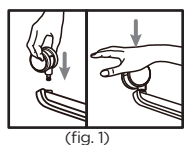
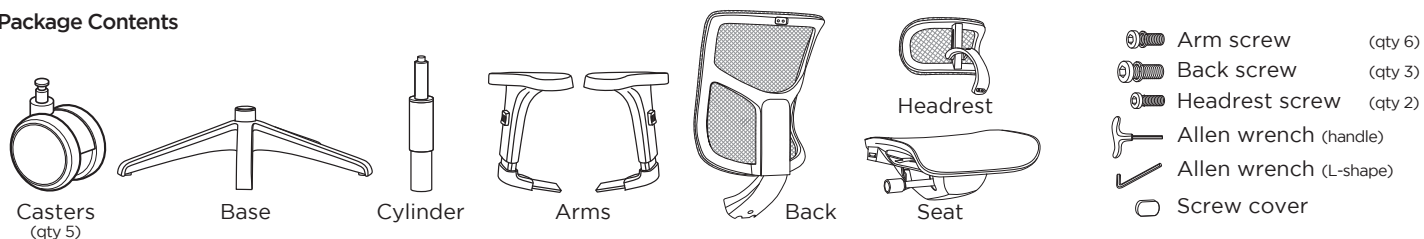


# UPLIFT DESK<sup>®</sup> J3™ Ergonomic Chair CHR456

## Package Contents



### Step 1

Insert the Casters into the holes on the Base, and press them firmly into the slots to secure them in place. (see figure 1)

Flip the Base, Casters down, onto the floor and insert the Cylinder into the Base.

Keep the Cylinder away from you to prevent you from getting oil on you or on your clothes.



### Step 2

Lower the Seat onto the Cylinder to secure it in place.



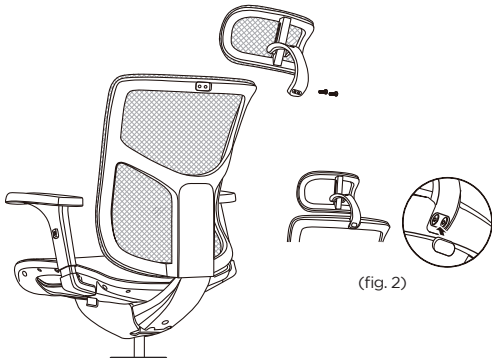
### Step 3

Attach the Arms to the Seat and screw into place using six (6) Arm screws and the Allen wrench.



### Step 4

Attach the Back to the Seat and screw into place using three (3) Back screws and the Allen wrench.

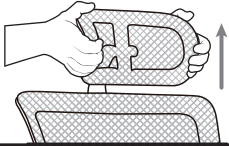


### Step 5

Attach the Headrest to the Back using two (2) Headrest screws and the L-Allen wrench.

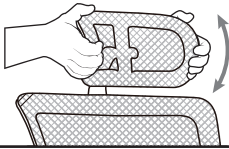
Place the Screw cover in the spot located at the top of the chair, covering the screws (see figure 2).

## Adjustment Guide



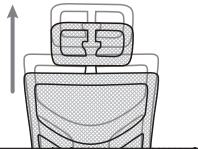
### Headrest Height

Hold the headrest firmly to lift or lower it to your desired height.



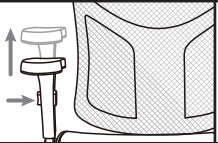
### Headrest Tilt

Hold the headrest firmly and adjust it at an upward or downward angle to the position where it's most comfortable.



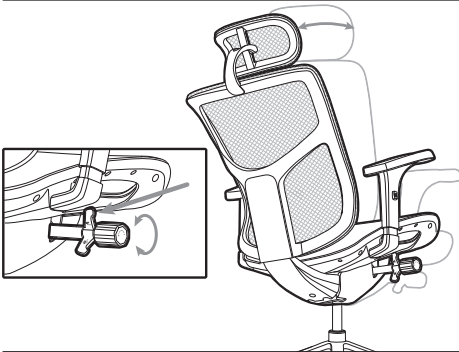
### Back Height

Hold the back firmly to lift or lower the back height to your desired height. There are 4 locking positions, with a height range of 2.4" (.6" per position).



### Arm Height

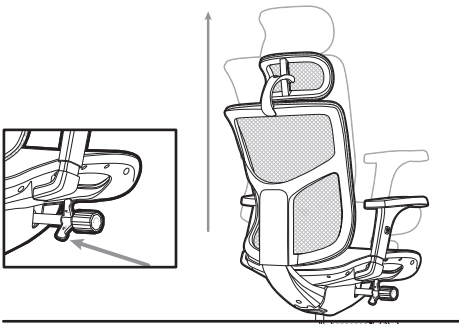
Press the button on each arm to unlock them, and move the armrests up and down. There are 6 locking positions, with a height range of 2.8" (.6" per position).



### Back Tilt Adjustment

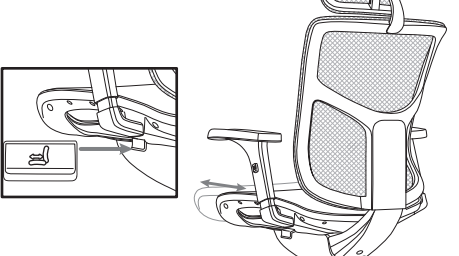
When the latch is UP, the back is locked. When it's pushed back, the back is unlocked. This allows the back to "free float" and recline to any position you wish within the chair's 22 degrees of recline.

If you prefer the back to be stationary, there are 4 preset locking positions in this mode. Simply recline the back to the desired position and flip the latch UP to lock into the nearest forward position. To unlock the back again or to change positions, flip the switch back and press back slightly to disengage the lock.



### Seat Height

To adjust the height of your seat higher or lower, squeeze the latch located underneath the seat. Sit on the seat to lower it and stand up to allow the seat to rise.



### Seat Depth

To adjust the depth of your seat, engage the tab located under the seat and slide the seat to your preferred position.



**CAUTION:** Read all instructions before assembly. Failure to assemble properly may result in product damage or injury.



**Copyright Notice:** These instructions are a component of the UPLIFT J3™ Ergonomic Chair. These instructions are part of the scope of delivery, even if the item is resold. These instructions are also available on the UPLIFT Desk website: [upliftdesk.com](http://upliftdesk.com). Excerpts or copies may not be forwarded to third parties or used in any other published form without the prior written consent of UPLIFT Desk. These instructions are subject to United States copyright law.