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# Basic Synchro (Q23) Mechanism Instructions



- ① **Tension Adjustment:**  
Turn the knob (under mechanism, not shown in photo) counter clockwise to increase the tension for more resistance, turn knob clockwise to decrease the tension for less resistance.
- ② **Tilt Lock Adjustment:**  
To engage upright tilt lock, push lever away from the mechanism. To disengage, push the lever toward the mechanism.
- ③ **Pneumatic Lift Adjustment:**  
Lift lever towards seat to activate height adjustment.
- ④ **Back Depth Adjustment:**  
The back is attached with a nut. Loosen nut to slide backrest rearward or forward to desired depth. Tightened nut.

All adjustments are made while seated.