



# E31 Mechanism Instructions



- ① **Tension Adjustment:**  
Turn the knob (under mechanism, slightly shown in photo) counter clockwise to increase the tension for more resistance, turn knob clockwise to decrease the tension for less resistance.
- ② **Pneumatic Lift Adjustment:**  
Lift lever towards seat to activate height adjustment.
- ③ **Tilt Lock Adjustment:**  
To engage upright tilt lock, push the lever toward the mechanism.  
To disengage, pull lever away from the mechanism.

All adjustments are made while seated.