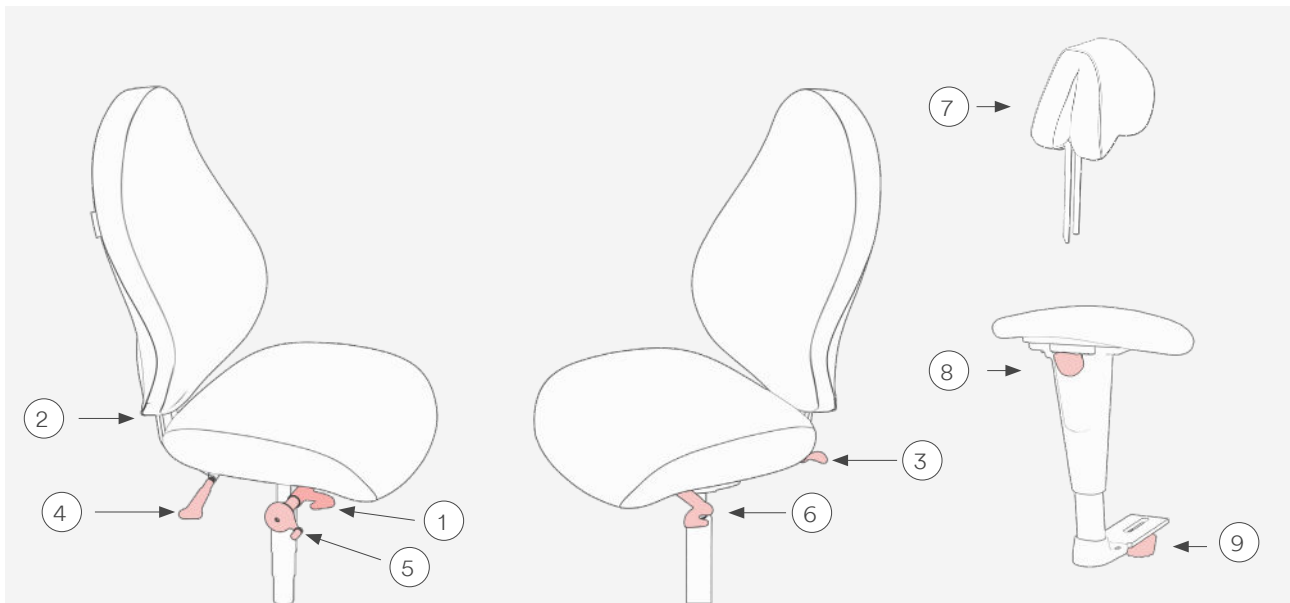


# How to set up Focus R7



**1/ Seat height.** Adjust the inner part of the lever to adjust the seat height. With your feet firmly on the floor, your knees should have less than a 90-degree angle.

**2/ Backrest height.** Adjust the height of the backrest by grabbing the lower part of the backrest with both hands. Pull the backrest up until the lumbar support match your spine curvature. A clicking sound is heard for each lock level. If it does not work well, pull the backrest to the top position and then down to the bottom to start again.

**3/ Seat depth.** Adjust the seat depth with the rear lever on the left-hand side. Slide until you find a position where your back is getting full support of the backrest. There should be few centimetres between the front of the seat and your legs, to allow for good blood circulation.

**4/ Backrest angle.** Adjust the backrest angle with the rear lever on the right-hand side. Push your back against the backrest and set the angle to a slight backwards lean.

**5/ Tension control.** Adjust the tension of the tilt mechanism with the outer part of the lever so that the chair follows and supports your natural movements.

**6/ Tilt lock.** You can lock and unlock the tilt function with the front lever on the left-hand side. We recommend that you have the tilt function unlocked, to get the best support.

**7/ Neckrest. (Optional)** Adjust the neckrest to support your neck.

**8-9/ Armrests. (Optional)** Adjust the height of the armrests to give support in a leaned back position. Adjust the width of the armrests with the knob under the armrest.

See detailed instruction movies on how to set up your chair at [www.malmstolen.se](http://www.malmstolen.se)

**Don't hesitate to contact us with any questions!**

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