

SOMAVENTURE™ Chair adjustment instructions

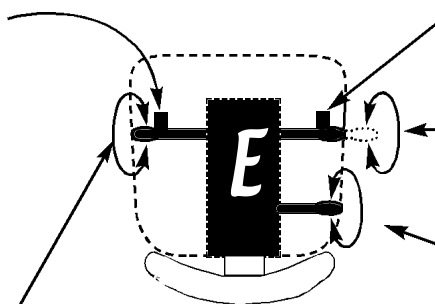
You are about to experience the comfort & support that only a SomaChair™ can give with it's innovative Open-System real ergonomic design. SomaChairs, like the Venture™ model that you have, are designed with features like our Cut-Away™ backrests to simultaneously hold you while supporting you in a more healthful movement-promoting open natural posture so you can enjoy years of enhanced comfort, health and performance. So enjoy and thanks for choosing Soma.

How to Adjust a V Mechanism

6. Seat Depth – pull up on lever to release the seat slider. Then move seat forward or back to adjust seat length/depth by scooting yourself forward or back. Tip: It is easier to do if you put your feet on the chair base.

2. Recline lock – To unlock, grab and twist knob till you hear a click then lean back to disengage lock. Then you'll be able to rock freely. In this mode the seat and backrest both move. With the V mechanism the seat and backrest move in a synchronized relationship so that the back angle opens up more as you recline more. If it is too hard or too easy to recline go to step 3 to adjust tension.

You can leave the chair in free float or twist knob in the opposite direction to lock in any of 7 positions. It is recommended that you lock the chair part of the time so your muscles can fully relax and unlock it part of the time so your joints can move. This balance of movement and fixed support provides the best comfort, health, injury prevention and performance enhancement benefits for you now and in the long term.



1. Seat Height – To lower the seat, pull up on lever while sitting centered on the seat. To raise the seat, pull up on lever while taking your weight off the seat.

3. Seat Tilt Tension – Pull knob out to the side then to increase tension twist clockwise, to decrease tension twist counter clockwise. Then push back in.

4. Backrest Angle – To fine tune the backrest angle, twist the knob clockwise or counterclockwise. This will cause the backrest to angle forward or recline back more.

5. Backrest Height – To raise or lower the back rest while seated reach back and grab the bottom center of the back rest with both hands and pull it up slowly one click at a time. When you get to the top the backrest will drop back down to its lowest point. Then you can repeat the process the raise the back height if you missed it the first time or want to change it again.