

# Zilo User Guide



**tilt control**  
2 position locking mechanism



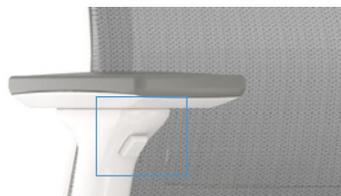
**tension adjuster**  
Turn knob to adjust resistance to body weight



**seat slider**  
Pull button to adjust seat slider (forward and back)



**height adjustment**  
Use handle to control height adjustment



**3-way adjustable arm rests**  
(forward/back, side-to-side, up and down)

## Features

- Pneumatic height adjustment
- 3-way Adjustable Arm Rest or Fixed Loop Arms
- Full Syncro Mechanism with Tension Adjuster
- 2 Position Lock with Sliding Seat Mechanism
- Adjustable Lumbar Support
- Removable/washable seat covers



## Proper Posture in Zilo

Sit fully back in the chair keeping body weight fully on the seat will stabilize and prevent tilting forward out of the chair