

# SETTING UP JET.III CORRECTLY CHECKLIST



1. First set the **gas spring to the correct height**.  
Set the seat height so that your thighs form an angle of approx. 90° with your lower legs. Your feet should be flat on the floor.
2. Set the **backrest counter-pressure**.  
Sit upright so that your upper body forms an angle of approx. 90° with your thighs. Adjust the synchro mechanism return force so that the backrest follows and supports your movements while you sit dynamically.
3. Adjust the **backrest so that it's the right height** for you.  
We recommend that the upper edge of the backrest is level with your collarbone.
4. Now you can adjust the **lumbar support in height and depth** to suit your personal preferences. The lumbar support should be at the height of your pelvic ridge, approximately where your belt would be.
5. Now bend your arms to a 90° angle. Push the **armrest** up against your arm. It should be at about the same height as the desk.
6. Now set the **seat depth** so that you can fit 2-3 fingers between the front edge of the seat and the back of your knee.
7. To adjust the **two-position seat and backrest tilt**, the best way is to bring the lever up fully so that you benefit from the full potential. Keep your feet firmly on the ground while you do this. You should sit upright with your feet firmly on the ground.
8. Keep the lever in the lowest position **to lock the backrest** so that the opening angle of 27° is used optimally.

