

The lumbar supports the lower back and helps with posture. Positioning it in just the right place makes for a comfortable sit. On Novo, the lumbar can be adjusted from a standing or seated position. And once adjusted, the lumbar doesn't need to be re-adjusted unless someone else uses the chair and personalizes the position.

### ADJUSTING NOVO WHILE STANDING

The lumbar can be moved up or down by raising or pressing down with both hands while standing behind the chair.

Test the chair first and think if you would prefer the lumbar pad to be higher or lower than the current position.

Move behind the chair and:

1. Place your fingers where the **black arrows** are shown to raise the lumbar.
2. Place your fingers or thumbs where the **blue arrows** are shown to lower the lumbar.
3. Adjust the lumbar up or down based on your preference.



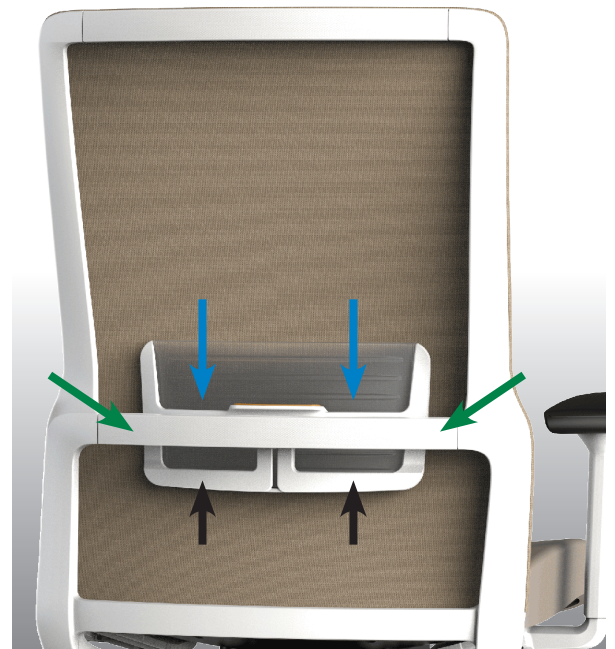
### ADJUSTING NOVO WHILE SEATED\*

Test the chair first and think if you would prefer the lumbar pad to be higher and lower than the current position.

The horizontal frame (**green arrow**) can be used as a support for the palm while adjusting the chair.

Move slightly forward so that your back is not touching the backrest and:

1. Reach behind with both hands and position your fingertips where indicated by the **black arrows** and push up to raise the lumbar.
2. Reach behind with both hands and position your fingertips where indicated by the **blue arrows** are shown to lower the lumbar. Press down to lower the lumbar pad.



*\*Depending on height and mobility, adjusting the lumbar while standing may be more comfortable.*