

# STOP ! :

## Before you sit on the Dynamic® , you must adjust **3 Important Knobs.**

The turning knob for the weight adjustment, Nr. 4 needs to be set in it's highest position , on the scale at # 1.

1. Please make sure, that the turning knob Nr. 3 has been turned loose ( counter clockwise) at it's most outward position. (The back support is now complete backwards)
2. Place the position of the turning knob Nr. 2 approximately two fingertips down from the top edge of highest position.



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3. Please sit down on the seat ( against the end of the edge on the seat) adjust with the side handle Nr. 1 your sitting height. The height of the back of your knee should be 10 to 20 cm lower than your hips .

### Important !!

Now adjust turning knob Nr. 4 on the front, under the seat:

- a. Turn the adjustment knob Nr. 4 loose , slight the knob two or three notches down the graduated scale and then turn the knob tight again. *In the active sitting position* the saddle must lean forward. If this does not happen, or partially happen, slight the knob Nr. 4 more downwards.
- b. If the turning knob Nr. 4 is set too much downwards, then the Dynamic® is adjusted to heavy. The saddle won't sink downwards enough in its *passive sitting position* and the back support won't sink in deep enough in the hollow of your back. In this case the turning Nr. 4 must be slighted upwards the graduated scale .



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