HAWORTH

Zody II

Seating Adjustment



Zody II is designed for all the ways you work. Easy adjustments give you control over your own comfort, to ensure ergonomic support for any posture you choose throughout the day.





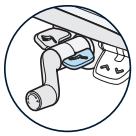
Zody II

Right-Side Controls



Seat Height
Lets you adjust the chair to properly position your body at the worksurface and maintain proper blood flow in your legs. Seat height should be adjusted to allow your legs to maintain a 90-degree angle to the floor or footrest.

Pull up on the lever and raise your body out of the chair to increase seat height. Stay in the chair and pull up on the lever to decrease seat height.



Forward Tilt
Enables you to vary your posture throughout the day by changing the curve of your spine.

Push down on the lever. Recline just until you hear a click, then lean forward. Pull up on the lever and lean back to release forward tilt.



Tilt Tension
Regulates the amount of resistance you feel when leaning back in the chair, and the effort required to recline backward. You accomplish multiple tasks throughout the day—the tension control helps you stay comfortable.

Turn the crank forward to increase tension; backward to decrease.



Multi-Position Back Stop
Lets you select an upright position or limit the amount of recline. We all come in different shapes and sizes—with different comfort needs. Multiple positions in the back stop let you adjust the chair to fit your body.

Rotate the lever forward to engage; rotate backward to disengage.

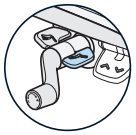


Zody II

Dual Posture

Advanced Forward Tilt + Elevated Seat Height

Models with dual posture enable a greater degree of forward tilt to provide spinal alignment and support for the "perching" posture between sitting and standing. This posture offers an alternative to standing or having to use another chair when you increase the height of your worksurface.



1. Advanced Forward Tilt

Engage advanced forward tilt by pushing down on the forward tilt lever on the right side of the chair. Recline just until you hear a click, then lean forward.



2. Elevated Seat Height

Raise seat height by pulling up on seat height adjustment lever on the right side of the chair while raising your body out of the chair.

To disengage dual posture, first pull up on the seat height adjustment lever to lower seat height. Then, pull up on the forward tilt lever and lean back to release forward tilt.



Zody II

Left-Side & Back Controls



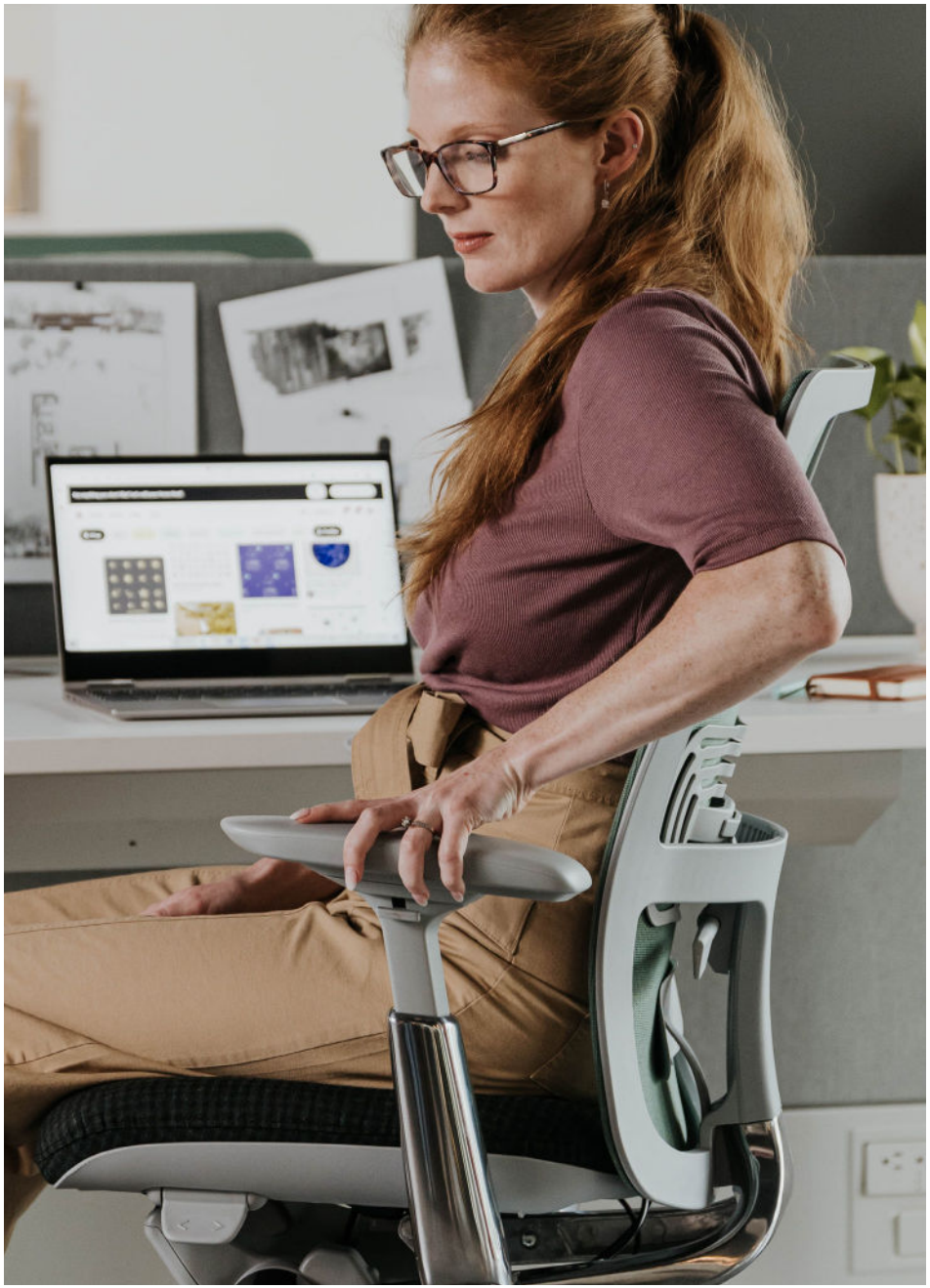
Seat Depth
Helps you sit back far enough in the chair to use the backrest without creating pressure behind the knees. With a full 3" of seat depth you have lots of room to adjust, so blood flow to your legs isn't restricted and you stay alert.

Pull up and slide the seat forward to lengthen, or backward to shorten. A minimum of two fingers should fit between the back of your calf and the front of the seat.



Asymmetrical Lumbar Support
Maintains the lumbar curvature (lordosis) that occurs naturally in the spine of the lower back. Lumbar support reduces pressure between the vertebrae, which is important for a healthy back.

Pull the lumbar support up or push down to adjust the height. Rotate the handles up to increase and down to decrease the amount of support. The handles can also be adjusted independently to achieve varying amounts of support on each side of the back.



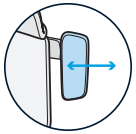
Zody II

Arm Controls



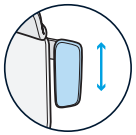
Arm Height
Supports the musculature of the neck and shoulders when set properly. Your arms are approximately 10% of your body weight, so it's important you adjust the armrest height to take weight off your shoulders and limit fatigue.

Pull up on lever and slide the armrest up or down as needed.



Arm Side to Side
Helps you move the armrest closer to or further away from the body in order to align with shoulder width.

Grasp the armrest cap and move it closer to body or further away as needed.



Arm Front to Back
Lets you get close enough to a worksurface to perform tasks while maintaining proper support from the backrest.

Grasp the armrest cap and move it forward or backward as needed.



Arm Pivot
Gives you additional flexibility to angle the armrests for the task you're performing while still providing proper forearm support.

Grasp the armrest cap and rotate the front of the armrest toward or away from your body as needed.

See Zody II in Action

Watch the Zody II adjustment video at haworth.com.

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