



*freedom*<sup>®</sup>

High-Performance Task Seating

## Welcome to Freedom



*YOUR FREEDOM CHAIR IS THE MOST ADVANCED TASK CHAIR AVAILABLE ANYWHERE. I DESIGNED IT TO PROVIDE SUPERIOR SUPPORT FOR THE INHERENT STRESS OF SEATED COMPUTER USE. FREEDOM IS VIRTUALLY FREE OF DAY-TO-DAY MANUAL ADJUSTMENTS, AND PROVIDES AUTOMATIC RECLINE RESISTANCE APPROPRIATE FOR YOUR SIZE AND WEIGHT. WITH NO CONTROLS OR ADJUSTMENTS TO INTERRUPT WORKFLOW, YOU CAN CONCENTRATE ON YOUR TASK IN COMFORT AND WITHOUT INTERRUPTION. REMEMBER, COMFORT IS ABSENCE OF STRESS, AND FREEDOM IS DEDICATED TO THIS OBJECTIVE. YOU HAVE TAKEN AN IMPORTANT STEP TOWARD WORKING HEALTHIER.*

*SINCERELY,  
NIELS DIFFRIENT*



## Adjusting Freedom

So advanced  
it's simple.

### **Recline Tension**

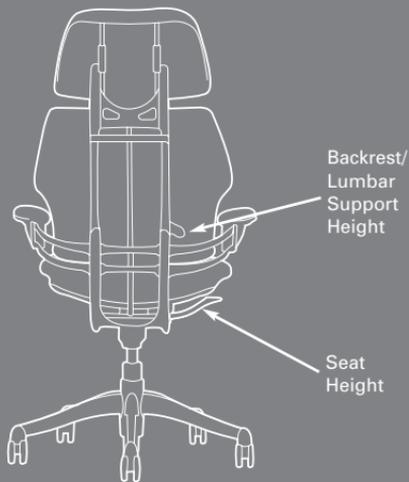
Freedom utilizes a sophisticated mechanism that automatically adjusts recline tension to match your body weight. To set recline tension, all you have to do is sit. For better health, minimize static postures by changing recline positions often.

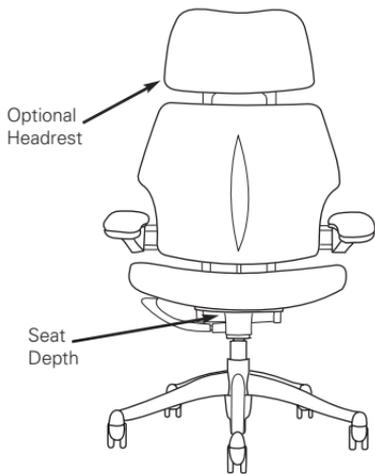
### **Backrest/Lumbar Support Height**

While seated, grasp backrest with both hands on lower corners. Squeeze handle at right with fingertips and move backrest to most comfortable height.

### **Seat Height**

Lift up on lever under right side of seat cushion and position chair to a comfortable height with your thighs parallel to the floor and your feet fully supported by the floor or footrest. Release lever.





Optional  
Headrest

Seat  
Depth

### **Seat Depth**

Lift up on lever under forward edge of seat and slide seat to a position such that when you're sitting with your back fully against the backrest, there are 2 – 4 inches of clearance between the front edge of the seat and the back of your knee. Release lever.

Freedom was designed to support 90% of users in an infinite number of seated postures. In fact, it's so advanced that it actually responds to the way you work and move—automatically.

Once you fit the chair to your unique body size, no further manual adjustments are required.

### **Optional Headrest**

Grasp headrest with both hands and move to desired position. The dynamic, position-sensitive headrest cradles your head and neck as you recline, and moves out of the way when you sit upright automatically.

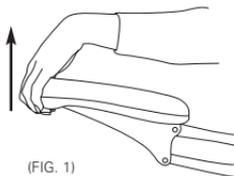
# Adjusting Armrests

## Synchronous Armrests

Freedom's body-friendly gel armrests move up and down together and stay with you during recline, always keeping you in supported balance. Both of the gel-cushioned armrests can be adjusted synchronously without touching any release buttons. Lower them all the way for close desk work.

### To Raise (FIG. 1)

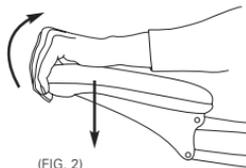
Gently pull upward on the armrests and raise to desired position. They will automatically lock in place when released.



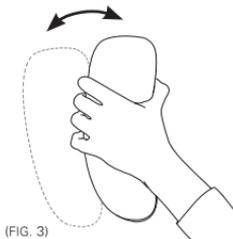
(FIG. 1)

### To Lower (FIG. 2)

Place hand on armrest as pictured and rotate wrist toward you to disengage. Lower to desired position. The armrests will automatically lock in place when released.



(FIG. 2)



(FIG. 3)

### Advanced Armrests (Optional) (FIG. 3)

Push the inside of the armrest outward (or away from the body) in a lateral motion. The armrest will automatically remain in the position you last put it in, without the use of a button.

Creating a more  
comfortable place  
to work



Limited Lifetime Warranty

For warranty information, see terms and conditions.

[www.humanscale.com](http://www.humanscale.com)

# Humanscale and the Environment

Freedom was designed to have a minimal impact on our environment. It is lighter in weight and made from significantly fewer parts than most chairs in its class, which means that less material and fewer manufacturing processes are used in its creation.

*Humanscale. Human-kind. Earth-friendly.*