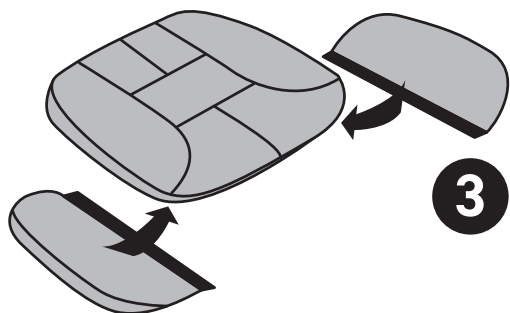
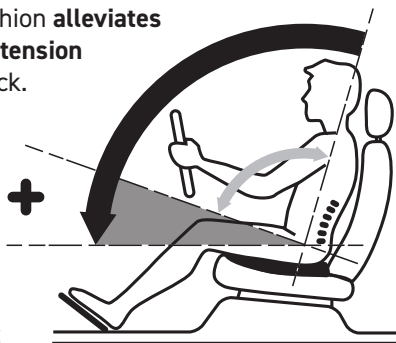


## INSTRUCTIONS FOR USE

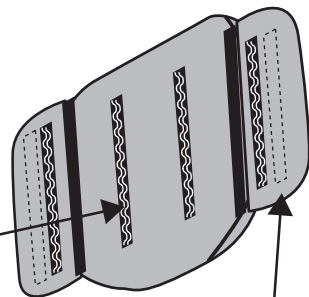
The shape of the cushion **alleviates nerve and muscular tension** at the base of the back.

**1** Place the cushion in the seat.

**2** **Settle down...** and if your seat can be adjusted in height look for the right position. (viewing angle – support on the pedals – well-being...)



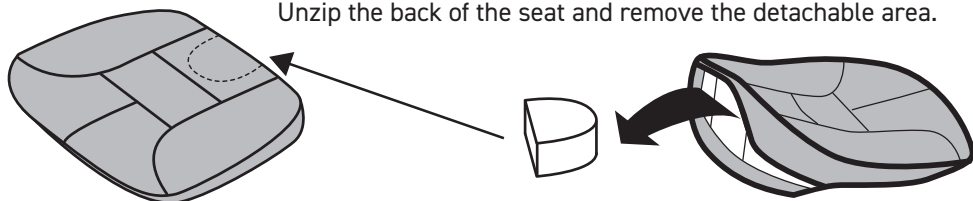
**3** Then, adjust the side cushions. Since they are fixed from below, you need to **come out of the seat**, adjust them and reinstall yourself to appreciate the new setting.



The non-slip strips limit slippage.

The cushions are removable and washable (30°C). Take care with the hook fastening areas which can cause damage to other materials.

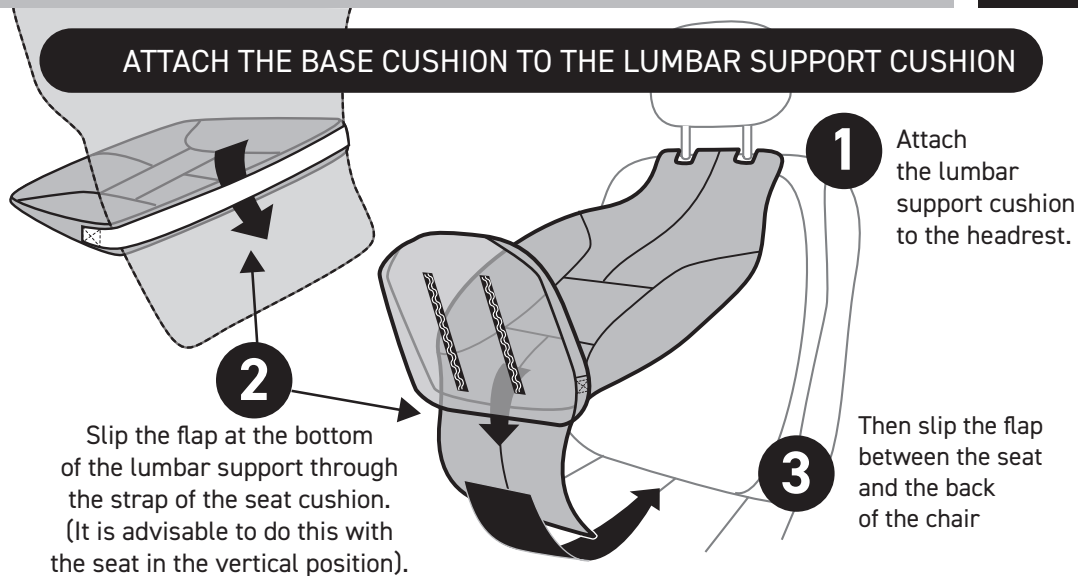
**To relieve any unwanted pressure on the coccyx:** Unzip the back of the seat and remove the detachable area.



**2 YEARS WARRANTY**

warranty@adjust.fr

## ATTACH THE BASE CUSHION TO THE LUMBAR SUPPORT CUSHION



Slip the flap at the bottom of the lumbar support through the strap of the seat cushion. (It is advisable to do this with the seat in the vertical position).

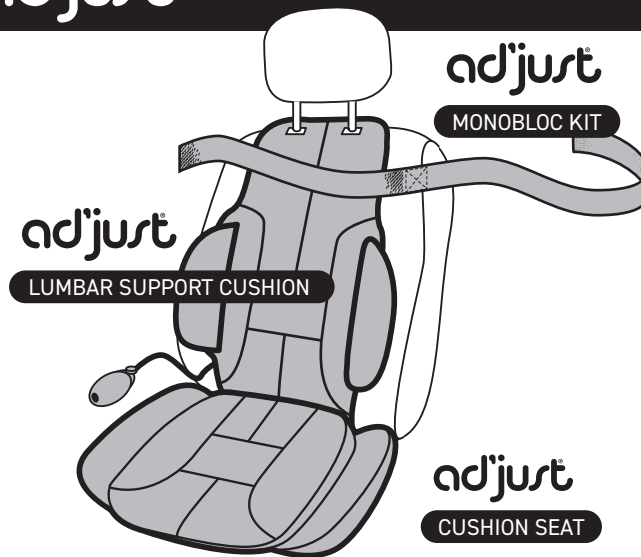
## ALL PRODUCTS **adjust**



**LUMBAR SUPPORT CUSHION**  
Lumbar and lateral support

**MONOBLOC KIT**  
Kit for assembling the lumbar support cushion on a monobloc seat

**SEAT CUSHION**  
Adjust the angle of the back / leg base to alleviate tension



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www.adjust.fr/youtube

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