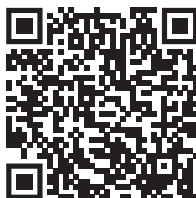


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Watch the installation video.
<https://atlasheadrest.com/pages/installation-embody-chair>



Scan for installation video

Locate the 3/16" allen wrench in the hardware bag. Don't use a metric allen wrench. Take blue tape off from chair mount, loosen screws to split mount in two. Keep screws in smaller part. Long screw goes on top, short on bottom.

Place main arm on chair and mate smaller part. Squeeze together and tighten screw.

Start with bottom screw, align as needed. Ensure screws are aligned to avoid cross threading. If needed, ask someone to help hold assembly.

To assemble the cushion to the arm mechanism, find the two screws in the hardware bag. Position the headrest onto the arm mechanism, install two screws and firmly tighten with allen wrench.

Vertical headrest tension is factory set. To increase desired tension, turn screw on inside of arm clockwise. To decrease tension, turn counterclockwise

Horizontal headrest tension is also preset. To increase tension, turn knob at bottom of arm clockwise. To decrease tension, turn counterclockwise. **Use allen wrench in center of knob for additional leverage.**

Test headrest for secure attachment and proper adjustment. Adjust if necessary for secure attachment before use. **Retain your allen wrench for future use.**

Install Zone

