



Driving Position Adjustment



If the controls are fixed but the armrest is adjustable, adjust its height and angle to minimize wrist deviation



1 **Seat Depth and Tilt:**

Find the ideal balance between:

- Leave a 2- to 3-finger gap between the edge of the seat and the back of the knee;
- Keep the seat tilt to a minimum.

2 **Seat Height:**

Adjust the seat height so that your thighs are parallel to the floor.

3 **Backrest Angle:**

Adjust the backrest to an angle between 95° and 110°.

4 **Fore-aft seat adjustment:**

Maintain a knee angle between 95° and 135° when operating the pedals.

6 **Suspension:**

Adjust the seat suspension travel according to your body type and comfort.

7 **Lumbar Support:**

Adjust the lumbar support for comfort. It should provide support without putting pressure on the lower back.

5 **Armrests and Controls:**

Find the ideal position based on the available adjustment options:

- Adjust the height so that your forearms are supported, your elbows are at approximately 90°, and your shoulders are relaxed.
- Adjust the horizontal position of the controls so that you can keep your elbows close to your body and your upper arms at an angle of less than 30° when operating the controls.
- Adjust the angle and spacing of the armrests to keep your shoulders relaxed and your elbows close to your body.
- If the controls are fixed but the armrest is adjustable, adjust its height and angle to minimize wrist deviation.

8 **Headrest:**

Adjust the headrest height so that your eyes are level with the center of the headrest.