



Steelcase

# Amia™



**Meet the newest member of your team.** It won't take long for Amia to start pulling its weight...and yours. Amia is designed to handle long hours of sitting, which is handy during those all-nighters. Tucked away inside its backrest is its LiveLumbar™ technology; a system of flexors that contour to fit your spine for continuous lower back support. The seat also contours to you, while a flexible seat edge relieves pressure on your legs. Consider Amia a valued member of your team...even if it doesn't go to team lunches.

## LiveLumbar™ height

Grasp both handles and slide up or down for custom support that flexes with your back.

## Height/Width/Pivot/Depth Adjustable arms

Lift button under arm caps to adjust height. To adjust arm cap position, grasp arm caps and slide in any direction. Your elbows should stay close to your sides keeping your wrists straight.

## Back lock

To lock backrest in upright position, lean forward and flip lever down. Flip lever up to unlock for full-range motion.

## Seat height

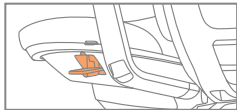
To raise chair, lift your body weight and hold lever up. To lower chair, remain seated and hold lever up.

## Back tension

Turn the knob forward for more resistance and backward for less resistance. Adjust tension to your preference to help maintain your back's natural curve.

## Seat depth

Lift the lever and hold, slide seat forward or back, and release lever to lock. Allow 2"-3" of space between the back of your knees and the seat edge.



**Amia earned Gold Cradle to Cradle™ Certification and is up to 97% recyclable.**