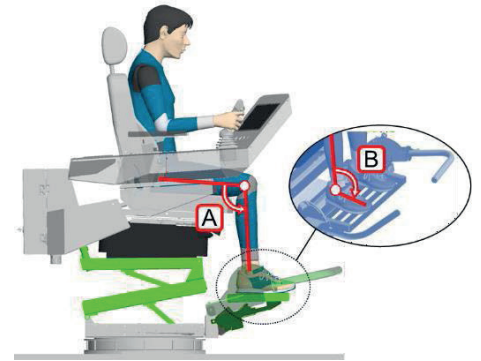


## Recommended setting order FSMMD Ultra SITTING UPRIGHT (visual targets at eye level)

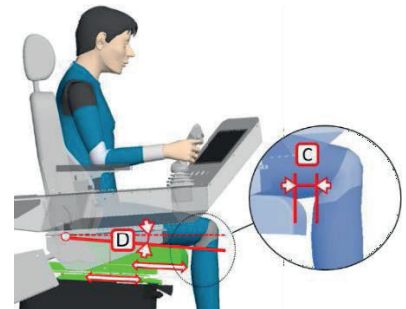
**1** Sit down on the seat.  
The head is upright, the view is free straight ahead.

**2** Adjust to the correct seat height.  
The seat height is correctly adjusted when the angle between the upper and lower leg is between 90° and 110° (if the bullhorns are used, up to 135° is acceptable). (A)  
The feet should be in full contact with the footrest.  
The inclination of the footrest should be set so that the angle between the foot and the lower leg is approx. 90°. (B)

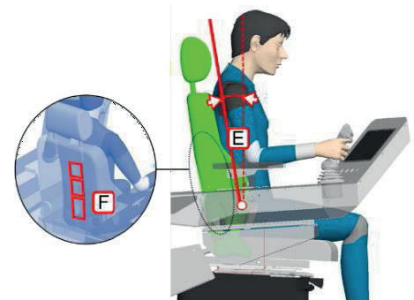


**3** Adjust the seat cushion depth to the correct length.  
There should be approx. 3 cm to 5 cm space between the back of the knee and the edge of the seat cushion. (C)

**4** Adjust the seat cushion inclination correctly.  
The inclination of the seat cushion to the horizontal should be between 0° and 10°. (D)

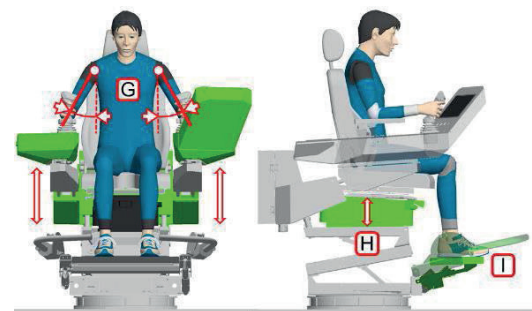


**5** Adjust the backrest and lumbar support properly.  
The upper body should be inclined approx. 10° backwards and fully supported by the backrest. (E)  
The lumbar support should be adjusted so that the most curved surface is approximately at belt level. (F)



**6** Adjust the arm brackets to the correct height.  
The height is set correctly when the upper arm is spread 0° to 20° from the upper body. (G)  
An angle of up to 60° is acceptable if the forearms can be placed completely on the arm pads.

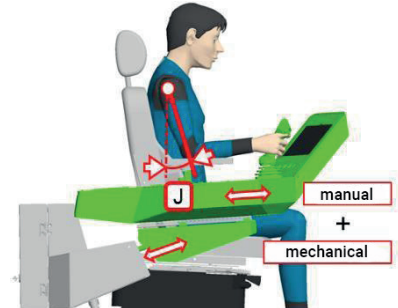
**6b** If the arm consoles cannot be lowered far enough to achieve an ergonomic posture for the upper arms, adjust the seat height using the seat pneumatics. (H)  
Subsequently, the footrest height may also have to be readjusted. (I)



7

**Adjust the arm brackets to your arm length using the longitudinal adjustment.**

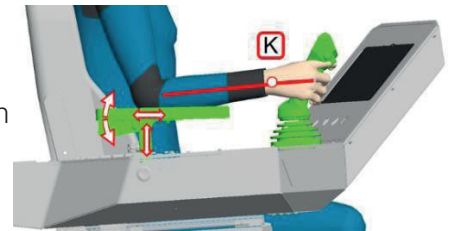
To do this, grip the joystick in the zero position. The upper arm flexion should be between 0° and 20° in relation to the upper body axis. (J)



8

**If necessary, adjust the height, inclination and longitudinal displacement of the arm pad.**

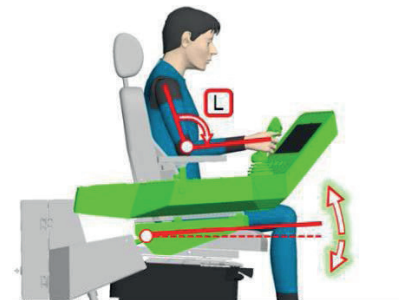
The height is correctly set when the wrist is aligned with the forearm when the joystick is gripped. (K)  
Avoid strong bending or twisting of the wrist!!!



9

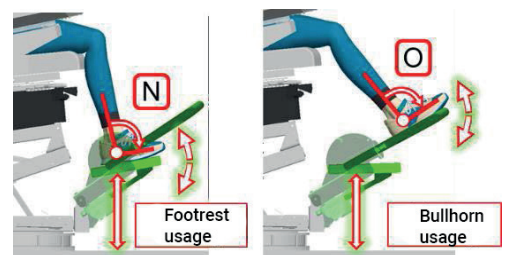
**Adjust the arm console tilt.**

The inclination is correctly set when the angle between the upper and lower arm is between 80° to 120°. (L)



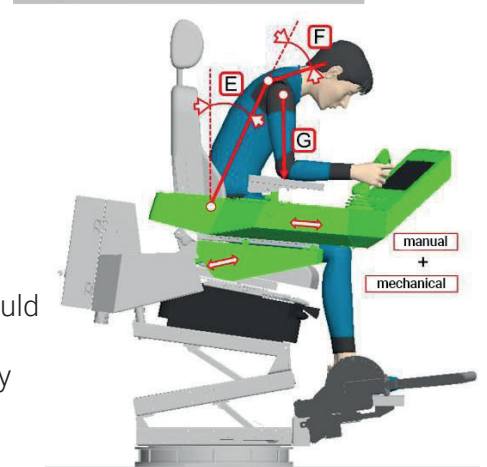
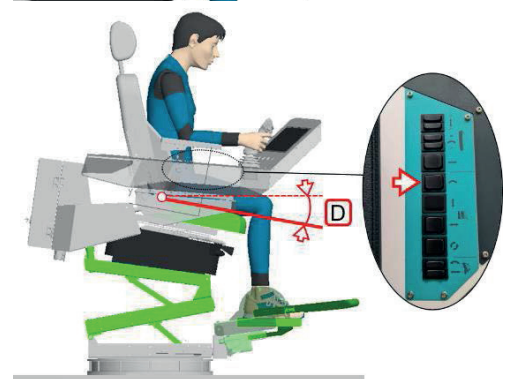
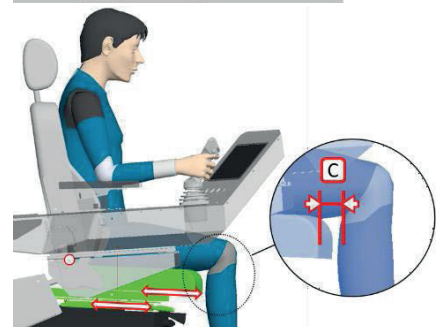
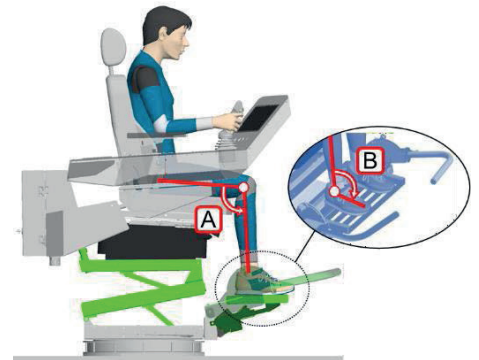
## Recommended setting order FSMMD Ultra SITTING BACK (vision targets overhead)

- 1 Sit down on the seat.  
The head is upright, the view is free straight out.
- 2 Adjust the seat as described in „Sitting upright“ No. 2 to 9.  
(A) to (L) see recommendation for sitting upright.
- 3 Pivot the entire FSMMD backwards using the corresponding function.  
More than 30° backward inclination should be avoided in the long run. (M)
- 4 Adjust the footrest height and inclination or alternatively the bullhorns.  
The feet should have full contact with the footrest. The inclination of the footrest should be adjusted so that the angle between the foot and lower leg is approx. 90°. (N) (O)



## Recommended setting order FSMMD Ultra FORWARD SITTING (visual targets below)

- 1** **Sit down on the seat.**  
The head is upright, the view is free straight out.
- 2** **Adjust to the correct seat height.**  
The seat height is correctly adjusted when the angle between the upper and lower leg is between 90° and 110° (if the bullhorns are used, up to 135° is acceptable). (A)  
The feet should be in full contact with the footrest. The angle of the footrest should be adjusted so that the angle between the foot and lower leg is approximately 90°. (B)
- 3** **Adjust the seat cushion depth to the correct length.**  
There should be approx. 3 cm to 5 cm space between the back of the knee and the edge of the seat cushion. (C)
- 4** **Adjust the seat cushion inclination correctly.**  
To do this, swivel the entire control station (including arm consoles) forward using the corresponding function.  
The inclination to the horizontal should be between 10° and 20°. (D)
- 5** **Assume a forward-leaning upper body position.**  
The upper body should be bent forward approx. 20° to max. 40°. (E)  
The head should be aligned with the upper body (0° flexion).  
Depending on the visual goal, a head tilt of up to approx. 20° is acceptable. (F)
- 6** **Adjust the arm brackets to fit your arm length.**  
To do this, grip the joystick in the zero position. The upper arms should point vertically downwards. (G) Alternatively, an upper arm position parallel to the upper body axis is possible if the forearms can be fully supported.



7

**Adjust the arm brackets to the correct height.**

The height is set correctly when the upper arm is spread 0° to 20° from the upper body. (H)

An angle of up to 60° is acceptable if the forearms can be fully rested on the arm pads.



7b

If the arm consoles cannot be lowered far enough to achieve an ergonomic posture for the upper arms, use the seat pneumatics to adjust the seat height. (I)

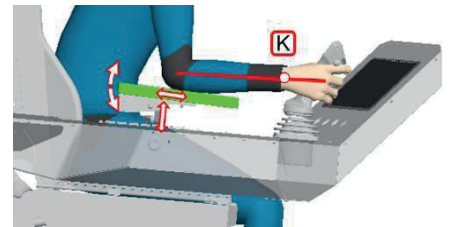
Subsequently, the footrest height may also need to be readjusted. (J)

8

**If necessary, adjust the height, inclination and longitudinal displacement of the arm pad.**

The height is correctly set when the wrist is aligned with the forearm when the joystick is gripped. (K)

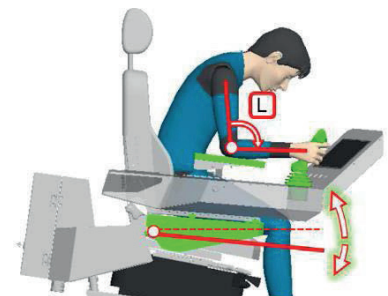
Avoid strong bending or twisting of the wrist!



9

**Adjust the arm console inclination.**

The inclination is set correctly when the angle between the upper and lower arm is between 80° to 120°. (L)



## Recommended setting order FSMMD Ultra FORWARD SITTING (visual targets below)

# 1

### Stand on the footrest of the FSMMD.

The feet should be positioned fully on the footrest to ensure a safe stand! (A)

# 2

### Set the correct height, extension level and inclination of the arm consoles.

The height is optimally set when the upper arms hang down vertically or can be held parallel to the upper body axis. (B)

The inclination is set correctly if the angle between the upper and lower arm is between 80° to 120°. (B)

# 2b

If necessary, readjust the inclination of the arm brackets so that the forearm and wrist are aligned.

Avoid strong bending or twisting of the wrist!

Alternatively, the joystick can be gripped from above.

# 3

### Ensure ergonomic head posture (depending on the localized visual target).

For visual targets at eye level: Head upright. When looking upwards, the head should not be tilted more than -5° backwards. (C)

When looking downward, flexion up to 20° is harmless. Slight upper body flexion reduces the strain on the neck muscles.

