Position 1
The E3 Adjustable Footrest comes fully assembled.

It comes out of the box in its most compact position, with the footrest at a 12° angle. Should you desire to have it at a lower or higher angle, fold out the feet underneath the footrest. See all of the alternate positions below.

Position 2
Fold out the front legs to set the footrest at a 6° angle, allowing you to keep your feet almost parallel to the floor.

Position 3
Folding out the back legs while the front legs are extended will raise the footrest to its highest height at a 16° angle.

This is the tallest setting of the footrest, and is most beneficial for petite users.

Position 4
To achieve the steepest angle, extend the back legs and fold in the front legs to raise the unit to a 25° angle.

CAUTION: Read all instructions before use.

CAUTION: Do not stand on, or put your entire weight on the footrest.