

# MINI TRAINING GUIDE - What is ZG+?

**SUMMARY** - ZG+ is an exclusive position that is available on our recliners with tilt. This position not only offers extreme comfort, but also wellness benefits that help your body to relax and rejuvenate.

**YOUR PITCH** - The "+" in ZG+ stands for our patented tilting motion and movement of the seat box, elevating your zero gravity experience in a way other recliners can't. As you recline, notice the movement gently cradling your body while the ergonomic positioning supports your joints and muscles.

- 1. Easily glide to ZG+ with the touch of a button.** All 3-Zone and 5-Zone recliners come equipped with our exclusive AutoDrive hand control which features a ZG+ button. Press and hold the button marked ZG+ and the recliner will glide you into a weightless and supportive position without hassle. Since everyone's body and comfort needs are different, this position can be adjusted and programmed to your liking. Want to return to the original ZG+ position? Simply perform a factory reset for the AutoDrive hand control which can be found in the Owner's Manual.
- 2. The back and forth movement of the seat provides extra support.** Even though the seat box does not rise in this position, there is still a back and forth movement to the seat while reclining. This movement not only prevents shearing, but it also eliminates the gap between the backrest and seat, ultimately providing better support to your lower back.
- 3. ZG+ provides a feeling of weightlessness.** The positioning and support of ZG+ provides a feeling of weightlessness which takes your comfort to the next level and allows your muscles to relax. This feeling is achieved thanks to the ergonomic position and support provided.
- 4. The natural and supported bend in your knee can help provide back pain relief.** Straight or locked knees can cause stress to your lower back. By having a supported bend in your knee, the strain on your back can be relieved.
- 5. 30 - 30 - 30** - While in the ZG+ position notice that your upper body is at a 30 degree angle, your hips and thighs are at a 30 degree angle and your calves and feet are at a 30 degree angle. These angles put your body into a neutral position, helping to relieve pressure and tension where your body needs it the most.

chair shown in

**ZG+**  
position

UltraComfort™  
AMERICA  
Comfort That's Patented™