

# HermanMiller Embody® Chair



Seating that  
performs for you.

**Seat Height:** Joystick inside tilt tension knob, right side of chair



**To raise seat:**

Angle the joystick fully and lift your weight to raise the seat height to the desired level.



**To lower seat:**

While seated, angle the joystick fully and lower seat.

At the proper height, your feet should rest flat on the floor.



**Tilt Tension:** Knob below right side of seat



**To increase tension:**

Turn knob clockwise.



**To decrease tension:**

Turn knob counterclockwise.

Set the tilt tension to control the resistance you feel when leaning back.



**Seat Depth:** Front handles on the right and left sides of the seat

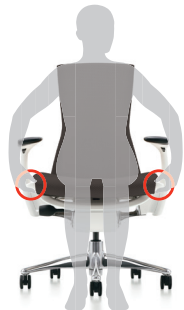
*Only available on some models.*



**To increase or decrease depth:**

Lift your thigh weight from the front of the seat. Gently lift up the front handles on the right and left sides of the seat to disengage the locking seat depth adjustment. Slide seat forward or back into proper depth for use; then release downward to lock the seat.

In the proper position, you will have approximately three-fingers of clearance between the back of your knees and the seat edge.



**Tilt Limiter:** Back horizontal tab on left side behind seat

*Only available on some models.*



**To engage:**

Recline and move tab up to define the limit of recline.



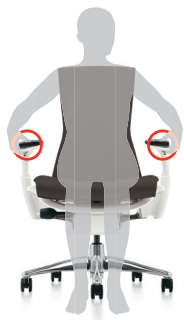
**To release:**

Lean forward and flip tab fully downward.

Engage the tilt limiter when you want to sit in an upright or partially reclined position.



**Arm Height:** Button underneath each arm



**To raise arms:**

Grasp arms while pressing button on the underside of each armpad and pull up to desired position. Release button to lock.



**To lower arms:**

Grasp arms while pressing button on the underside of each armpad and lower to desired position. Release button to lock.

For maximum comfort, your arms should make contact with the arm pad without any lift at your shoulders.

**BackFit™ Adjustment:** Knob on right side behind seat.

*Only available on some models.*



**For a flat back, rotate forward:**

Turn the BackFit adjustment knob clockwise to the full forward position or move it slightly back by turning knob counterclockwise.



**For a curved back, rotate backward:**

Turn the BackFit adjustment knob counterclockwise to rotate the back rearward.

Adjust the BackFit to position the back of the chair to fit the curvature of your entire back, placing your head in a balanced position for alignment with your computer display.

**Arm Width:**



**To adjust arm width:**

Place two hands on one armpad to pull in or push out. Repeat with other armpad.

In the proper position, your elbows should be in line with your shoulders.