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› Herman Miller Mirra 2 Office Chair Instruction Manual

Herman Miller MRF123AWAPAJG1BBG1BK1A703

Herman Miller Mirra 2 Office Chair Instruction Manual

MODEL: MRF123AWAPAJG1BBG1BK1A703

Introduction

The Herman Miller Mirra 2 Office Chair is engineered to provide dynamic support and comfort, adapting to the user's movements throughout the workday. Designed by Studio 7.5, this chair features a responsive TriFlex back, AireWeave 2 mesh seat, and a range of intuitive adjustments to promote ergonomic posture and well-being. Its lightweight and environmentally conscious design utilizes minimal materials for maximum performance.



Image: Multiple Herman Miller Mirra 2 chairs arranged around a white table in a modern office environment.

Setup

The Herman Miller Mirra 2 Office Chair typically arrives fully assembled. Please refer to any specific assembly instructions included in the product packaging if minor setup is required. Ensure all components are securely in place before use.

Operating Adjustments

The Mirra 2 chair offers a variety of adjustments to customize your seating experience for optimal ergonomic support. Familiarize yourself with these controls to achieve your preferred posture and comfort.

1. Seat Height Adjustment

To adjust the seat height, locate the lever on the underside of the seat. Lift the lever while applying or releasing your body weight to move the seat up or down. Release the lever to lock the seat at the desired height.

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Video: Demonstrates how to adjust the seat height of the Mirra 2 chair using the lever located beneath the

seat. The user lifts the lever to raise or lower the seat to the desired position.

2. Tilt Limiter and Seat Angle Adjustment

The chair features a tilt limiter and seat angle adjustment for personalized reclining. Use the controls to set the recline range and adjust the forward tilt of the seat to support various working postures.

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Video: Illustrates the use of the tilt limiter and seat angle adjustment on the Mirra 2 chair. The user manipulates the levers to control the chair's recline and seat tilt for optimal comfort.

3. Adjustable Arms

The armrests can be adjusted in multiple directions (height, depth, pivot) to provide proper support for your arms and shoulders, reducing strain. Locate the armrest adjustment mechanisms to customize their position.

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Video: Shows how to adjust the armrests of the Mirra 2 chair, demonstrating height, depth, and pivot adjustments to support the user's arms and shoulders.

4. FlexFront Seat Depth

The FlexFront feature allows you to adjust the seat depth to ensure proper leg support and circulation. This helps prevent pressure points behind your knees.

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Video: Demonstrates the FlexFront seat depth adjustment, showing how the seat pan can be extended or retracted to fit different leg lengths and improve comfort.

5. Lumbar Support (TriFlex Back)

The TriFlex back provides adaptive support to your spine. Adjust the lumbar support to match the natural curve of your lower back for enhanced comfort and to maintain a healthy posture.

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Video: Shows the adjustment of the lumbar support on the Mirra 2 chair's TriFlex back, allowing users to customize the support for their lower back.

6. Proper Seating Posture

Maintain a posture where your feet are flat on the floor, your knees are at approximately a 90-degree angle, and your back is supported by the chair's backrest. Adjust the chair to achieve this ergonomic position.

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Video: Demonstrates correct seating posture in the Mirra 2 chair, emphasizing feet flat on the floor, knees at a 90-degree angle, and proper back support.

Maintenance

To maintain the longevity and appearance of your Herman Miller Mirra 2 Office Chair, regularly wipe clean all surfaces with a soft, damp cloth. Avoid using harsh chemicals or abrasive cleaners, as these may damage the materials. For specific cleaning instructions for the AireWeave 2 mesh or TriFlex back, refer to the detailed care guide provided with your product.

Troubleshooting

If you encounter any issues with your Mirra 2 chair, please review the adjustment sections to ensure all settings are correctly configured. For persistent problems or concerns, contact Herman Miller customer support for assistance.

Specifications

Feature	Detail
Brand	Herman Miller
Model Name	Mirra 2
Model Number	MRF123AWAPAJG1BBG1BK1A703
Color	Graphite
Product Dimensions	18.5"D x 30"W x 43.75"H
Size	One Size fits most
Back Style	Solid Back (TriFlex)
Special Features	Adjustable, Durable, Lightweight, Tilt Limiter with Seat Angle Adjustment, Adjustable FlexFront Seat, Adjustable Arms, AirWeave 2 Woven Suspension Seat, Carpet Casters
Product Care Instructions	Wipe Clean
Maximum Weight Recommendation	300 Pounds
Material	Recycled Material, Foam, Plastic
UPC	641022031322, 616639752748

Warranty and Support

The Herman Miller Mirra 2 Office Chair comes with a 12-year warranty, reflecting its high quality and durability. For any product inquiries, warranty claims, or customer support, please refer to the official Herman Miller website or contact their customer service directly.
For additional support, you may visit the [product page on Amazon](#).