

[Manuals.plus](#) /

› [Herman Miller](#) /

› Herman Miller Embody Ergonomic Office Chair User Manual

Herman Miller CN122AWAAG1G1BB3014

Herman Miller Embody Ergonomic Office Chair User Manual

Model: CN122AWAAG1G1BB3014

INTRODUCTION

Welcome to the user manual for your Herman Miller Embody Ergonomic Office Chair. Specifically designed by Bill Stumpf and Jeff Weber for individuals who work or game in front of computers, the Embody Chair promotes good posture and provides ergonomic support while allowing you to move freely. Its innovative design, including the central spine and flexible ribs, automatically adjusts to your body's curve, ensuring constant lumbar support whether you lean forward or recline. This freedom of movement enhances comfort, improves blood circulation, and supports cognitive function.

Key features include:

- **Innovative Ergonomic Design:** Developed with insights from over 20 physicians and PhDs in biomechanics, vision, physical therapy, and ergonomics, setting a new benchmark for pressure distribution and healthy movement.
- **Backfit Adjustment:** Allows you to align the backrest with your spine's natural curve for a neutral, balanced posture. The backrest adapts to your movement, providing continuous support.
- **Pixelated Support:** A dynamic matrix of pixels in the seat and back surfaces conforms to your body's micro-movements, distributing weight evenly, reducing pressure, and encouraging movement for healthy circulation.
- **Layers of Intelligence:** The seat comprises four distinct support layers, each with unique material properties, designed for optimal airflow to keep you cool and comfortable.
- **Rhythm Fabric:** A tight, smooth, soft-to-the-touch fabric that prevents heat buildup.

SETUP

Your Herman Miller Embody chair is designed for straightforward assembly. Typically, the chair arrives mostly pre-assembled, requiring only the attachment of the back to the chair base. Follow these general steps for initial setup:

1. **Unpacking:** Carefully remove all components from the packaging. Ensure all parts are present.
2. **Base Assembly:** The five-star base with casters and the pneumatic cylinder are usually pre-assembled.
3. **Attaching the Back:** Align the backrest with the seat mechanism and securely attach it according to the included quick-start guide. This is typically a simple click-and-lock or screw-in process.
4. **Initial Adjustments:** Once assembled, sit in the chair and begin to familiarize yourself with the adjustment controls to customize it to your body. Refer to the 'Operating Your Embody Chair' section for detailed instructions on adjustments.



Figure 1: Front view of the Herman Miller Embody Chair, showcasing its ergonomic design.



Figure 2: Rear view of the Herman Miller Embody Chair, highlighting the unique spine and rib-like back structure.

OPERATING YOUR EMBODY CHAIR

The Herman Miller Embody chair offers a range of intuitive adjustments to provide personalized ergonomic support. Take time to explore each function to find your optimal sitting position.

1. Backfit Adjustment

The Backfit adjustment allows you to position the backrest to match the natural curve of your spine. This ensures a neutral, balanced posture and continuous support as you move.

- Locate the Backfit adjustment knob on the right side of the chair, near the backrest pivot point.
- Turn the knob to adjust the curvature of the backrest. Experiment with different settings until the backrest comfortably supports your spine's natural S-curve.



Figure 3: Close-up view of the Embody chair's flexible back structure, demonstrating the

