

HERMAN MILLER X LOGITECH G EMBODY® GAMING CHAIR



Get the most out of your chair by fine-tuning its highly technical adjustment features so you can sit exactly how you want. Get situated at your gaming setup, sitting the way you usually do, and follow these steps to enjoy a healthier, more comfortable gaming experience.

1. 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.

2. TILT TENSION:

Knob below right side of seat



TO INCREASE TENSION:

Turn knob clockwise.

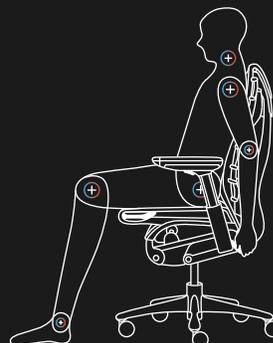


TO DECREASE TENSION:

Turn knob counterclockwise.

3. TILT LIMITER:

Back horizontal tab on left side behind seat



TO ENGAGE:

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



TO RELEASE:

Lean forward and flip tab fully downward.

4. ARM HEIGHT:

Button underneath each arm



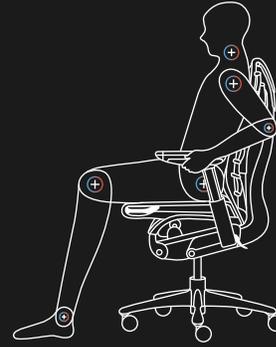
↑ TO RAISE ARMS:

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.

5. ARM WIDTH:



←→ TO ADJUST ARM WIDTH:

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

6. BACKFIT ADJUSTMENT:

Knob on right side behind seat



↻ 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.

7. SEAT DEPTH:

Front handles on the right and left sides of the seat



↑ ↓ 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.