



hive

Embody™ Chairs
www.hivemodern.com

I DON'T DWELL
TOO MUCH IN THE
WHAT IS.

I SPEND MUCH MORE
OF MY TIME THINKING
ABOUT WHAT ISN'T.

BILL STUMPF 1936-2006

DESIGNER OF ERGON®, CO-DESIGNER EQUA®, AERON®, AND EMBODY CHAIRS





BE UNSTILL.

EMBODY. THE FIRST CHAIR DESIGNED TO SUPPORT YOUR BODY AND MIND.

Jeff Weber and his visionary design partner Bill Stumpf set out to create a chair that solved a problem no one else was addressing—the lack of harmony between people and their computers.



JEFF WEBER PRINCIPAL AND LEAD DESIGNER, STUDIO WEBER + ASSOCIATES

FORM AND FUNCTION ARE ONE.

This was the design principle used in the making of Embody. Every part of the chair was designed to serve a very specific, healthful purpose. None of its technology is hidden, but instead, is part of its aesthetic.

After years of research and design, building, testing, then doing it all over again (and again), the art of design and the science of seating perfectly came together, creating a chair—and an idea—unlike any other.



**CREATING HARMONY BETWEEN
PEOPLE AND THEIR TECHNOLOGY.**

Embody recognizes that people and their computers have a strained relationship. We sit and stare at our monitors for hours, motionless, clicking stuff. This lack of movement isn't healthy. For our bodies, or our minds.

OUR ECONOMY RUNS ON IDEAS.

We get paid for our brain's daily output. So we had an idea. Why not design a chair that helps you better focus on your ideas? Big ideas. Small ideas. Small ideas that turn into big ideas.

MOVEMENT ENERGIZES THE BRAIN.

Our bodies and minds work best when they're in motion. Movement allows blood and oxygen to flow more freely. This keeps our brain more focused. Embody lets you move like no other chair.

**TECHNOLOGY
MISSHAPES
US EVERY
MINUTE. HOUR.
DAY.**



NO OTHER CHAIR LETS YOU MOVE LIKE THIS.

THE FEELING OF FLOATING.

Embody's Pixelated Support™ is in both the seat and chair back. It automatically conforms to your micro-movements, distributing weight evenly. This improves blood flow, resting heart rate, and eliminates fatigue and distractions. The feeling is floating in your chair.



AN INSTINCTIVE BACK, LIKE YOUR BACK.

Embody's back is inspired by the human spine. The back is alive. As you sit and turn in your chair, Embody moves with you. Its Backfit™ adjustment automatically adjusts to the unique curvature of your back, keeping your head in balance and your spine in a healthy position while you move freely and naturally.



A PURPOSEFUL SKIN.

The exoskeletal form of Embody was inspired by the human spine, so we thought, why not make the chair's covering behave like skin? Herman Miller collaborated with materials designer Susan Lyons to create new textiles specifically for Embody.

Embody uses spacer and knit constructions, the kind used in sneakers and geo-textiles. They cushion the sitter, are breathable, translucent, and resilient.

Every bit of material used is purposeful. Nothing is wasted or superfluous.



Embody's frameless, narrow back allows your arms and shoulders to move more freely. This movement helps open your lungs and encourages deeper breathing, as well as more focused thinking.

NARROW BACK.

The Embody tilt provides three zones of support that introduce a new model of kinematics that stabilizes the pelvis and supports the upper back without pressure on the thighs. This technology supports the spine through a wide range of work postures.

ZONED SUPPORT.


In the working recline, Embody shifts your weight to the chair's back, helping your head and eyes stay perfectly aligned with your computer display.

THE WORKING RECLINE.

The support continues in Embody's maximum tilt position, allowing reflective tasks such as talking on the phone, stretching, and most importantly, thinking.

REFLECTIVE RECLINE.





**EMBODY IS
DIFFERENT.
BECAUSE
EVERY BODY
IS DIFFERENT.**

Combining simple adjustments with instinctive design, Embody fits a wide assortment of body sizes, shapes, and spinal curves, in all kinds of workplaces. One size for all.

EMBODY™ CHAIR ADJUSTMENT GUIDE





1 ADJUST TILT LIMITER

Lean slightly forward.
Move tilt limiter to the up/
locked position (rear left side).

2 ADJUST SEAT DEPTH & HEIGHT

Angle the joystick fully and
lower seat to the lowest
position.

Lift your feet onto your toes
to remove your thigh weight
from the seat.

Grasp the handles located on
the right and left sides of the
seat; slide forward or back to
lengthen or shorten the seat.

PROPER ADJUSTMENT

*Be sure there is clearance
between the back of the knee
and the seat edge; always err
on the short side to ensure
no pressure is placed on the
underside of your thighs or
backside of your calves.*

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

PROPER ADJUSTMENT

*There should be slightly less
than a 90° angle between your
thighs and calves.*

3 ADJUST ARM HEIGHT

Press the button on the
underside of the armpad to
raise or lower it.

The chair arms adjust low
to avoid contact with a
work surface.

PROPER ADJUSTMENT

*Your arms should make
contact with the armpad
without any lift at your
shoulder.*



4 ADJUST ARM WIDTH

Place two hands on an armpad to pull in or push out.

Arms are designed to be adjusted without too much force but remain in place when presented with unintended movement.

The chair arms tuck in close for persons with narrow shoulders. The arms can be moved out quickly for entry and exit from the chair.

PROPER ADJUSTMENT

Your elbows should be in line with your shoulders.



5 ADJUST BACKFIT™

The Backfit adjustment is critical. It allows you to position the back of the chair to fit the curvature of your entire back, which places your head in a balanced position for alignment with your computer display.

Take your weight off the chair back. For the initial adjustment, rotate the back angle to full-forward position (clockwise).

Now lean back.

IF YOU HAVE A FLAT BACK
(*little curvature between the thoracic and lumbar regions*):

Rotate the Backfit adjustment clockwise to the full forward position or move it slightly back by turning the knob counterclockwise until you begin to shift your weight on the chair back.

This allows your head to be held forward, positioning your eyes in relationship with the computer screen. There is a limited amount of lumbar support. With a flat back, little is needed, because there is no lumbar curve.

With other chairs, you may not have adequate back support, which causes your head to fall back. To compensate, you stress shoulder and neck muscles to pull forward to align your head with the visual display.

IF YOU HAVE A CURVED BACK
(*outward through the thoracic and inward through the lumbar*):

Rotate the Backfit adjustment clockwise to the full forward position. Your upper back will feel pushed forward and your eyes will be directed towards the floor.

Rotate the back rearward (counterclockwise), which in effect provides more room for your thoracic curvature, allowing your head and eyes to lift.

At the same time, this adjustment brings added support for your lumbar region.

With other chairs, you feel the chair push you forward if you have a curved back. Your shoulders roll forward, and your head and eyes want to drop downward. In response, you stress shoulder and neck muscles to pull your head up to align your eyes with the visual display, or you slide forward on the seat (slouch) to compensate.



6 ADJUST TILT

Take your weight off the chair back.

Disengage the tilt limiter lock and flip the handle fully downward.

Now recline slowly in the chair.

If desired, you can choose to limit the tilt by adjusting upwards.

PROPER ADJUSTMENT

If you are having difficulty reclining, loosen the tension by turning the tilt tension knob counterclockwise.

If you feel you are reclining too far, tighten the tension by turning the knob clockwise.

Now is a good time to experience the narrow back and soft perimeter edge of the chair, which enhance your freedom of movement.

Move your back from side to side, shift in the chair, move your arms fore and aft, and allow your arms to drape at your sides.

Whatever your size, shape, spinal curvature, or workplace, Embody can free your body to move the way it's intended to move.

Enjoy your new found freedom. Be unstill.



PAPAYA / WHITE / TITANIUM

PAPAYA / WHITE / POLISHED ALUMINUM

BLACK / GRAPHITE / GRAPHITE

BLACK / GRAPHITE / POLISHED ALUMINUM

BLACK / GRAPHITE / TITANIUM

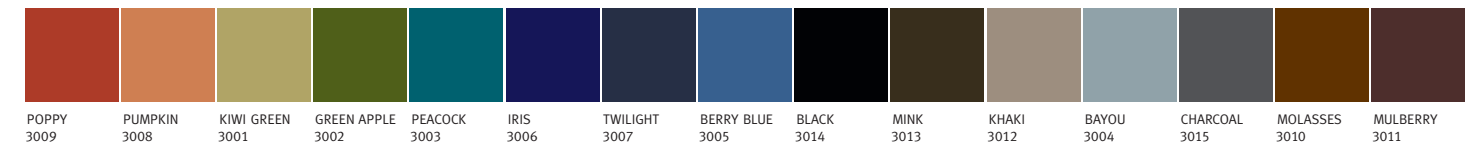
IDEAS COME IN MANY COLORS.

Build your own Embody and download a PDF of your customized chair. Visit HermanMiller.com/EmbodyExperience to begin.

BALANCE TEXTILE



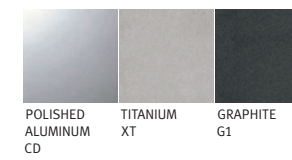
RHYTHM TEXTILE AVAILABLE SPRING 2009



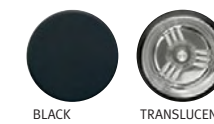
FRAME



BASE



CASTERS



MORE INNOVATION. LESS IMPACT.

Of all the ideas that went into the design of the Embody chair, one of the biggest was to make the smallest possible impact on the environment. Embody is made from 42 percent recyclable materials and is 95 percent recyclable after its lifecycle. Embody is McDonough Braungart Design Chemistry (MBDC) Cradle-to-CradleSM Silver certified. It is also GREENGUARD[®] certified.

Embody is produced in a facility that generates an average of 77 pounds of landfill per month, barely enough to fill up a trash can.

This same facility uses 100 percent renewable energy, including wind, and has also eliminated all hazardous waste generation.

12-YEAR, 3-SHIFT WARRANTY.

Like all Herman Miller products, the Embody chair is durable for long-term performance and value. As a statement of our confidence in its quality, Embody is covered by the Herman Miller Warranty—a straightforward promise that we stand behind that quality 100 percent. The 12-year, 3-shift Warranty covers all standard elements and includes labor on all warranty work.

EASY OPTIONSSM CAPABILITY.

Our versatile, flexible products give you real choices. If you need something extra, we can do that, too, from modifying existing products to developing new ones. For more information on our Easy Options capability, please visit www.HermanMiller.com/easyoptions.