**Herman Miller Mirra® 2 Chair Adjustment Guide**

**Seat Height:** Lower right side of seat

*To raise:*  
Take your weight off chair, lift tab up.

*To lower:*  
Lift tab up while seated.

At the proper height, your feet should rest flat on the floor with upper and lower leg forming a 90 degree angle.

**FlexFront® Seat Depth:** Handle under front of seat

*To adjust:*  
Squeeze handle and adjust seat edge up or down. Release handle to lock in position.

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

**Harmonic™ Tilt Tension:** Knob below right front side of seat

*To increase:*  
Turn knob clockwise.

*To decrease:*  
Turn knob counterclockwise.

Set the tilt tension to control the resistance you feel when reclining.

**Forward Tilt:** Horizontal tab on left front side of seat  
*Only available on some models.*

*To engage:*  
Recline and flip lever down.

*To release:*  
Recline and flip lever up.

Engage forward tilt to support the thigh’s declined posture when performing intensive tasks, such as keyboarding.

Note: When using forward seat angle, increase seat height slightly for added comfort.
**Tilt Limiter:** Vertical tab on left front side of seat  
*Only available on some models.*

**To engage:**  
Recline and move lever up to define the limit of recline.

**To release:**  
Lean forward and press lever back.

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

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**Lumbar Height & Depth:** Levers on lumbar support  
*Only available on some models.*

**To adjust height:**  
Rotate levers to loosen, slide lumbar support up or down to desired height.

**To increase depth:**  
Rotate levers downward.

**To decrease depth:**  
Rotate levers upward.

Adjust the lumbar depth so that it comfortably supports the natural curve of your spine.

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**Arm Height:** Tab on outside lower base of each arm  
*Only available on some models.*

**To adjust:**  
Raise tab to unlock arm, raise or lower arm, lower tab to lock.

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

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**Arm Depth:** Back of each arm  
*Only available on some models.*

**To adjust:**  
Grasp arm pad, push forward or back to desired position.

You should be able to position chair close to your work surface while supporting arms.

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**Arm Angle & Width:** Each armpad  
*Only available on some models.*

**To adjust angle:**  
Grasp front end of armpad and pivot it inward or outward.

**To adjust width:**  
Grasp armpad to pull in or push out.

Adjust arm angle inward when using a keyboard; adjust arm angle outward when using a mouse.

Armpad width is properly adjusted when your elbows are in line with your shoulders while seated.

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**Footring Height:**  
*Only available on some models.*

**To adjust footing height:**  
Hold base with one hand, grasp footing spoke and turn counterclockwise (-) to loosen.

Once loose, raise or lower footing to desired height.

Hold collar with one hand, grasp footing and turn clockwise (+) to tighten. To secure, finish turning footing while holding base.