

HINOMI H2PRO

HINOMI H2 Pro Ergonomic Office Chair User Manual

Model: H2PRO

INTRODUCTION

This manual provides detailed instructions for the assembly, operation, and maintenance of your HINOMI H2 Pro Ergonomic Office Chair. Please read this manual thoroughly before use to ensure proper function and longevity of your chair. The HINOMI H2 Pro is designed to offer superior ergonomic support and comfort for various body types and tasks.

SAFETY INFORMATION

WARNING: Do not exceed the maximum weight limit of 330 lbs (150 kg). Always follow the assembly instructions carefully to avoid injury. Be cautious when using the tilting mechanism to prevent falls. Always fold and unfold the chair slowly and carefully to avoid pinching or other injuries.

SETUP AND ASSEMBLY

The HINOMI H2 Pro chair is designed for straightforward assembly. For a visual guide, please refer to the official setup video below. Ensure all components are present before beginning assembly.

Official Hinomi H2 Pro Unboxing and Setup Guide. This video demonstrates the step-by-step assembly process for the chair.

While specific assembly steps are best followed from the video, general components include the chair base, casters, gas lift, chair frame, and headrest. Ensure all connections are secure before use.

OPERATING INSTRUCTIONS

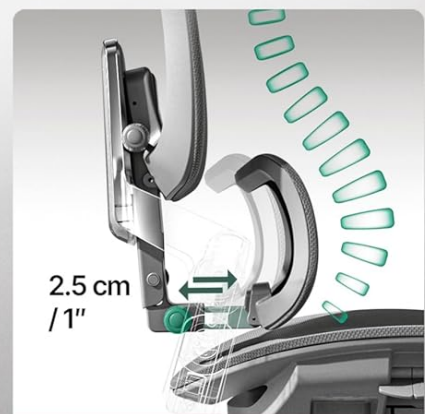
The HINOMI H2 Pro features numerous adjustment points to customize your seating experience. Familiarize yourself with each control for optimal comfort and support.

Adaptive Lumbar Support

Seamless Support, Every Move.



Up & Down
Tailored support for every height



Front & Back
Tune the firmness to your comfort

Overview of the HINOMI H2 Pro's adjustable features.

1. Seat Height Adjustment

To adjust the seat height, locate the lever on the right side beneath the seat. Pull the lever up while seated to lower the seat, or pull it up while standing to raise it. Release the lever at your desired height.

The setup guide video also demonstrates seat height adjustment from 0:00 to 0:04.

2. Seat Depth Adjustment

To adjust the seat depth, locate the lever on the left side beneath the seat. Pull the lever and slide the seat forward or backward to find your preferred depth. Release the lever to lock the position.

The setup guide video also demonstrates seat depth adjustment from 0:05 to 0:08.

3. Lumbar Support Adjustment

The H2 Pro features adaptive lumbar support that moves up & down (30 mm), forward & backward (25 mm), and auto-syncs (12° tilt) with your body. Adjust the height by pushing the lumbar support up or down. Adjust the depth by rotating the knob on the side of the lumbar support.

Fully Adjustable Flip-Up Armrest

Effortless comfort for arms and shoulders



Height  12 cm / 4.7" ↑↓	
Arm Pad rotation  130°	Full arm rotation  40°
Upforward tilt  30°	Flip up and down  95°

Visual guide for adjusting the adaptive lumbar support.

The setup guide video also demonstrates lumbar support height adjustment from 0:09 to 0:18 and depth adjustment from 0:28 to 0:34.

4. Armrest Adjustments

The armrests offer multiple adjustments for optimal shoulder and arm support:

- **Height Adjustment:** Use the button on the side of the armrest to raise or lower it.
- **Pad Rotation:** The armrest pads can rotate 130° for precise positioning.
- **Joint Movement:** The armrest joints offer 40° movement.
- **Vertical Tilt:** Armrests can tilt 30° vertically.
- **Flip-up Function:** Flip the armrests up 95° to save space or move closer to your desk.

3D Adaptive Headrest

Never Strain Your Neck – Smart Support for All Postures



Depth adjustment
7 cm / 2.8"



Surface rotation
70°



Height adjustment
10 cm / 4"



Visual guide for armrest adjustments.

The setup guide video also demonstrates armrest height adjustment from 0:46 to 0:53, joint movement from 0:54 to 0:57, pad rotation from 0:58 to 1:02, vertical tilt from 1:05 to 1:09, and flip-up function from 1:10 to 1:15.

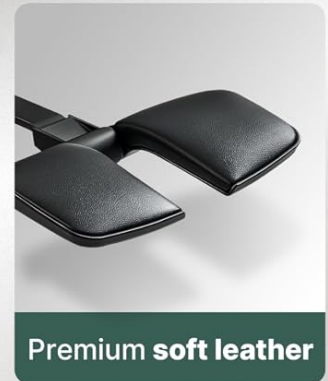
5. Headrest Adjustments

The extendable headrest provides optimal neck support. Adjust its height, depth, and tilt to match your posture.

- **Height Adjustment:** Slide the headrest up or down.
- **Depth Adjustment:** Pull the headrest forward or push it backward.
- **Surface Rotation:** The headrest surface can rotate 70°.

Max 143° Recline & Retractable Footrest (Optional add-on)

Seamlessly switch
between focus and relaxation



Premium **soft leather**



3 Recline
Tension Levels

Visual guide for headrest adjustments.

The setup guide video also demonstrates headrest rotation from 1:20 to 1:24 and depth adjustment from 1:25 to 1:37.

6. Recline and Tilt Tension

The chair offers a maximum 143° recline and 3 recline tension levels. Use the recline lock lever to set your desired recline angle. Adjust the tilt tension knob to control the resistance when reclining.



Max 143° recline and retractable footrest (optional add-on).

The setup guide video also demonstrates recline adjustment from 1:38 to 1:56 and tilt tension adjustment from 2:04 to 2:10.

7. Forward-Tilting Seat & Backrest

The H2 Pro features a 2-in-1 dynamic back support with a 10° tiltable backrest and a 2.5° forward-tilting seat to support a focused, forward-leaning posture and reduce thigh strain during extended sitting.

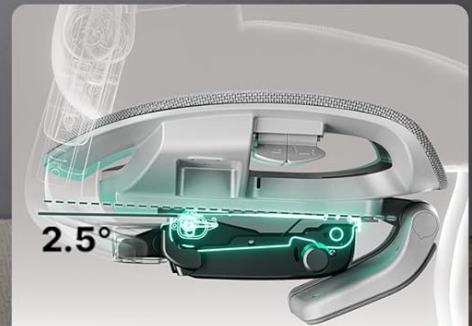
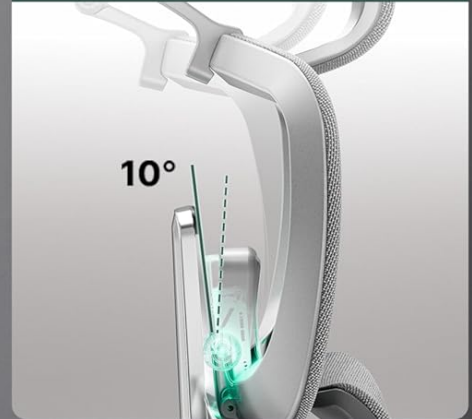
Forward-Tilting Seat & Backrest

Stay Supported Through Every Task



Forward Tilt 10°

Comfortably supports a focused forward-leaning posture



Forward Tilt 2.5°

Reduces thigh strain during extended sitting

Forward-tilting seat and backrest for engaged work.

8. Retractable Footrest (Optional)

If your H2 Pro chair includes the optional retractable footrest, pull it out from beneath the seat when desired. Push it back in for storage. The footrest features vegan leather padding for enhanced relaxation.



Working from home



Unwinding



Chilling



Playing Instruments

Retractable footrest in use.

9. Foldable Frame Design

The H2 Pro features a foldable frame design, allowing the chair to be folded for storage or to fit under desks. To fold, ensure the armrests are flipped up, then lower the backrest and seat. Refer to the setup video for a demonstration.

The setup guide video also demonstrates the foldable frame design from 2:11 to 2:26.

This video highlights the 3D support and comfort technology of the Hinomi H2 Pro Ergonomic Chair, showcasing its various adjustable features in action.

MAINTENANCE

To maintain the appearance and functionality of your HINOMI H2 Pro chair, follow these care instructions:

- **Cleaning:** Spot clean the mesh fabric as needed. Use a mild soap and water solution with a soft cloth. Avoid harsh chemicals or abrasive cleaners.
- **Inspection:** Periodically check all screws and connections to ensure they are tight. Tighten if necessary.
- **Moving the Chair:** When moving the chair, lift it rather than dragging it to prevent damage to the casters or floor.

TROUBLESHOOTING

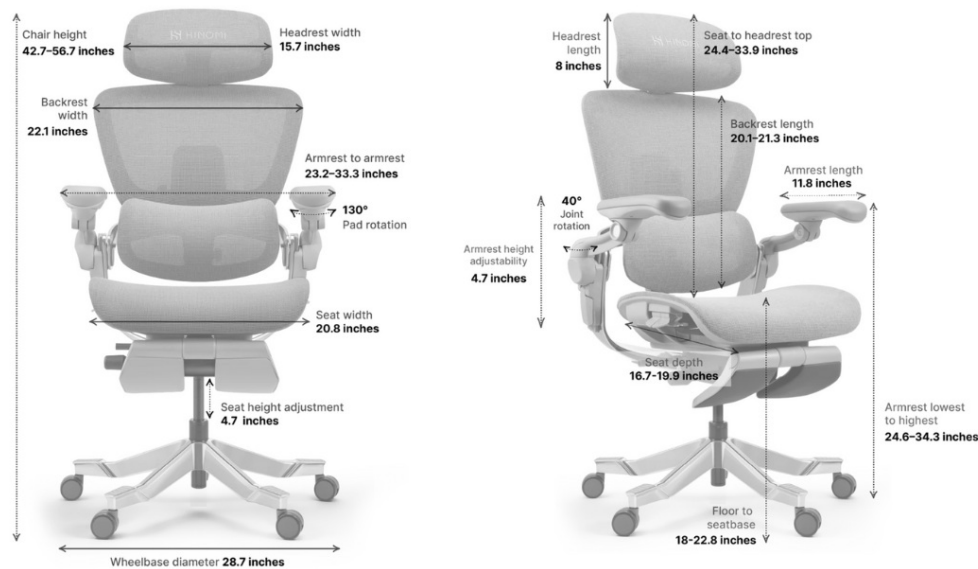
If you encounter any issues with your HINOMI H2 Pro chair, please refer to the following common solutions:

- **Chair not adjusting height:** Ensure the gas lift lever is fully engaged or disengaged as required. Check for any obstructions.
- **Squeaking noises:** Apply a small amount of silicone lubricant to moving parts or pivot points. Check for loose screws and tighten them.
- **Casters not rolling smoothly:** Clean any debris (hair, dust) from the caster wheels. Ensure the chair is on a suitable surface (hard floor recommended).
- **Backrest sliding down:** Verify that the backrest lock mechanism is fully engaged. If the issue persists, contact customer support.

For persistent issues not covered here, please contact HINOMI customer support.

SPECIFICATIONS

Below are the technical specifications for the HINOMI H2 Pro Ergonomic Office Chair:



H2 Pro Chair Dimension Chart.

Brand:	Hinomi
Model:	H2 Pro
Weight Capacity:	330 lbs 150 kg
Item Weight:	52.9 lbs 24 kg
Recommended User:	155 - 200 cm/ 5'1" - 6.6" tall *For reference only, as each person's body ratio may vary slightly.
Hydraulic Gas Piston:	Class 4 Level
Material:	Ultra-soft mesh fabric, Aluminium frame & base
Shipping Dimensions: (Length x Width x Height)	• 68 cm x 64 cm x 52 cm • 26.8" x 25.2" x 20.5"

Detailed Specifications of H2 Pro.

Feature	Detail
Brand	HINOMI
Model Name	H2 Pro
Model Number	H2PRO
Color	Cream White
Material	Aluminum, Mesh, Polyurethane
Product Dimensions (D x W x H)	28.7"D x 28.7"W x 56.7"H
Item Weight	24 Kilograms (52.9 lbs)
Maximum Weight Recommendation	150 Kilograms (330 lbs)
Seat Material	Mesh
Frame Material Type	Aluminium
Additional Features	Adjustable Backrest, Adjustable Headrest, Adjustable Height, Adjustable Lumbar, Ergonomic, Flip-up Armrest, Swivel, Tilting
Reclining Position Count	144
Required Assembly	Yes
Surface Recommendation	Hard Floor

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official HINOMI website. HINOMI US offers 30-day easy returns and dedicated customer support.

© 2026 HINOMI. All rights reserved.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question