

Hbada E3 Pro 2026

Hbada E3 Pro 2026 Edition Ergonomic Office Chair Instruction Manual

Model: E3 Pro 2026

INTRODUCTION

This manual provides detailed instructions for the assembly, operation, maintenance, and troubleshooting of your Hbada E3 Pro 2026 Edition Ergonomic Office Chair. Please read this manual thoroughly before use to ensure proper function and longevity of your chair.

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Video: Hbada E3 Pro Edition brand overview. This video provides a general overview of the chair's features and design.

SETUP AND ASSEMBLY

For detailed assembly instructions, please refer to the official Installation Manual PDF provided by Hbada. Ensure all components are present before beginning assembly.

Download Installation Manual: [Hbada E3 Pro 2026 Edition Installation Manual \(PDF\)](#)

General Assembly Steps:

1. Unpack all components and verify against the parts list in the manual.
2. Attach the casters to the chair base.
3. Insert the gas lift into the center of the chair base.
4. Assemble the seat and backrest components according to the diagrams.
5. Connect the assembled seat/backrest to the gas lift.
6. Install the headrest and armrests.

OPERATING INSTRUCTIONS

1. Dynamic 3-Zone Lumbar Support

The chair features a dynamic 3-zone lumbar support system that adapts to your posture. The lateral wings pivot (40°-80°) to support your back, and the 60mm vertical adjustment targets the L1-L5 vertebrae. This

system provides continuous support whether you are leaning forward or reclining.

Trusted By Experts

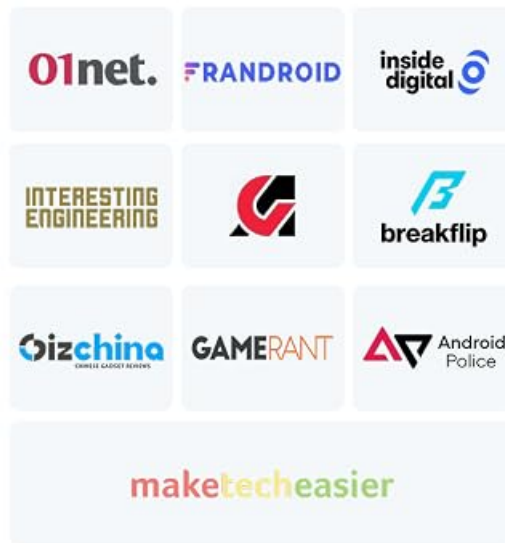


Image: Detailed view of the 3-zone dynamic lumbar support system, illustrating its adaptive movement and targeting of the L1-L5 spinal region.

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Video: Demonstration on how to adjust the lumbar support of the Hbada E3 Pro Edition chair. This video shows the mechanism for raising and lowering the lumbar support.

Note on Lumbar Adjustment: The lumbar support uses a cyclic ratchet mechanism. To lower it from a middle position, first raise it to its highest point to unlock the mechanism, then push it all the way down. This is a normal design feature.

2. Upgraded 4D Dual-Axis Headrest

The headrest offers precise adjustments: 70mm depth, 40mm height, and 70° rotation. This allows for zero-pressure neck support and helps maintain proper body alignment to reduce shoulder and neck fatigue.

Product Certification



Image: Visual guide to the 4D dual-axis headrest, detailing its vertical, depth, and rotational adjustments for optimal neck support.

3. Adaptive Recline (Up to 140°)

The chair features a gravity-sensing mechanism that automatically adjusts tilt tension based on your body weight. It offers four distinct recline positions:

- **105° Deep Focus:** Ideal for concentrated work.
- **115° Relaxed Workflow:** Suitable for general tasks and thinking.
- **130° Natural Ease:** For relaxing breaks.
- **140° Resting:** For extended relaxation or napping.

A dark blue graphic with white text and icons. At the top, it reads 'HBADA BRAND 7 STAR SERVICE CONTENT'. Below this are seven white rounded rectangles, each containing an icon and a service promise: 1. A wrench and screwdriver icon: 'Parts Only Replaced But Not Repaired'. 2. A return icon: '30 Days No Reason To Return'. 3. A door icon: 'Delivered Directly To Your Door'. 4. A dollar sign icon: '30 Days Guaranteed Price'. 5. A shield with a checkmark icon: 'Damaged Upon Arrival Repair And Replacement Guaranteed'. 6. A headset icon: '24/7 Customer Service'. 7. A tree icon: 'Climate Friendly'.

Image: Depiction of the chair in its four adaptive recline stages, from upright deep focus to a fully reclined resting position.

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Video: Demonstration on how to adjust the backrest recline of the Hbada E3 Pro Edition chair. This video shows the mechanism for adjusting the recline angle.

4. 720° Omnifunctional Armrests

The armrests offer dual 360° rotation and 39° folding, providing comprehensive support for your elbows in various arm positions. They can be adjusted up and down, front and back, and folded for convenience.



Image: Detailed illustration of the 720° omnifunctional armrests, highlighting their rotational, vertical, and horizontal adjustment capabilities.

5. Seat Depth Adjustment

Adjust the seat depth by up to 50mm to accommodate different leg lengths and ensure proper thigh support, preventing pressure points.

Professional Assessments Recommend

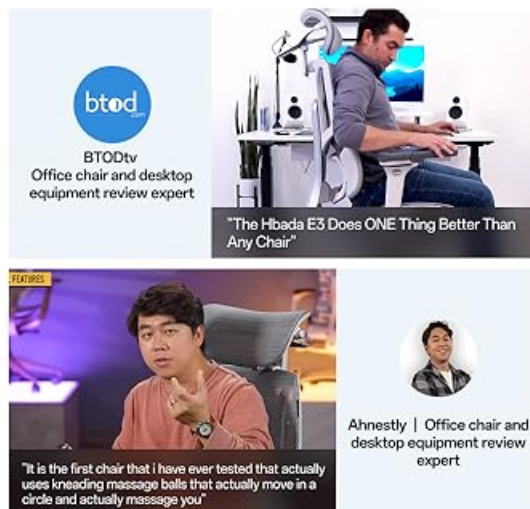
A collage of professional assessments and reviews for the Hbada E3 chair. The top left features the BTODtv logo and the text 'BTODtv Office chair and desktop equipment review expert'. To the right is a photo of a man sitting at a desk with a computer, with a quote below it: 'The Hbada E3 Does ONE Thing Better Than Any Chair'. The bottom left shows a man speaking, with a quote: 'It is the first chair that I have ever tested that actually uses kneading massage balls that actually move in a circle and actually massage you'. The bottom right features a circular profile picture of a man and the text 'Ahnestly | Office chair and desktop equipment review expert'.

Image: Visual guide demonstrating the 50mm seat depth adjustment feature.

6. Backrest Height Adjustment

The backrest can be adjusted vertically by 80mm to suit users of various heights, ensuring optimal back support.

Note on Backrest Adjustment: Similar to the lumbar support, the backrest height adjustment uses a cyclic ratchet mechanism. To lower it from a middle position, first raise it to its highest point to unlock the mechanism, then push it all the way down. This is a normal design feature.

7. Footrest (if applicable)

If your model includes a footrest, it can be extended for additional leg support during reclining. Pull the footrest out from under the seat and adjust to your desired position. Retract it by pushing it back under the seat when not in use.

MAINTENANCE

- **Cleaning Mesh Fabric:** Use a soft brush or vacuum cleaner to remove dust and debris. For stains, gently wipe with a damp cloth and mild soap solution. Avoid harsh chemicals.
- **Cleaning Frame:** Wipe the polypropylene frame with a soft, damp cloth.
- **Casters:** Periodically check casters for hair or debris and clean as needed to ensure smooth movement.
- **Moving Parts:** Ensure all adjustment mechanisms operate smoothly. Do not force adjustments.
- **General Inspection:** Regularly inspect all screws and bolts to ensure they are tight. Retighten if necessary.

TROUBLESHOOTING

Issue: Backrest or Lumbar Support does not lower from a middle position.

Solution: The backrest and lumbar support use a cyclic ratchet mechanism. To lower, first raise the component to its highest point to unlock the mechanism, then push it all the way down. This is a normal design feature, not a defect.

Issue: Armrests feel wobbly or move too freely.

Solution: While the 720° armrests are designed for extensive movement, ensure all assembly screws are securely tightened. If the issue persists, contact customer support.

Issue: Footrest does not stay retracted or extends unintentionally.

Solution: Check if there is any obstruction preventing the footrest from fully retracting. Ensure the locking mechanism (if present) is engaged. If the issue continues, contact customer support.

Issue: Chair makes squeaking noises.

Solution: Check and tighten all assembly bolts and screws. A small amount of silicone lubricant can be applied to moving metal parts if the noise persists, avoiding contact with plastic or mesh components.

SPECIFICATIONS

HBADA

HBADA E3 Pro

Pure Mechanical Precision. Zero-Lag Tracking.

World's First 3-Zone Elastic Lumbar Support.



Image: Dimensional diagram of the Hbada E3 Pro 2026 Edition chair, illustrating its universal fit and key measurements.

Feature	Detail
Brand	Hbada
Model Number	E3 Pro 2026
Color	Grey
Material	Polypropylene, Mesh
Product Dimensions (D x W x H)	27.5"D x 27.5"W x 40"H
Recommended Height	5'1" to 6'5" (155-195cm)
Maximum Weight Recommendation	Up to 330 lbs
Lumbar Support	Dynamic 3-Zone, 60mm vertical adjustment
Headrest	4D Dual-Axis (70mm depth, 40mm height, 70° rotation)
Armrests	720° Omnifunctional (dual 360° rotation, 39° folding)
Recline Positions	105°, 115°, 130°, 140° (Adaptive)
Seat Depth Adjustment	50mm
Backrest Height Adjustment	80mm
Gas Cylinder	SGS-certified Class 4
Certifications	BIFMA compliant

WARRANTY INFORMATION

The Hbada E3 Pro 2026 Edition Ergonomic Office Chair comes with a **5-year warranty on core structural components**, including the base, gas lift, and casters. This warranty covers manufacturing defects and ensures long-term durability and peace of mind. Please retain your proof of purchase for warranty claims.

CUSTOMER SUPPORT

For any questions, assistance with assembly, troubleshooting, or warranty claims, please contact Hbada customer service. Refer to the contact information provided with your product packaging or visit the official Hbada website for support details.

Online Support: [Visit the Hbada Store on Amazon](#)