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› SIHOO B300 Pro Ergonomic Office Chair User Manual

SIHOO B300 Pro

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Model: B300 Pro

INTRODUCTION

Thank you for choosing the SIHOO B300 Pro Ergonomic Office Chair. This manual provides detailed instructions for assembly, operation, maintenance, and troubleshooting to ensure you get the most out of your new ergonomic chair. Please read this manual thoroughly before assembly and use, and retain it for future reference.

SAFETY INFORMATION

- **Weight Limit:** This chair is designed to support a maximum weight of 300 lbs (approximately 136 kg). Do not exceed this limit.
- **Proper Use:** Use the chair only for its intended purpose as an office chair. Avoid standing on the chair or using it as a step stool.
- **Children:** Keep children away from the chair during assembly. Do not allow children to play on or with the chair.
- **Stability:** Ensure all bolts and screws are tightened securely before use. Periodically check and re-tighten as necessary.
- **Movement:** Avoid sudden, forceful movements or leaning excessively to one side, which could compromise stability.
- **Floor Protection:** Consider using a chair mat to protect delicate flooring surfaces from wheel marks.

PACKAGE CONTENTS

Before beginning assembly, please verify that all components are present and undamaged. If any parts are missing or damaged, contact customer support.

- Backrest Assembly
- Seat Cushion Assembly
- Armrests (Left and Right)

- Headrest
- Gas Lift Cylinder
- Star Base
- Casters (5x)
- Hardware Kit (screws, washers, Allen wrench)
- User Manual (this document)

ASSEMBLY INSTRUCTIONS

Assembly typically takes 30-45 minutes and can be completed by one person, though assistance may be helpful for certain steps. An Allen wrench is provided in the hardware kit. For a visual guide, please refer to the official SIHOO assembly video, often accessible via a QR code in the packaging or on the manufacturer's website.

1. **Attach Casters to Base:** Insert the five casters into the holes at the end of each leg of the star base until they click securely into place.
2. **Insert Gas Lift:** Place the gas lift cylinder into the center hole of the star base.
3. **Attach Armrests to Seat:** Secure the left and right armrests to the underside of the seat cushion using the provided screws. Ensure they are oriented correctly.
4. **Attach Backrest to Seat:** Align the backrest with the seat cushion and secure it using the designated screws.
5. **Attach Headrest:** Slide the headrest into the slots at the top of the backrest.
6. **Connect Seat to Gas Lift:** Carefully place the assembled seat and backrest onto the gas lift cylinder, ensuring it is centered and stable.
7. **Final Check:** Verify that all screws are tightened and all components are securely attached before using the chair.

OPERATING INSTRUCTIONS: CHAIR ADJUSTMENTS

The SIHOO B300 Pro chair offers extensive adjustability to customize your seating experience for optimal ergonomic support.

1. Seat Height Adjustment

To Raise: While seated, lift the lever located on the right side of the seat. The seat will rise. Release the lever at the desired height.

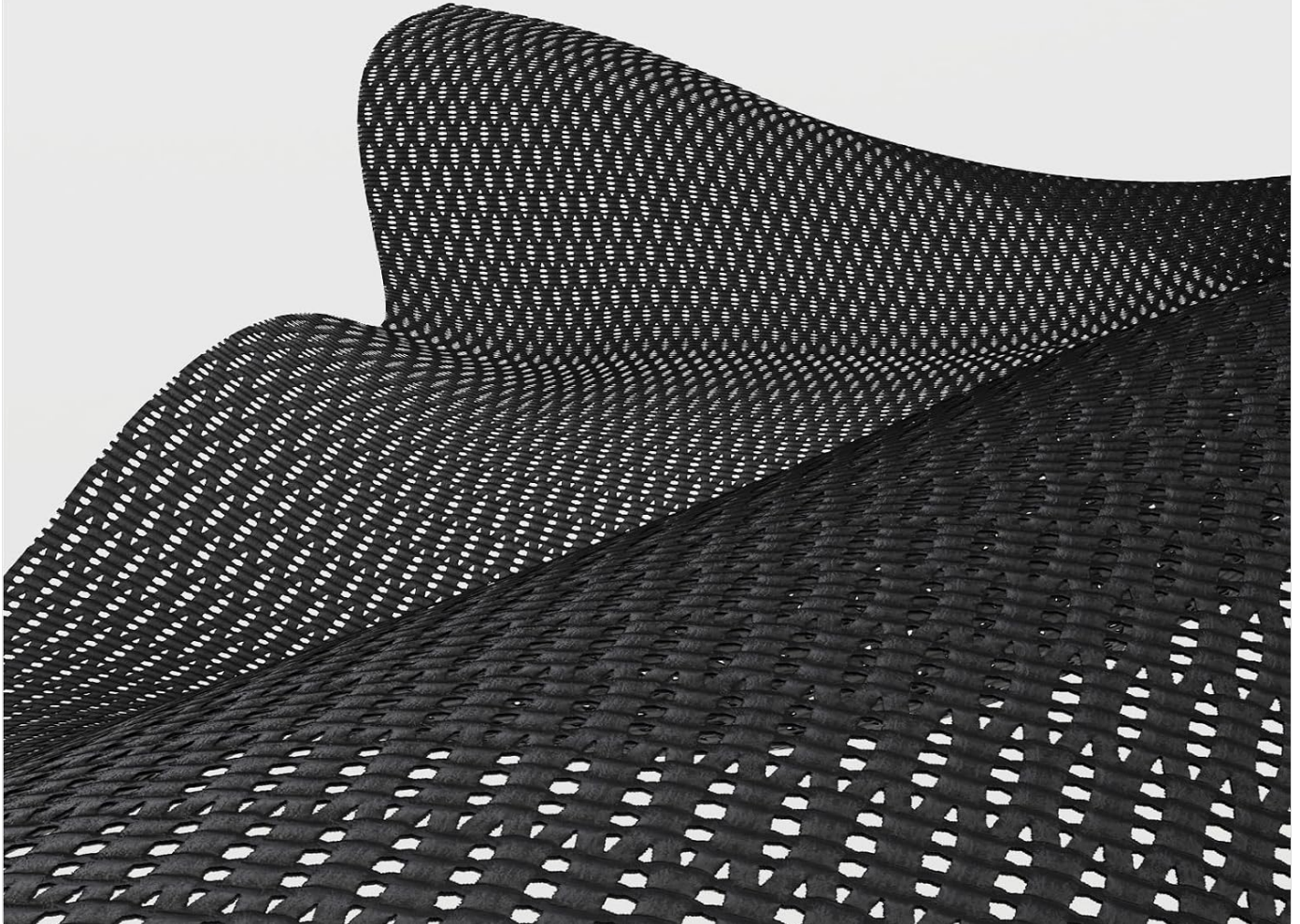
To Lower: While seated, lift the lever located on the right side of the seat. The seat will lower. Release the lever at the desired height.

2. Seat Depth Adjustment

Locate the lever on the left side of the seat. Pull the lever and slide the seat forward or backward to achieve optimal thigh support, leaving a small gap between the edge of the seat and the back of your knees. Release the lever to lock the position.

Rimani Fresco E Senza Sudore

Rete Traspirante Ad Alta Densità
Per Un Comfort Fresco Per Tutto Il Giorno



Detailed view of the seat depth adjustment mechanism.

3. Lumbar Support Adjustment

The B300 Pro features a 4-directional spring-assisted adaptive lumbar support system. This system automatically adjusts to your posture, moving with you to provide continuous support.

Height Adjustment: Use the red knob on the back of the chair to adjust the vertical position of the lumbar support to align with the natural curve of your lower back.

Depth Adjustment: The lumbar support also moves independently forward and backward, and flexes with your movements, reducing pressure and maintaining comfort.

Poggiatesta 3D Bionico Largo

Si Adatta Al Collo In Qualsiasi Posizione

20°

Rotazione Del Supporto



45°

Rotazione Del Poggiatesta



11 cm

Scorrimento Verticale



Adjusting the personalized lumbar support.



The 4D lumbar system adapts to your body and posture.

Sistema Lombare 4D Di Precisione

Si Adatta Perfettamente
Al Tuo Corpo Unico E Alla Tua Postura



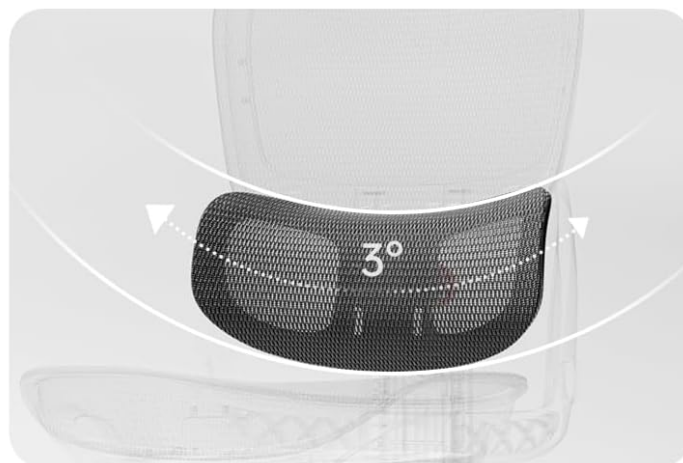
● Sollevamento Verticale



● Movimento Telescopico



● Tracciamento Avanti-Indietro



● Tracciamento Laterale

The lumbar support provides continuous support in various postures.

4. Backrest Recline and Tilt Tension

The chair features an intelligent weight-sensing recline system that automatically adjusts resistance based on your body weight. This allows for smooth and balanced reclining without manual tension adjustments.

Recline: Lean back into the chair. The backrest will recline up to 135 degrees. To lock the recline angle, use the lever on the right side of the seat (often the same lever as height adjustment, pushed inwards or outwards to lock/unlock tilt).

Un Sedile. Tre Profondità. Zero Compromessi.

Regola Con Precisione La Profondità
Del Sedile Per Un Comfort Personalizzato.



The chair reclines up to 135 degrees for relaxation.

5. Headrest Adjustment

The oversized 3D headrest can be adjusted to support your neck in various positions.

Height Adjustment: Grasp the headrest and slide it up or down to your preferred height (up to 11 cm vertical travel).

Angle Adjustment: The headrest offers 20 degrees of support rotation and 45 degrees of headrest rotation to cradle your head and neck comfortably.

Un Supporto Che Si Muove Con Voi



**Inclinandosi In Avanti
& Rimanere Concentrati**



**Sedersi Correttamente
& Ufficio**



Rilassarsi & Ricaricarsi



Ruotare Lateralmente & Connettersi

Adjustments for the 3D bionic headrest.

6. Armrest Adjustment

The 6D armrests provide comprehensive adjustability to suit various activities and postures.

Height: Adjust the armrests up and down (4.5 cm travel).

Forward/Backward: Slide the armrest pads forward or backward (4.5 cm travel).

Inward/Outward Rotation: Rotate the armrest pads inward or outward (15 cm travel).

360° Swivel: The armrest pads can swivel 360 degrees.

Flip-up: The armrests can be flipped up 100 degrees, allowing the chair to be pushed closer to a desk or for easier entry/exit.

Supporto Lombare Personalizzato

Regolazione A 5 Livelli Per Un
Allineamento Perfetto Della Colonna Vertebrale



Comprehensive 6D armrest adjustability.

MAINTENANCE

- **Cleaning Mesh Fabric:** Use a soft brush or vacuum cleaner to remove dust and debris. For stains, gently dab with a damp cloth and mild soap solution. Avoid harsh chemicals.
- **Cleaning Frame and Base:** Wipe plastic and metal parts with a soft, damp cloth. Dry immediately to prevent water spots.
- **Caster Care:** Periodically clean hair and debris from the casters to ensure smooth movement.
- **Tighten Fasteners:** Every few months, check all screws and bolts and re-tighten them to maintain stability and prevent squeaks.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Chair feels unstable or wobbly.	Loose screws or bolts.	Check and tighten all assembly screws, especially those connecting the seat to the mechanism and the backrest.
Chair squeaks when moving.	Loose connections or friction between parts.	Tighten all screws. Apply a small amount of silicone lubricant to moving parts if necessary, avoiding contact with mesh.
Gas lift does not adjust height.	Gas lift cylinder malfunction or lever issue.	Ensure the height adjustment lever is fully engaged. If the problem persists, the gas lift may need replacement. Contact customer support.
Lumbar support feels uncomfortable or jabs the back.	Incorrect adjustment or internal component issue.	Adjust the lumbar support height and depth. Ensure it is not pushed too far forward. If a hard component is felt, re-check assembly or contact support.
Armrests move too easily or don't hold position.	Internal locking mechanism issue.	Ensure the armrest adjustment levers/buttons are fully engaged. Avoid excessive force on armrests. If problem persists, contact support.

SPECIFICATIONS

- **Model:** B300 Pro
- **Brand:** SIHOO
- **Color:** Black
- **Product Dimensions (D x W x H):** 47 cm x 48.5 cm x 122 cm
- **Item Weight:** 18.5 kg
- **Maximum Recommended Weight:** 300 lbs (approx. 136 kg)
- **Material:** Breathable Mesh (backrest and seat), Metal/Plastic Frame
- **Key Features:** 6D Flip-up and Swivel Armrests, 3D Large Headrest, Breathable Mesh, 135° Recline, High Backrest, 4D Adaptive Lumbar Support
- **Assembly Required:** Yes
- **Movement:** Swivel
- **Indoor/Outdoor Use:** Indoor

WARRANTY AND SUPPORT

SIHOO offers a comprehensive warranty and support for your B300 Pro ergonomic office chair.

- **Product Quality Service:** Enjoy up to 3 years of product quality service.

- **Damaged Parts:** If you encounter any damaged parts, contact SIHOO customer service for replacement components, including backrests, armrests, or any other part.
- **Safety Assurance:** SIHOO chairs are tested by SGS and BIFMA, ensuring professional quality and safety standards.
- **Contact Support:** For any issues or inquiries, please contact SIHOO customer service. They aim to resolve problems promptly.

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