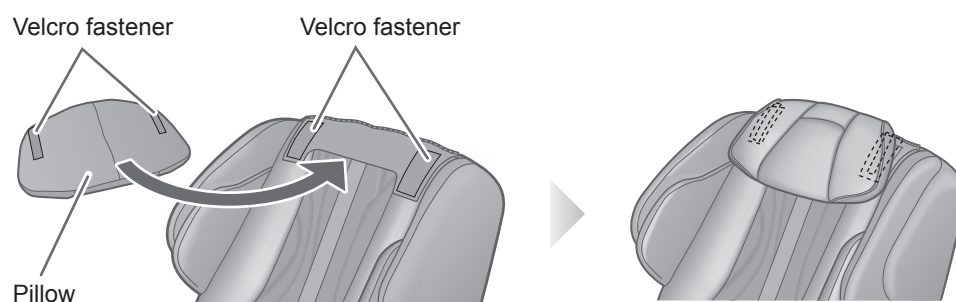


Assembly (Continued)

5 Attaching the pillow

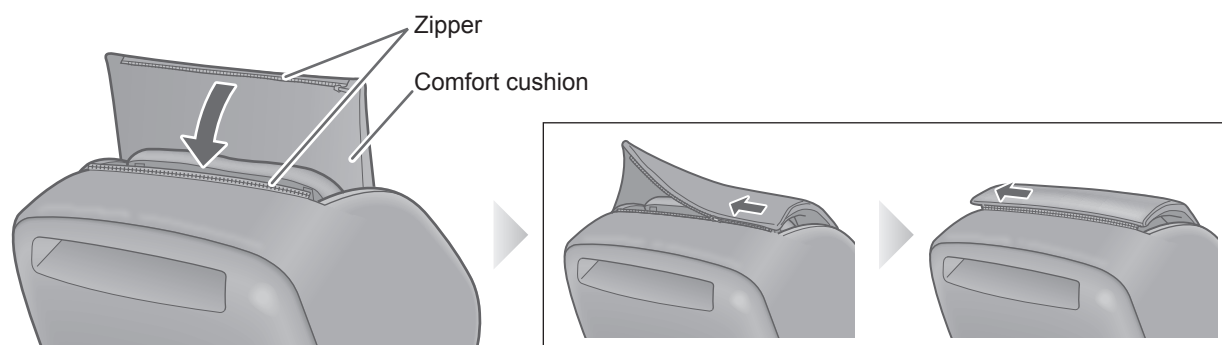
Attach the pillow using the velcro fastener.



- Recommended position of the pillow when using the massage lounger (Page EN19)

6 Attaching the comfort cushion

Attach the cushion with zipper.



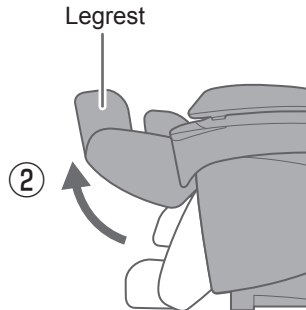
■ When the controller stand is attached on the left side

- Run the controller cord to the left as follows.
- The product is shipped with the controller cord fastened to the right side.

① Press  on the controller.

② Press and hold  on the controller until a beep-beep-beep sound is heard.

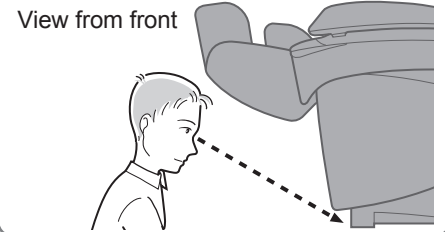
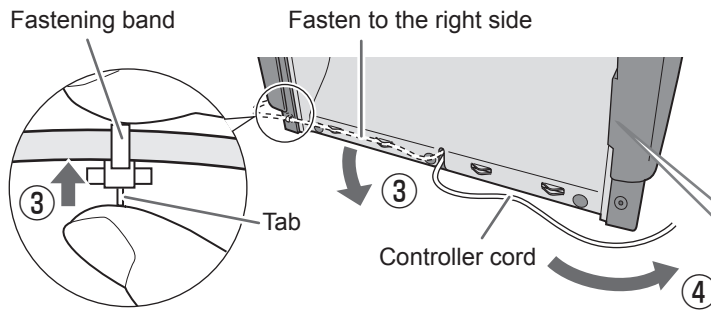
- The legrest will rise until it reaches the uppermost position.



③ Disconnect the controller cord.

- Hook is released by pressing on the tab on the fastening band with your fingers.

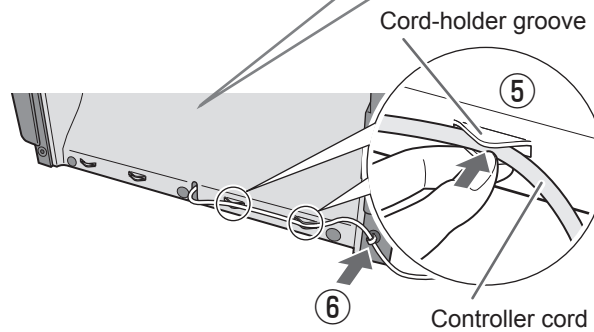
④ Move the controller cord under the legrest to the left side.



⑤ Fasten the controller cord.

- Press down from the edge if it does not fit in easily.

⑥ Insert the tip of the fastening band into the hole.



Before sitting down

Check the surrounding area

Make sure there are no objects, persons, or pets in the vicinity of the unit.

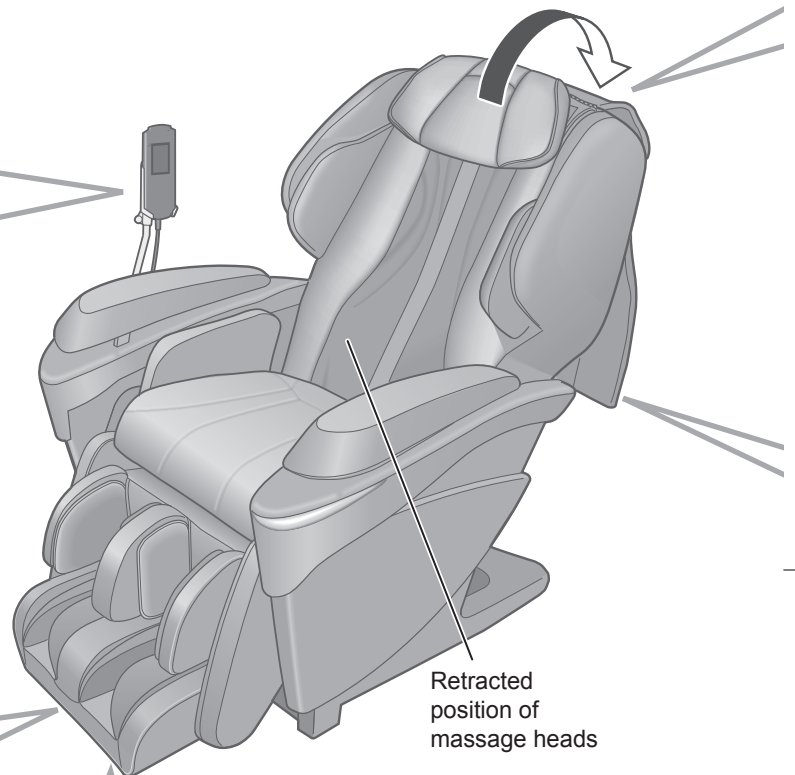
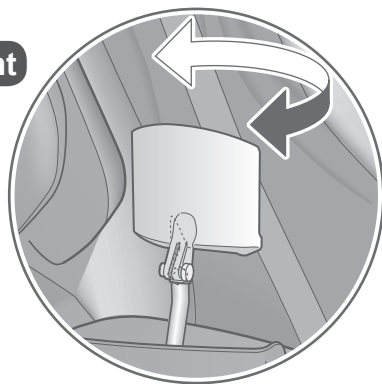
- The massage lounger may not work when pets such as dogs and cats chew on or trip over the controller cord. (This may result in a breakdown.)




Adjust the Controller holder

Horizontal orientation can be adjusted.

Left and right

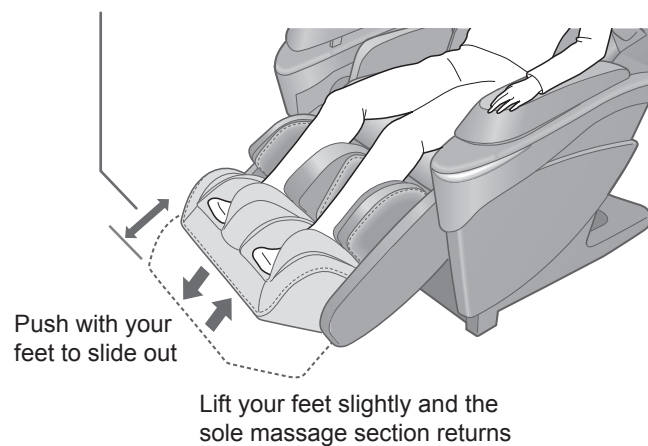


Check the legrest position

- Make sure the legrest is in the fully lowered position.
 - **When the legrest is not fully lowered**
The legrest will lower by pressing on  twice.

Slide the sole massage section to your preferred position

- Adjust to your preferred position after raising the legrest. (Page EN42)
It will slide up to about 18 cm (7.1 in.).



Check the power cord and power plug before turning on the unit.

(Page EN13)

Before sitting down

Adjust the pillow position

Remove the pillow and adjust the height of the pillow so that the bottom edge is at ear level.


- If positioned too low, the pillow may interfere with a massage of the area around the neck.
- When the reclining angle changes, the position of the pillow may shift. In that case, adjust the position again.



Flip up the comfort cushion to check the main unit

Check the following points

- Is the fabric torn?
- Are there foreign objects sandwiched in the main unit?
- Are the massage heads in their stowed positions?
 - **When the massage heads are not in the retracted position**

Press  twice to return the massage heads to the retracted position.

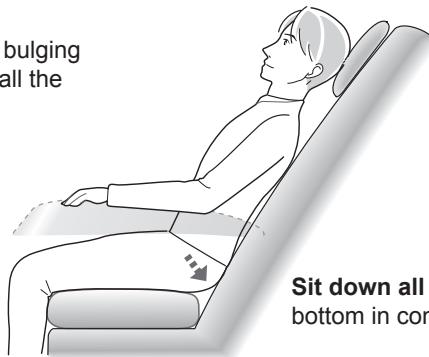
Do not massage with the comfort cushion still on the backrest.

WARNING

- Always check the fabric covering the backrest or legrest movable parts has not been ripped before using the unit. Please also check other areas to ensure the fabric has not been ripped. No matter how small the rip, if you find one then immediately stop using the unit, unplug the power plug and have the unit repaired at an authorized service center. (Failure to do so may result in injuries or electric shocks.)

Check your sitting position

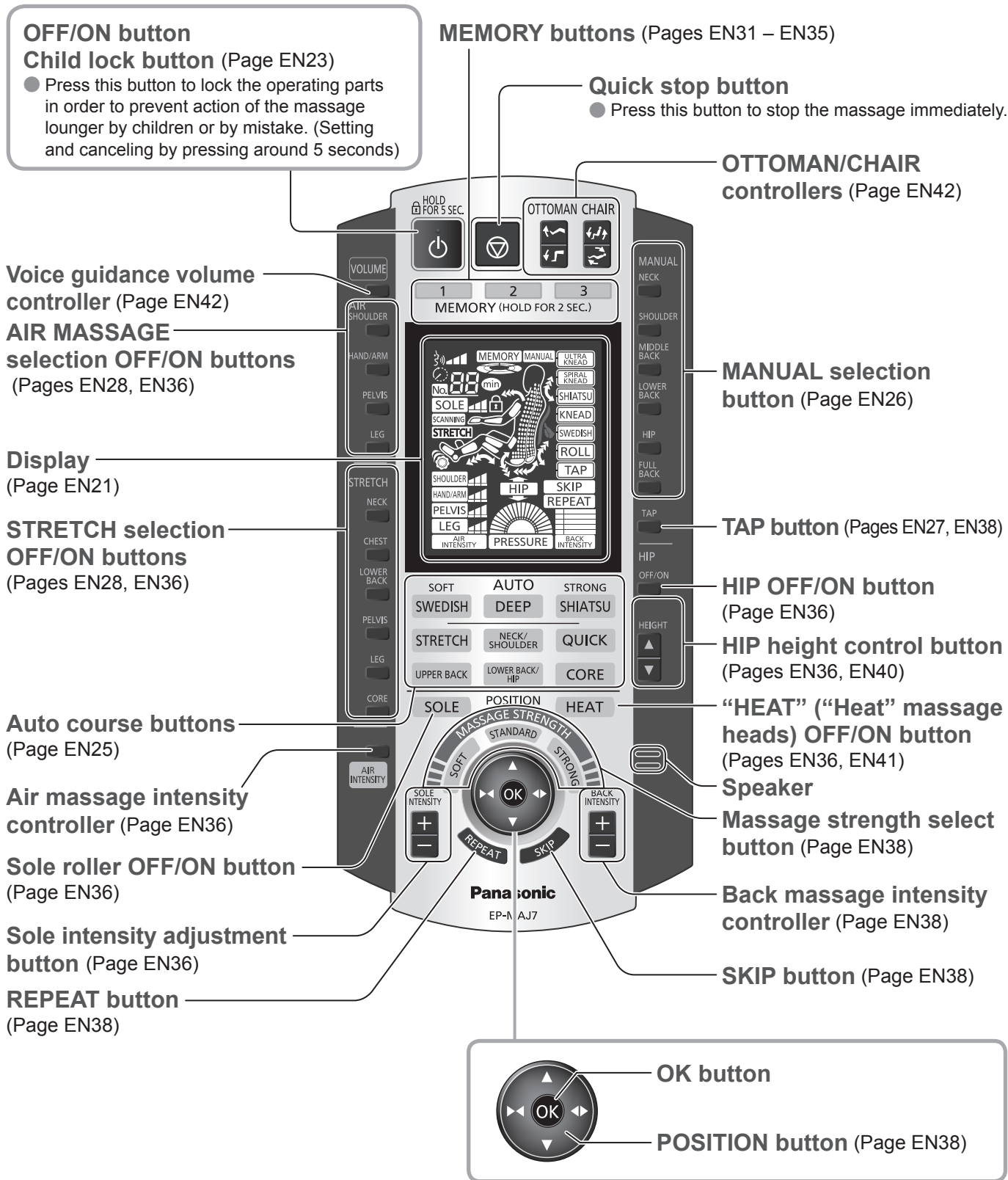
In order to deliver an effective massage, there is a bulging area in the center of the seat to make sure you sit all the way back.



Sit down all the way to the back with your bottom in contact with the backrest.

Part names and functions of the Controller

Controller



Display

● This illustration is when all lamps are illuminated.

Voice guidance volume display (Page EN42)

- Remaining time display
- Saved number display of memory course (Pages EN33 – EN35)

Sole roller intensity display (Page EN36)

Body scanning display (Page EN24)

Stretch action display (Page EN28)

Hip action display (Page EN36)

Air massage intensity display (Page EN36)

Memory course display (Pages EN31 – EN35)

Memory course display (Page EN33)

● This display appears when using a course that you have created on your own.

Operation display

- Currently performing massage actions light up while massaging.
- Currently selected action frame flashes when manual action is selected.



Skip display (Page EN38)

Repeat display (Page EN38)

Back massage intensity display (Page EN38)

Back massage pressure display (Page EN38)

Child lock display (Page EN23)

Stretch display (Page EN36)

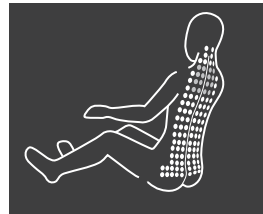
- Currently selected stretch parts light up.
- Current stretch position flashes.
- Lights up and displays the air intensity of the stretch.

“Sole roller” display (Page EN36)

“HEAT” display (Page EN36)

Massage area display

Air massage display



- Current approximate massage position flashes.

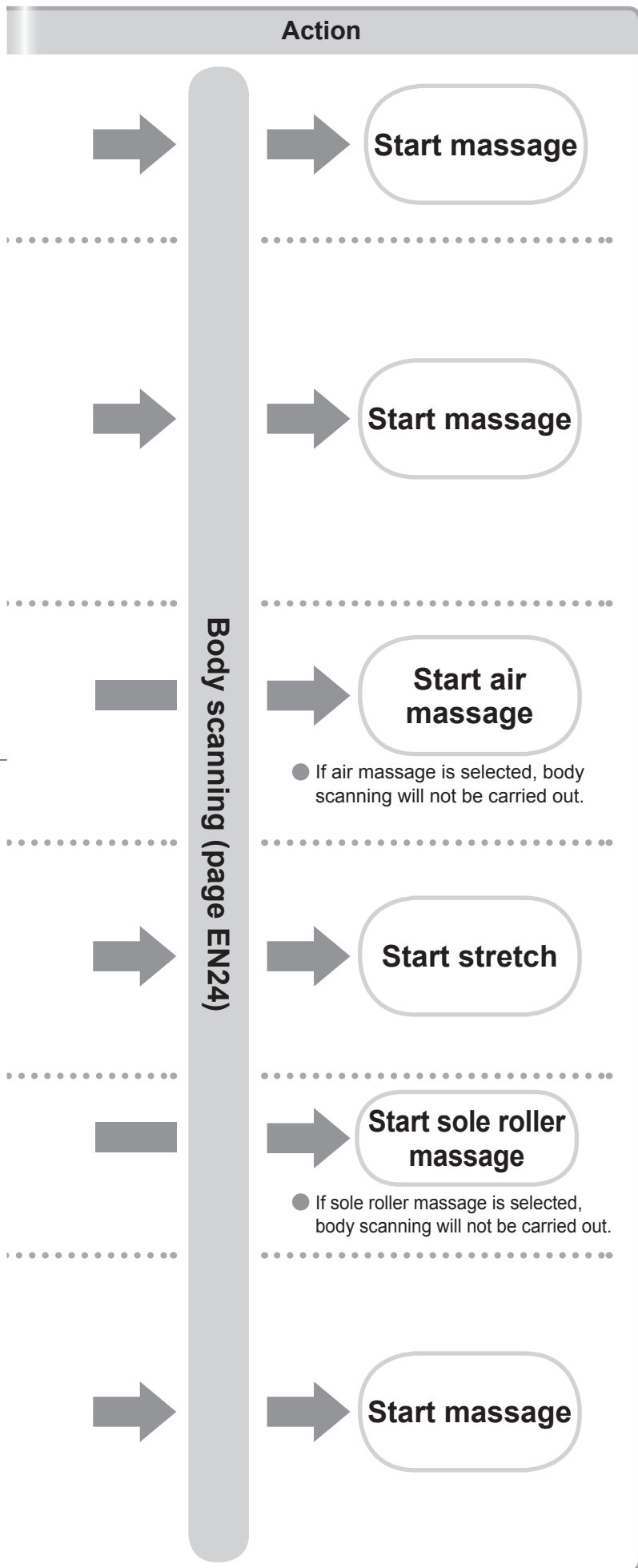


- Currently selected air massage parts light up.
- Current air massage position flashes.

Part names and functions of the Controller

Simple use

Course	Operation
<p>Auto course</p> <p>For those who want a full body automatic massage (Page EN25)</p>	<p>SOFT AUTO STRONG SWEDISH DEEP SHIATSU</p> <p>STRETCH NECK/SHOULDER QUICK Select one</p> <p>UPPER BACK LOWER BACK/HIP CORE</p>
<p>Manual action</p> <p>For those who want an intensive massage using their favorite action on a favorite area (Pages EN26 – EN27)</p>	<p>MANUAL NECK</p> <p>SHOULDER</p> <p>MIDDLE BACK</p> <p>LOWER BACK</p> <p>HIP</p> <p>FULL BACK</p> <p>Select one →</p> <p>ULTRA KNEAD SPIRAL KNEAD SHIATSU KNEAD SWEDISH ROLL TAP</p> <p>Select your favorite action and press OK</p>
<p>Air action</p> <p>For those who want to have a “SHOULDER”, “HAND/ARM”, “PELVIS” or “LEG/FOOT” air massage (Pages EN28 – EN30)</p>	<p><Air action/Stretch action></p> <p>AIR SHOULDER</p> <p>HAND/ARM</p> <p>PELVIS</p> <p>LEG</p> <p>STRETCH</p> <p>NECK</p> <p>CHEST</p> <p>LOWER BACK</p> <p>PELVIS</p> <p>LEG</p> <p>CORE</p> <p>Select</p> <p>● Air massage and stretch action will not be carried out at the same time.</p>
<p>Stretch action</p> <p>For those who want to stretch their “NECK”, “CHEST”, “LOWER BACK”, “PELVIS”, “LEG”, or “CORE” (Pages EN28 – EN30)</p>	<p><Sole roller action></p> <p>Press SOLE</p>
<p>Memory course</p> <p>Once saved, you can recall your own favorite auto course or a course that you have created on your own. How to save a course and use a saved course (Pages EN31 – EN35)</p>	<p>A maximum of three courses can be saved.</p> <p>1 2 3 Select one</p> <p>MEMORY (HOLD FOR 2 SEC.)</p>





Adjustable functions during a massage Pages EN36 – EN39

Setting and canceling the child lock

How to set


With the screen of the controller blank, press and

hold  for about 5 seconds.


- When set,  will light up for about 5 seconds before the power is cut off automatically.

How to cancel

With the child lock set, when the screen of the

controller is blank or when  is lit, press and

hold  for about 5 seconds.

- The child lock is canceled,  goes off and the course selection screen appears.

Simple use

If you want to stop the massage midway/ If you experience any problems

Press .

- All actions will stop immediately.
- Dismount the unit carefully to avoid a fall.

Simple use (Continued)

Body scanning

Body scanning is where the massage heads move along the back and the shoulder position detected, the body shape including height is estimated, and a massage is made to suit the body shape.

- During body scanning, **SCANNING** will flash.
- Body scanning height range is about 140 cm – 185 cm (55.1 in. – 72.8 in.).

Automatically
**To massage
position**

Body scanning

Sit back and lean gently back so that your head touches the pillow.

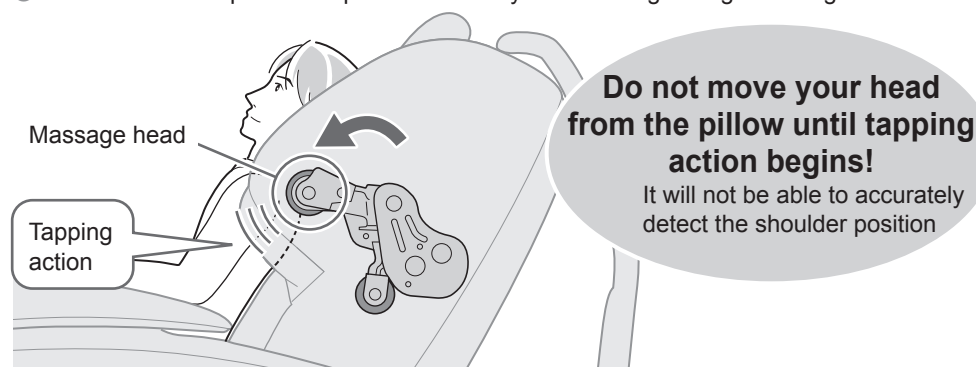
- For adjustment of the position of the pillow. (Page EN19)



- If you have reclined deeper than the massage position, it does not automatically recline.

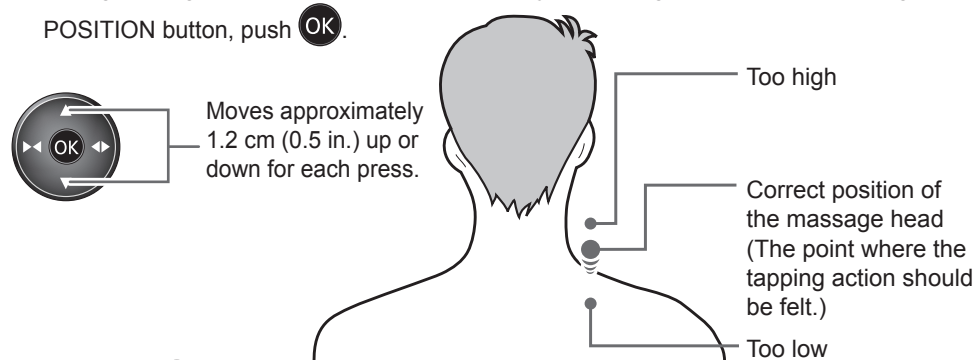
About 30 seconds after the body scanning starts, the massage head will lower slowly to the shoulder position and start the tapping.

- With the body scanning sound “beep-beep ...”, the massage head will rise up the spine to the vicinity of the neck.
- Manual action (for example, “MIDDLE BACK”, or “LOWER BACK”) performs a simple sensing, but the massage head doesn't rise up to the shoulder.
- The massage head protrudes.
(It will rise again if it does not match the shoulder position and repeat the action to adjust the shoulder position.)
- Seat surface air operates to prevent the body from moving during scanning.



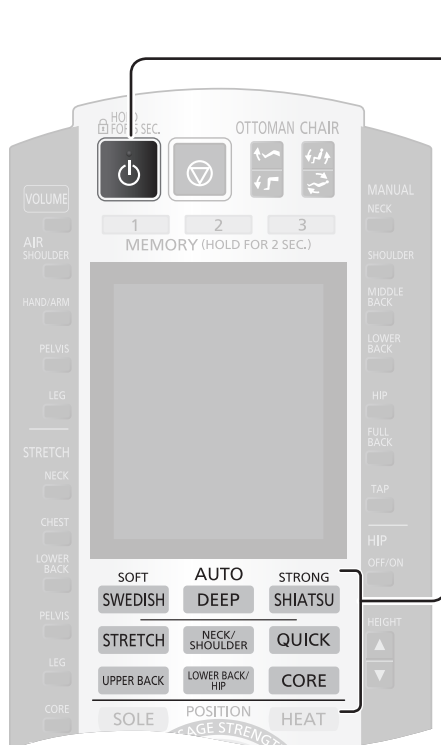
To adjust the shoulder position

During tapping action (about 12 seconds), to adjust the height of the shoulder using the POSITION button, push **OK**.



- Even during the tapping action, when you press **OK**, body scanning will end and massage will start.
- To estimate the approximate height based on the shoulder position, the legrest may automatically adjust its angle so that the sole of the foot touches.
- If the shoulder position is greatly shifted, one press of **POWER** will stop the action. Rest your shoulders back against the backrest firmly and press the button to start again.

When you want a complete massage



1 Press  to turn on the power.

(When the unit has not been operated for more than 3 minutes, the display automatically disappears.)

2 Select and press one of the buttons.

- Body scanning will commence when the program is selected. (See page EN24 for details)

3 After Body scanning ends, massage starts.

- During the massage, you can create favorite settings. (See pages EN36 – EN39 for details)
- You can save your favorite settings in the memory course even in the middle of a course. (See page EN31 for details)

4 After the massage is started, it will automatically end in a maximum of approximately 19 minutes.

- After the massage ends, you can save your favorite settings in the memory course. (See page EN31 for details)

Simple use
When you want a complete massage

■ Features of the auto course (upper body)

SWEDISH ● 19 minutes

When you want to gently loosen your body

Mainly use swedish and roll actions while moving at a slow speed to give your body a relaxing massage.



DEEP ● 19 minutes

When you want to firmly loosen your body

The standard massage course which mainly uses knead and ultra knead actions will give you a thorough massage.



SHIATSU ● 19 minutes

When you want to strongly loosen your body

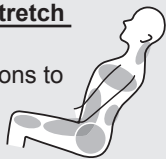
Mainly use shiatsu and ultra knead actions to strongly massage stiffness points.



STRETCH ● 16 minutes

When you want to stretch the whole body

Use the 6 stretch actions to slowly stretch your entire body.



NECK/SHOULDER ● 16 minutes

When you have painful neck or shoulders

Mainly use knead and ultra knead actions to focus on the muscles around the neck and shoulder.



QUICK ● 10 minutes

When you want to quickly loosen your body

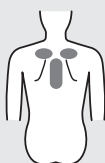
All techniques such as knead, ultra knead, swedish, roll, etc condensed into a 10-minute course.



UPPER BACK ● 16 minutes

Dullness around the shoulder blade

Relax the areas around the shoulder blades with actions which transfer heat with kneading action.



LOWER BACK/HIP ● 16 minutes

For painful lower back and hip

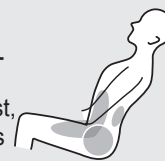
Mainly use knead and ultra knead actions to focus on the areas from your lower back to the hip.



CORE ● 16 minutes

In order not to accumulate fatigue of the hip

Loosens around the waist, pelvic area and hip areas with actions which transfer heat such as ultra knead, roll and stretch actions.

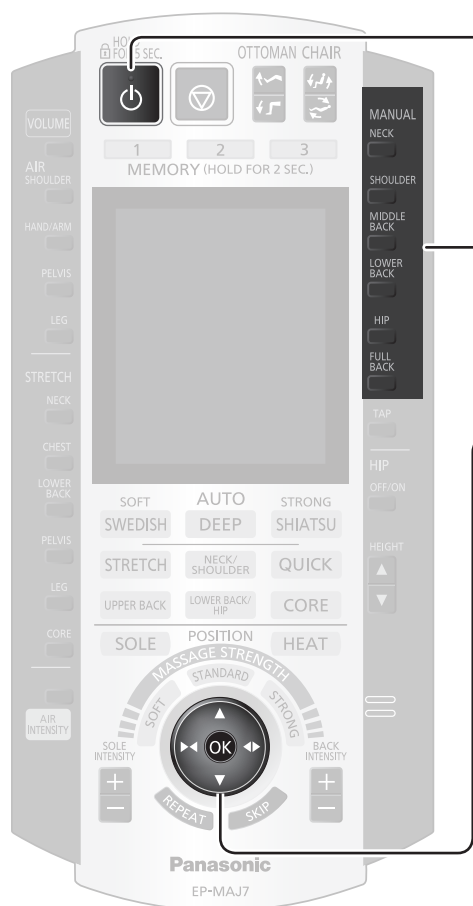


The core refers to the waist, spine, pelvis, and stomach.

When you want a concentrated massage of a particular body part with your favorite action

⚠ WARNING

- Do not massage any one part of your body for more than 5 minutes at a time. (Doing so may result in adverse effect or injury.)



1 Press  to turn on the power.

(When the unit has not been operated for more than 3 minutes, the display automatically disappears.)

2 Select the part you want to massage.


- A list of massages action is displayed.



3 Select action you prefer.



The currently selected action flashes



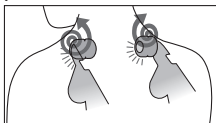
- Actions can also be selected by repeatedly pressing the area selected in step 2.
- When  is selected, "ROLL" or a combination of "ROLL" and another actions can be selected. When combining other actions,

press  to select the action and then press .

The contents of the action (Illustration is an image diagram of the action)

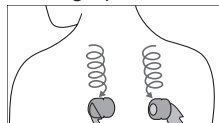
ULTRA KNEAD

Small kneading action at points.



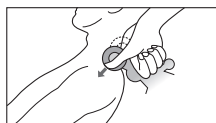
SPIRAL KNEAD

Kneading action while moving up and down.



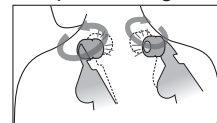
SHIATSU

Action compressing muscle knots vertically.



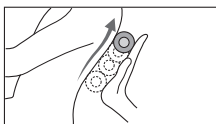
KNEAD

Deep kneading action.



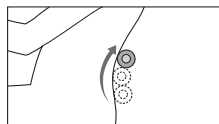
SWEDISH

Action of rubbing gently across a wide area.



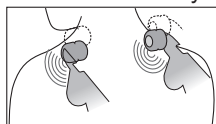
ROLL

Action to stretch an area.



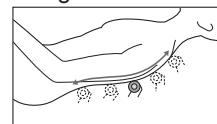
TAP

Tapping action for right and left alternately.

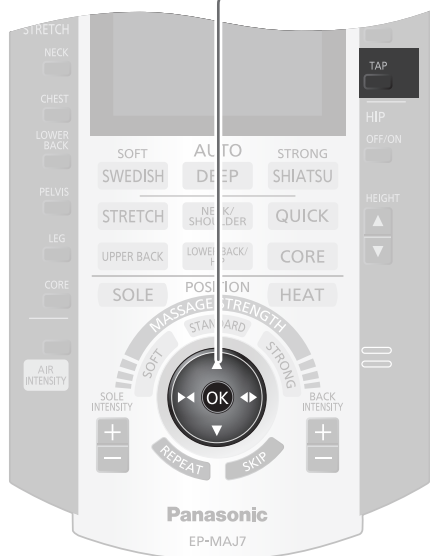


FULL BACK ROLL

Action stretching the body along the backbone.



- The respective actions are suitable for specific body parts. (Actions of Shiatsu for the "NECK" are different from of the actions for the "SHOULDER".)



4 Press **OK** to start the action.

- The massage heads will move to selected position automatically to start the massage after the body scanning is completed. (See page EN24 about body scanning)
- See pages EN36 – EN39 for setting the massage in accordance with your preferences.
- When massaging the hip, air massage will not be carried out at the same time.
- When a massage to the same location has continued for 5 minutes, massage heads will automatically move up approximately 3 cm (1.2 in.). (Depending on the location, the massage may move up.)

Press **TAP** to add tapping.
The tapping can be turned OFF/ON by pressing this button.
OFF/ON cannot be selected when massaging with the tapping action.

5 The massage will automatically end approx. after 16 minutes.

When you want a concentrated massage of a particular body part with your favorite action

To change an action in the middle of a massage

Select again in steps 2 – 4.

- Press **OK** within approximately 40 seconds of reselecting an action in step 2, otherwise the reselection will be canceled automatically.

To save manual action in the memory course

Press the **MEMORY** button for 2 seconds during the action.

- You can save your favorite manual action, stretch action and air action to create your own course. (Pages EN33 – EN35)

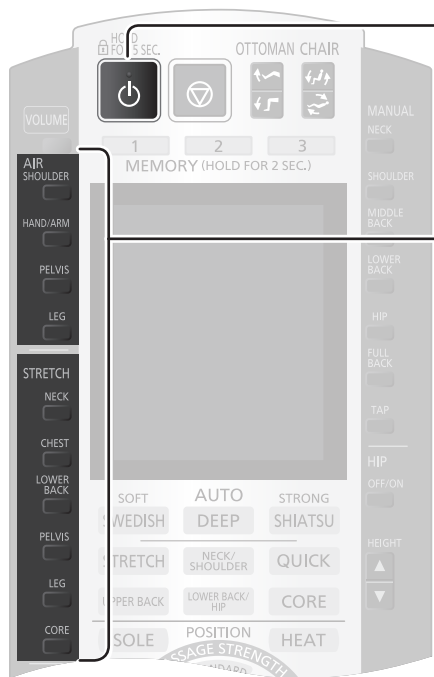
If you want to massage with tapping action only

- 1 Press **Power** to turn on the power.
- 2 Press **TAP**.
- 3 Start the tapping action by pressing **OK**.

- Tapping action will be performed at the current massage head positions without performing body scanning.
- To change the action, select with steps 2 – 4.

Air stretching and Sole massage


- Air massage “SHOULDER”, “HAND/ARM”, “PELVIS”, “LEG/FOOT”
- Stretch..... “NECK”, “CHEST”, “LOWER BACK”, “PELVIS”, “LEG”, “CORE”



1 Press  to turn on the power.

(When the unit has not been operated for more than 3 minutes, the display automatically disappears.)

2 Select the part you want to massage.

- The legrest will rise by pressing .
- The action contents of the air massage (below).
- See page EN30 for stretch specifics.
- For the stretch action, the massage heads will automatically move to the area to stretch after the body scanning, and perform stretch preparation action.

- Pressing  enables sole roller massage.

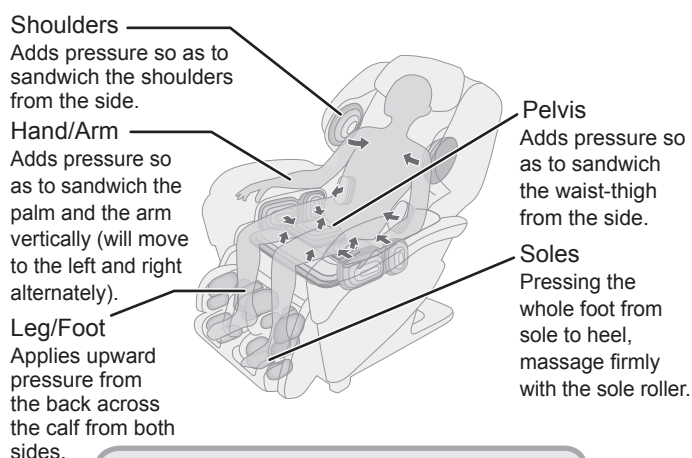
3 Air massage/Stretch starts.

4 The massage will automatically end approx. after 16 minutes.

Air massage and stretch action will not be carried out at the same time. If the Stretch button is pressed during an air massage, the air action will be canceled.

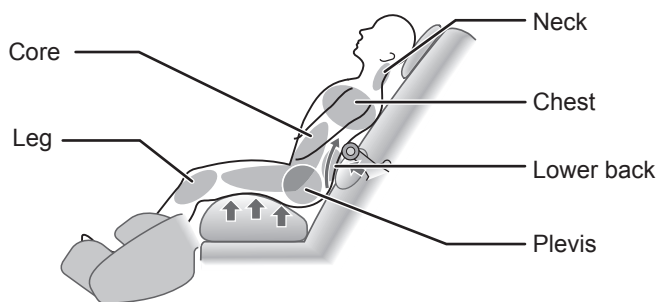
The site of the air massage stretch position

Air massage

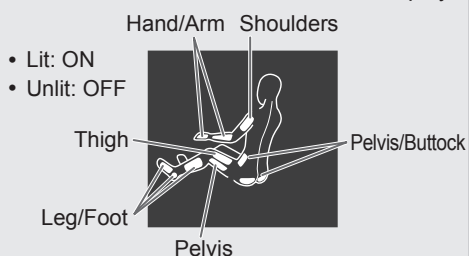


Stretch

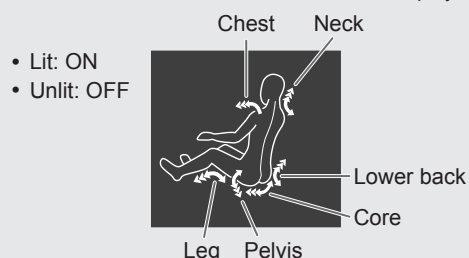
Detailed action contents of the stretch (Page EN30)



You can check the air OFF/ON in the display.



You can check the stretch OFF/ON in the display.



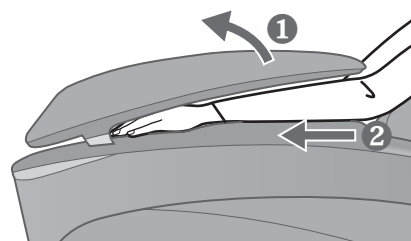
To save in the memory course

Press the MEMORY button for 2 seconds during the action.

- You can save the stretch action that you like, to create your own course. (Pages EN33 – EN34)
- Air actions can be saved at the same time when saving manual action in the memory course.

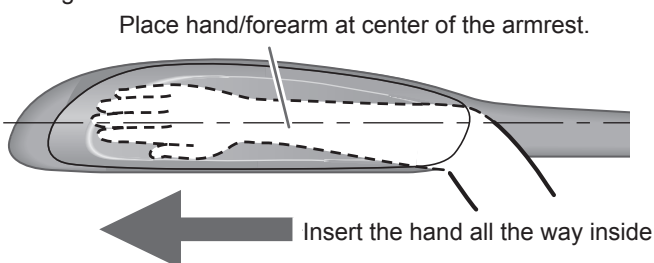
How to use the hand & arm massage

- 1** Lift up the hand & arm massage section.
- 2** Insert with fingers extended.



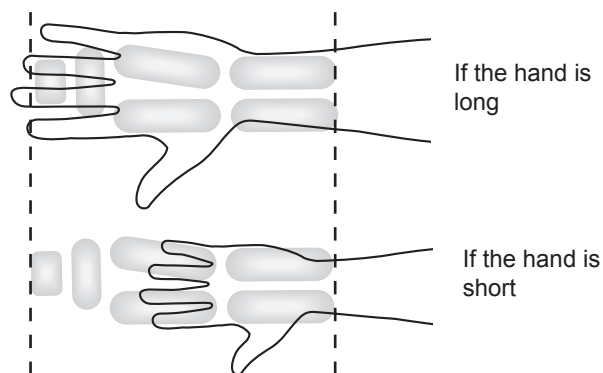
Effective method for using the hand & arm massage

Position the forearm and hand at the center of the hand & arm massage section.



- Raise the backrest if there is any difficulty when positioning the hand and forearm.

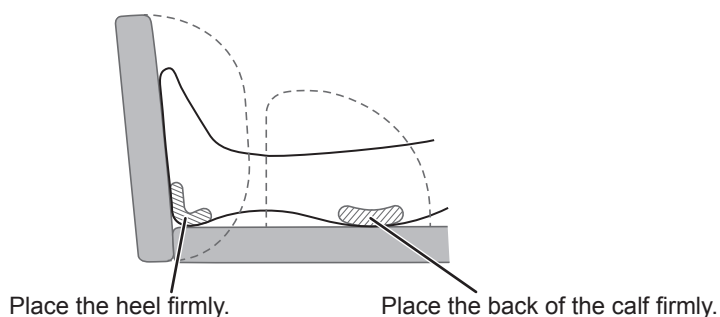
Please adjust the position according to the length of the hand.



Air stretching and Sole massage

Effective method for using "LEG/FOOT" air/stretch/sole massage

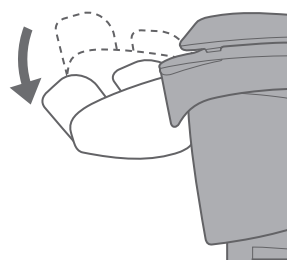
- 1** Raise the legrest.
- 2** Place the heel firmly.
- 3** Place the back of the calf firmly.



For taller persons who cannot place their calf

- Adjust the slide and stretch the foot. (Page EN18)
- Lower the legrest.

Upon pressing the OTTOMAN/CHAIR controllers button,



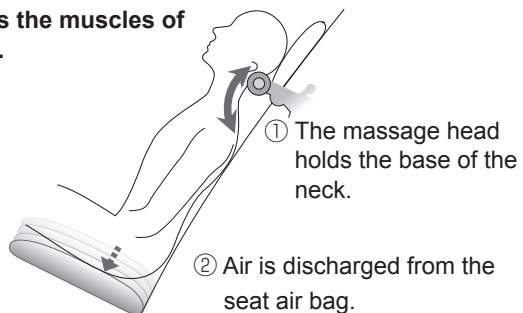
▶ Continued on the next page **EN29**

Air stretching and Sole massage (Continued)

Description of stretch action

The NECK stretch

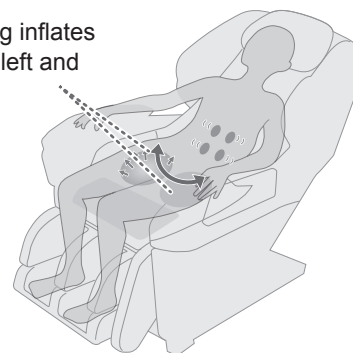
Stretches the muscles of the neck.



The PELVIS stretch

Stretches and twists the muscles around the pelvis to the left and right alternately.

Seat air bag inflates alternately left and right



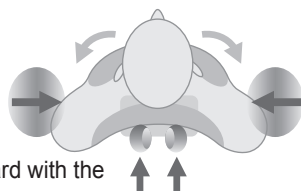
● In order to effectively stretch, legrest will lower.

The CHEST stretch

Extends the muscles around the shoulder blades and chest.

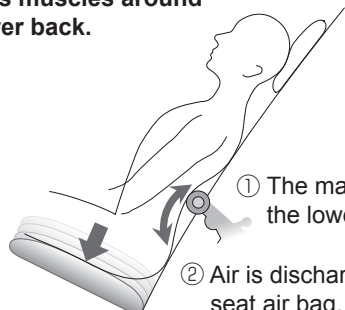
① Hold the shoulders with the shoulder-side air bags.

② Press the back forward with the massage head.



The LOWER BACK stretch

Extends muscles around the lower back.



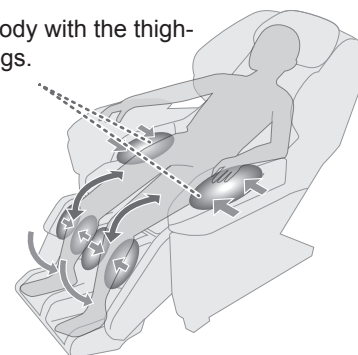
The LEG stretch

Extends the muscles from the knee area to the thighs.

① Hold the body with the thigh-side air bags.

② With the calf and foot sandwiched, the legrest is lowered.

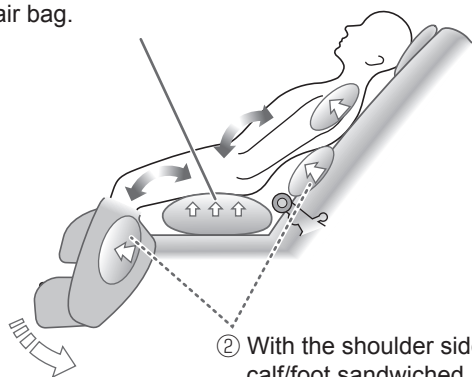
● If you do LEG stretching with the sole massage section slid out, it may hit the floor.



The CORE stretch

1) Extends from thighs to the lower abdomen.

① Your hip are raised by the seat air bag.



2) Extends around the spine.

③ With the shoulders held by the shoulder-side air bags, air is discharged from the seat air bag.

