

Panasonic®

使用说明书 Operating Instructions

(家用) 电动按摩椅 (Household) Massage Lounger

型号
Model No. EP-MA97

简体中文	SC2
English	EN2



感谢您购买本 Panasonic 产品。

使用本产品之前，请仔细阅读本说明书，并妥善保存以供未来使用。

Thank you for purchasing this Panasonic product.

Before operating this unit, please read these instructions completely and save them for future use.



1

列出各种常见问题，以便寻找。

SC10

运输、安装和组装

- 本机的尺寸！（SC53）

SC20

有哪些按摩程序？

- 背部按摩强度调节遥控器的显示画面会因程序和动作而有所不同！

（ 自动程序的背部按摩强度调节
随心选择程序的背部按摩强度调节 SC36 ）

SC39

关于温热按摩

- “背部温热”操作方法

SC51

声音异常！

- 动作声音、感觉等

目录

页

使用前

安全注意事项	SC4
主机各部件名称和功能	SC8
设置按摩椅	SC10
组装	SC12
按摩开始前	SC16

使用方法

遥控器各部件名称和功能	SC18
按摩程序的使用和操作流程	SC20
按摩	
● 进行全身按摩时	SC23
● 使用喜欢的动作对特定身体部位集中 进行按摩	SC24
● 气囊按摩·全身伸展和足底按摩	SC26
记忆程序	SC29
调节强度	SC34
按摩结束	SC41

移动 / 保养

移动本机	SC42
清洗及保养	SC43

其他

疑问回答 (Q&A)	SC44
故障检修	SC49
故障显示	SC50
本机正常使用时的声音和感觉	SC51
规格	SC52



安全注意事项

请务必遵循这些安全说明

下文列举的是使用中为防止人身伤害或财产损失必须遵循的安全事项。



■ 所有安全事项将根据因错误使用本机导致伤害或损害的程度予以说明。

请确保在使用前阅读所有说明。

 警告	可能造成死亡或重伤后果的事项内容。
 注意	可能造成轻伤或财产损失的事项内容。




关于症状

- 
 - 下列人员请勿使用本机。
 - (1) 被医生禁止接受按摩的人员（例如：血栓 [栓塞] 症、重度动脉瘤、急性静脉瘤、各种皮肤炎和皮肤感染症 [包括皮下组织炎症] 患者等）
 - (2) 骨质疏松患者、脊椎骨折病人、患有扭伤、肌肉拉伤或撕裂等急性疼痛性疾病的人
 - (3) 佩戴起搏器或其他易受电子干扰的体内植入型电子医疗器械的人
 - (4) 孕妇、刚完成分娩的妇女
 - (5) 急性腰痛、椎间盘突出症、腰椎滑脱症、脊柱管狭窄症、腰椎退化性疾病患者
 - (6) 脊椎异常或脊椎弯曲患者
- 有以下症状者，请勿使用腰部 / 臀部按摩以及骨盆伸展。
 - (1) 臀部周边急性炎症、急性臀部疼痛、梨状肌综合征或坐骨神经痛患者
 - (2) 髋关节变形等髋关节较脆弱的人
 - (3) 使用时感觉臀部和腿部疼痛、麻痹或酸胀的人
(否则可能会导致症状恶化。)
- 

 - 身体感官虚弱、精神能力缺陷或缺少使用经验和知识的人（包括儿童），如无监护人对其进行本机使用相关的监督和指导，请勿使用本机。应监护儿童以确保他们不会使用本机。
(否则可能会导致事故或伤害。)
 - 具有下列任何状况或正在接受治疗的人，在使用本机之前，应咨询医生。
 - (1) 恶性肿瘤患者
 - (2) 心脏病患者
 - (3) 热觉丧失患者
 - (4) 因糖尿病等高度末梢循环障碍引起知觉障碍的人
 - (5) 按摩部位受伤的人
 - (6) 体温 38 °C 以上（有发热症状）的人
(例如：有急性炎症症状（如疲倦感、寒颤、血压波动等）强烈时，身体虚弱时)
 - (7) 必须静养或身体显著不适的人
 - (8) 除上述之外，身体感觉特别不适的人
 - 使用中感到身体异常，或使用后感觉没有效果时，请立即停止使用并咨询医生。
(否则可能会导致事故、伤害或感到不适。)
 - 本机具有发热表面，对热不敏感的人使用时必须注意。

并请注意以下几点

- 
 - 请勿擅自改造本机。请勿自行分解或修理本机。
(否则可能会导致起火或动作异常引起的伤害。)

■ 必须遵循的安全说明用下列符号表示（下文为符号范例）。

 绝对禁止事项。	 必须执行事项。
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使用时



- 按摩颈部时，请注意按摩轮的动向，请勿按摩前颈或过重地按摩颈部。
 - 请勿坐在靠背或扶手上。
 - 儿童禁止使用本机。请勿让儿童在本机上玩耍或爬到置脚台、座面、靠背或扶手上。
 - 怀抱儿童时请勿使用按摩椅。
 - 在使用过程中，请勿将手、手肘、手臂、脚塞入靠背覆盖在按摩轮活动范围上的面料。
(否则可能会导致事故或伤害。)
 - 使用 **背部温热** 按摩轮时，请勿让按摩轮长时间接触同一个部位。
(否则可能会导致低温烫伤*。)
- * 即使温度相对较低 (40℃ – 60℃)，长时间接触皮肤的同一部位没有发热，疼痛等自觉症状，也可能导致低温烫伤。




- 在使用本机之前，一定要检查靠背覆盖在按摩轮活动范围上及脚部足底可动部位面料是否破损或其他部位的面料是否破损。
无论发现多么细小的破损，都请立刻停止使用，拔掉本机背面的电源开关，并将本机报修。
(请勿在面料破损的情况下使用本机，否则可能会导致伤害或触电事故。)
- 使用最初，请选择轻度按摩的“揉抚放松”程序。
- 一天的使用时间为 30 分钟以内。
- 请将对身体同一部位的按摩控制在 5 分钟内。
(否则可能会导致不良影响或伤害。)
- 使用体型侦测时 (SC22)，请务必确认按摩轮是否找到肩部位置。如未找到，请用位置调节按钮调节肩部高度，或者停止按摩后再次做检测 (使用自动程序、随心选择程序时)。
- 按摩中或移动靠背、置脚台时，请事先确认本机周围 (本机后面、下面、前面和侧面) 没有人或宠物。
(否则可能会导致事故或伤害。)
- 每次使用完毕，应将本机背面的电源开关滑到“off” (关闭) 位置，并将安全锁开关拨到“lock” (锁定) 位置，然后拔出安全锁钥匙和电源插头。
(否则可能因儿童接触导致事故或伤害。)

若发生异常或故障



- 发生异常或故障时，立即停止使用，拔掉电源插头。
(否则可能导致冒烟、着火或触电。)

< 异常、故障事例 >

- 按  后无任何动作。
- 移动电源线，有时通电有时不通电。
- 运行中发出焦臭味或听到异常声响。
- 按摩椅变形或异常发热。

→ 请立即委托授权服务中心进行检查及修理。

安全注意事项（续）



警告

电源插头、电源线等



- 请勿损坏电源线及电源插头。

请避免此类行为：损伤、加工、强行弯曲、扭转、拉长电源线及电源插头，或将电源线及电源插头靠近发热器，或在电源线及电源插头上系重物、或任意捆绑。

（使用破损的电源线或电源插头，可能引起触电、短路或引发火灾。）

→ 请到购买本机的商店或授权服务中心咨询修理电源线或电源插头的方法。

- 请勿用沾湿的手插拔电源插头。
（否则可能会导致触电。）



- 请严格遵守插座和配线器具的使用规定。
- 请使用 220 V 50 Hz 交流电。
（请勿在国外使用本产品，或擅自连接变压器。否则可能会引发触电、机体故障或因过热导致火灾。）
- 请务必将电源插头插到底，使其确实地插入插座中。
（否则可能会导致触电或过热引起火灾。）
- 请定期清理电源插头上的灰尘等脏污。
 - 请用干燥抹布擦拭电源插头。
（否则可能因湿气等原因引发绝缘不良，从而导致火灾。）
- 请勿扯电源线，试图拔出电源插头时一定要握住插头本身将其拔出。
（否则可能会导致触电事故或短路。）

关于症状



- 下列人员即使目前身体健康，也请咨询医生后再使用本机。
 - (1) 因年龄增长而导致肌肉萎缩的人或身体纤瘦的人
 - (2) 因骨头或内脏问题而感觉腰痛的人
 - (3) 容易扭伤或容易瘀伤的人
 - (4) 晕车、晕船或其它交通工具时，反应异常激烈的人
 - (5) 过去曾被施予心脏手术或其它内脏手术的人
（否则可能会损害自身健康。）
- 因使用本产品而产生出疹、红肿、发痒等症状时，请立即停止使用，并咨询医师。
（否则可能会导致事故或身体状况不佳。）

安装和移动



- 请勿在电热毯等加热设备上使用本机。
（否则可能会导致火灾。）
- 请勿在已安装好的状态下拖动或推动本机。
- 请勿在地板上使用脚轮移动本机。
（否则可能会在地板上留下伤痕。）
- 请勿在有人入座时移动本机。
（否则可能因机身翻倒导致意外或伤害。）
- 移动本机时，请勿握住足底按摩部分。
（否则可能会移动中滑动导致伤害。）
- 请勿在潮湿的地方（如浴室）使用本机。
（否则可能会导致触电事故或机体故障。）
- 本机必须放置在水平面上使用。
（否则可能因本机倾倒导致事故。）
- 使用脚轮移动本机时，请在地板上铺上垫子或其它覆盖物。
（否则可能会在地板上留下伤痕。）
- 使用脚轮移动本机前，须先清空周围障碍物。将靠背调至最高位置后，抬起置脚台到略低于腰的位置（距离地面大约 80 cm 以下），慢慢移动。（SC42）
（否则可能会因机身翻倒导致事故、伤害。）

关于电源



- 为确保安全，请将主机体连接至正确接地的插座。否则可能导致触电事故。
（触电事故可能因故障或者漏电引起。）
- 清洗及保养本机前，必须先从插座上拔出电源插头。
（否则可能会导致触电或烫伤。）
- 不使用时，务必从插座上拔出电源插头。
（否则可能会因灰尘、湿气导致绝缘老化，引发漏电、火灾。）

! 注意

使用前、使用中



- 请勿将头部、腹部或皮肤紧贴按摩轮。另外，请勿将手或脚伸入按摩轮之间。
- 请勿将膝盖夹在小腿·足底按摩部之间。
- 请勿在使用本机时入睡。此外，饮酒后请勿使用本机。
- 使用气囊按摩后，空气未完全排出前，请不要在座面上站立、跳跃或放置物体。
(否则可能会导致事故或伤害。)
- 请勿将手、手指、脚、头伸进本机的下述间隙。
 - (1) 靠背与座面、扶手的间隙
 - (2) 置脚台与座面、扶手的间隙
 - (3) 座面与扶手的间隙
 - (4) 背面外罩与脚盖的间隙
 - (5) 置脚台的背面
- 按摩中，请勿拔出电源插头，或关闭电源开关。
- 不要站立使用足底按摩。
(否则可能会造成伤害。)
- 当置脚台未完全下降时，请勿坐在或站在置脚台上，或将物体放在置脚台上。
(否则可能会导致置脚台边缘旋转或本机倾斜从而引发事故或伤害。)
- 请勿与其它治疗器械同时使用。
(否则可能会导致事故或健康状况恶化。)



- 就坐前，确认按摩轮处于收纳位置 (SC8)。
- 按摩途中若想离开座位，必须先停止按摩动作，再离开座位。
(否则会导致事故或人身伤害。)
- 就坐前检查本机各个部件之间是否有异物。
 - 确认靠背、置腿台、手·手臂有没有夹杂异物。
(否则可能会因手、脚或其它物件被本机夹住，而引发事故或造成伤害。)
- 在使用本机时，请勿在头部佩戴任何硬质饰物（如发卡等）。
- 当裤子口袋内装有硬物时，将其取出，然后按摩。
- 按摩手部与手臂时，请取下指甲套、手表、戒指等硬物。
(否则可能会造成伤害。)
- 请勿将口袋等里面的任何物品掉落到本机的空隙中。
(否则可能会导致物品丢失。)

并请注意以下几点



- 请勿让儿童接触遥控器托架的固定螺丝。
(否则可能会因误咽导致事故或伤害。)
- 请勿将水滴等物质滴在本机或遥控器上。
(否则可能会导致触电、短路或机体故障。)

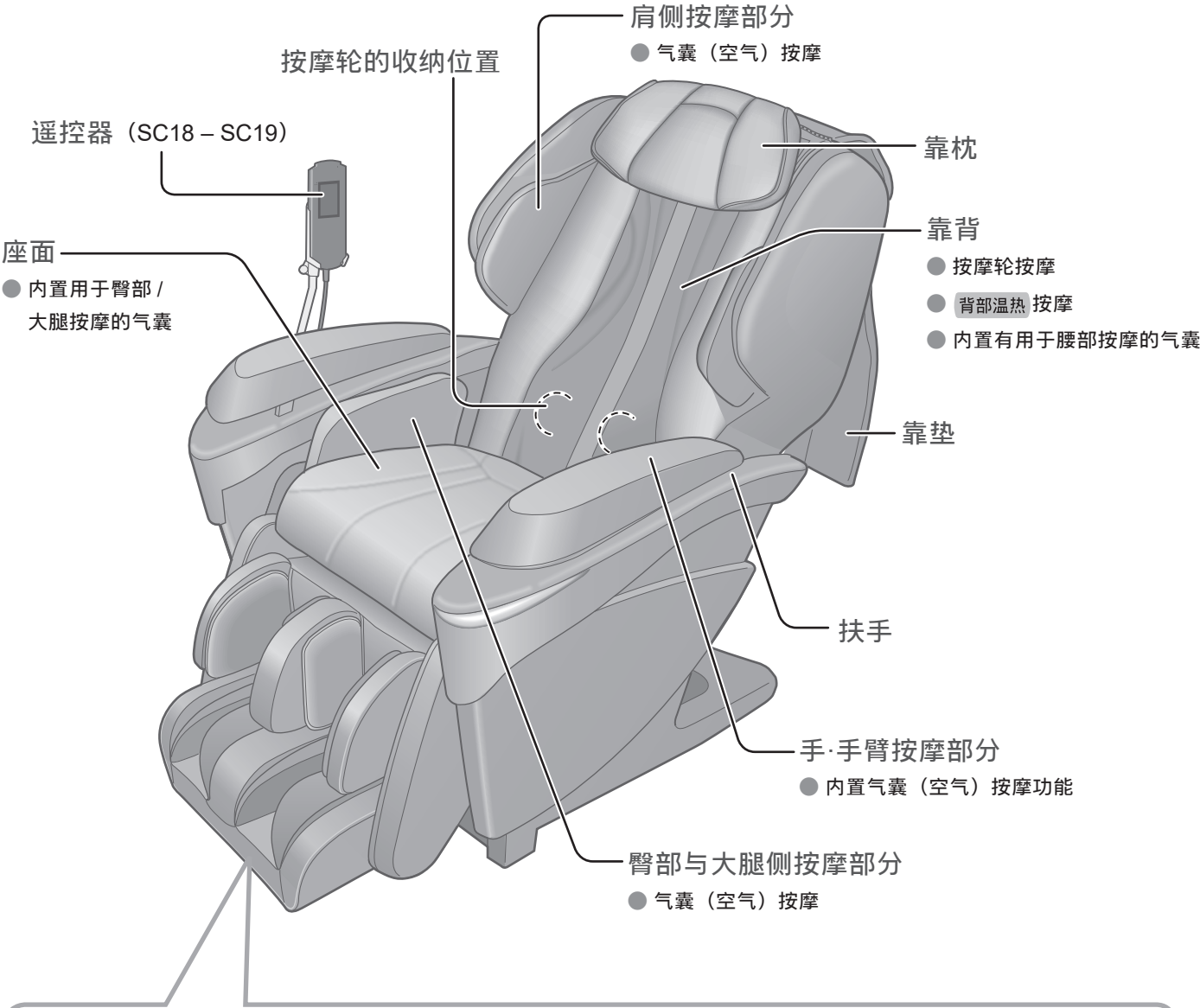


- 将安全锁钥匙保管在儿童无法触及的地方。
(否则可能会导致儿童误食引发事故或伤害。)
- 停电时立刻拔出电源插头。
(否则可能在电源恢复时导致事故或伤害。)
- 闲置一段时间后使用本机，请先重新阅读使用说明书，确认机体动作正常后，再开始使用。
(否则可能会导致事故或伤害。)

接地说明

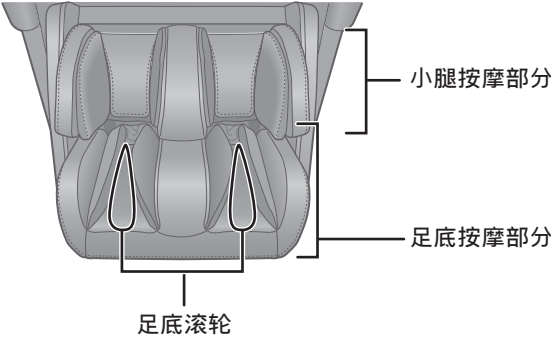
- 本机必须接地。如果本机发生功能失常，接地将为电流提供阻力最小的通道，以减少触电危险。
- 本机配备的电源线带有设备接地导体和接地插头。插头必须插入适当的插座，并按照当地的所有法规和法令正确安装和接地。

主机各部件名称和功能

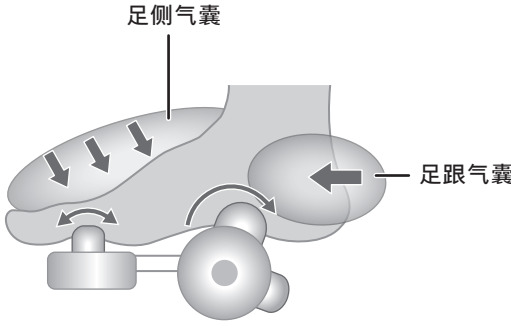


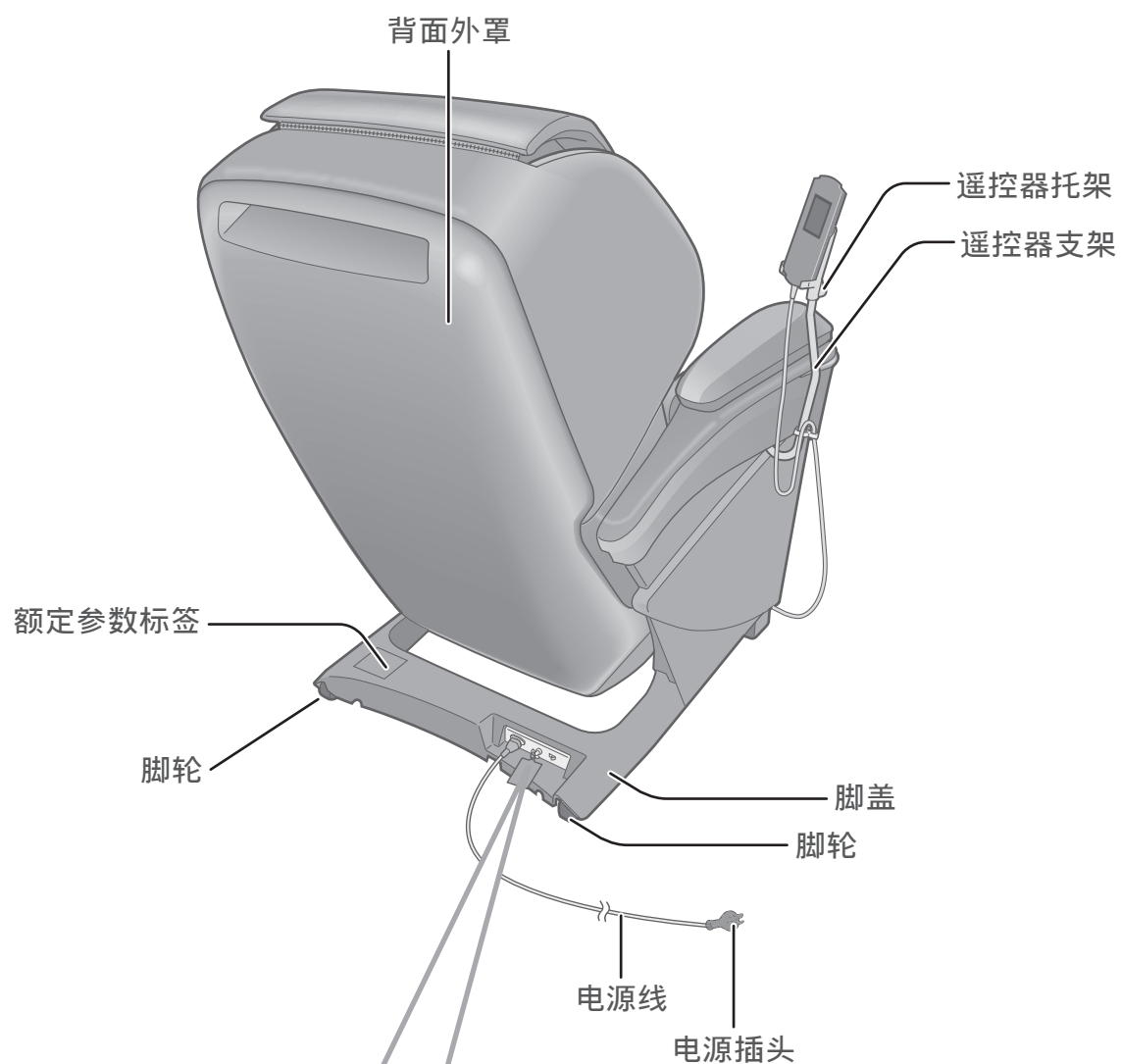
置脚台（小腿·足底按摩部分）

- 足底滚轮按摩。
- 气囊（空气）按摩功能。
- 可通过小腿按摩部分的滑动调节足底按摩位置。

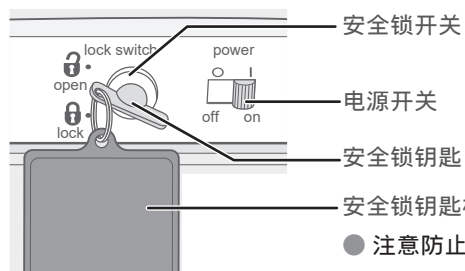


足底滚轮





电源开关部分



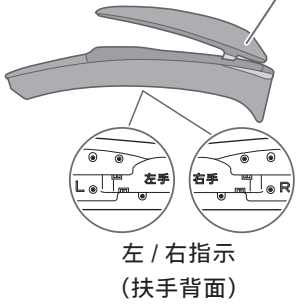
● 注意防止儿童意外吞咽。

● 出厂前安全锁开关设定为“open”（打开），电源开关设定为“on”（开启）。

设置按摩椅


1) 检查附件

● 左右扶手




手·手臂按摩部分背面布料的孔是正常设计，而非质量问题。

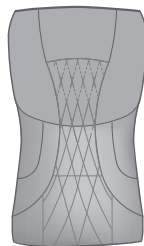
● 靠枕



● 电源线



● 靠垫



2) 使用本机的场所

确保预留足够的空间以便按摩椅可以倾斜。

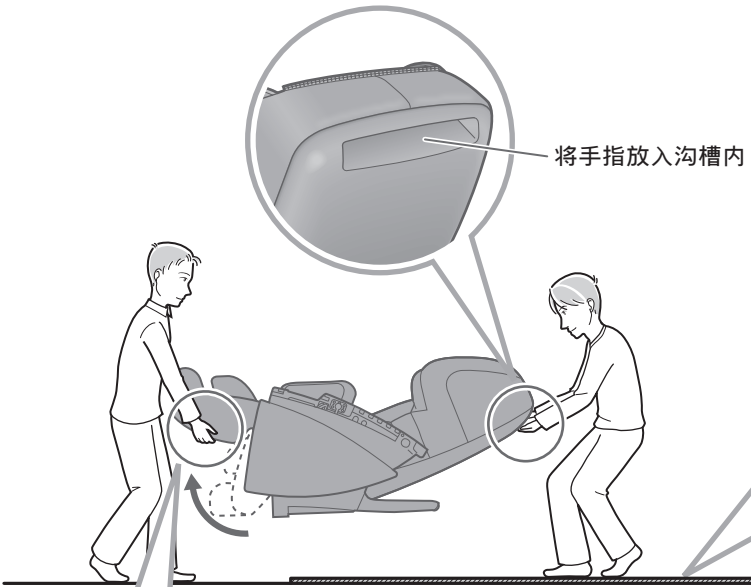
- 设置时需要的空间（主机的详细尺寸请参照 SC53）

高 115 cm × 宽 90 cm × 长* 220 cm

* 主机倾斜时的实际长度为 200 cm，由于设置时须与墙壁等障碍物前后保持 10 cm 以上距离，因此长度预留为 220 cm。

- 请勿将按摩椅暴露于阳光直射或高温环境下，以免导致合成皮革褪色或硬化。

3) 安装



将手指放入沟槽内

① 本机必须由两人或多人搬运。

- 由于本机较重，因此搬运时请小心，以免造成背部拉伤。


本机重量	约 87 kg
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② 注意脚下，小心安放。

铺上垫子等物品。

本机可能会损坏地板，建议将本机放在垫子上。将垫子铺在本机下面时，垫子的大小应足以盖住本机接触地板的范围与置脚台接触地板的范围（至少 120 cm × 70 cm）。

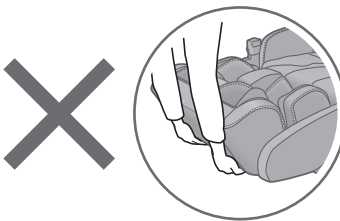
握住置脚台的侧面。



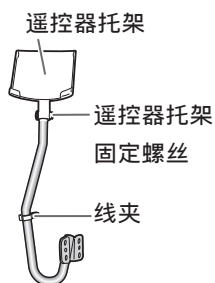
握住置脚台，直至其完全放在地板上后才松手。如果中途放开置脚台，它会弹回到初始位置。

■ 请勿握住置脚台前侧的部分！

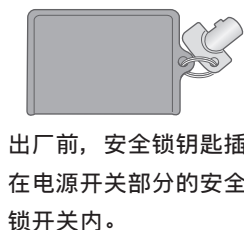
足底按摩部分可能会滑动，造成伤害。



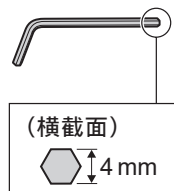
● 遥控器支架



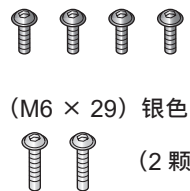
● 安全锁钥匙
(1 把)



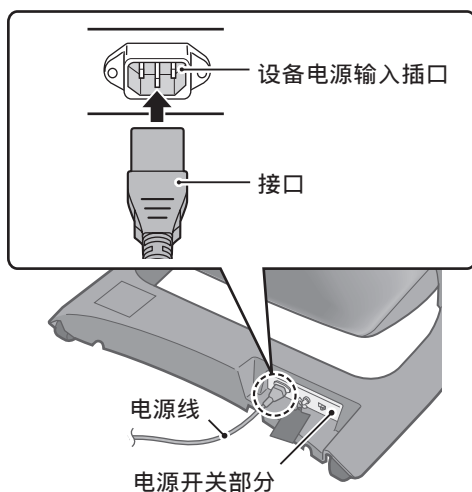
● 六角扳手
(1 个)



● 固定螺丝
(M6 × 13) 黑色 (4 颗)
(M6 × 29) 银色 (2 颗)



4) 将电源线连接到本机




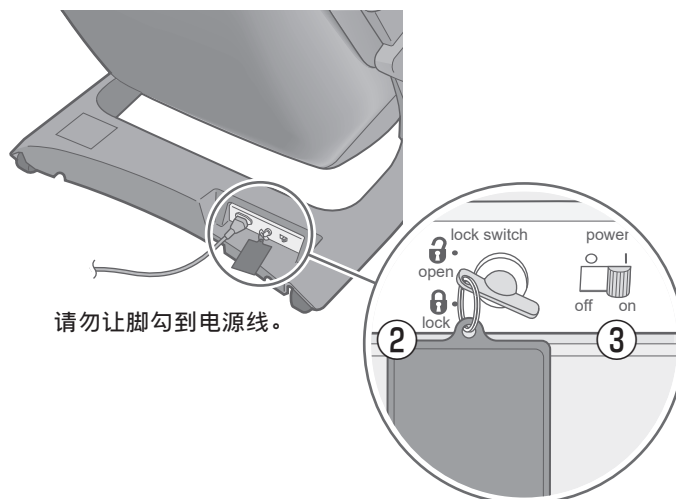
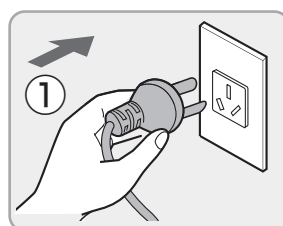
- ① 检查电源开关部分的设备电源输入插口和电源线的接口是否脏污和损坏。
- ② 将接口插入设备电源输入插口。
- ③ 务必将接口完全推入。

接地说明

- 本机必须接地。如果本机发生功能失常，接地将为电流提供阻力最小的通道，以减少触电危险。
- 本机配备的电源线带有设备接地导体和接地插头。插头必须插入适当的插座，并按照当地的所有法规和法令正确安装和接地。

5) 接通电源，升起靠背。

- ① 将电源插头插入电源插座。
• 请务必插在交流 220 V 的插座上。
- ② 确认安全锁开关钥匙设定在“open”（打开）的位置。
- ③ 确认电源开关设在“on”（开启）的位置。
- ④ 按两次遥控器上的  按钮。
• 先按一次，约 1 秒钟后再按一次。靠背将自动升高。



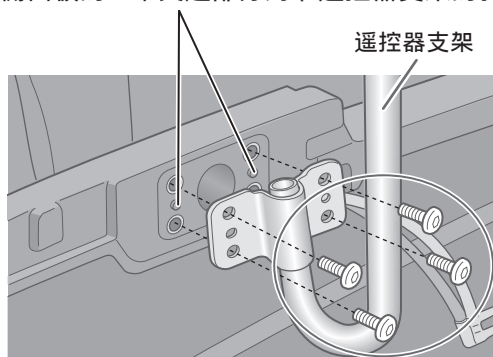
组装

1 安装遥控器支架

遥控器支架可以安装在左侧或右侧。

< 安装到右侧扶手时 >

① 将侧面板的 2 个突起部分对准遥控器支架的孔。

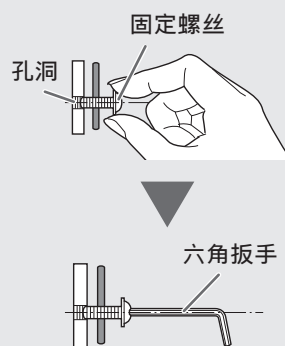


② 用固定螺丝固定遥控器支架（4 处）

• 使用螺丝

固定螺丝（M6 × 13）× 4 颗（黑色）

■ 如何紧固螺丝



● 用手指轻轻地拧紧 4 颗螺丝。
（使螺丝与螺丝孔处于同一水平面。）

● 使用六角扳手紧固螺丝。
● 如果螺丝插入螺丝孔位置不当，使用六角扳手紧固螺丝可能导致螺丝毁坏。

如果遥控器支架安装在左侧，请将遥控器的线穿过左手侧。（SC15）

2 安装扶手

① 将扶手插入本机。

- 扶手背面标有“R”（右侧）和“L”（左侧）。
- 对准扶手侧面的 ▲ 标记，从顶部插入扶手。
- 小心夹伤手指。

② 向下推扶手的同时，将其向后滑动。

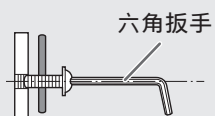
③ 使用固定螺丝固定扶手。

（每侧各一处）

• 使用螺丝

固定螺丝（M6 × 29）× 2 颗（银色）

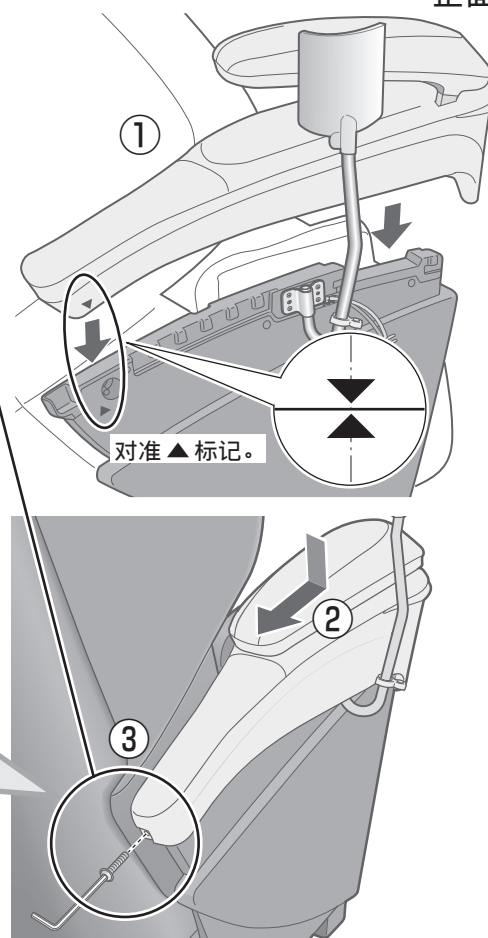
■ 如何紧固螺丝



- 将固定螺丝固定在六角扳手的边缘，然后将其水平对准孔洞并紧固。
- 如果螺丝插入螺丝孔位置不当，使用六角扳手紧固螺丝可能导致螺丝毁坏。

< 安装右侧扶手 >

正面

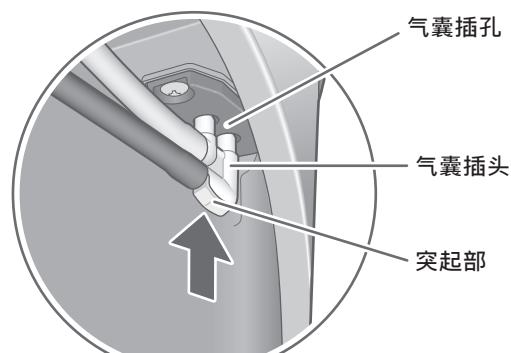


④ 以相同的方式安装左侧扶手。

3 插入气囊插头

- ① 用手指将气囊插头插入扶手上的气囊插孔，直至卡入到位。

< 底部视图 >



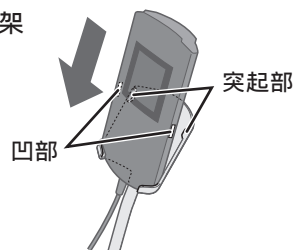
按压直到突起卡入到位。

- 只有牢固插入气囊插头，才能进行手臂按摩。

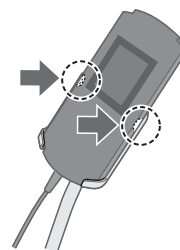
- ② 以相同的方式插入左侧插头。

4 将遥控器安放到遥控器托架上

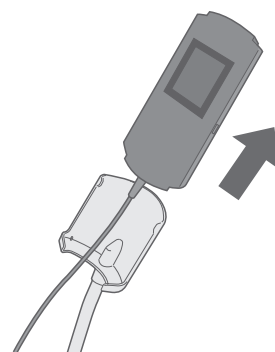
- ① 将遥控器与遥控器托架底部成一定角度并插入。



- ② 插入遥控器，直到遥控器托架上的两个突起部分进入遥控器两侧的凹部。

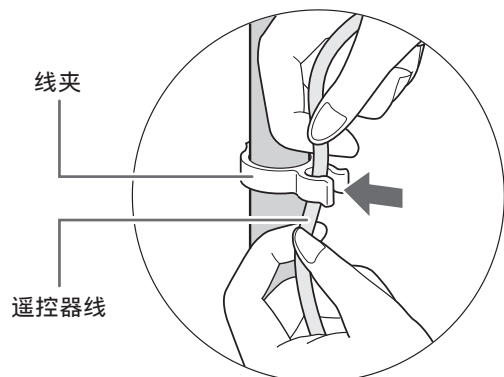


取出遥控器时…
提起遥控器并取下。



- 用线夹固定遥控器线。

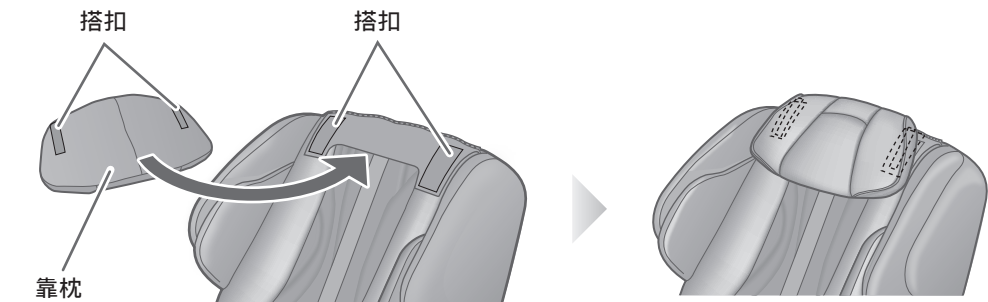
用线夹固定遥控器线，使其不会过度松弛（否则会有被遥控器线绊倒的危险）。



组装（续）

5 安装靠枕

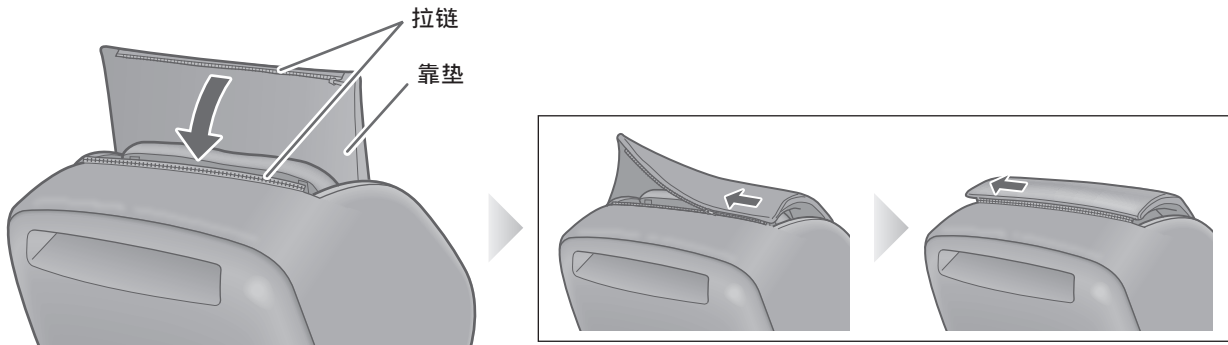
用搭扣固定靠枕。



● 使用按摩椅时推荐的靠枕位置（SC17）


6 安装靠垫

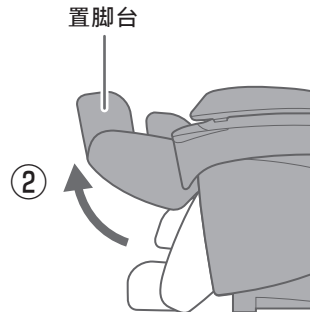
用拉链固定靠垫。



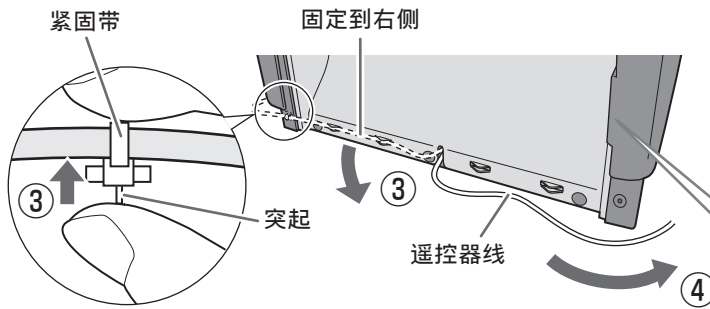
■ 遥控器支架安装在左侧时

- 如右侧图，将遥控器线引到左侧。
- 本产品出厂时，遥控器线固定在右侧。

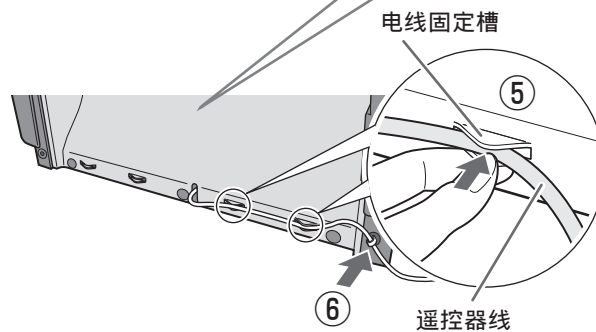
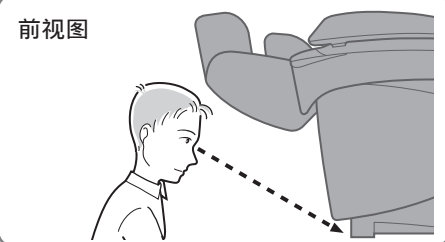
- ① 按遥控器上的  按钮。
- ② 按住遥控器的 ，直到听到哔哔声。
 - 置脚台会上升至最高位置。



- ③ 解开遥控器线的固定。
 - 用手指按紧固带上的突起松开钩子。
- ④ 将置脚台下的遥控器线移至左侧。



- ⑤ 固定遥控器线。
 - 如果遥控器线固定不好，从边缘处将其按入槽内。
- ⑥ 将紧固带的尖端插入孔内。



按摩开始前

检查周围

确定本机周围没有人、宠物及其它物体。

- 若猫狗等宠物撕咬遥控器线或被线绊倒，可能会使按摩椅无法正常工作。（否则可能会造成故障。）




调整遥控器托架

左右方向皆可调整。

左右

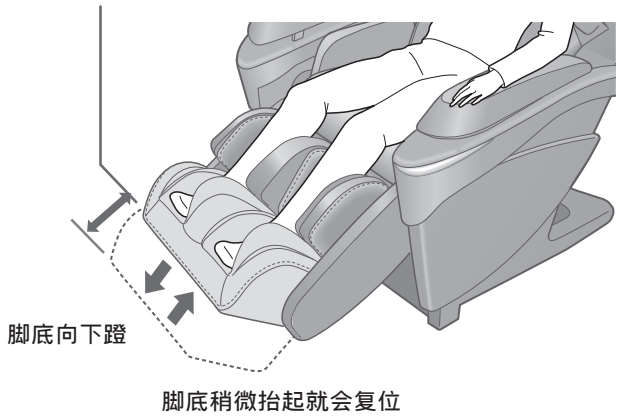


确认置脚台位置

- 确认置脚台处于最低位置。
 - 置脚台未充分下降时
按两次  置脚台便会下降。

将足底按摩部分滑到自己喜欢的位置

- 抬起置脚台后调整到您喜欢的位置。（SC40）
足底按摩部位置可调节，调节距离约 18 cm。



开启本机之前，请检查电源线和电源插头。

(SC11)

调整靠枕的位置


取下靠枕并调整靠枕的高度，使底部边缘与耳垂齐平。

- 如果位置过低，靠枕可能干扰颈部周围的按摩。
- 当倾斜角度改变时，靠枕的位置可能移动。在这种情况下，需再次调节靠枕位置。



翻起靠垫，检查主机

检查以下几点

- 布料是否有破损？
- 主机内是否夹有异物？
- 按摩轮是否处于收纳位置？
 - 当按摩轮不在收纳位置时，按下  两次将按摩轮返回收纳位置。

靠垫仍在靠背上时，请勿进行按摩。

警告

- 在使用本机之前，一定要检查靠背覆盖在按摩轮活动范围上及脚部足底可动部位面料是否破损或其他部位的面料是否破损。无论发现多么细小的破损，都请立刻停止使用，拔掉本机背面的电源开关，并将本机报修。
(请勿在面料破损的情况下使用本机，否则可能会导致伤害或触电事故。)

请确认坐入位置

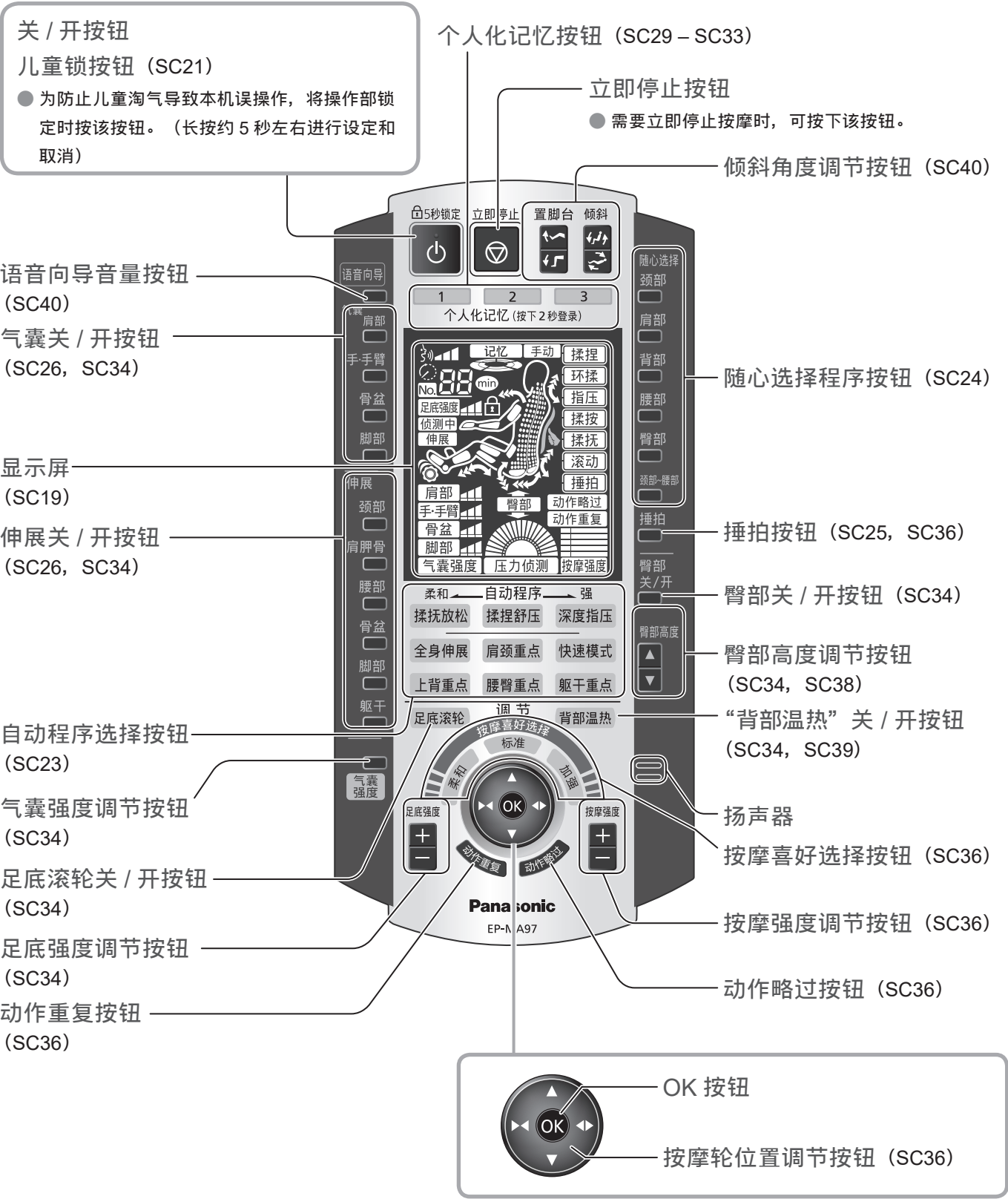
为了能让按摩更有效果，在座垫中央有能方便您靠后坐的突起部位。



请尽量靠后坐，让臀部能接触到靠背。

遥控器各部件名称和功能

遥控器



显示屏

● 该图为所有指示灯都亮起时的状态。

语音向导音量显示
(SC40)

- 剩余时间显示
- 存储的记忆程序编号显示 (SC31 – SC33)

足底滚轮强度显示
(SC34)

体型侦测中显示
(SC22)

伸展动作显示
(SC26)

臀部动作显示
(SC34)

气囊强度显示
(SC34)

个人化记忆程序显示 (SC29 – SC33)

个人化记忆程序显示 (SC31)

● 当使用自己创建的程序时，此处会显示。

按摩手法显示

- 按摩中亮灯显示当前正在进行的按摩手法。
- 选择了随心选择程序时，当前选择的手法框闪烁。

动作略过显示 (SC36)

动作重复显示 (SC36)

按摩强度显示 (SC36)

压力侦测显示 (SC36)



遥控器各部件名称和功能

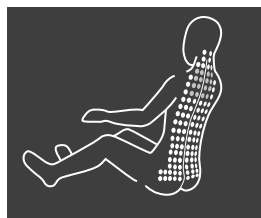
儿童锁显示 (SC21)

伸展显示 (SC34)

- 亮灯显示当前选择的伸展动作。
- 闪烁显示当前正在进行伸展的位置。
- 亮灯的箭头数表示伸展气囊强度。

“背部温热”显示 (SC34)

按摩部位显示



- 当前的大概按摩位置闪烁。

气囊按摩部位显示



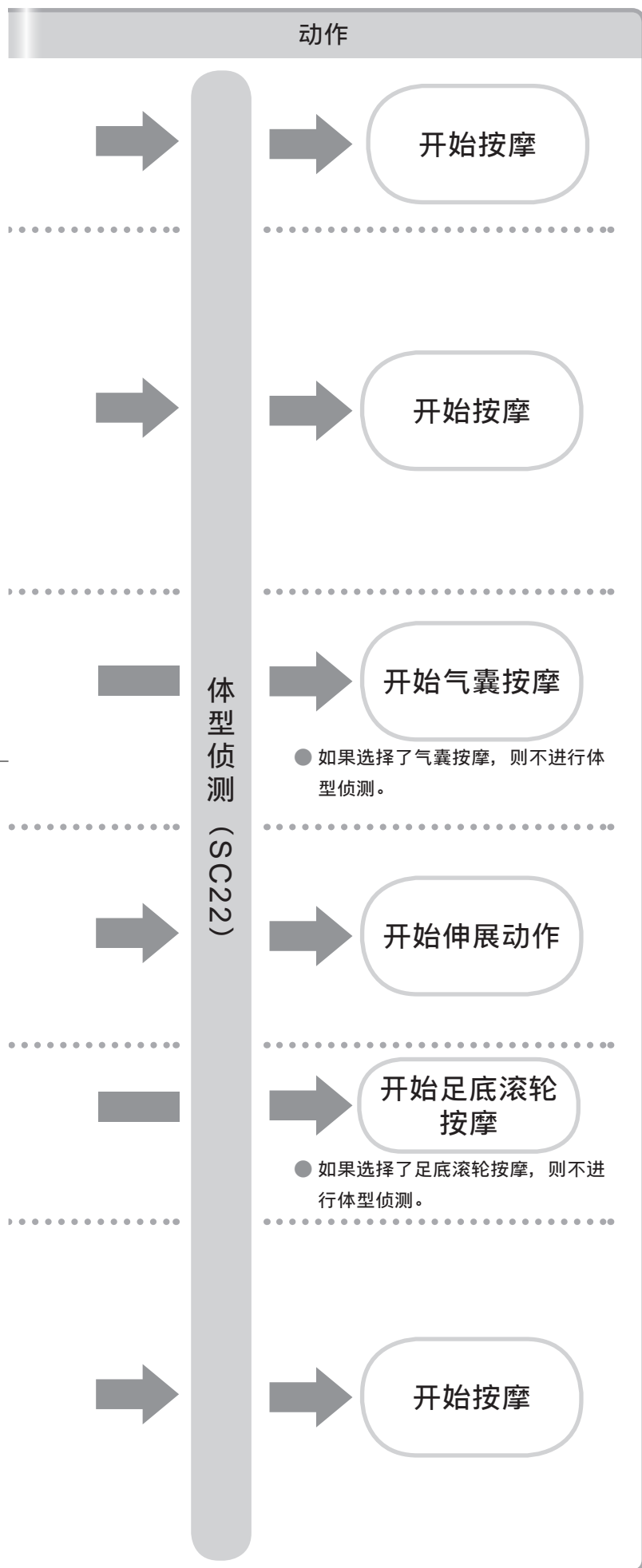
- 长亮显示当前选择的气囊按摩部位。
- 当前运作的气囊按摩闪烁。



“足底滚轮”显示
(SC34)

按摩程序的使用和操作流程


程序	操作
<div>自动程序</div> <div>给需要进行全身按摩的使用者 (SC23)</div>	<div>柔和 ← 自动程序 → 强</div> <div>揉抚放松 揉捏舒压 深度指压</div> <div>全身伸展 肩颈重点 快速模式</div> <div>上背重点 腰臀重点 躯干重点</div> <div>选择一种</div>
<div>随心选择程序</div> <div>给需要在特定区域使用自己喜欢的手法进行强化按摩的使用者 (SC24 – SC25)</div>	<div>随心选择</div> <div>颈部</div> <div>肩部</div> <div>背部</div> <div>腰部</div> <div>臀部</div> <div>颈部-腰部</div> <div>选择一种</div> <div>揉捏</div> <div>环揉</div> <div>指压</div> <div>揉按</div> <div>揉抚</div> <div>滚动</div> <div>捶拍</div> <div>选择您喜欢的手法，然后按 OK</div>
<div>气囊按摩</div> <div>给需要对“肩部”、“手·手臂”、“骨盆”或“脚部”进行气囊按摩的使用者 (SC26 – SC28)</div>	<div>< 气囊动作 / 伸展动作 ></div> <div>伸展</div> <div>颈部</div> <div>肩胛骨</div> <div>腰部</div> <div>骨盆</div> <div>脚部</div> <div>躯干</div> <div>气囊</div> <div>肩部</div> <div>手·手臂</div> <div>骨盆</div> <div>脚部</div> <div>选择</div> <div>● 气囊按摩和伸展动作不能同时进行。</div>
<div>伸展动作</div> <div>给需要伸展“颈部”、“肩胛骨”、“腰部”、“骨盆”、“脚部”或“躯干”的使用者 (SC26 – SC28)</div>	
<div>足底滚轮动作</div> <div>给需要放松脚底的使用者 (SC26 – SC28)</div>	<div>< 足底滚轮动作 ></div> <div>按 足底滚轮</div>
<div>记忆程序</div> <div>存储后，您就可以调用自己喜欢的自动程序或您自己创建的程序。 存储程序以及使用已存储的程序的方法 (SC29 – SC33)</div>	<div>最多可以存储 3 个程序。</div> <div>1 2 3</div> <div>选择其一</div> <div>个人化记忆 (按下 2 秒登录)</div>



按摩时
可调节的功能请
参照 SC34 – SC37

设置和解除儿童锁



■ 如何设置

在遥控器屏幕空白的情况下，按住  约 5 秒钟。

- 设置完成后， 将会点亮约 5 秒钟后，自动关闭电源。

■ 如何解除

儿童锁已设置的状态下，当遥控器的屏幕为空白

或  亮起时，按住  约 5 秒钟。

- 儿童锁解除， 熄灭，出现程序选择画面。

按摩程序的使用和操作流程

当要中途停止时 / 若遇任何问题

按  。

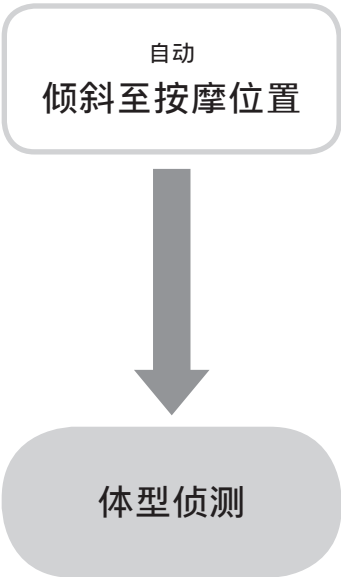
- 所有动作将立即停止。
- 小心离开本机，以防跌倒。

按摩程序的使用和操作流程（续）

关于体型侦测

体型侦测是运行按摩轮对肩部位置进行检测，来推算包括身高在内的体型信息，根据体型进行按摩。

- 体型侦测进行中，**侦测中** 闪烁。
- 体型侦测功能能正确适用于身高在 140 cm ~ 185 cm 间的人。



请将身体完全坐入按摩椅，轻轻向后靠，将头部靠在靠枕上。

- 靠枕位置调节。（SC17）



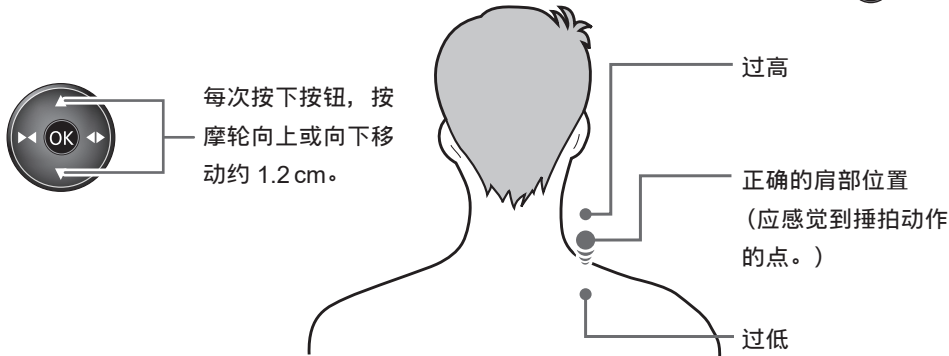
体型侦测开始后约 30 秒，按摩轮将缓慢抵达肩部，并开始柔和捶拍。

- 体型侦测时响起“哗哗...”的声音，按摩轮将沿着背部上升到颈部附近。
- 随心选择程序（例如“背部”或“腰部”）会进行简易检测，但按摩轮不会上升至肩部。
- 按摩轮向前突出。
(如果它没有对准肩部位置，它将再次上升并重复寻找肩部位置。)
- 座垫内的气囊将会鼓起，防止体型侦测期间身体移动。



■ 调节肩部位置时

在捶拍动作（约 12 秒）期间，使用此位置调节按钮调整肩部的高度，并按下 **OK**。



- 在捶拍动作期间，当您按下 **OK** 时，体型侦测将会结束并开始按摩。
- 根据肩部推算大致身高，置脚台可自动调整其角度，使脚底与其接触。
- 如果肩部位置偏离很大，请暂时按 **停止** 按钮。将肩部紧靠靠背，重新进行侦测。

进行全身按摩时



1 按 , 打开电源。

(超过 3 分钟以上不操作的话, 屏幕显示会自动消失。)

2 选择一个按钮并按下。

● 选择程序后, 开始体型侦测。(详见 SC22)

3 体型侦测结束后, 开始按摩。

● 在按摩过程中, 您可以调节至喜欢的按摩方式。(详见 SC34 – SC37)

● 即使在程序进行时, 您也可以将喜欢的程序存储在记忆程序中。(详见 SC29)

4 开始按摩后, 最长时间 19 分钟自动结束按摩。

● 按摩结束后, 您可以将喜欢的程序存储在记忆程序中。(详见 SC29)

按摩程序的使用
和操作流程
进行全身按摩时

■ 自动程序 (上半身) 功能

揉抚放松 ● 19 分钟

当您想柔和地放松您的身体
主要使用揉抚放松、拉伸动作
作为中心, 一边低速运转,
一边放松身心。



揉捏舒压 ● 19 分钟

当您想充分放松您的身体
主要使用揉按和揉捏手法
的标准按摩程序, 将为您
进行充分按摩。



深度指压 ● 19 分钟

当您想彻底放松您的身体
主要使用指压和揉捏手法,
强力按摩僵硬的点。



全身伸展 ● 16 分钟

当您想拉伸整个身体
使用 6 个伸展动作慢慢拉伸
整个身体。



肩颈重点 ● 16 分钟

当您的颈部或肩部酸痛不适
主要使用揉按和揉捏动作,
集中在颈部和肩部周围的
肌肉。



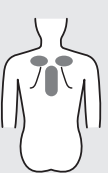
快速模式 ● 10 分钟

当您想快速放松您的身体
10 分钟内将使用到所有按
摩手法, 如揉按、揉捏、
揉抚、滚动等。



上背重点 ● 16 分钟

肩胛骨周围感觉发酸
使用揉按动作传递温热,
放松肩胛骨周围的区域。



腰臀重点 ● 16 分钟

对于腰部和臀部的酸痛不适
主要使用揉按和揉捏动作,
集中按摩从腰部到臀部的区
域。




躯干重点 ● 16 分钟

为了防止腰部疲劳的积累
使用揉捏、滚动和伸展动
作等能够传递温热的手法,
放松腰部、骨盆区
域和臀部区域。

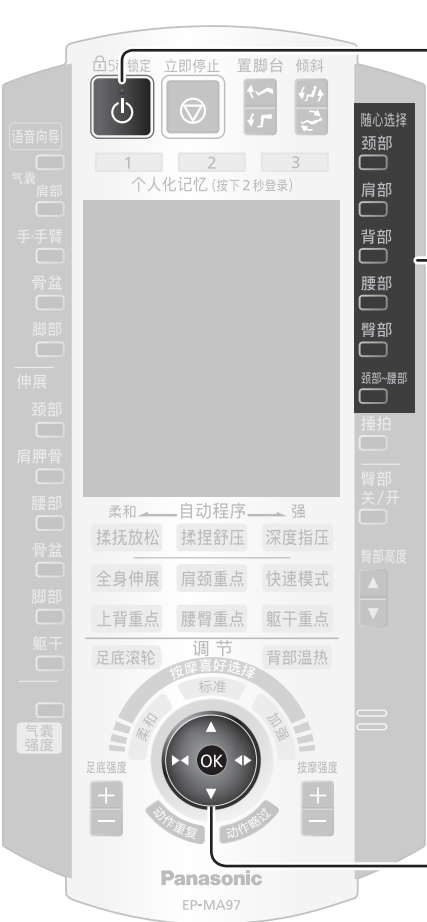



躯干是指: 腰部·背部·骨盆·腹部周边

使用喜欢的动作对特定身体部位集中进行按摩

**警告**

- 请将对身体同一部位的按摩控制在 5 分钟内。
(否则可能会导致不良影响或伤害。)




1 按 ，打开电源。
(超过 3 分钟以上不操作的话，屏幕显示会自动消失。)

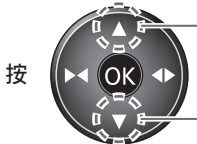
2 选择想要按摩的部位。
● 显示可以选择的按摩手法列表。


3 选择喜欢的手法。



当前选择的手法的框闪烁

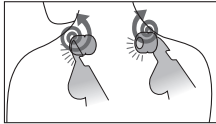
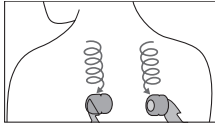
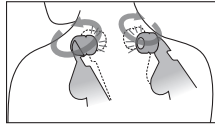
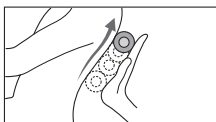
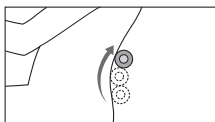
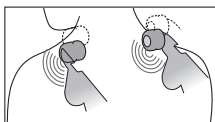
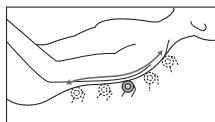
- 反复按步骤 2 中选择的部位也可以选择手法。
- 选择  时，可以选择“滚动”或“滚动”与其他手法的组合。与其它手法组合时，



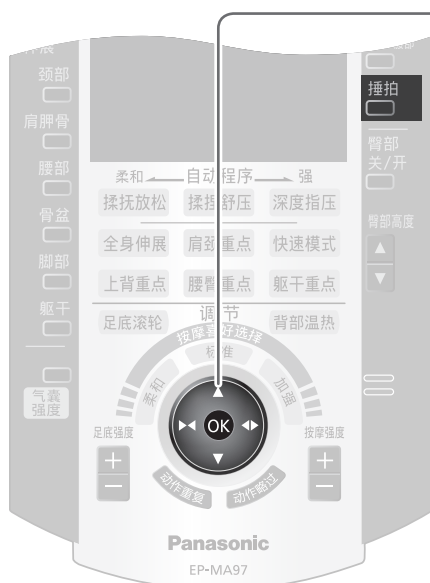
按 该按钮后选择手法，然后按 。



按摩手法说明 (以下图形为各按摩手法的示意图)

揉捏 对点进行轻轻揉按的手法。 	环揉 上下移动并进行揉搓手法。 	指压 垂直推压肌肉酸痛处。 	揉按 深层揉按。 
揉抚 大面积轻柔手法。 	滚动 伸展某一部位的手法。 	捶拍 左右轮流轻柔捶拍手法。 	颈部~腰部滚动 沿脊椎舒展身体的手法。 

● 各种不同的手法适合于各个具体的身体部位。(例如“颈部”与“肩部”相对应的“指压”手法可能不同。)



4 按 **OK** 开始动作。

- 体型侦测完成后，按摩轮在选择部位运行，开始按摩。
(体型侦测详细信息，请参阅 SC22。)
- 关于如何根据个人喜好进行按摩设定，请参阅 SC34 – SC37。
- 对臀部进行按摩时，不同时进行气囊按摩。
- 对同一部位的按摩持续了 5 分钟时，按摩轮会自动向上移动约 3 cm。
(根据按摩轮位置，按摩位置可能会向上移动。)

按 **捶拍** 添加捶拍。

可通过按此按钮关 / 开捶拍。

只使用捶拍动作进行按摩时，无法选择关 / 开。

5 开始按摩后约 16 分钟按摩自动结束。

使用喜欢的动作对特定身体部位集中进行按摩

中途改变动作时

按照步骤 **2 – 4** 重新选择。

- 按照步骤 2 重新选择后，如在大约 40 秒内未按 **OK**，则重新选择的内容自动被取消。

在记忆程序中存储随心选择程序

动作中按个人化记忆程序按钮 2 秒钟。

- 存储自己喜欢的随心选择程序和伸展动作、气囊按摩，亦可以自己编制程序。(SC31 – SC33)

只使用捶拍手法进行按摩时

1 按 **电源**，打开电源。

2 按 **捶拍**。

3 按 **OK** 开始捶拍动作。

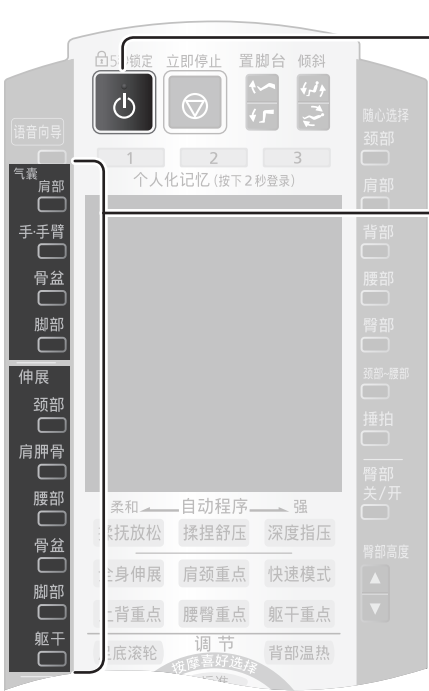
- 不进行体型侦测，直接在当前按摩轮所在的位置进行捶拍。
- 中途要更改手法时，请按步骤 2 – 4 进行选择。

气囊按摩·全身伸展和足底按摩

- 气囊按摩

..... “肩部”、“手·手臂”、“骨盆”、“脚部”
- 伸展


..... “颈部”、“肩胛骨”、“腰部”、“骨盆”、“脚部”、“躯干”



1 按 ，打开电源。

(超过 3 分钟以上不操作的话，屏幕显示会自动消失。)

2 选择想要按摩的部位。

- 按 ，置脚台将会上升。
- 气囊按摩动作内容 (见下文)。
- 有关伸展功能，请参阅 SC28。
- 伸展动作时，完成体型侦测后，按摩轮自动在伸展部位运动，开始准备动作。
- 按 **足底滚轮** 可同时进行足底滚轮按摩。

3 气囊按摩 / 伸展开始。

4 按摩开始约 16 分钟后自动停止。

气囊按摩和伸展动作不能同时进行。
如果在气囊按摩过程中按下伸展按钮，气囊按摩将被取消。

气囊按摩·全身伸展的部位

气囊按摩

肩部

增加压力，从侧面夹住肩部。

手·手臂

增加压力，垂直夹住手掌和手臂 (左右两侧交替按摩)。

腿部 / 脚部

从两侧向小腿后部施加向上的压力。

骨盆

增加压力，从侧面夹住腰腿。

足底

用足底滚轮用力按压整个脚部，从脚底到脚跟。

全身伸展

伸展的详细动作内容 (SC28)

颈部

肩胛骨

腰部

骨盆

躯干

腿部

在显示屏上可查看气囊的关 / 开状态。

手·手臂

肩部

大腿

腿部 / 脚部

骨盆 / 臀部

骨盆

亮: 开

熄灭: 关

在显示屏上可查看伸展的关 / 开状态。

肩胛骨

颈部

腰部

躯干

腿部

骨盆

亮: 开

熄灭: 关

存储在个人化记忆程序中

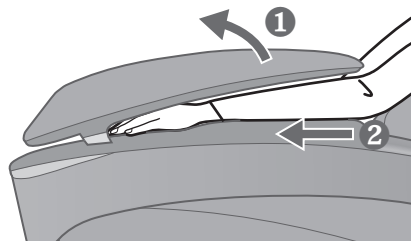
动作中按个人化记忆程序按钮 2 秒。

- 存储自己喜好的伸展动作，亦可以自己编制程序。（SC31 – SC32）
- 在将随心选择程序存储到个人化记忆程序时，可同时存储气囊动作。

手·手臂按摩方法

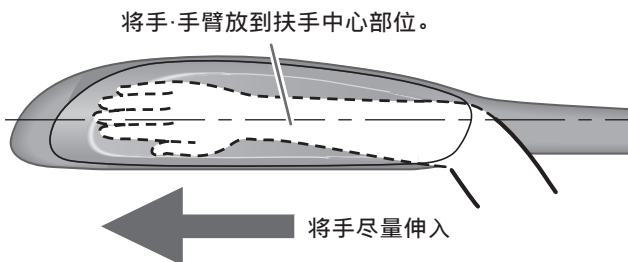
1 抬起手·手臂按摩部分。

2 手指伸直插入。



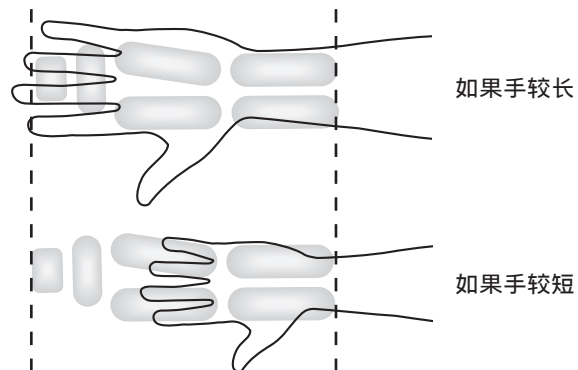
手·手臂按摩的使用方法

将手和手臂放到手·手臂按摩部的中心部位。



- 如果摆放手和前臂时有困难，请升起靠背。

请根据手的长度调节位置。



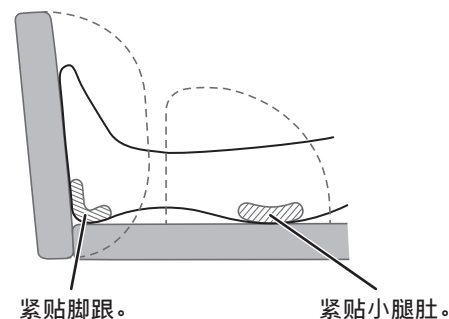
气囊按摩·全身伸展和足底按摩

使用“腿部 / 脚部”气囊 / 伸展 / 足底按摩的有效方法

1 抬起置脚台。

2 紧贴脚跟。

3 紧贴小腿肚。



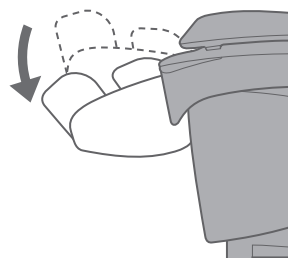
对于身材较高而上浮的人

- 调整足底按摩部位位置并伸展脚部。（SC16）
- 放下置脚台。

按下置脚台调节按钮后，



下降



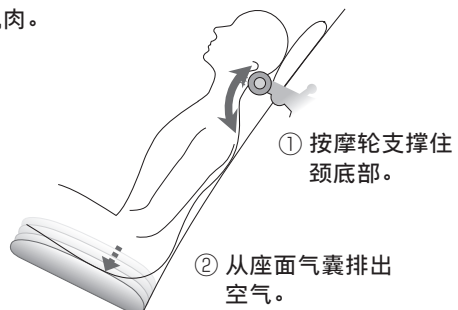
► 接下页 SC27

气囊按摩·全身伸展和足底按摩（续）

伸展动作说明

“颈部”伸展

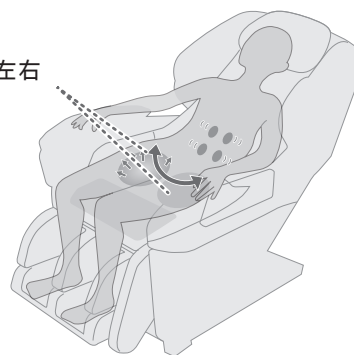
拉伸颈部肌肉。



“骨盆”伸展

将骨盆周围的肌肉交替地向左右拉伸和摇摆。

座面气囊左右
交替充气



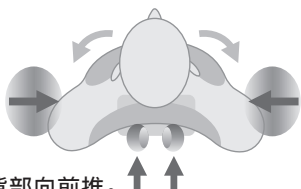
● 为了有效地进行拉伸，置脚台将下降。

“肩胛骨”伸展

在肩胛骨和胸部周围伸展肌肉。

① 用肩侧气囊支撑住肩部。

② 用按摩轮将背部向前推。

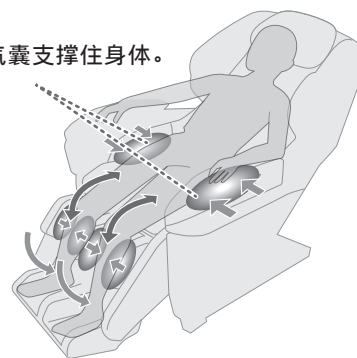


“脚部”伸展

从膝盖区域到大腿方向拉伸肌肉。

① 用大腿侧的气囊支撑住身体。

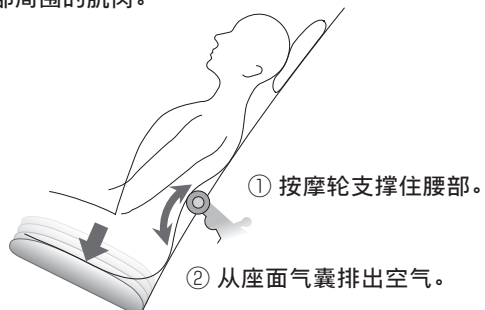
② 在小腿和脚部被夹住的状态下，降低置脚台。



● 如果您在足底按摩部分滑出的状态下使用脚部伸展，它可能会与地板相撞。

“腰部”伸展

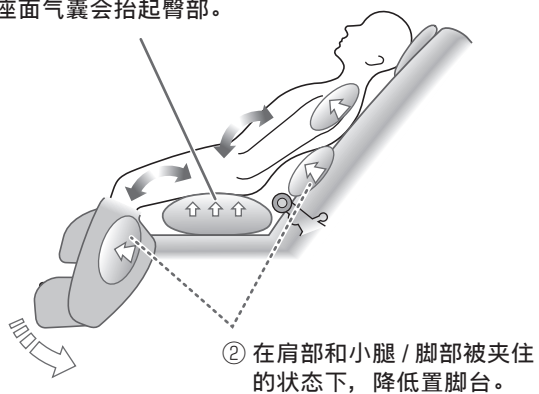
拉伸腰部周围的肌肉。



“躯干”伸展

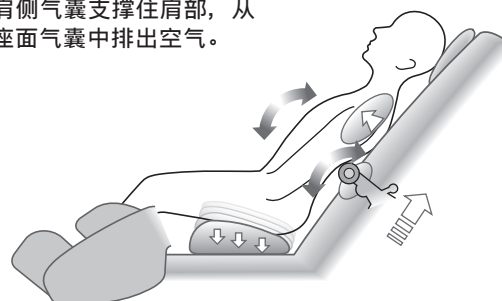
1) 从大腿到下腹部方向拉伸。

① 座面气囊会抬起臀部。



2) 在脊椎周围进行拉伸。

③ 肩侧气囊支撑住肩部，从座面气囊中排出空气。



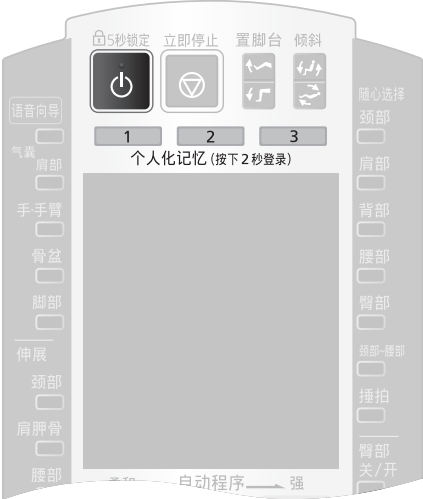
记忆程序

最多可以存储 3 个记忆程序。

请参照“使用自己喜欢的设置存储自动程序”（SC29）和“创建自己的程序”（SC31），了解如何存储记忆程序。

使用自己喜欢的设置存储自动程序

可存储的记忆设置（SC34 – SC37）



注意

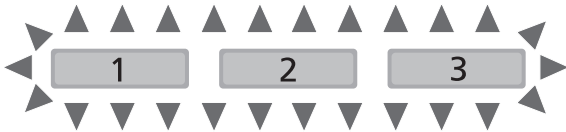
在按摩中若关闭主机的电源开关或拔除电源线，设置则不会存储。


在执行自动程序时存储

在运行过程中按住个性化记忆按钮 2 秒钟，存储喜欢的设置。
已存储的个性化记忆按钮会点亮。


在自动程序结束时存储

① 在自动程序结束时，个人化记忆按钮将会开始闪烁。



- 在程序中途按  结束按摩时，也可以进行存储。
- 在进行复位时也可以进行存储。

② 在按钮闪烁时，选择您要存储喜欢设置的程序按钮，并按住此按钮 2 秒（闪烁持续约 25 秒）。

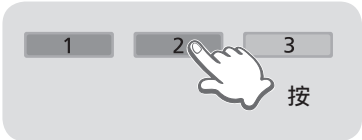
- 选中的按钮将亮起。（例：）



- 如果已经存储了其它设置，将显示“已存储了其它程序”，并且按钮开始快速闪烁。
 - 要更新到新设定的内容，再次按同样按钮。



- 如果不想删除已记忆设定，请按下其它个性化记忆按钮。

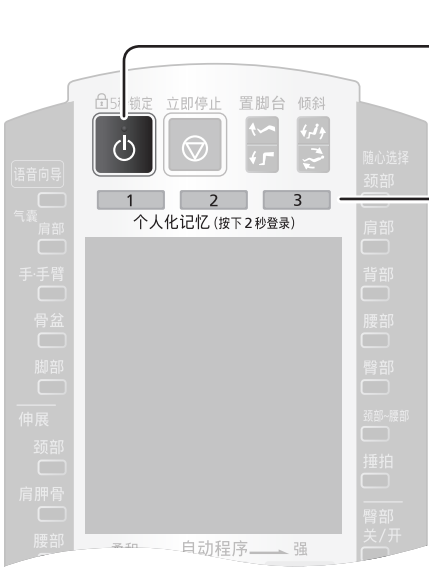



③ 按摩椅复位完成约 5 秒后电源就会自动关闭。


气囊按摩·全身伸展和足底按摩

记忆程序（续）

启动已存储的程序



- 1 按 ，打开电源。
- （超过 3 分钟以上不操作的话，屏幕显示会自动消失。）
- 存储过的个人化记忆程序的按钮闪烁。

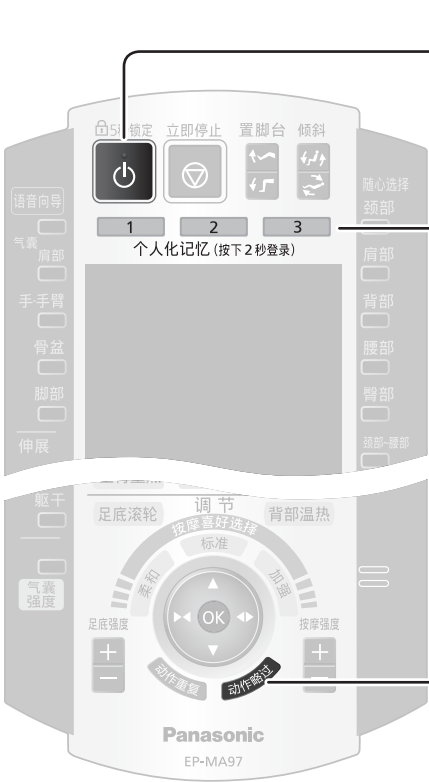
- 2 选择已存储的个人化记忆程序按钮。
- 已存储的个人化记忆按钮会点亮。（例： 1
- 1




2

3

体型侦测后，将启动已存储的按摩程序。

删除已存储的设置



- 1 按 ，打开电源。
- 2 同时按下  和要删除的个人化记忆按钮约 2 秒钟。
- 个人化记忆按钮变为快速闪烁。
- 3 当个人化记忆按钮闪烁时，再次按下相同的个人化记忆按钮（闪烁持续约 12 秒钟）。
- 记忆程序中的内容将被删除。
-  将快速闪烁，然后熄灭。

创建自己的程序

将随心选择程序和伸展动作按顺序存储到一个个人化记忆程序中，可以自己创建程序。
气囊动作和随心选择程序可以同时存储。

可存储喜欢的设置（SC34 – SC37）

如何存储随心选择程序



随心选择程序与伸展动作
可自由组合！！

1



选择并运行随心选择程序。

- 根据自己的喜好进行设置调节。

2

选择要存储的个人化记忆按钮，按约 2 秒钟。


当前正在运行的手法和设置将被存储。

-  将闪烁， 将点亮，所选按钮将点亮。
- 已存储的顺序将显示在 **No.** 中。

3

选择并运行下一步要存储的按摩手法。

已存储的动作将被中断，启动选择的动作。

-  的闪烁将改变，此按钮将闪烁。
- 调整设置以适合您的喜好。

4

按下相同的个人化记忆按钮约 2 秒钟。

当前正在运行的动作和设置将被存储。

- 已存储的顺序将显示在 **No.** 中。
- 新存储的动作被插入至中断的动作之后。
- 已存储的动作将以约 1 分钟的间隔按照顺序开始。
(颈部～腰部滚动时间不同)。

5

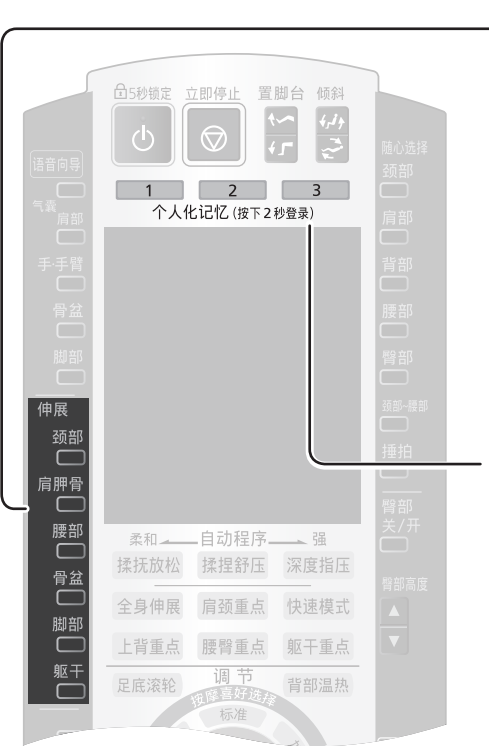
重复步骤 3-4。

- 最多可存储 16 种类型。

记忆程序

记忆程序（续）

如何存储伸展动作



随心选择程序与伸展动作
可自由组合！！

1 选择并运行伸展动作。
如果要同时存储多个动作，选择全部要存储的伸展动作并运行。

- 根据自己的喜好进行调节设置。
- 同时存储多个动作时，从最上面开始按顺序存储。
“颈部” → “肩胛骨” → “腰部” → “骨盆” → “脚部” → “躯干”

2 选择要存储的个人化记忆按钮，按约 2 秒钟。
当前正在进行的动作和设置将被存储。

- **记忆** 将闪烁，**手动** 将点亮，所选按钮将点亮。
- 已存储的顺序将显示在 **No.** 中。

3 选择并运行下一步要存储的伸展动作。

- 已存储的动作将被中断，启动选择的动作。
- **记忆** 的闪烁将改变，此按钮将闪烁。
 - 调整设置以适合您的喜好。

4 按相同个人化记忆按钮约 2 秒钟。

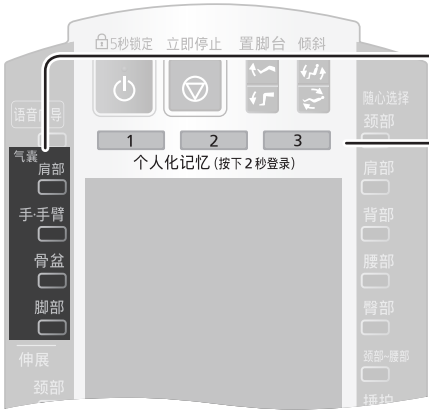
- 运行中的动作和设置将被存储。
- 已存储的顺序将显示在 **No.** 中。
 - 新存储的动作被插入至中断的动作之后。
 - 存储的动作将按顺序依次执行。

5 重复步骤 3 – 4。

- 最多可存储 16 种类型。

如何存储气囊按摩设置

气囊按摩的设置可以与随心选择程序一起存储。
如果要使用气囊按摩存储设置，请将气囊按摩存储在记忆程序中后，运行以下步骤。



1 选择并运行气囊按摩。

- 根据自己的喜好进行调节设置。

2 按下相同的个人化记忆按钮约 2 秒钟。

- 只运行气囊按摩时，无法存储。请将气囊按摩与随心选择程序一起存储。
- 已存储的气囊按摩将与随心选择程序一起运行。

记忆程序

启动已存储的程序 (SC30)

记忆程序中的显示举例

显示存储顺序



< 可进行的动作 >

- 添加其它动作。
- 按下 **动作重复** 可延长正在运行的按摩动作的时间。
- 按下 **动作跳过** 可删除正在运行的按摩动作。
- 调节各个动作的强度和按摩力度等。

若想将上述设置使用到下一次按摩中...

- ① 按下按钮执行要添加或调整的随心选择程序。
- ② 选择时按住个人化记忆按钮 2 秒钟。
(新存储的动作将被插入至中断的动作之后。)

清除已存储的记忆程序的内容 (SC30)


































































调节强度

根据设置，程序可能会因定时器功能在中途终止。

调节功能	使用按钮	可以调节的项目
气囊关 / 开	<div><div>气囊</div><div>肩部</div><div>手手臂</div><div>骨盆</div><div>脚部</div><div>伸展</div><div>颈部</div><div>肩胛骨</div><div>腰部</div><div>骨盆</div><div>脚部</div><div>躯干</div></div>	<p>所选择的气囊按摩和伸展动作可以分 3 个级别进行调节，并可关 / 开。</p> <ul style="list-style-type: none">在显示屏上可查看强度级别和关 / 开状态。(点亮：开，熄灭：关)
伸展关 / 开		
气囊强度调节	<div><div>气囊强度</div></div>	<p>所有选择的气囊按摩和伸展动作的强度可以分 3 个级别进行调节。</p> <ul style="list-style-type: none">在显示屏上可查看强度级别。（SC35）
“足底滚轮”强度调节	<div><div>足底强度</div><div>+</div><div>-</div></div>	<p>足底滚轮按摩的强度可以分 3 个级别进行调节。</p> <ul style="list-style-type: none">在显示屏上可查看强度级别。
“足底滚轮”关 / 开	<div><div>足底滚轮</div></div>	<p>可以关 / 开“足底滚轮”按摩。</p> <ul style="list-style-type: none">在显示屏上可查看关 / 开状态。
“背部温热”关 / 开	<div><div>背部温热</div></div>	<p>可以关 / 开“背部温热”。</p> <ul style="list-style-type: none">不能调节温度。在显示屏上可查看关 / 开状态。
臀部关 / 开	<div><div>臀部</div><div>关/开</div><div></div></div>	<p>可以关 / 开“臀部”按摩。</p> <ul style="list-style-type: none">在显示屏上可查看关 / 开状态。
臀部高度调节	<div><div>臀部高度</div><div>▲</div><div>▼</div></div>	<p>“臀部”按摩中可以进行“臀部高度”调节。</p> <ul style="list-style-type: none">在显示屏上可查看调节。



带有该标识的项目表示可以根据个人喜好调节的内容进行存储使用。
(SC29)

	自动程序	随心选择程序	气囊动作 *	伸展动作								
<p>例) 每次按下气囊  和伸展  时, 可按以下顺序调整设置并关 / 开。</p> <table><tr><th>气囊按摩显示</th><th>身体伸展显示</th><th>强度</th></tr><tr><td><div></div><div>↓</div><div>无显示</div><div>↓</div><div></div><div>↓</div><div></div><div>↓</div><div></div><div>↓</div><div></div></td><td><div></div><div>↓</div><div>无显示</div><div>↓</div><div></div><div>↓</div><div></div><div>↓</div><div></div><div>↓</div><div></div></td><td>中 ↓ 关 ↓ 弱 ↓ 中 ↓ 强</td></tr></table>	气囊按摩显示	身体伸展显示	强度	<div></div> <div>↓</div> <div>无显示</div> <div>↓</div> <div></div> <div>↓</div> <div></div> <div>↓</div> <div></div> <div>↓</div> <div></div>	<div></div> <div>↓</div> <div>无显示</div> <div>↓</div> <div></div> <div>↓</div> <div></div> <div>↓</div> <div></div> <div>↓</div> <div></div>	中 ↓ 关 ↓ 弱 ↓ 中 ↓ 强	<div> 记忆</div>	<div> 记忆</div>	<div> 记忆</div>	—		
气囊按摩显示	身体伸展显示	强度										
<div></div> <div>↓</div> <div>无显示</div> <div>↓</div> <div></div> <div>↓</div> <div></div> <div>↓</div> <div></div> <div>↓</div> <div></div>	<div></div> <div>↓</div> <div>无显示</div> <div>↓</div> <div></div> <div>↓</div> <div></div> <div>↓</div> <div></div> <div>↓</div> <div></div>	中 ↓ 关 ↓ 弱 ↓ 中 ↓ 强										
	<div> 记忆</div>	—	—	<div> 记忆</div>								
	<div> 记忆</div>	—	<div> 记忆</div>	<div> 记忆</div>								
<table><tr><th>强度</th><th>弱</th><th>中</th><th>强</th></tr><tr><td>足底滚轮 强度显示</td><td><div></div></td><td><div></div></td><td><div></div></td></tr></table>	强度	弱	中	强	足底滚轮 强度显示	<div></div>	<div></div>	<div></div>	<div> 记忆</div>	—	<div> 记忆</div>	—
强度	弱	中	强									
足底滚轮 强度显示	<div></div>	<div></div>	<div></div>									
<div></div> <p>亮: “足底滚轮”按摩开启 熄灭: “足底滚轮”按摩关闭 ● 按钮也熄灭。</p>	<div> 记忆</div>	<div> 记忆</div>	<div> 记忆</div>	—								
<div></div> <p>亮: “背部温热”开启 熄灭: “背部温热”关闭 ● 按钮也熄灭。</p>	<div> 记忆</div>	<div> 记忆</div>	—	<div> 记忆</div>								
<div></div> <p>亮: “臀部”按摩开启 熄灭: “臀部”按摩关闭</p>	<div> 记忆</div>	—	—	—								
<div></div> <div> 显示…</div> <p>亮: 可以调节 闪烁: 正在充气或正在排气 熄灭: 不可调节</p>	<div> 记忆</div>	<div> 记忆</div>	—	—								

调节强度

* 气囊按摩包括“足底滚轮”动作。
将随心选择程序存入记忆程序时, 气囊按摩设置也可以存入记忆程序中。

调节强度（续）

根据设置，程序可能会因定时器功能在中途终止。

调节功能	使用按钮	可以调节的项目
按摩强度调节	<div>按摩强度</div> <div><div>+</div><div>-</div></div>	<div>可以调节按摩强度。</div> <div><div>● 在显示屏中可查看当前正在按摩的区域。</div><div>● 强度调节因程序和动作而不同。<div><div>• 自动程序 伸展动作</div>】..... 五段式（按摩强度刻度 2、4、6、8、10）<div>• 随心选择 程序</div>..... 最大十段式（可调强度因手法而不同）</div></div><div>● 最强但强度不足时，最弱但强度过大时，请参照 SC47。</div><div>● 动作切换时，不能对“按摩强度”进行调节。</div></div>
按摩轮位置调节	<div><div><div>▲</div><div>◀</div><div>OK</div><div>▶</div><div>▼</div></div></div>	<div>按摩轮的位置可以垂直、左右调节。</div> <div>如果要调整正在进行按摩的按摩轮的位置，请按下位置按钮进行调整。</div> <div><div>● 在自动程序的情况下，每个方向可调节的次数最多为 3 次。</div><div>● 在随心选择程序的情况下，按住向上或向下按钮时，位置将持续移动，直到松开手指。</div></div>
按摩喜好选择	<div><div>柔和</div><div>标准</div><div>加强</div></div>	<div>检测按摩压力，选择自己喜好的按摩细腻程度。</div> <div><div>● 各自动程序的按摩喜好已设定为推荐值。<div><div>• 揉抚放松：柔和</div><div>• 揉捏舒压、深度指压、快速模式：加强</div><div>• 全身伸展、肩颈重点、上背重点、腰臀重点、躯干重点：标准</div></div>请根据您的个人喜好进行调节。</div></div> <div><div>压力侦测显示 显示作用在上部按摩轮上的按摩压力。</div><div><div><div></div><div>压力侦测</div></div></div></div>
捶拍	<div>捶拍</div> <div><div></div></div>	<div>可以在动作中追加捶拍。</div> <div><div>● 仅使用捶拍动作进行按摩时，不能关 / 开捶拍。</div></div>
动作重复	<div>动作重复</div>	<div>可以对当前动作中的按摩内容进行重复。</div> <div><div>● 当正在切换动作时，“动作重复”可能无效。</div><div>● 在重复动作时，<div>动作重复</div>将闪烁。</div></div>
动作略过	<div>动作略过</div>	<div>跳过当前正在运行的按摩动作，运行下一个动作。</div> <div><div>● 当正在切换动作时，“动作略过”可能无效。</div></div>



带有该标识的项目表示可以根据个人喜好调节的内容进行存储使用。
(SC29)

	自动程序	随心选择程序	气囊动作	伸展动作
<p>< 按摩强度显示 ></p> <div><div>可调节的级别</div><div><div><div>按摩强度</div></div></div><div>当前的按摩强度</div></div>	<div><div></div><div>记忆</div></div> <p>5 级强度调节</p>	<div><div></div><div>记忆</div></div> <p>最多可调节 5 级强度（级别因按摩手法而有所不同）</p>	—	<div><div></div><div>记忆</div></div> <p>对于伸展动作，可调节 5 级按摩强度</p>
<p>● 对于某些位置，可能会无法进行调节。</p>	<div><div></div><div>记忆</div></div>	<div><div></div><div>记忆</div></div>	—	<div><div></div><div>记忆</div></div>
<p>● 若使用单一“捶拍”手法，则“颈部”和“臀部”的按摩力度没有差异。</p> <p>● 对于某些手法，显示屏中的内容可能会与身体感觉不一致。</p> <p>● 在“颈部”和“臀部”区域使用单个“捶拍”动作时不会显示。</p>	<div><div></div><div>记忆</div></div> <p>调整程序的总体按摩力度</p>	<div><div></div><div>记忆</div></div> <p>在动作过程中调整按摩力度</p>	—	<div><div></div><div>记忆</div></div> <p>在当前动作时调整按摩力度</p>
	—	<div><div></div><div>记忆</div></div>	—	—
	<div><div></div><div>记忆</div></div>	—	—	<div><div></div><div>记忆</div></div> <p>（仅限自动程序）</p>
<p>● 按下“动作略过”按钮后，动作略过 将闪烁约 5 秒钟，然后显示下一个动作。</p>	<div><div></div><div>记忆</div></div>	—	—	<div><div></div><div>记忆</div></div> <p>（仅限自动程序）</p>

调节强度

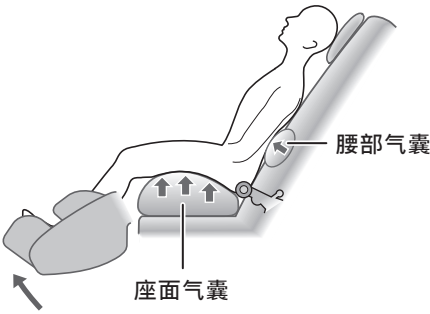
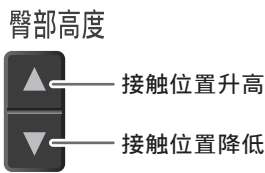
调节强度（续）

臀部按摩

按摩臀部时，座面气囊将臀部抬起，按摩轮滚动臀部，深深按入臀部进行按摩。此外，腰部气囊支撑腰部，将骨盆上抬，从而令按摩轮可以达到有效按摩臀部肌肉的位置。

- 置脚台上升至最高位置。
- 提升臀部时，脚和手的位置有时会错位。
- 用“臀部高度按钮”对座面气囊的鼓起量进行调节，从而调整按摩轮与臀部的接触的位置。

< 按摩轮接触位置调节 >



如何巧妙地使用“臀部按摩”

座面中央有一个凸起的区域，以确保您始终将保持靠后坐。始终保持靠后坐，让您的臀部与靠背相接触。

- 如果您不始终保持靠后坐，按摩轮就无法充分与臀部接触。
- 如果您收回了足底按摩部分的滑块并弯曲膝盖，则能更强烈地感觉到按摩轮的接触。如右上图。
- 按摩臀部时，气囊按摩不能同时进行。
- 提升臀部时，手臂如果感觉不适，请将靠背稍微倾倒使用。



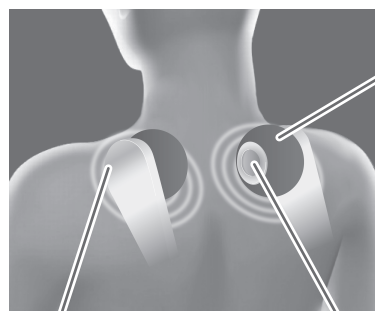
“背部温热”

“背部温热”按摩轮的加热器将温暖按摩区域的布料。

- 温热功能不能单独使用。
- 温暖感根据室温、衣服、身体形状、动作、位置和程序而有所不同；本品本身并未发生故障。

■ 每次关闭时

在记忆中将“背部温热”登记为关闭。（SC29）



“背部温热”按摩轮橡胶部分

“背部温热”按摩轮加热器

“背部温热”按摩轮加热器

调节强度

定时功能

从开始按摩到自动停止最多为 19 分钟*。


* 定时因程序而异。

- 自动程序“揉抚放松”、“揉捏舒压”、“深度指压”… 约 19 分钟
- 自动程序“全身伸展”、“肩颈重点”、“上背重点”、“腰臀重点”、“躯干重点”… 约 16 分钟
- 自动程序“快速模式”… 约 10 分钟
- 随心选择程序、气囊动作、伸展动作… 约 16 分钟

定时停止后，

- 置脚台会下降，您可以安全地站起来。

如果您已经将足底按摩部分的滑块展开，它可能会撞到地板上，不会完全缩回。
抬起脚使其完全缩回。

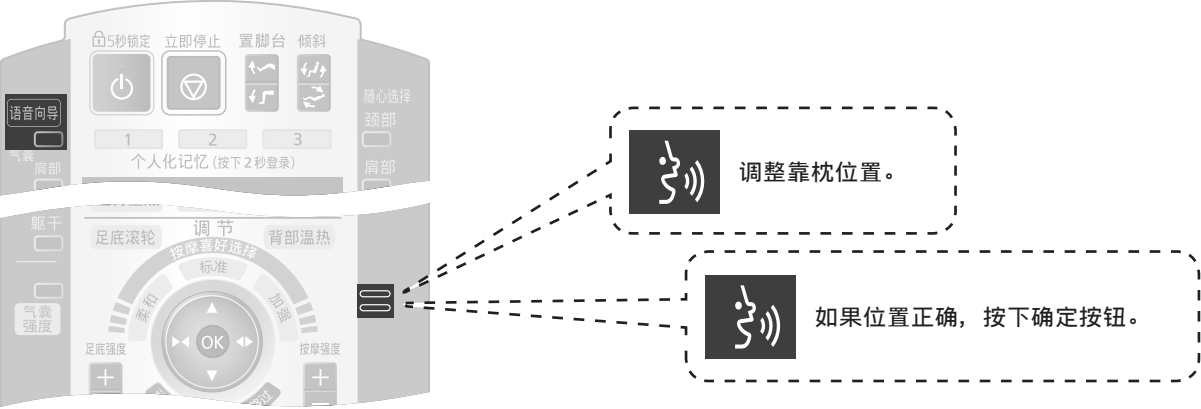
- 靠背不会自动升起。
 - 按摩轮移动到回缩位置。
- 按  两次，靠背就会上升。



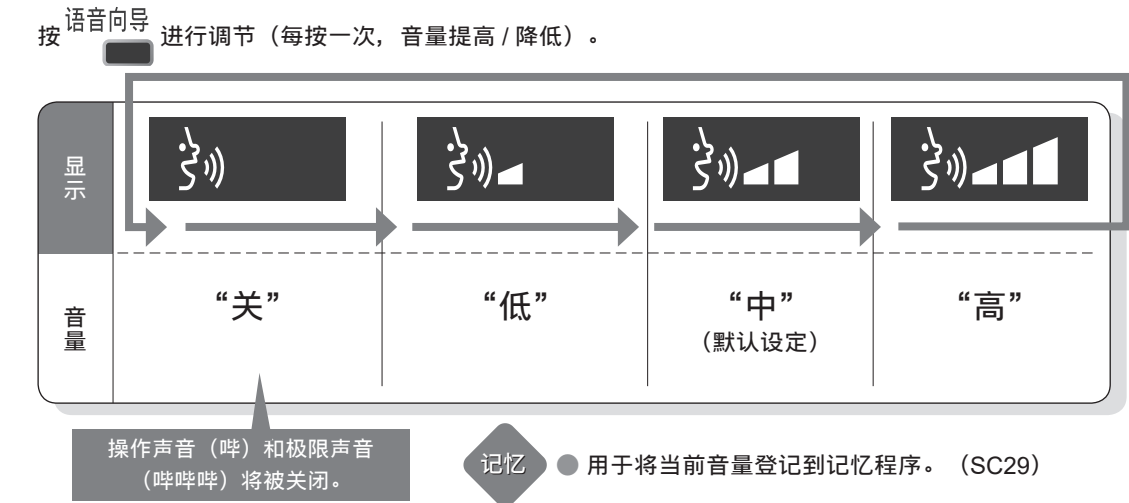
调节强度（续）

关于语音向导功能

这是对操作步骤和按摩内容进行简单说明的功能。



调节音量



调整倾斜角度和置脚台

置脚台 倾斜

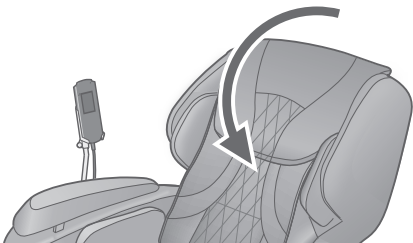
按 进行调节。

- 按住调节按钮时，将持续进行座椅调节，直到听见极限声音（哔哔哔）。
- 置脚台开始移动之前可能会有轻微延迟。
- 扶手会根据靠背的倾斜度移动。


按摩结束

恢复正常座椅状态

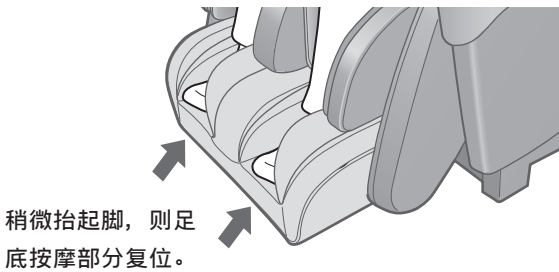
将靠垫安装在靠背上。



按摩中途停止时

将置脚台完全恢复至原来位置，然后按下 。

- 即使置脚台和靠背为升起状态，按摩轮也会恢复到收起位置。



稍微抬起脚，则足底按摩部分复位。

调节强度
按摩结束

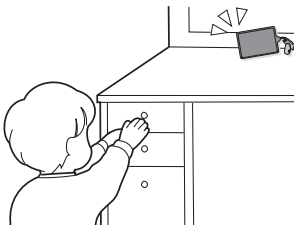
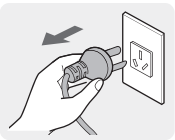
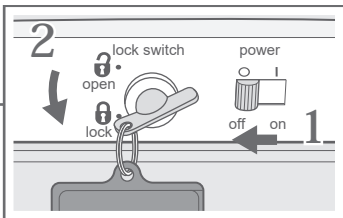
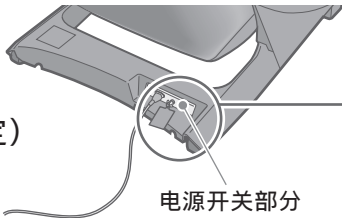
关闭电源

1 将电源开关滑到“off”（关闭）的位置。

2 将安全锁开关钥匙转到“lock”（锁定）位置，然后将其拔出。

3 从电源插座上拔下电源插头。

4 安全锁开关钥匙必须存放在儿童无法触及的地方。



警告

- 每次使用完毕，应将本机背面的电源开关滑到“off”（关闭）位置，并将安全锁开关拨到“lock”（锁定）位置，然后拔出安全锁钥匙和电源插头。（否则可能因儿童接触导致事故或伤害。）

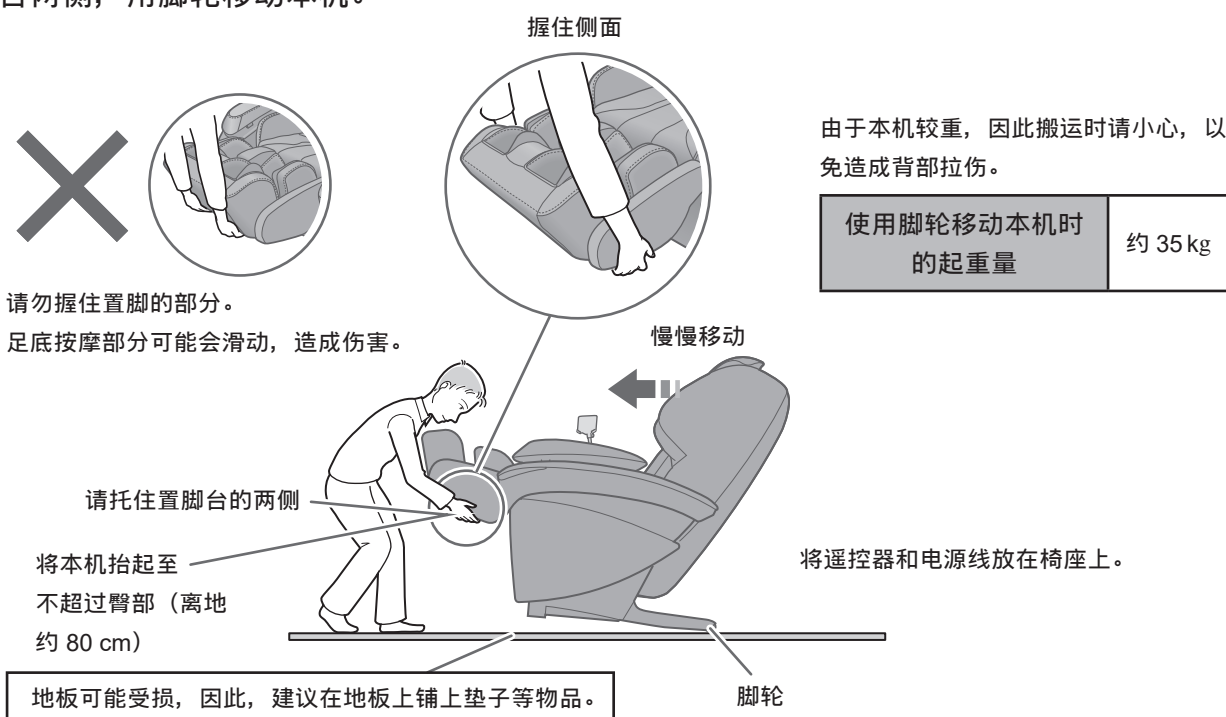
移动本机

由 2 人或多人抬起本机移动

抬起和搬运时，一个人托住置脚台两侧，一个人握住靠背外罩上的沟槽。（SC10）

使用脚轮搬运时

托住置脚台两侧，用脚轮移动本机。



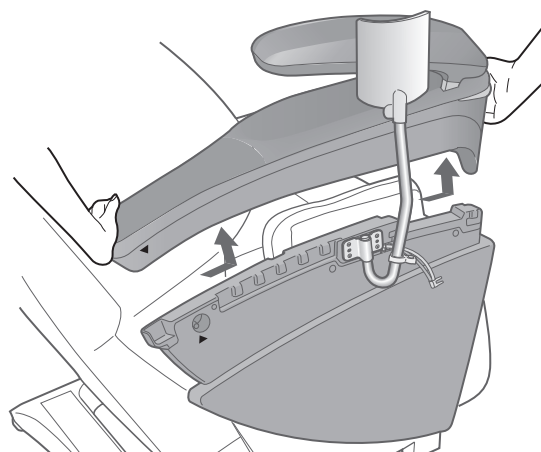
■ 放下本机时

- 慢慢放下本机并小心您的脚部。
- 用手托住置脚台，直到它完全放在地面上。如果您过早放开置脚台，它将弹回到初始位置。

■ 拆卸扶手

拆卸扶手使按摩椅更易于移动。

- ① 拆下气囊插头（SC13 步骤 3）。
- ② 拆下固定螺丝（SC12 步骤 2-③）。
- ③ 将扶手滑到前面，用双手抬起。



清洗及保养

合成皮革部分

使用柔软的干布擦拭

- 切勿使用诸如稀释剂、汽油、酒精等化学品清洁本机。
- 使用市面销售的皮革保养品(化学布)时,请遵照其使用说明。
- 如果合成革有脏污,请按照以下步骤擦拭。

- ① 将软布浸入水中或混合了 3 % – 5 % 中性厨房清洁剂溶液的温水中,并拧干。
- ② 轻轻擦拭表面。
- ③ 将软布用水冲洗并拧干,然后擦去所有清洁剂。
- ④ 使用柔软的干布擦拭。
- ⑤ 使其自然风干。



- 对于难以清洁的污渍,用相同的中性厨房清洁剂溶液等擦拭,不过应使用市售的“三聚氰胺泡沫材料海绵”。
- 请勿用吹风机等快速干燥合成革。
- 由于合成革部件可能会被衣服染色,穿着牛仔裤或彩色衣服等服装使用本机时请小心。
- 请避免与塑料制品等长时间接触,否则会导致变色。如果使用发膏,请在可能触及的部位上铺上毛巾。



面料部分

- ① 将软布浸入水中或混合了 3 % – 5 % 中性厨房清洁剂溶液的温水中,并拧干。
 - 切勿使用诸如稀释剂、汽油、酒精等化学品清洁本机。
- ② 使用水或中性厨房清洁剂,并在座椅面料特别脏的区域上刷洗。
 - 注意不要用力刷洗面料,以免造成损坏。
- ③ 将软布用水冲洗并拧干,然后擦去所有清洁剂。
- ④ 使其自然风干。
 - 由于布料的颜色会染到合成皮革的表面上,因此在使用牛仔布和彩色布料擦拭本机时务必小心。




塑料部位

- ① 将软布浸入水中或混合了 3 % – 5 % 中性厨房清洁剂溶液的温水中,并拧干。
 - 切勿使用诸如稀释剂、汽油、酒精等化学品。
- ② 将软布用水冲洗并拧干,然后擦去所有清洁剂。
 - 擦拭遥控器前请务必拧干。
- ③ 使其自然风干。



移动
本机
清洗
及
保养

疑问回答 (Q&A)

Q（疑问）		A（回答）	
使用前			
向医生咨询	我正因生病到门诊看病，我可以用吗？	<p>使用本机之前请咨询医院的医生。</p> <p>按摩即所谓“触压刺激”，即通过对肌肉进行压迫，缓解肌肉紧张，促进血液流动。根据不同的病因，按摩有可能造成病情恶化，因此请务必在和主治医生商量之后使用本品。（SC4）</p>	
使用方法	我可以只按摩上半身或者只按摩脚部吗？	<p>可以。</p> <p>对于身材较高和较矮的用户，建议将上身的按摩与腿的按摩分开进行。</p> <div><div><p>● 只按摩上半身的用法</p><p>抬起靠垫，露出靠背和靠枕使用。</p><p>对于身材较高的用户，请倾斜靠背后使用。</p></div><div><p>● 只按摩脚部的用法</p><p>请在靠垫安装在靠背的状态下，使用小腿·足底按摩部分。</p><p>对于身材较矮的用户，请抬起靠背并升高置脚台使用。</p></div></div>	
		<p>身高不到 140 cm 或者超过 185 cm 的人能够使用吗？</p> <p>可以使用。</p> <p>对于体型侦测有效范围外的使用者，我们建议您按下述方法使用。</p> <div><div><p>< 身高不到 140 cm 时 ></p><p>请在座面上垫一个垫子，深深坐进椅子里，使用本机。</p></div><div><p>< 身高超过 185 cm 时 ></p><p>请放倒靠背，向下挪动身体。</p></div></div>	
关于体型侦测 ※			

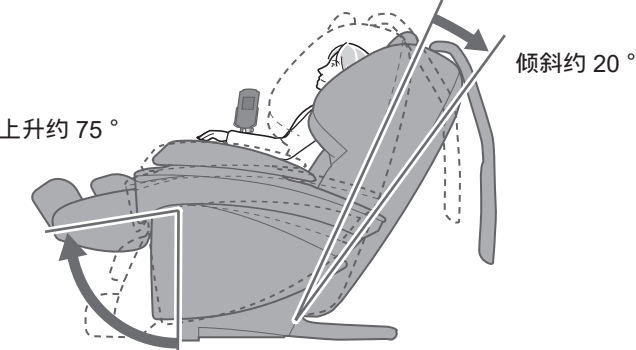



Q（疑问）	A（回答）
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使用中

关于体型侦测※	<p>在体型侦测或者按摩过程中，遥控器上的按钮突然闪烁，并响起5声“哔哔”的蜂鸣声（此时液晶显示屏上显示），按摩椅随即停止工作。这是为什么？</p> <p>按摩突然停止，可能是因为下列原因。出于安全考虑，此时按摩椅会自动停机。</p> <ul style="list-style-type: none"> ● 按摩椅上无人。 ● 使用者的头部、背部没有紧贴在靠背上。 ● 靠背部被垫上了缓冲垫等物品，或者使用者穿的衣服太厚。 ● 深深坐进按摩椅中，头慢慢靠在靠枕上，按，然后再次按，开始按摩。 ● 没有向上翻起靠垫。
关于上半身按摩	<p>按摩强度遥控器有时可能无法工作。</p> <p>在以下情况下，按摩强度遥控器可能无法工作。</p> <ul style="list-style-type: none"> ● 改变按摩动作（例如由“揉按”改为“揉抚”） ● 关于体型侦测 <p>这是为了防止按摩突然加强，本品本身并未发生故障。</p>
	<p>调节位置后按摩轮没有马上移动。</p> <p>根据按位置调节按钮的时机，按摩轮可能不会马上移动。（有一点点时间差，但这并非异常。）</p> <p>如果您按下按钮时听到极限声音（哔哔哔），表示它已处于最极端的位置，不能再移动。</p>
	<p>感觉左右按摩轮的高度（按摩强度）不同，是否正常？</p> <p>因按摩椅的结构，有时可能感觉到不同。</p> <p>为了能够模拟出最自然的按摩手法，本品机芯采用了允许左右按摩轮交替捶拍的机芯构造。在按摩过程中，左右按摩轮接触背部的具体位置可能稍有差异，从而导致了使用者产生左右两侧按摩力度有所不同的感觉。此时，本品本身并未发生故障。</p>
	<p>按摩轮有时会以抽动的方式一点一点地移动。这是否正常？</p> <p>按摩椅正在检测作用在按摩轮上的压力并改变按摩力度。按摩轮可以根据压力一点一点地移动，但这不是异常。</p>
足底	<p>在按摩开始之前，足底滚轮有时会移动…</p> <p>在按摩开始之前，足底滚轮会移动到位。但这并非异常。</p>
气囊按摩	<p>在自动程序（包括记忆程序）中，气囊按摩和足底滚轮按摩可能会突然停止并转换到下一个操作…</p> <p>在自动程序期间，当臀部按摩或伸展动作开始时，气囊按摩和足底滚轮按摩停止。</p> <p>这是为了优先执行与按摩轮移动相关的那些气囊动作，增加臀部按摩和伸展动作的功效。</p>
手·手臂	<p>自动程序中，手臂气囊的工作次数有时左右不同…</p> <p>当交替按摩左右手臂时，每个手臂上的按摩次数可能不相等。</p>

* 体型侦测 … 即测量身高体型

疑问回答 (Q&A) (续)

Q (疑问)	A (回答)
使用中 (续)	
倾斜	<p>在以下情况下，角度会自动变化。</p> <ul style="list-style-type: none">● 开始自动程序、伸展动作或随心选择程序时。 <div>自动倾斜至正确的按摩位置。</div> <p>当已经倾斜到低于按摩位置时，角度不变。</p>  <ul style="list-style-type: none">● 按 ，结束按摩时。 <div>按摩椅自动返回到垂直位置。</div> <ul style="list-style-type: none">● 如果按照程度设置时间完成按摩，则只有置脚台返回至原来的位置。● 如果按下  结束按摩，则所有操作立即停止，并且角度不会自动更改。
按摩结束后，靠背没有复位。	<p>定时结束的时候，仅置脚台复位。</p> <p>如果靠背也想复位的话，请按 2 次 .</p>

使用后

手·手臂	<p>在手·手臂气囊按摩后，手和手臂的背面留下红点。</p> <p>使用后，可能在手、手臂上留下按摩痕迹，但会随时间消失，因此没有问题。</p>
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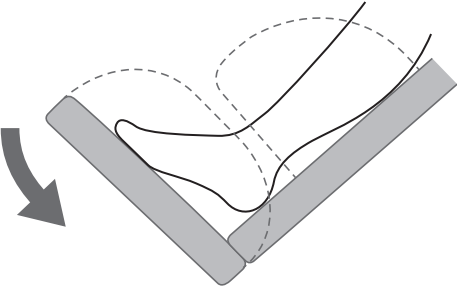
如何调整 < 位置 >

关于体型侦测 ※	<p>进行体型侦测的时候，无法准确找到肩部位置。（肩部位置每次都会滑落。）</p> <p>根据坐的位置、姿势（前倾等），有时不能正确侦测体型。</p> <p>请用位置调节按钮调节肩部位置。（SC22）</p> <p>为了更加正确地侦测体型，<u>请深深坐进本机中，头部充分靠在靠枕（靠背）上。</u></p>
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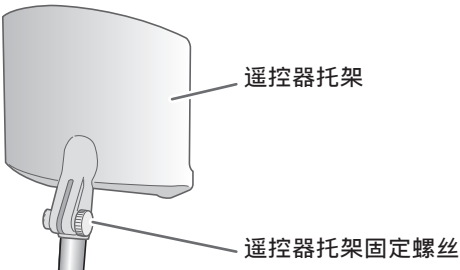
* 体型侦测 … 即测量身高体型

Q (疑问)	A (回答)
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如何调节 < 强度 >









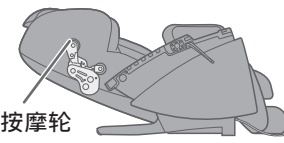
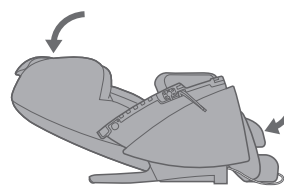
关于上半身按摩	<p>将自动程序的按摩强度“设定为最强后还是嫌力度不足…”，或者“设定为最弱后还是觉得力度太强…”。</p> <p>请尝试下述方法。</p> <ul style="list-style-type: none"> ● 如果即使在最高强度设定下，自动程序的强度仍然不够，可以将靠背进一步倾斜使用。由于体重作用，按摩力度感会更强。 ● 如果即使在最低强度设定下，自动程序的强度仍然太高，请在您和靠背之间铺一块布或毯子，以减少按摩轮的力度。
臀部	<p>臀部按摩力度太弱…</p> <p>请将身体完全坐入按摩椅。 将身体完全坐入后，靠背与臀部之间的空隙变小，按摩轮容易与身体相接触，便于加大力度。（SC38）</p>
手·手臂	<p>同一时间，手·手臂按摩的强度左右不同。</p> <p>为了能够在感到异常、危险时立即停止按摩，而为左右手的按摩设置了强度差。</p>
足底	<p>即使在调节后，我也感觉不到脚底的强度有任何变化…</p> <p>足底滚轮强度通过足侧气囊顶住足底的压力来调节强度。因此，根据操作模式，您可能不会感觉到强度差异。</p>
	<p>即使在最柔和的设置下，足底滚轮也还是太强…</p> <p>请尝试下述方法。 稍微降低足底按摩部分，使足跟升高到其上方，这将减轻滚轮的效果。</p> 

其他

关于遥控器	<p>遥控器托架晃动。</p> <p>请再次紧固遥控器托架固定螺丝。</p> <ul style="list-style-type: none"> ● 当遥控器托架脱落时，请松开遥控器托架固定螺丝，将其深深嵌入螺孔后，再次拧紧。 
噪声	<p>长时间使用按摩椅后，噪音会变大。</p> <p>这可能是故障。请联系最近的授权服务中心进行检查和维修。</p>

疑问回答(Q&A)

疑问回答(Q&A)（续）

Q（疑问）		A（回答）	
其他（续）			
定时功能	是否带有定时功能？	<p>是的。</p> <p>为了防止过度使用，按摩开始最长约 19 分钟后，自动停止。（SC39）</p> <p>当定时器结束时，置脚台自动降低，按摩轮收起。</p> <p>按下  再次使用。</p> <ul style="list-style-type: none">● 使用 16 分钟后，休息约 10 分钟。● 每天不要使用超过 30 分钟。	
	因搬家而搬动本机时的注意点是什么？	<p>请注意以下几点：</p> <ul style="list-style-type: none">● 倾斜靠背，将按摩轮升至靠近靠背的中心。将重心移动到本机的中心，使其更容易移动。● 请在无人坐在椅子上的状态搬动。 <p>① 按 ，打开电源。</p> <p>② 按 ，将靠背置于完全倾斜状态。</p> <p>按住两个按钮，直到发出“哔—哔—哔—”的极限声音。</p> <p>③ 用电源“on”（开启）选择“自动程序”中的一个。</p> <ul style="list-style-type: none">● 按摩轮开始动作，到达靠背中间处时，出错停止。 <p>④ 按 ，切断电源。</p> <ul style="list-style-type: none">● 如果按下 ，靠背会自动上升，所以请一定要按 。 <p>⑤ 将本机背面的电源开关置于“off”（关闭），拔掉电源插头。（SC41）</p> <p>不得不在立起靠背的状态运输时，请遵照以下步骤。</p> <p>1. 按 ① → ③ → ④ 的顺序执行上述步骤，将按摩轮升到中间处。</p> <p>2. 再次按下遥控器上的 ，升起靠背，然后按下 。</p> <ul style="list-style-type: none">● 小心搬运按摩椅。为了防止机体划伤和搬运中的震动，请妥善使用其它包装辅材包裹本品。● 在包装时，请先确认电源线及遥控器线没有缠绕在本机上，并将其缠好放置在座面上；在搬运时，请务必注意不要让电源线及遥控器线与地面发生摩擦。 <div></div>	
移动			




故障检修

检查“问题”，并应用下面的“处理方法”。
处理后如果仍然存在异常，请与购买处联系。

问题	原因和解决方法
动作中途停止。	如果在运行过程中对按摩轮施加过大的力量，为了安全起见，动作可能会停止。 → 关闭电源开关，等待约 10 秒钟，然后再次打开电源开关。
座椅不能倾斜，置脚台不能下降。 (遥控器上所有的显示和按钮将闪烁然后熄灭。)	如果本机遇到了障碍物或者在使用本机时用力过大，出于安全考虑，本机将停止工作。 → 当所有显示的内容及按钮在闪烁时，且靠背或置脚台已停止工作，关闭本机电源一次，约 10 秒钟后再次按“on”（开启）电源，然后操作本机。
按摩轮没有达到肩部或颈部的位置。	如果头部没有接触到靠枕，或背部没有接触到靠背，在体型侦测过程中肩部位置可能低于实际位置。 → 坐在座椅的最深位置，将头部靠在靠枕上，然后从头开始重新操作。 (SC22)
左右按摩轮的高度不同。	因为搭载了可进行按摩轮交互捶拍动作的按摩机芯，出现这种情况纯属自然。并非机体故障。 (SC45)
“背部温热”按摩轮不变热。	背部温热 按钮处于关闭状态。 按摩轮的温热感因使用者体型、按摩部位、按摩动作、所穿衣物以及室温而异。
“背部温热”按摩轮即使在关闭后也不冷却。	由于加热器的结构，“背部温热”按摩轮在加热后片刻依然会因为余热而感到温暖。 即使在关闭“背部温热”开关后，持续按摩同一部位也会使体感温度上升。
使用自动程序按摩开始，但没有发生倾斜。 (座椅无法自动倾斜。)	当按摩方式在靠背放平，置脚台上升的状态时自动躺椅模式不起作用。 (SC46)
靠背无法恢复到垂直位置。	如果本机因按摩自动结束或按下了 按钮而停止，则本机不会自动恢复到原来位置。 → 要从倾斜位置恢复到原来位置，请按 按钮两次。
本机根本无法运行。	电源插头连接已断开。 (SC11)
	后面板上的电源开关设置为“off”（关闭）。
	已设置了儿童锁。 (SC21)
	按下 后，没有按下自动选择按钮或随心选择程序按钮。
无法按摩手部和手臂。	扶手上的气囊插头断开。 (SC13)

疑问回答(Q&A)
故障检修

故障检修（续）




问题	原因和解决方法
有时在按摩结束时再次按  后没有打开电源。	由于正在关机（约 5 秒钟），所以  可能无效。 → 当所有运作均已停止后至少等待 5 秒钟，然后再按  .
	已设置了儿童锁。 (SC21)
本机已受损。	→ 为了防止事故，请务必咨询授权服务中心。
电源线或电源插头异常热。	

故障显示

剩余时间显示

< 故障显示示例 >

● 故障“U10”发生时，
交替闪烁。

故障显示（代码）	内容
	为安全起见，若本机不能检测到是否有人坐在上面，将自动中止动作。如果就坐之后依然出现该错误，请按  ，全身倚靠靠背就坐，从头开始重新操作。
	这是按摩设备的内部故障。 停止使用，并联系授权服务中心进行检查和维修。 (联系时若能提供故障代码，服务和维修将进行得更顺利。)

请联系授权服务中心。客服电话：4008-811-315（请妥善保管好使用说明书和保修卡。）
联系时若能提供故障代码，服务和维修将进行得更顺利。

本机正常使用时的声音和感觉

使用本机时会听到以下声音并有以下感觉。不过，它们是由本机构造而产生，是完全正常的。

从每个气囊按摩部位（参照 SC8 每个气囊按摩部位的位置）

气囊动作期间气囊发出的声音

听起来像是按摩轮正在挤压布料，令其产生褶皱时发出的声音

揉按或捶拍动作发出的声音

按摩轮在工作时发出咯吱声

当按摩轮向上或向下移动时的声音

传送带的转动声

当施加气囊压力时，电机发出的声音

当按摩轮从“挤压”改为“拉伸”时发出的声音

按摩轮在座椅面料上摩擦的声音

落座时发出的声音

当靠垫在座椅倾斜时向扶手处移动时发出噪声

靠背和扶手上发出的摩擦声

脚部伸展动作时部件的撞击声

听起来感觉像足底滚轮正在挤压布料，令其产生褶皱时发出的声音

当足底滚轮运行时，会产生咯吱声

当施加气囊压力时，电机发出的声音

当足底滚轮在“前进”和“反转”之间切换时发出的声音

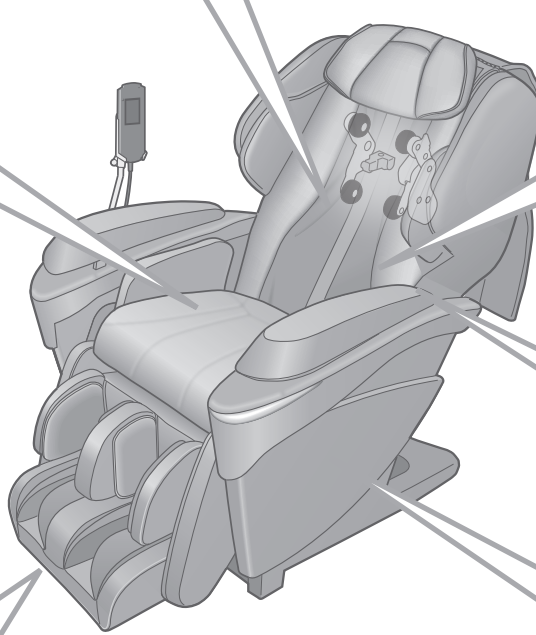
足底滚轮在布料上发出的摩擦声

电机音

气囊排气的声音

座椅下面的泵发出的声音

座椅下面的阀门发出的声音



本机正常使用时的声音和感觉

如果这些声音越来越大，可能会出现故障。

● 请联系最近的授权服务中心进行检查和维修。

规格

电源		交流 220 V 50 Hz
额定功率		135 W（用遥控器关闭时：约 0.3 W）
上半身按摩	按摩部位 （上下方向）	约 79 cm（按摩轮移动的总距离约为 63 cm）
	按摩部位 （左右方向）	按摩时按摩轮间的距离（包括按摩轮的宽度） 颈部、肩部、背部：约 5 cm ～ 约 21 cm 腰臀重点：约 5 cm ～ 约 25 cm 背部滚动和上下移动过程中按摩轮间的距离（包括按摩轮的宽度）：约 5 cm ～ 约 17 cm
	按摩部位 （前后方向）	按摩轮的突出距离（强度可调节）：约 10 cm
	按摩速度	揉按：约 4 次 / 分钟 ～ 约 73 次 / 分钟 捶拍：约 190 次 / 分钟 ～ 约 520 次 / 分钟（单侧） 移动速度：约 1 cm / 秒 ～ 约 5 cm / 秒
气囊按摩	空气压力 （腿肚）	3：约 35 kPa 2：约 32 kPa 1：约 17 kPa （可能因部位而略有不同。）
足底按摩部分	按摩速度	约 8 次 / 分钟 ～ 约 21 次 / 分钟
倾斜角度		靠背：约 120 ° ～ 约 170 ° 置脚台（小腿·足底按摩部分）：约 5 ° ～ 约 85 °
自动关闭		最大约 19 分钟（自动关闭）
尺寸	未倾斜时 （长 × 宽 × 高）	约 130 cm × 约 90 cm × 约 115 cm
	倾斜时 （长 × 宽 × 高）	约 200 cm × 约 90 cm × 约 72 cm
重量		约 87 kg
包装箱尺寸 （长 × 宽 × 高）		约 170 cm × 约 75 cm × 约 77 cm
包装重量		约 108 kg
使用者最大体重		120 kg
执行标准		GB4706.1 GB4706.10

本产品对于体重 120 kg 以下的人士使用没有问题。但对于体重 100 kg 或以上的人士，产品操作可能产生更大的噪声而且面料外罩可能磨损得更快。

产品中有害物质的名称及含量

部件名称	有害物质					
	铅(Pb)	汞(Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴联苯 (PBB)	多溴二苯醚 (PBDE)
电路板	×	○	○	○	○	○
电源线 / 内部配线	×	○	○	○	○	○
驱动单元	×	○	○	○	○	○
布套 / 海绵	○	○	○	○	○	○
金属部件	×	○	○	○	○	○
阻燃塑料部件	○	○	○	○	○	○
非阻燃塑料部件	○	○	○	○	○	○

本表格依据SJ/T 11364的规定编制。

○：表示该有害物质在该部件所有均质材料中的含量均在GB/T 26572规定的限量要求以下。

×：表示该有害物质至少在该部件的某一均质材料中的含量超出GB/T 26572规定的限量要求。

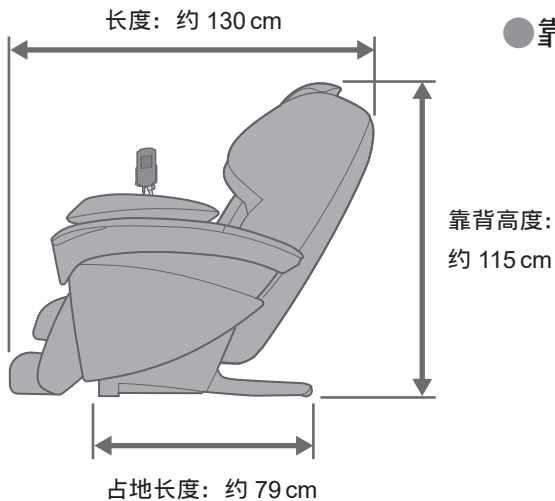
本机尺寸

正面

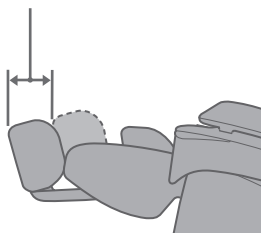


未安装遥控器支架：
约 85 cm
未安装遥控器支架和扶手：
约 68 cm

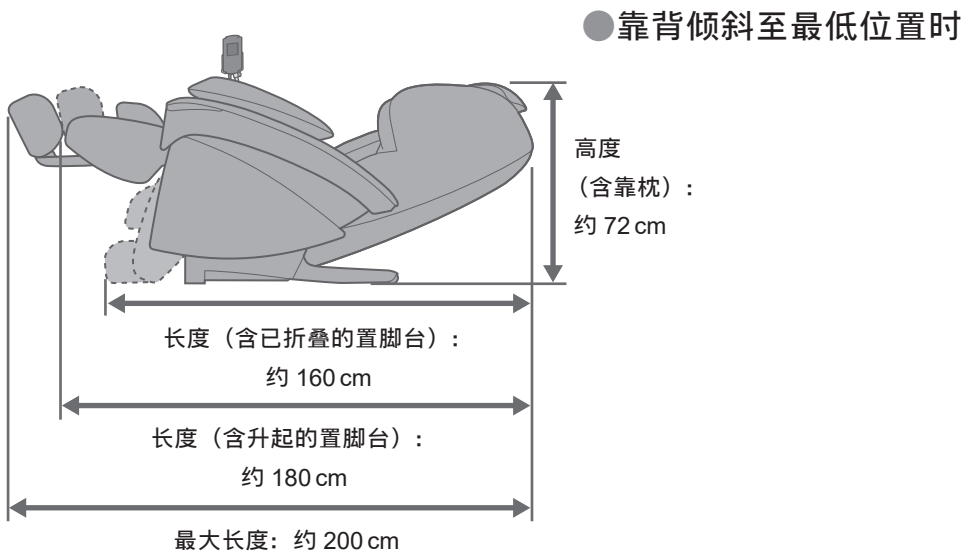
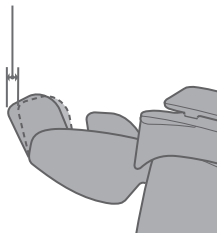
侧面



足底按摩部分的延伸长度：
约 18 cm



足底按摩部分：
约 2 cm



规格

Searching for FAQs has been made easier.

Page **EN10**

Transport, installation and assembly

- Dimensions of main unit! (Page EN53)

Page **EN20**

What kind of courses are there?

- The back massage intensity controller display differs according to the course and action!
 (Back massage intensity control of auto course Page EN36
 Back massage intensity control of manual action)

Page **EN39**

About heat massage

- “背部温热” operating method

Page **EN51**

The sound is strange!

- Operating sound, perception, etc.

Contents

Page

Before Use

Safety Precautions EN4

Part names and functions of main unit ... EN8

Setting up the massage lounger EN10

Assembly EN12

Before use EN16

How to Use

Part names and functions of the

Controller EN18

**Applications and flows of different
massage actions** EN20

Messages

● **When you want a complete massage** .. EN23

● **When you want a concentrated massage
of a particular body part with your favorite
action** EN24

● **Air · Stretching and Sole massage** EN26

Memory Course EN29

Adjusting the intensity EN34

After completing the massage EN41

Moving/Maintenance

Moving the unit EN42

Cleaning and maintenance EN43

Important Notes

Q&A EN44

Troubleshooting EN49

Error display EN50

Sounds and sensations of the unit EN51



Specifications EN52

Safety Precautions

Always follow these instructions



This section contains instructions that you must follow to prevent personal injury or damage to property.

■ The instructions are classified according to the level of injury or damage that may occur due to the mistaken use of this unit. Please ensure that you read all instructions before using the Household Massage Lounger.


 WARNING	Denotes a potential hazard that could result in serious injury or death.
 CAUTION	Denotes a hazard that could result in minor injury or property damage.

 **WARNING**

Symptoms

- 
- The following persons should not use this unit:
 - (1) Persons who are prohibited from receiving massages by a physician (e.g.: due to thrombosis (embolism), severe aneurism, acute varicose veins, any type of dermatitis and skin infections (including inflammation of the hypodermis), etc.)
 - (2) Persons suffering from osteoporosis, spine fracture, sprain or acute pain such as a pulled or torn muscle
 - (3) Persons who have a pacemaker, defibrillator, or other personal medical devices prone to electronic interference
 - (4) Pregnant women and women who have just given birth
 - (5) Persons with symptoms of acute low back pain, herniated disk, spondylolisthesis, spinal stenosis, degenerative lumbar spondylosis
 - (6) Persons who have abnormalities or curvature of the spine
 - The following persons should not use the lower back/hip massage or pelvis stretch.
 - (1) Those with symptoms of acute inflammation around the hip area, acute hip pain, piriformis muscle syndrome or sciatic neuralgia
 - (2) Those suffering from osteoarthritis of the hip and bad hip joint
 - (3) Those who feel pain, numbness, lethargy in the hip and legs during use
(Doing so may worsen the symptoms.)
- 
- This unit is not intended for use by persons (including children) with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the unit by a person responsible for their safety. Children should be supervised to ensure that they do not play with the unit.
(Doing so may cause an accident or injury.)
 - Persons with any of the conditions listed below or who are undergoing medical treatment should consult with their physicians before using the unit.
 - (1) Persons who have a malignant tumor
 - (2) Persons suffering from heart disease
 - (3) Persons who have a loss of heat sensation
 - (4) Persons who have sensory abnormalities due to a severe peripheral circulatory disturbance such as diabetes mellitus
 - (5) Persons who have a wound where the massager operates
 - (6) Persons whose body temperature is over 38 °C (who have a fever)
(E.g.: When a person has acute inflammation symptoms (fatigued, chills, blood pressure fluctuations, etc.) or when debilitated)
 - (7) Persons who require bed rest or who are in poor physical shape
 - (8) Persons other than those listed above who feel unwell
 - If you begin to feel unwell during use or if you do not feel effects of the massage lounger, stop use immediately and consult a physician.
(Failure to do so may cause an accident, injury or become unwell.)
 - The unit has a heated surface. Persons insensitive to heat must be careful when using the unit.

Take note of the following points as well

- 
- Absolutely do not modify. Furthermore, do not attempt to disassemble or repair the unit yourself.
(Doing so may cause fire, or may cause the unit to function abnormally resulting in injury.)

■ Instructions that you must follow are indicated using the following symbols. (The following symbols are examples.)



Denotes a specific operating procedure that must not be performed.



Denotes a specific operating procedure that must be performed.

When in use



- When massaging the neck area, be careful of the movement of the massage heads and avoid massaging the throat area and excessively strong massage action.
- Do not sit on the backrest or armrests.
- This unit should not be used by children. Also, do not allow children to play on the unit, or to climb on the lagrest-flat section, backrest or armrests.
- Do not use the massage lounger while holding children.
- Do not push your hands, elbows, arms or feet against the fabric covering the moving parts of the backrest during use.
(Doing so may cause an accident or injury.)
- When 背部温热 are used, do not let the massage heads touch the same place for a long time.
(Low temperature burns* may occur.)
- * Burns may occur at relatively low temperatures (40 °C to 60 °C) when in contact with the same area of skin for long periods of time, even if you do not feel heat or pain.




- 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.)
- Start using a gentle Swedish massage.
- Do not massage for more than 30 minutes a day.
- 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.)
- Confirm that the shoulder position is correct when body scanning (Page EN22) is performed. If it is not properly aligned, use the POSITION button to adjust the shoulder height, or stop the massage and perform the body scanning again (when using auto course, manual operation).
- Make sure there are no persons or pets around the unit (front, back, underneath or sides of the unit) before using it for massaging or moving the backrest or legrest.
(Failure to do so may cause an accident or injury.)
- After each massage, slide the power switch on the backside of unit body to the “off” position, turn the lock switch to the “lock” position and then remove the lock switch key and power plug.
(To prevent breakage or injury from misuse by children.)

When there is any abnormality or fault



- If a malfunction or breakdown occurs, stop using the chair immediately and unplug the power plug from the wall socket.
(Failure to do so may result in smoke/fire or electric shock.)

<Examples of malfunctions/breakdowns>

- Does not start when pressing .
- The power supply goes on and off when the power cord is moved.
- Burning smells or abnormal sounds occurring during operation.
- The unit becomes deformed or unusually hot.

→ Contact an authorized service center immediately for inspection/repairs.

Safety Precautions (Continued)

WARNING

Power plug, power cord etc



- Do not do anything that may damage the power cord or power plug.

Do not scratch, modify, use near a heater, excessively bend, twist, pull, place heavy objects on top of, or bundle the cord or plug.

(Doing so may cause electric shock, burning or fire due to a short circuit.)

→ Please contact an authorized service center for repairs to the power cord or power plug.

- Do not insert or unplug the power plug with wet hands.
(Doing so may cause electric shock.)



- Always use sockets and wiring devices at the correct rated value.
- Use AC 220 V.
(Cannot be used overseas, nor with a transformer.)
- Always insert the power plug fully into the socket.
(Failure to do so may result in electric shock or fire due to overheating.)
- Dust the power plug on a regular basis.
 - Remove dust using a dry cloth.
(Failure to do so may result in fire, due to damp shorting the insulation.)
- When unplugging the power plug, hold the plug itself and do not pull on the power cord.
(Failure to do so may cause electric shock, burning or fire due to a short circuit.)

Symptoms



- Persons who are otherwise healthy but have any of the conditions listed below should consult with their physicians before using the unit.

- (1) Persons whose muscles have deteriorated due to age or weight loss
 - (2) Persons with symptoms of lower back and hip pain caused by the bones and muscles, organs and nerves
 - (3) Persons who suffer bruises or sprains easily
 - (4) Persons who suffer from severe motion sickness
 - (5) Persons who have undergone heart or internal surgery in the past
- (Failure to do so may adversely affect health.)

- If symptoms such as rashes, reddening, itching, etc. occur as a result of using this unit, stop using the unit and consult a physician.
(Failure to do so may cause an accident or adversely affect health.)

Installation and movement



- The unit should not be used on top of heating appliances, such as electric carpets, etc.
(Doing so may cause a fire.)

- Do not drag or push the unit in an installed state.
- Do not move the unit using the castors on the flooring.
(Doing so may damage the flooring.)
- Do not move with a person on it.
(Doing so may result in falls, causing an accident or injury.)
- Do not hold the sole massage section when moving the unit.
(It may slide in movement, causing injury.)
- Do not use in damp or humid places such as a bathroom.
(Doing so may cause electric shock.)



- Use only on a horizontal surface.
(Failure to do so may result in a falling accident.)
- Place a mat or other such covering on the floor when moving the unit using the castors.
(Unit may damage the flooring.)
- When moving the unit on its castors, remove any obstacles from around the unit, move the backrest to the fully upright position, lift the legrest to a position below the waist (less than 80 cm from the floor) and move the unit slowly. (Page EN42) (Otherwise the unit may fall and cause injury.)

Power supply



- Connect the unit with the correctly grounded socket for safety.
Otherwise, electric shocks may happen.
(Electric shocks may be caused by faults or electric leakage.)
- Always unplug the power plug from the wall socket when cleaning the unit or removing the cover.
(Failure to do so may cause an electric shock or injury.)
- Always unplug the power plug from the wall socket when not using.
(Since dust and humidity deteriorates insulation, which may result in fire due to electrical leakage or fire.)

CAUTION

Before and during use



- Do not use the massage heads on your head, stomach or bare skin. Also, do not place your hands or feet between the massage heads.
- Do not place your knees between the leg & sole massage section.
- Do not fall asleep while using the unit. Do not use the unit after drinking alcohol.
- Do not stand, jump on, or place objects on the seat until the air is completely extracted after the air massage. (Doing so may cause an accident or injury.)
- Do not insert your hands, fingers, feet or head into the following spaces:
 - (1) Between the backrest and seat or armrest
 - (2) Between the legrest and seat or armrest
 - (3) Between the seat and armrest
 - (4) Between the back cover and leg cover
 - (5) Back of the legrest
- Do not unplug the power plug or turn the power switch "off" during massage.
- Do not use the sole massage in a standing position. (Doing so may cause injury.)
- Do not sit on, stand on, or place objects on the legrest when the legrest is not completely lowered. (Doing so may cause the edge of the legrest to rotate or the unit to tip over, resulting in an accident or injury.)
- Do not use at the same time as another medical device. (Doing so may cause an accident or deteriorated health.)



- Check that the massage heads are in the retracted position. (Page EN8)
- Be sure that all operations have stopped before getting off the unit during a massage. (Failure to do so cause an accident or injury.)
- Check that there is no foreign matter between the parts of the unit before sitting down.
 - Check that there are no foreign objects stuck in the backrest, legrest or hand & arm massage section. (Hands, feet or small objects may become trapped, resulting in an accident or injury.)
- Avoid wearing anything hard on your head like a hair accessory, etc. when using the unit.
- Do not massage with any hard objects in your trouser pockets.
- Remove hard objects such as false fingernails, wristwatches or rings when massaging hands or arms. (Doing so may cause injury.)
- Do not drop anything from your pockets, etc. into the gaps of the device. (You could lose them.)

Take note of the following points as well



- Do not allow children to touch the controller holder fixing screw. (Doing so may cause an accident such as a child swallowing the screw.)
- Do not spill water on the unit or controller. (Doing so may cause electric shock, ignition or fire due to a short circuit.)

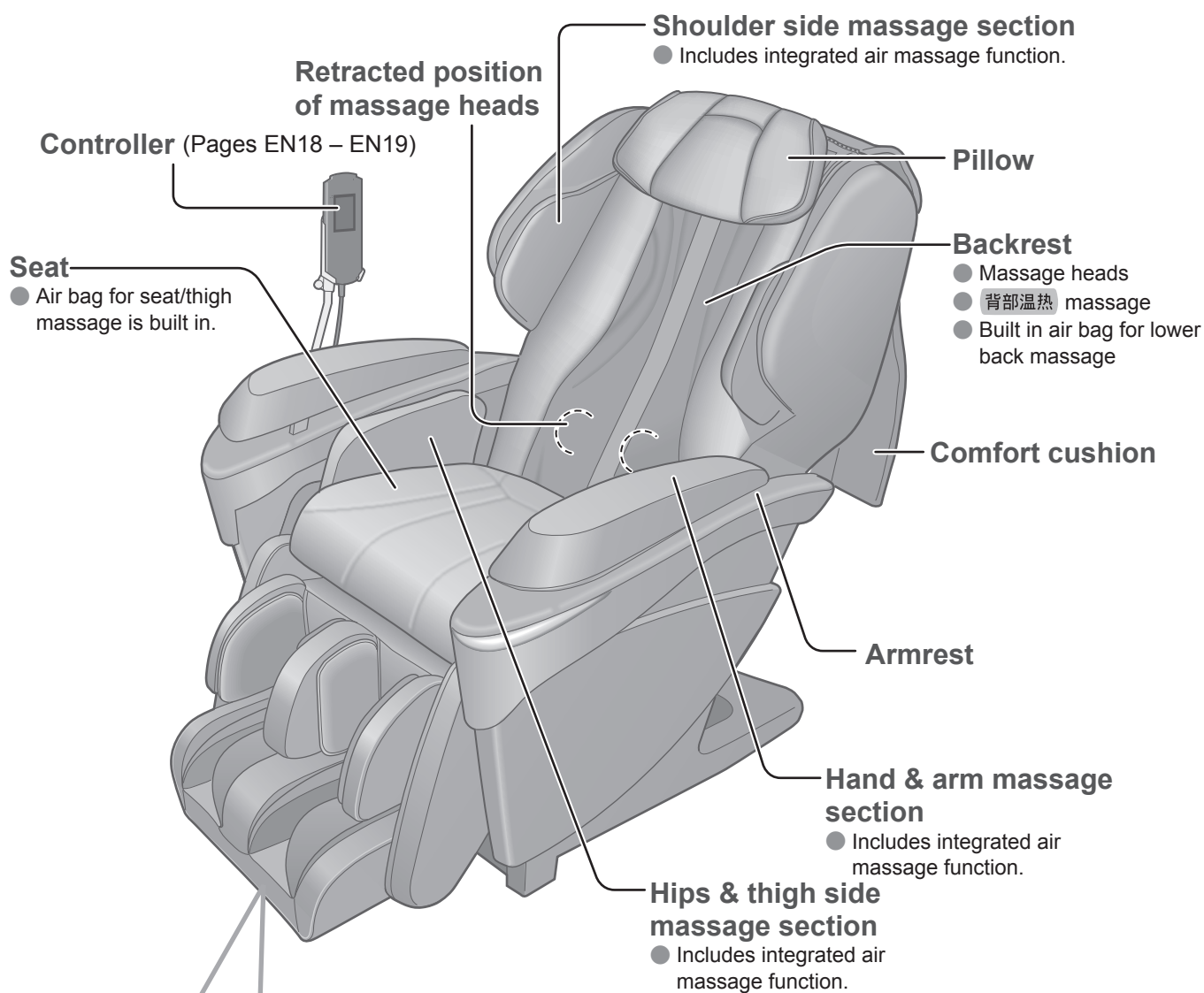


- Store the lock switch key out of the reach of children. (Failure to do so may cause an accident such as the child swallowing the key.)
- In the event of a power outage, unplug the power plug immediately. (Failure to do so may cause an accident or injury when the power supply returns.)
- If you have not used the unit for a while, carefully read the operating instructions again and check that the unit is operating normally before use. (Failure to do so may result in breakage or injury.)

GROUNDING INSTRUCTIONS

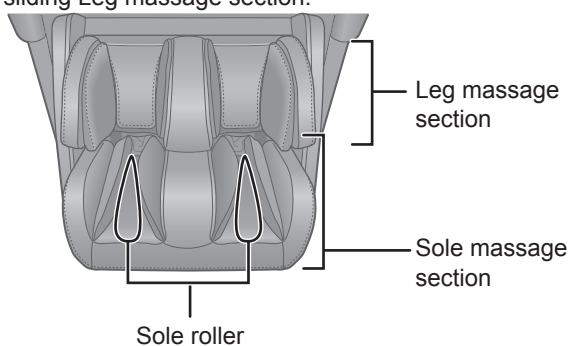
- This unit must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.
- This unit is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Part names and functions of main unit

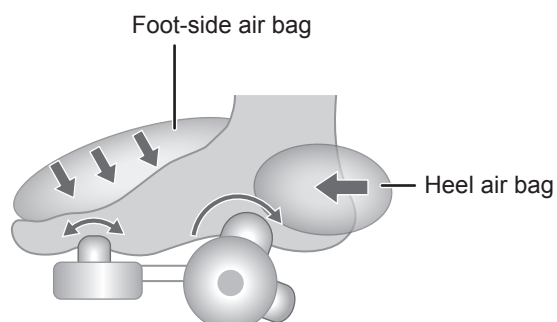


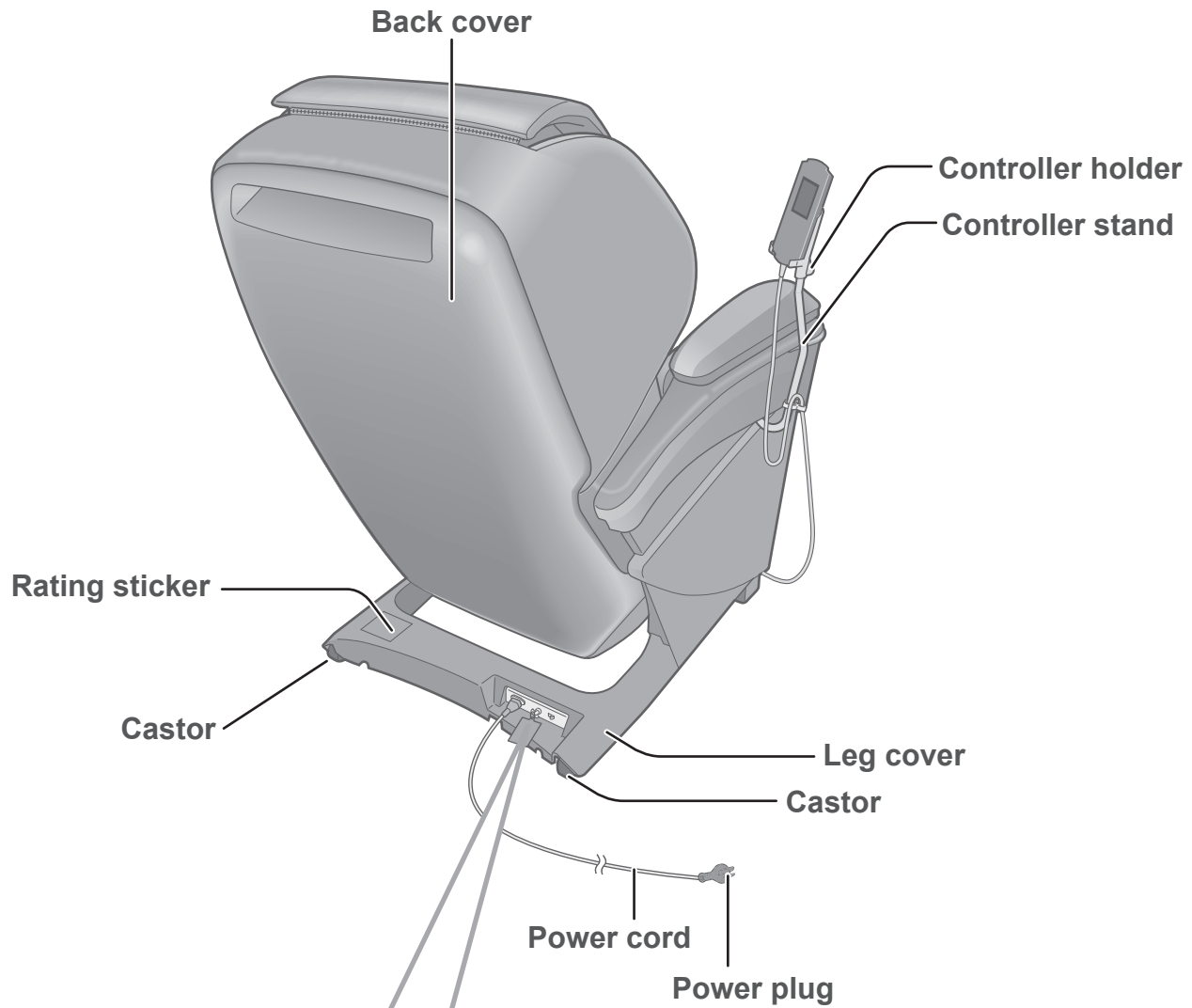
Legrest-Leg & Sole Massage Section

- Massage by sole roller.
- Includes air massage function.
- Position of Sole massage can be adjusted by sliding Leg massage section.

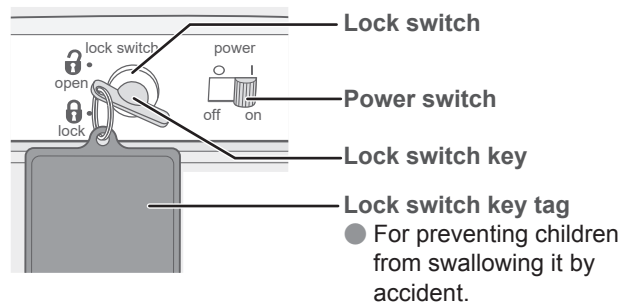


■ Sole roller





Power switch section

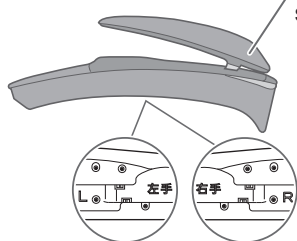


- Lock switch is set to "open" and power switch is set to "on" prior to leaving the factory.

Setting up the massage lounger

1) Checking the accessories

● Armrests (Right/Left)



Right/Left indication
(armrest back)

The holes in the fabric at the back of the hand & arm massage section are due to the manufacturing process and are not a fault.

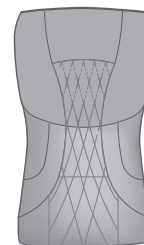
● Pillow



● Power cord



● Comfort cushion



2) Where to use the unit

Ensure there is adequate space to recline.

- Dimensions required for installation (see page EN53 for the detailed dimensions of the main unit)

Height 115 cm × Width 90 cm × Depth* 220 cm

* The main unit is approx. 200 cm in length, and it is necessary to keep it more than 10 cm from obstacles such as walls, so a length of 220 cm should be reserved.

- Do not expose the massage lounger to direct sunlight or high temperatures. This can cause discoloration or hardening of the synthetic leather.

3) Installing



Place your fingers in the groove

- ① The unit must be carried by two or more persons.

- Since the unit is heavy, be careful to avoid back injuries.

Unit weight	Approx. 87 kg
--------------------	---------------

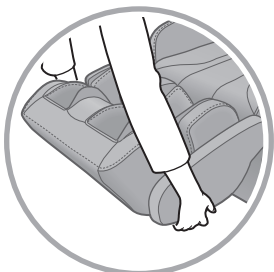
- ② Watch your step carefully and put down the unit slowly.

Lay out a mat etc.

Since the unit may damage the flooring, it is recommended to place the unit on a mat.

When placing a mat under the unit, the size of the mat should be sufficient (at least 120 cm × 70 cm) to cover the areas where the unit touches and where the legrest could touch the floor.

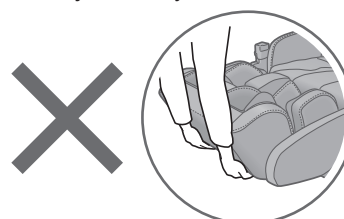
Hold the legrest by the sides



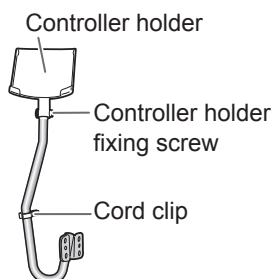
Hold the legrest with your hands until it has been set on the floor completely. If you release the legrest too soon, it will spring back to the initial position.

■ Do not hold onto the front side!

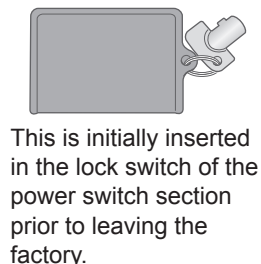
The sole massage section might slide, and injuries may occur.



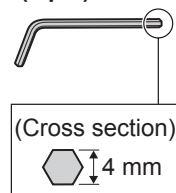
● **Controller stand**



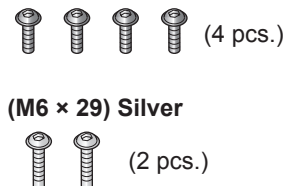
● **Lock switch key (1 pc.)**



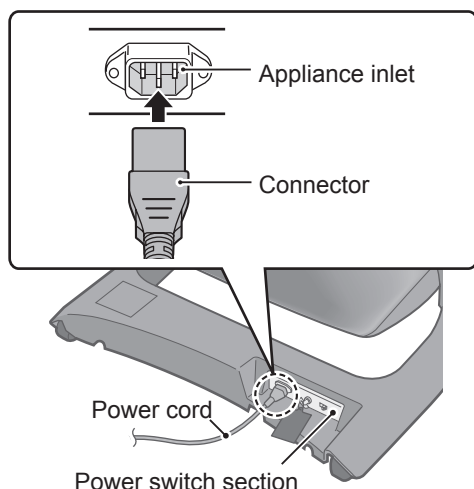
● **Allen key (1 pc.)**



● **Attachment screws (M6 × 13) Black (4 pcs.)**



4) Connect the power cord to the unit




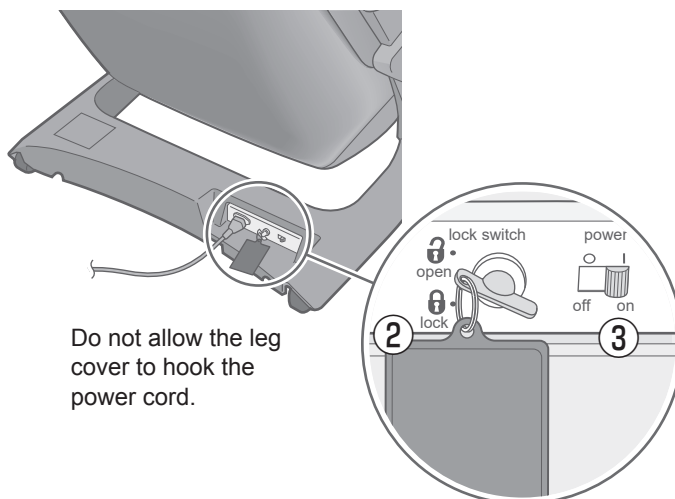
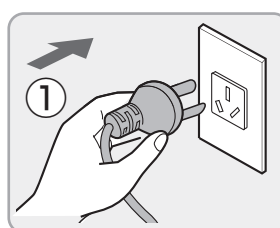
- ① Check for dirt and damage on appliance inlet of the power switch section and the connector of the power cord.
- ② Insert the connector into the appliance inlet.
- ③ Be sure to push the connector in all the way.

GROUNDING INSTRUCTIONS

- This unit must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.
- This unit is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

5) Turn on the power and raise the backrest to the upright position.

- ① Insert the power plug into the power outlet.
 - Always be sure to insert into an AC 220 V plug.
- ② Confirm the lock switch key is set to the “open” position.
- ③ Confirm the power switch is set to the “on” position.
- ④ Press  on the controller twice.
 - Press once, and then press again approx. 1 second later. Backrest will rise automatically.



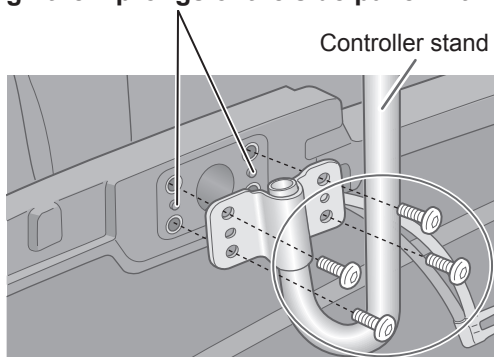
Assembly

1 Attaching the controller stand

The controller stand can be attached on either the left or right side.

<When attaching on the right armrest>

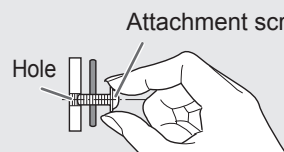
- ① Align the 2 prongs of the side panel with the holes of the controller stand.



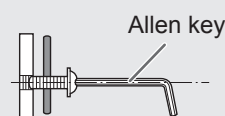
- ② Fasten the controller stand with the attachment screws (4 positions)

- Use this screw
Attachment screws (M6 × 13) × 4 pcs.
(Black)

How to tighten the screws



- Tighten the 4 screws lightly using your fingers. (Make the screws level with the holes.)



- Tighten firmly with the allen key.
- Screw may be damaged if you tighten the screw inserted into the hole crookedly using an allen key.

If the controller stand is attached on the left hand side, pass the controller cord through the left hand side. (Page EN15)

2 Fasten the armrest

- ① Insert the armrest into the unit.

- “R” (right side) and “L” (left side) are indicated at the back of the armrest.
- Insert the armrest from the top aligning the ▲ marks on the side of the armrest.
- Be careful to avoid pinching your fingers and air plugs.

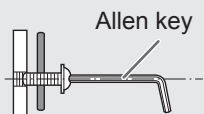
- ② Slide the armrest toward the back while pushing it downward.

- ③ Fasten the armrest with the attachment screws.

(One for each side)

- Use this screw
Attachment screws (M6 × 29) × 2 pcs. (Silver)

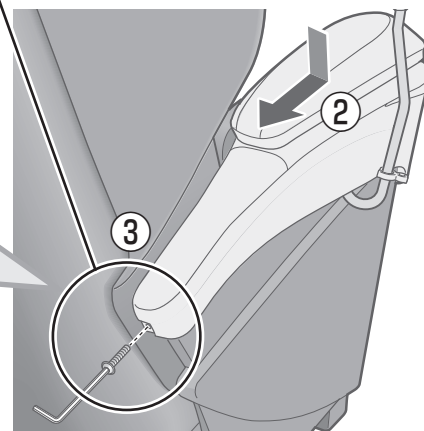
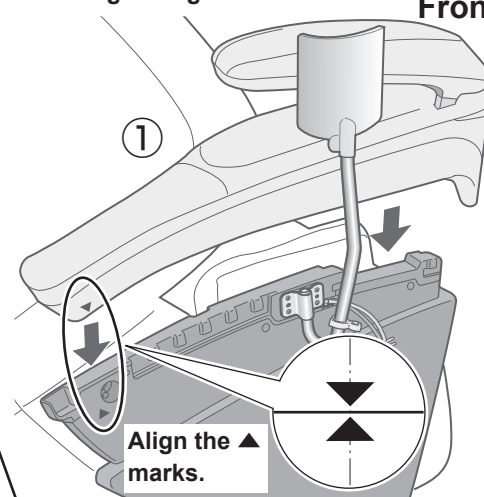
How to tighten the screws



- Put an attachment screw on the edge of the allen key and tighten the screw horizontally to the hole.
- Screw may be damaged if you tighten the screw inserted into the hole crookedly using an allen key.

<Attaching the right armrest>

Front

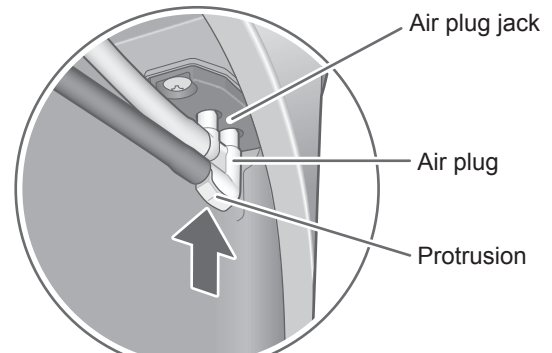


- ④ Attach the left hand side in the same way.

3 Inserting the air plug

- ① Insert the air plug into the air plug jack on the armrest with your fingers until it clicks into position.

<View from bottom>



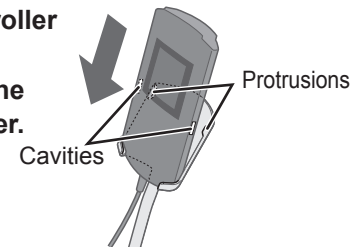
Press until the protrusion clicks into place.

- Arm massage will not operate unless the air plugs are inserted securely.

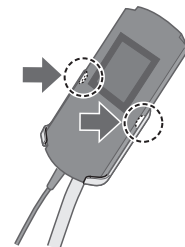
- ② Insert the left side in the same way.

4 Attaching the controller to the controller holder

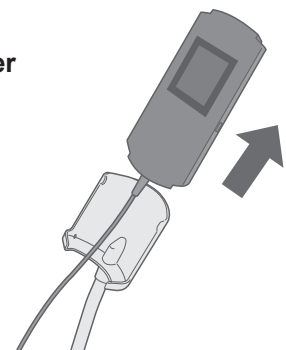
- ① Insert the controller at an angle to the bottom of the controller holder.



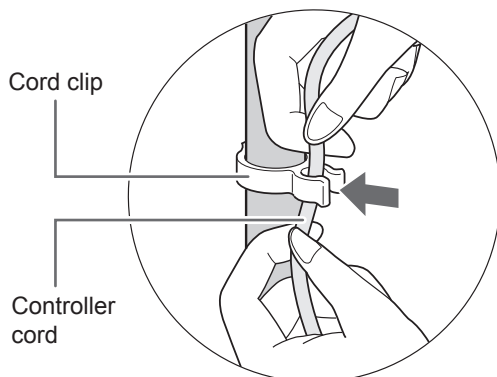
- ② Insert the controller until the two protrusions on the controller holder click into the cavities on both sides of the controller.



Lift up the controller to remove.



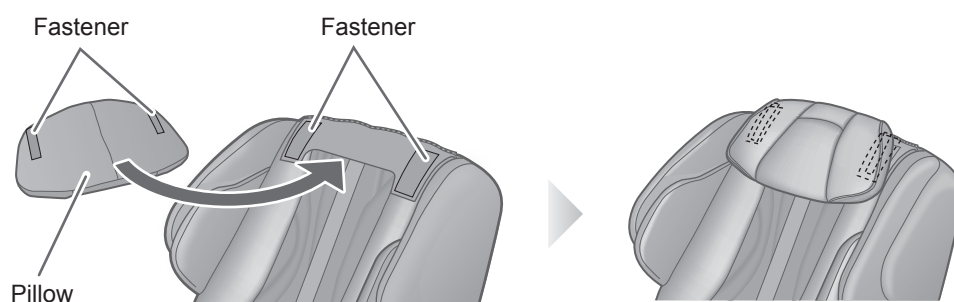
- Fasten the controller cord using the cord clip. Fasten so the cable under the cord clip will not sag too much (because of the risk of tripping over the cord).



Assembly (Continued)

5 Attaching the pillow

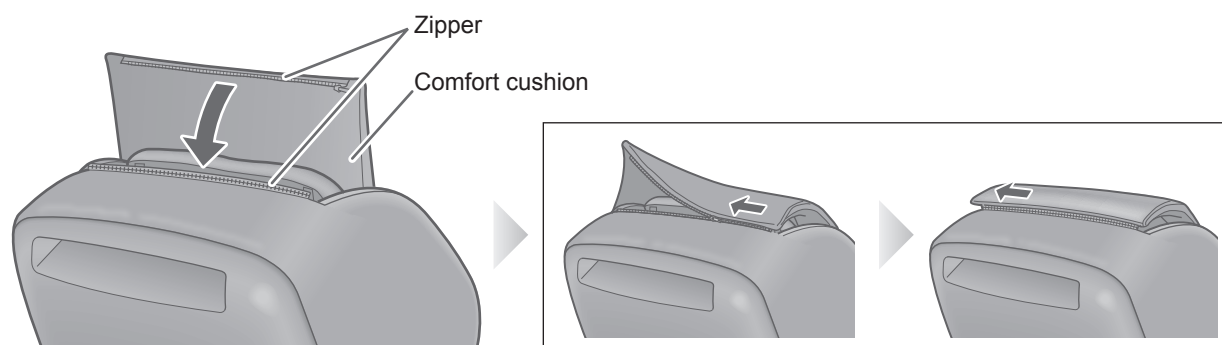
Attach the pillow using the fastener.



- Recommended position of the pillow when using the massage lounger (Page EN17)

6 Attaching the comfort cushion

Fasten the comfort cushion using the zipper.



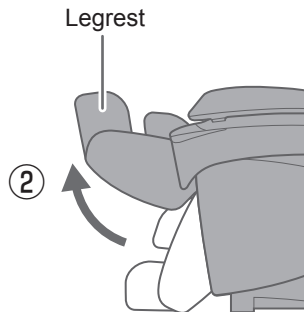
■ When the controller stand is attached on the left side

- Run the controller cord to the left such as the right side of figure.
- 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.

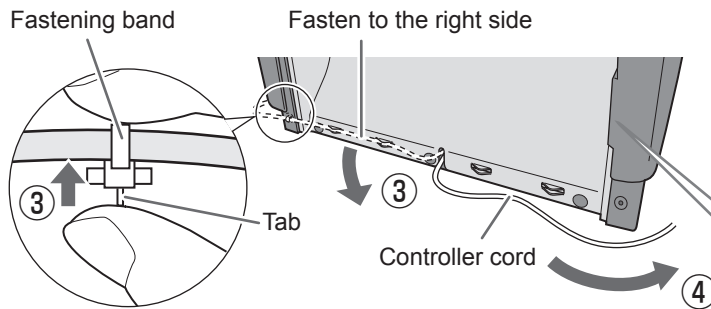
- The legrest will rise until it reaches the uppermost position.



③ Disconnect the controller cord.

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

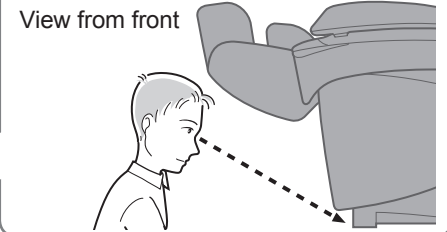
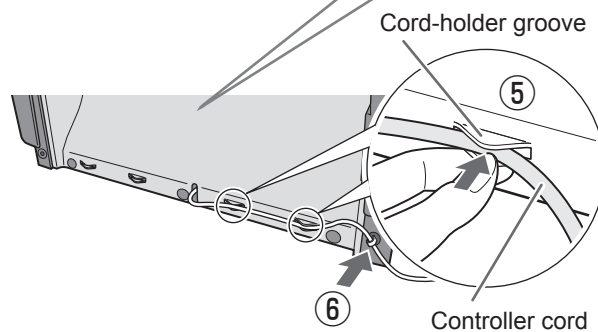
④ Move the controller cord under the legrest to the left side.



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 use

Check the surrounding area

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

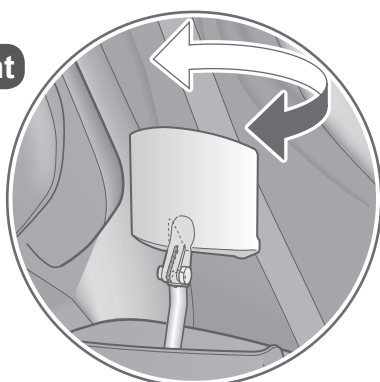
- The massage lounger may not work when pets such as dogs and cats chew on or trip over the controller cord. (This may result the fault.)




Adjust the Controller holder

The left-right direction is adjustable.

Left and right

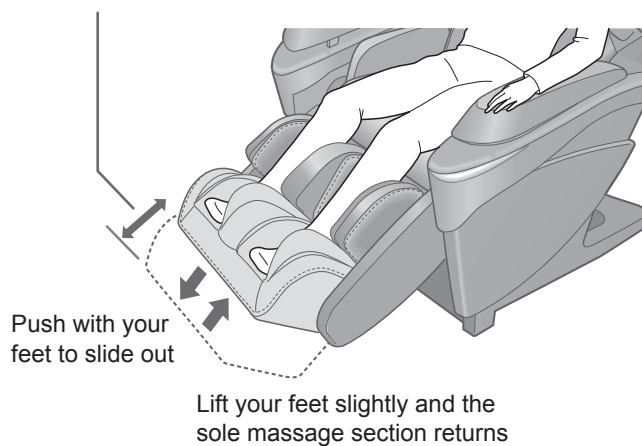


Check the legrest position

- 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 EN40)
It will slide up to approx. 18 cm.



Retracted position of massage heads

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

(Page EN11)

Adjust the pillow position

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


- If positioned too low, the pillow may interfere with a massage 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 retracted 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.

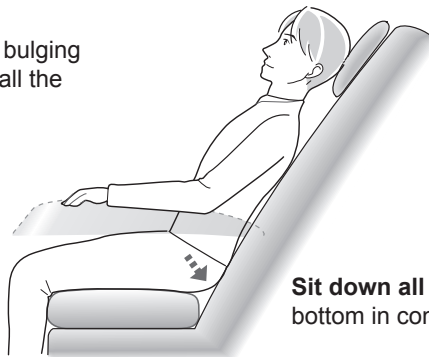


WARNING

- 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

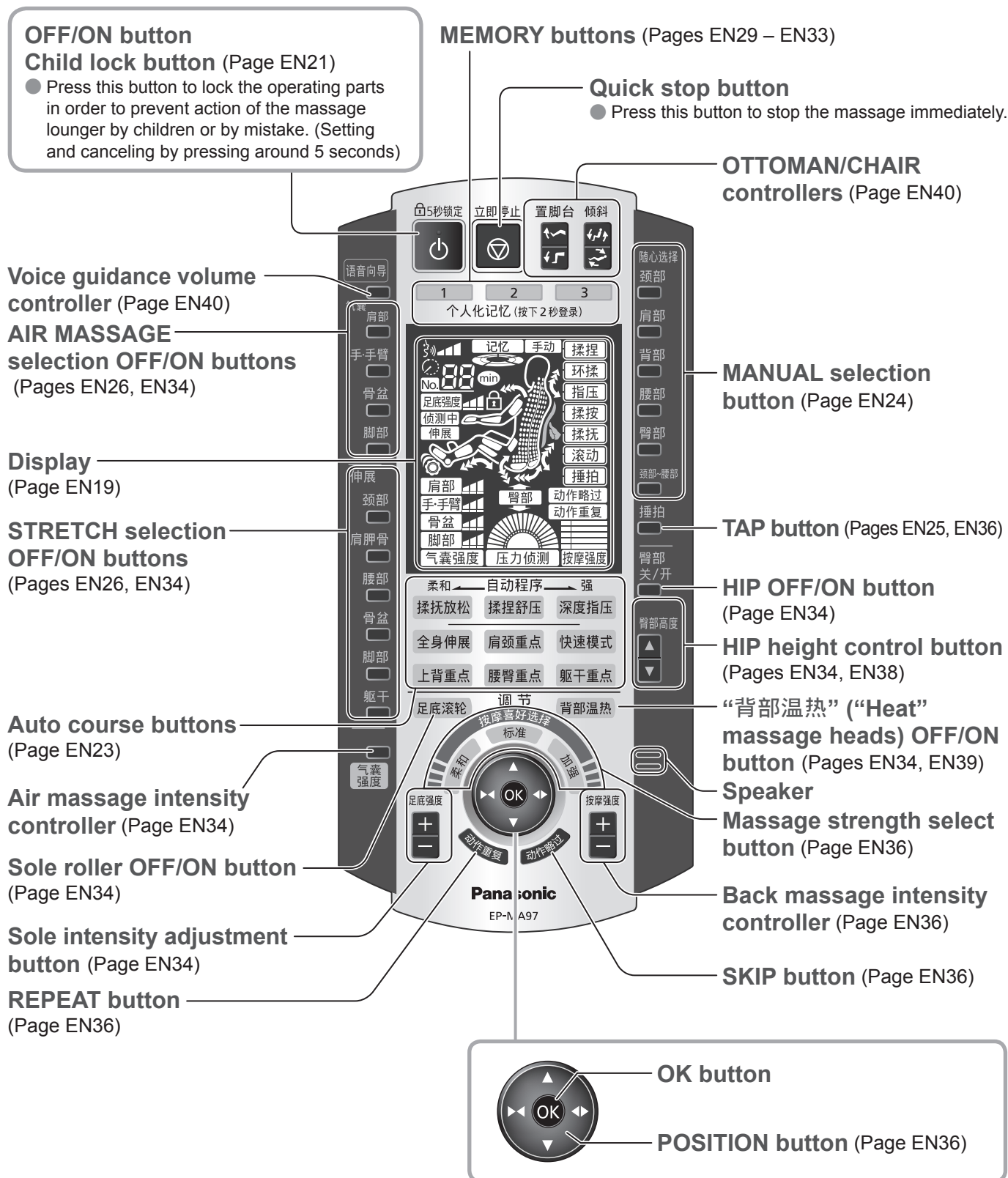
In order to deliver an effective massage, there is a bulging area in the center of the seat to make sure you sit all the way back.



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 EN40)

- Remaining time display
- Saved number display of memory course (Pages EN31 – EN33)

Sole roller intensity display (Page EN34)

Body scanning display (Page EN22)

Stretch action display (Page EN26)

Hip action display (Page EN34)

Air massage intensity display (Page EN34)

Memory course display (Pages EN29 – EN33)

Memory course display (Page EN31)

- 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 EN36)

Repeat display (Page EN36)

Back massage intensity display (Page EN36)

Back massage pressure display (Page EN36)

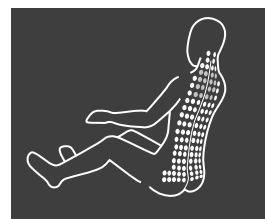
Child lock display (Page EN21)

Stretch display (Page EN34)

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

“背部温热” display (Page EN34)

Massage area display



- Current approximate massage position flashes.

Air massage display

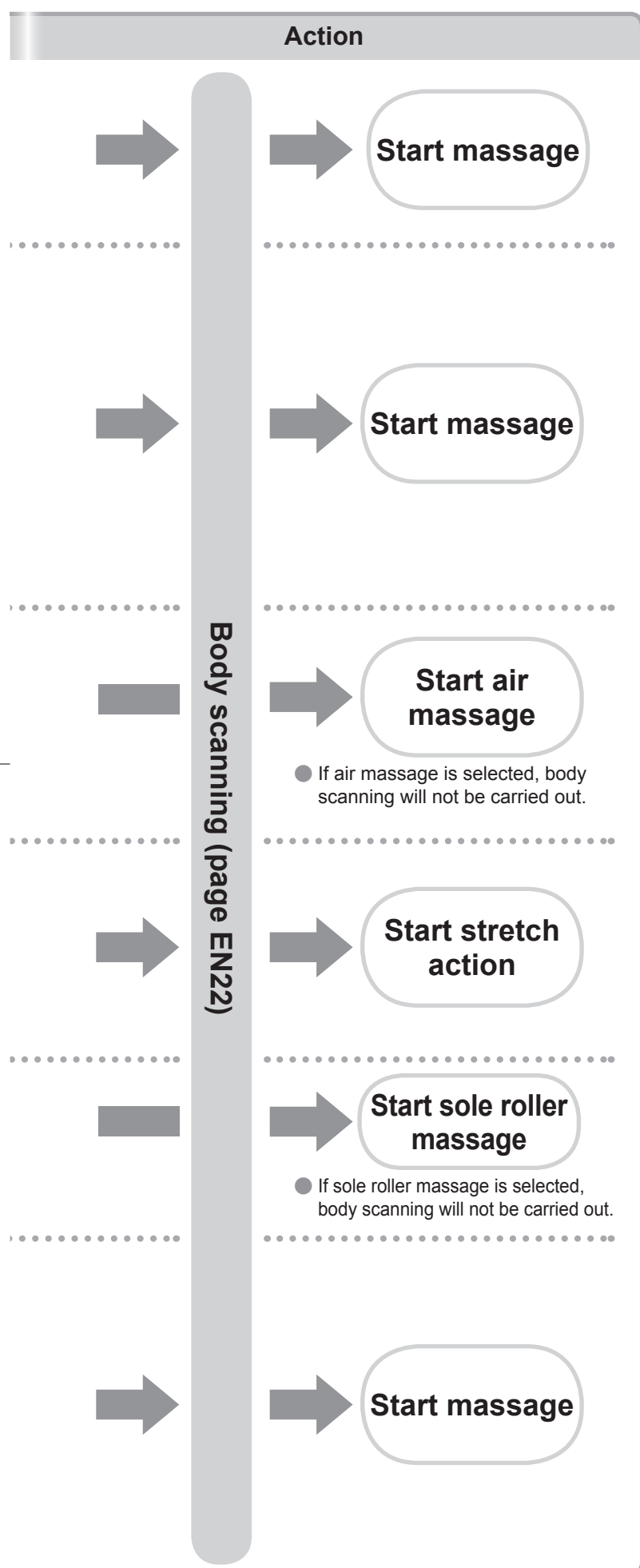


- Currently selected air massage parts light up.
- Current air massage position flashes.

“足底滚轮” display (Page EN34)

Applications and flows of different massage actions


Course	Operation
<div>Auto course</div> <div>For those who want a full body automatic massage</div> <div>(Page EN23)</div>	<div>柔和 ← 自动程序 → 强</div> <div>揉抚放松 揉捏舒压 深度指压</div> <div>全身伸展 肩颈重点 快速模式</div> <div>上背重点 腰臀重点 躯干重点</div> <div>Select one</div>
<div>Manual action</div> <div>For those who want an intensive massage using their favorite action on a favorite area</div> <div>(Pages EN24 – EN25)</div>	<div>随心选择</div> <div>颈部</div> <div>肩部</div> <div>背部</div> <div>腰部</div> <div>臀部</div> <div>颈部~腰部</div> <div>Select one</div> <div>揉捏</div> <div>环揉</div> <div>指压</div> <div>揉按</div> <div>揉抚</div> <div>滚动</div> <div>捶拍</div> <div>Select your favorite action and press OK</div>
<div>Air massage action</div> <div>For those who want to have a “肩部”, “手·手臂”, “骨盆” or “脚部” air massage</div> <div>(Pages EN26 – EN28)</div>	<div><Air action/Stretch action></div> <div>伸展</div> <div>颈部</div> <div>气囊 肩部</div> <div>肩胛骨</div> <div>手·手臂</div> <div>腰部</div> <div>骨盆</div> <div>骨盆</div> <div>脚部</div> <div>脚部</div> <div>躯干</div> <div>Select</div> <div>Air massage and stretch action will not be carried out at the same time.</div>
<div>Stretch action</div> <div>For those who want to stretch their “颈部”, “肩胛骨”, “腰部”, “骨盆”, “脚部”, or “躯干”</div> <div>(Pages EN26 – EN28)</div>	
<div>Sole roller action</div> <div>To those who want to loosen the sole</div> <div>(Pages EN26 – EN28)</div>	<div><Sole roller action></div> <div>Press 足底滚轮</div>
<div>Memory course</div> <div>Once saved, you can recall your own favorite auto course or a course that you have created on your own.</div> <div>How to save a course and use a saved course</div> <div>(Pages EN29 – EN33)</div>	<div>A maximum of three courses can be saved.</div> <div>1 2 3</div> <div>Select one</div> <div>个人化记忆 (按下 2 秒登录)</div>




Adjustable functions during a massage Pages EN34 – EN37



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 lock switch key is locked, 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.

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.

Applications and flows of different massage actions (Continued)

Body scanning

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

- During body scanning, 侦测中 will flash.
- Body scanning height range is about 140 cm – 185 cm.

Automatically
**To massage
position**

Body scanning

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

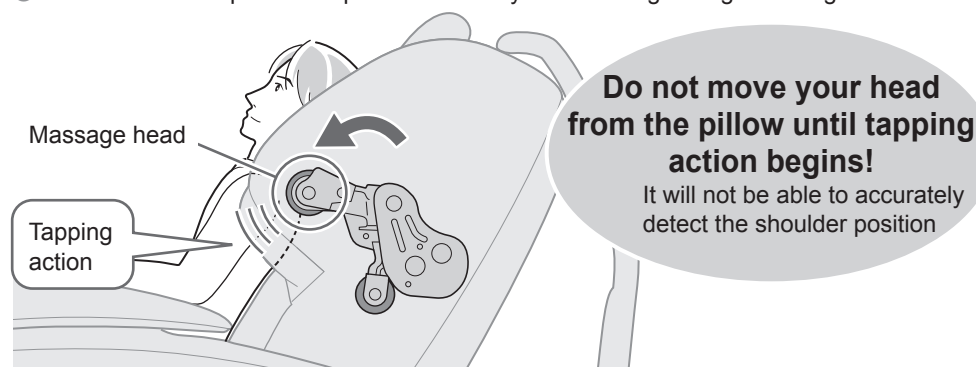
- For adjustment of the position of the pillow. (Page EN17)



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

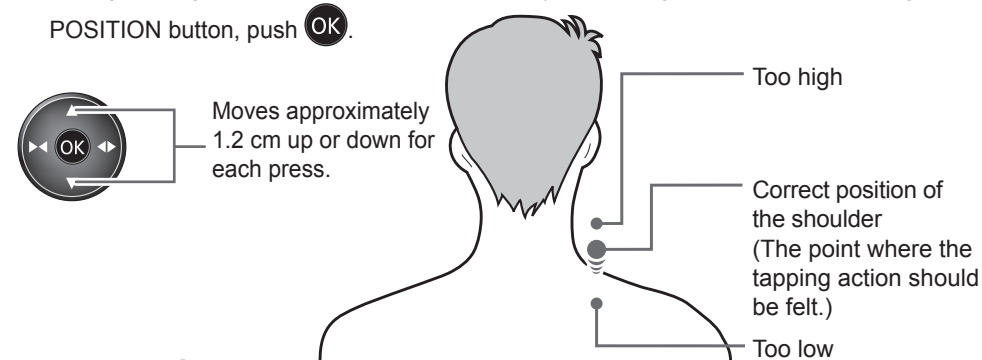
About 30 seconds after the body scanning starts, the massage head will lower slowly to the shoulder position and start the tapping.

- 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, “背部”, or “腰部”) 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.

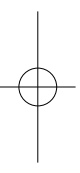


■ To adjust the shoulder position

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 the power button will stop the action. Rest your shoulders back against the backrest firmly and press the button to start again.




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

- Body scanning will commence when the program is selected. (See page EN22 for details)

- During the massage, you can create favorite settings. (See pages EN34 – EN37 for details)
- You can save your favorite settings in the memory course even in the middle of a course. (See page EN29 for details)

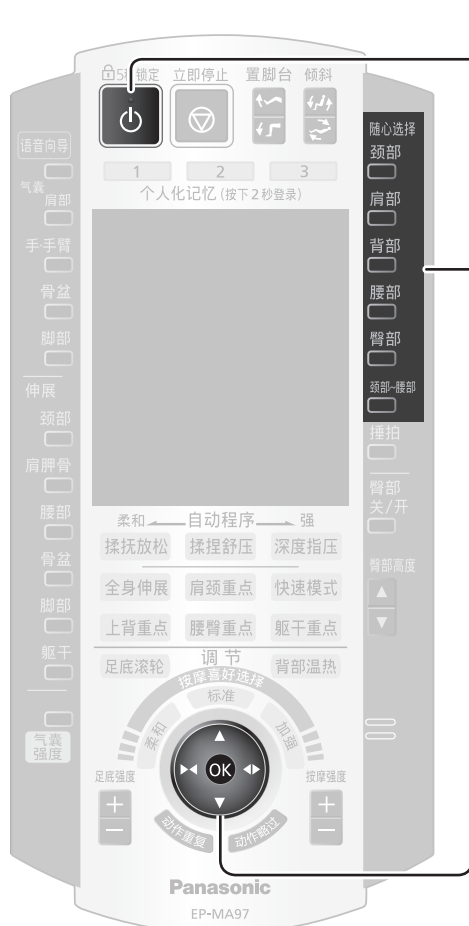
- After the massage ends, you can save your favorite settings in the memory course. (See page EN29 for details)



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, “滚动” or a combination of “滚动” and another actions can be selected. When combining other actions,

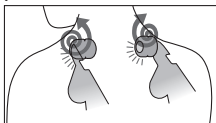


press  to select the action and then press .

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

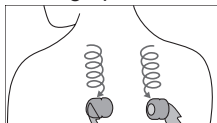
揉捏

Small kneading action at points.



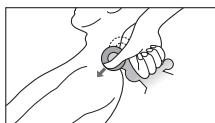
环揉

Kneading action while moving up and down.



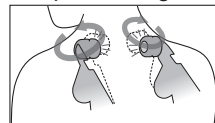
指压

Action compressing muscle knots vertically.



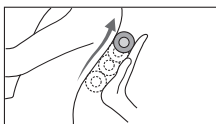
揉按

Deep kneading action.



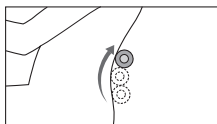
揉抚

Action of rubbing gently across a wide area.



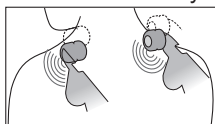
滚动

Action to stretch an area.



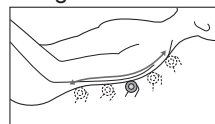
捶拍

Tapping action for right and left alternately.

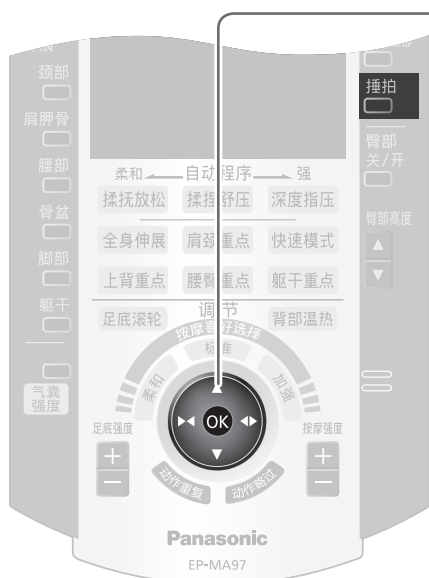


颈部~腰部滚动

Action stretching the body along the backbone.



- The respective actions are suitable for specific body parts. (Actions of Shiatsu for the “颈部” are different from of the actions for the “肩部”.)



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

- The massage heads will move to selected position to start the massage after the body scanning is completed. (See page EN22 about body scanning)
- See pages EN34 – EN37 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. (Depending on the location, the massage may move up.)

Press **捶拍** 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 massage to create your own course. (Pages EN31 – EN33)

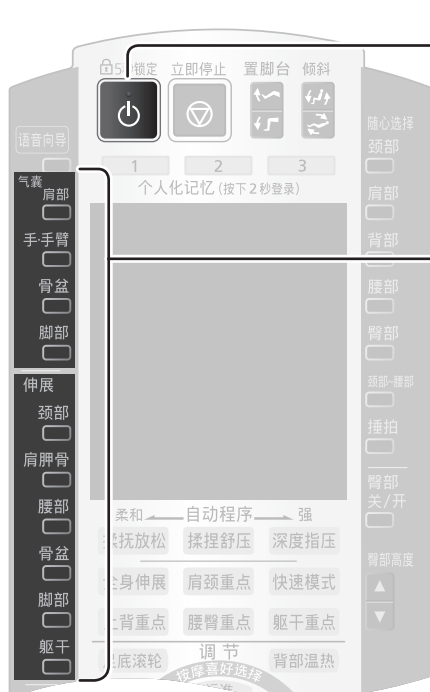
If you want to massage with tapping action only

- 1 Press **电源** to turn on the power.
- 2 Press **捶拍**.
- 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** “肩部”, “手·手臂”, “骨盆”, “脚部”
- **Stretch**..... “颈部”, “肩胛骨”, “腰部”, “骨盆”, “脚部”, “躯干”



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 EN28 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 **足底滚轮** enables sole roller massage.

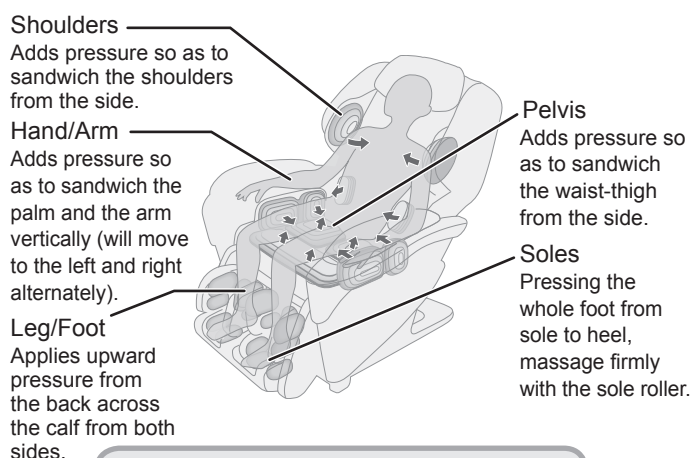
3 Air massage/Stretch starts.

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

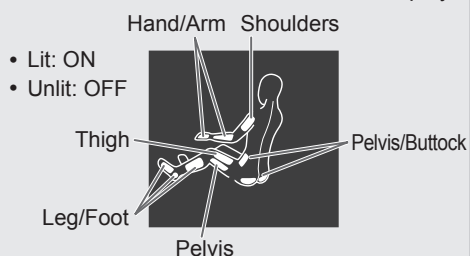
Air massage and stretch action will not be carried out at the same time.
If the Stretch button is pressed during an air massage, the air massage will be canceled.

Air massage · Stretch position

Air massage

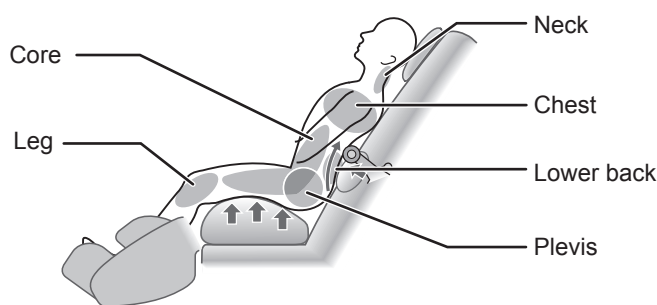


You can check the air OFF/ON in the display.

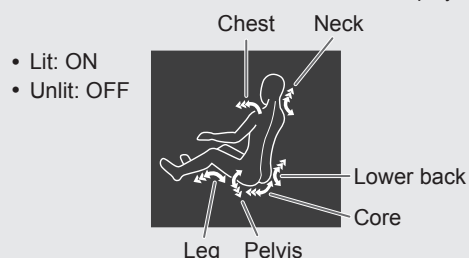


Stretch

Detailed action contents of the stretch (Page EN28)



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



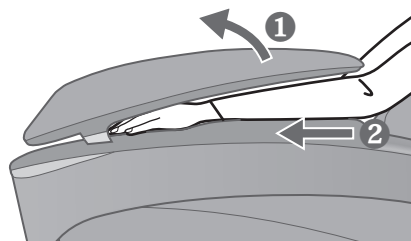
To save in the memory course

Press the 个人化记忆 button for 2 seconds during the action.

- You can save the stretch action that you like, to create your own course. (Pages EN31 – EN32)
- Air actions can be saved at the same time when saving manual action in the memory course.

How to use the hand & arm massage

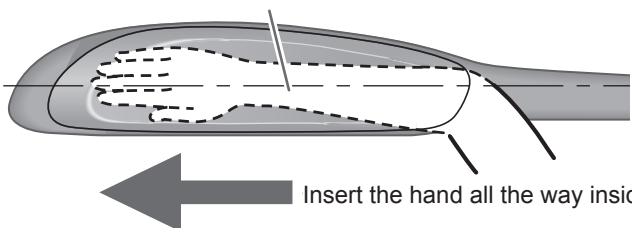
- 1 Lift up the hand & arm massage section.**
- 2 Insert with fingers extended.**



Method for using the hand & arm massage

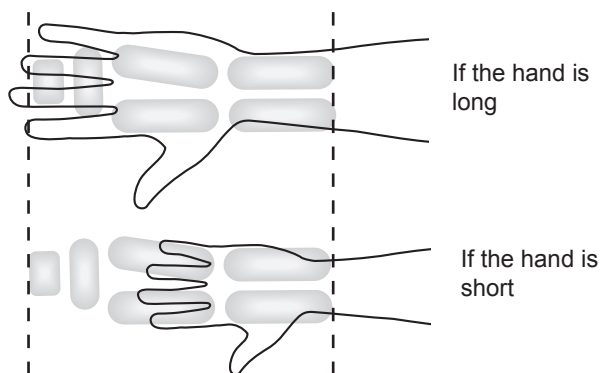
Position the forearm and hand at the center of the hand & arm massage section.

Place hand/forearm at center of the armrest.



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

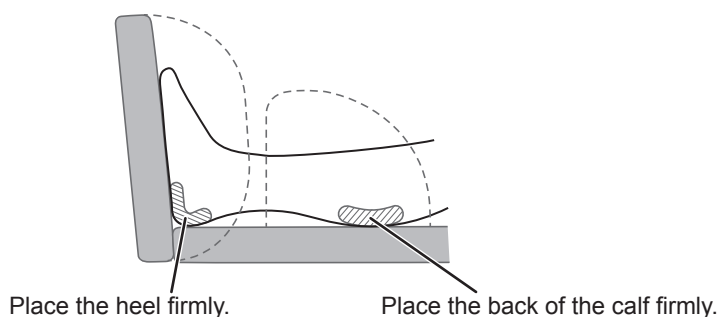
Please adjust the position according to the length of the hand.



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.**



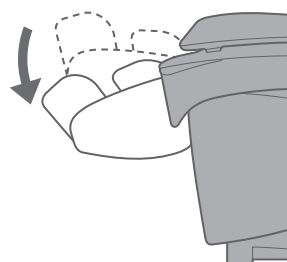
For taller persons who cannot place their calf

- Adjust the slide and stretch the foot. (Page EN16)
- Lower the legrest.

Upon pressing the 置脚台 controllers button,



DOWN



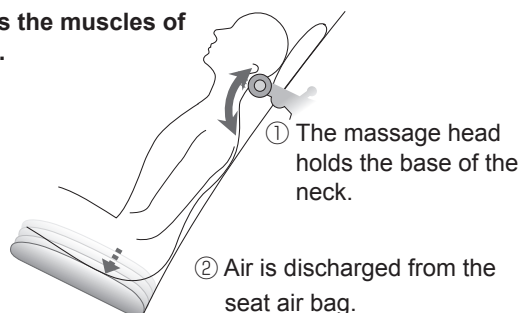
► Continued on the next page EN27

Air · Stretching and Sole massage (Continued)

Description of stretch action

The NECK stretch

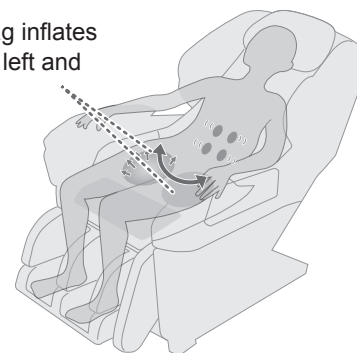
Stretches the muscles of the neck.



The PELVIS stretch

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

Seat air bag inflates alternately left and right



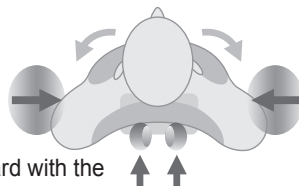
● In order to effectively stretch, legrest will lower.

The CHEST stretch

Extends the muscles around the shoulder blades and chest.

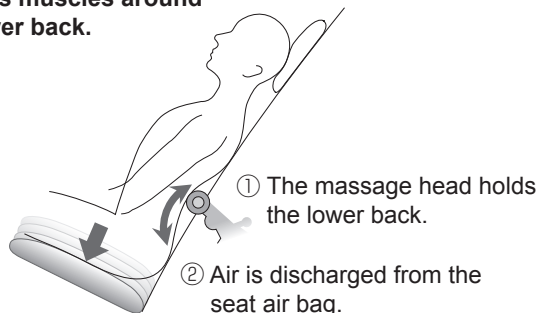
① Hold the shoulders with the shoulder-side air bags.

② Press the back forward with the massage head.



The LOWER BACK stretch

Extends muscles around the lower back.

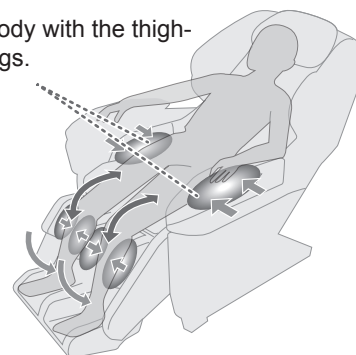


The LEG stretch

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.

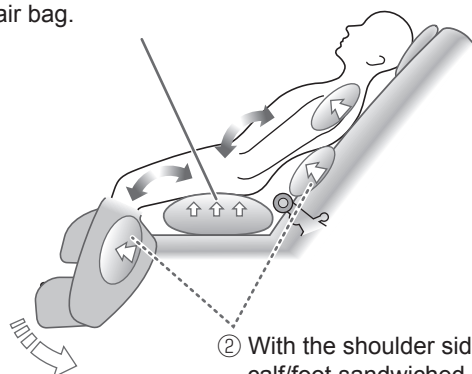


● If you do LEG stretching with the sole massage section slid out, it may hit the floor.

The CORE stretch

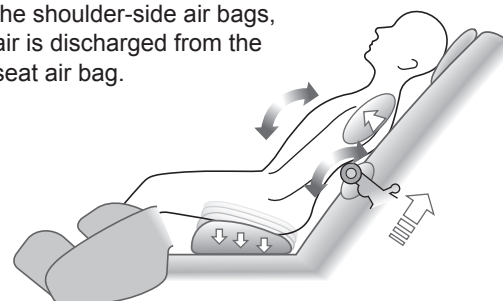
1) Extends from thighs to the lower abdomen.

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.



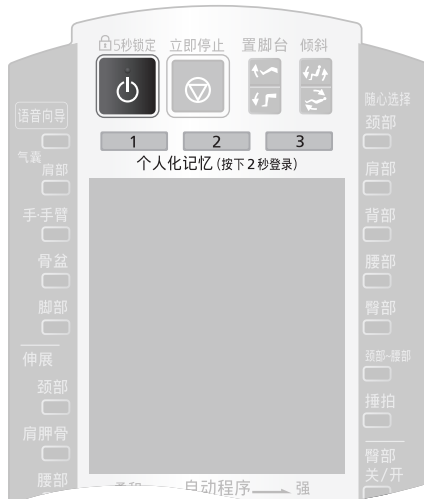
Memory Course

Up to 3 memory courses can be saved.

Refer to “Saving a Auto Course with My Own Favorite Settings” (Page EN29) and “Creating Your Own Course” (Page EN31) to see how to save a memory course.

Saving a Auto Course with My Own Favorite Settings

Memory settings that can be saved (Pages EN34 – EN37)



Caution

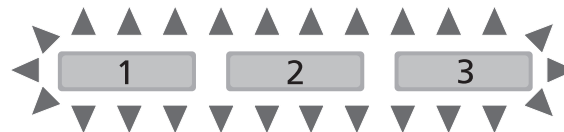
The setting will not be saved if you turn OFF the power switch of the main unit or pull out the power cord during a massage.


To save during a auto course

Press the 个人化记忆 buttons for 2 seconds during an operation to save a favorite setting.
The saved 个人化记忆 button will light up then.


To save at the end of a auto course

① At the end of the auto course, the 个人化记忆 button flashes.



- Saving is also possible when you press  to end the massage mid-way through a course.
- Saving is also possible during a stowing action.

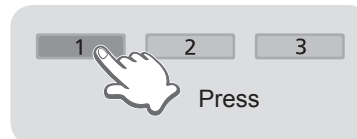
② Select and press the button of the course in which you want to save your favorite setting for 2 seconds while the buttons are flashing (flashing lasts for about 25 seconds).

- Selected button will light. (Example: )

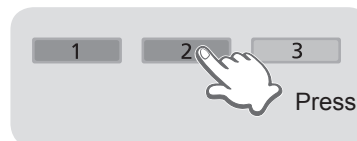


- If another setting has already been saved, the message “Another course has been saved” appears and the button starts to flash rapidly.

- To update the contents of a new setting, press the same button again.



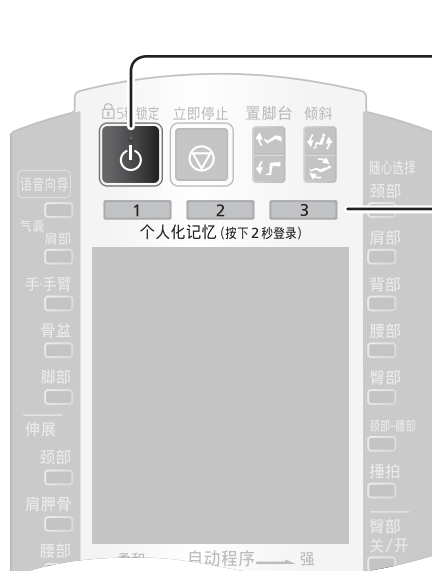
- If you do not want to delete the setting already saved, press other 个人化记忆 button.



③ At the end of the stowage operation, the power will be turned off approx. after 5 seconds.

Memory Course (Continued)

To start the saved program



1 Press  to turn on the power.

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

● The saved 个人化记忆 button will flash.

2 Select one of the 个人化记忆 buttons with a saved course.

● Saved 个人化记忆 button will light. (Example: )




After body scanning, massage with saved settings will start.

To delete the saved settings




1 Press  to turn on the power.

2 While pressing and holding the , press the 个人化记忆 button that you want to delete for about 2 seconds.

● The 个人化记忆 button will start to flash rapidly.

3 Press the same 个人化记忆 button one more time while the 个人化记忆 button is flashing (flashing lasts for about 12 seconds).

The contents in the memory course will be deleted.

●  will flash rapidly and then go off.

Creating Your Own Course

You can create your own course by saving manual action and stretch action in sequence in one of the memory courses. Air action can also be saved simultaneously together with manual action.

Favorite settings that can be saved (Pages EN34 – EN37)

How to save a manual action



You can freely combine a manual action with a stretch action!!

1 Select and activate manual action.

- Adjust the setting to suit your preference.

2 Select the 个人化记忆 button you want to save and press it for about 2 seconds.

The action currently in operation and the settings will be saved.

- The 记忆 (Memory) button will flash, the 手动 (Manual) button will light up and the selected button will light up.
- The saved sequence will be displayed in No. [] .

3 Select and activate the manual action that you want to save next.

The saved action will be interrupted and the selected action will start.

- The flashing of 记忆 (Memory) button will change and the button will flash.
- Adjust the setting to suit your preference.

4 Press the same 个人化记忆 button for about 2 seconds.

The action currently in operation and the settings will be saved.

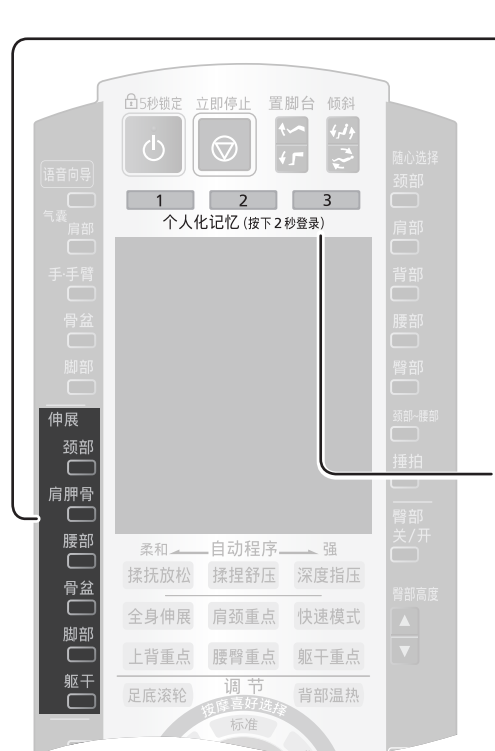
- The saved sequence will be displayed in No. [] .
- The newly saved action will be inserted after the interrupted action.
- The saved actions will start in sequence at intervals of about 1 minute. (The FULL BACK ROLL time is different).

5 Repeat steps 3 – 4 .

- Maximum 16 types can be saved.

Memory Course (Continued)

How to save a stretch action



1 Select and activate the stretch action.

If you want to save several actions at the same time, select and activate all the stretch actions that you want to save.

- Adjust the setting to suit your preference.
- When several actions are saved at the same time, the actions are saved in sequence starting from the one on top.
“颈部” → “肩胛骨” → “腰部” → “骨盆” → “脚部” → “躯干”

2 Select the 个人化记忆 button you want to save and press it for about 2 seconds.

The action currently in operation and the settings will be saved.

- The **记忆** button will flash, the **手动** button will light up and the selected button will light up.
- The saved sequence will be displayed in **No. []**.

You can freely combine a manual action with a stretch action!!

3 Select and activate the next stretch action that you want to save.

The saved action will be interrupted and the selected action will start.

- The flashing of **记忆** will change and the button will flash.
- Adjust the setting to suit your preference.

4 Press the same 个人化记忆 button for about 2 seconds.

The action currently in operation and the settings will be saved.

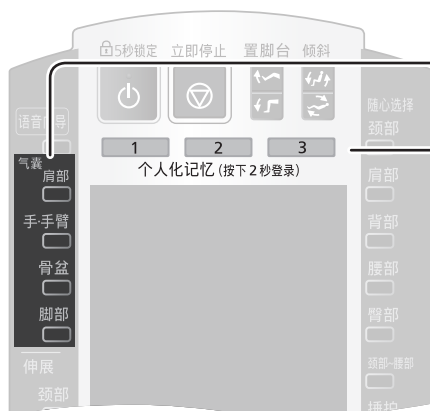
- The saved sequence will be displayed in **No. []**.
- The newly saved action will be inserted after the interrupted action.
- The saved actions will activate in sequence one at a time.

5 Repeat steps 3 – 4.

- Maximum 16 types can be saved.

How to save an air massage setting

An air massage setting can be saved in combination with a manual action.
If you want to save the setting with an air massage, perform the following steps after saving the air massage in the memory course.



1

Select and activate the air massage.

- Adjust the setting to suit your preference.

2

Press the same 个人化记忆 button for about 2 seconds.

- Saving is not possible when only air massage is in operation. Please save the air massage in combination with a manual action.
- The saved air massage will be activated together with the manual action.



To start the saved program (Page EN30)

Display example among the memory courses

Displays the saved order



<Possible Actions>

- Adding another action.
- Press  to extend the massage action currently in operation.
- Press  to delete the massage action currently in operation.
- Adjusting the intensity of each action and hardness of the massage strength etc.

If you want to incorporate the above-mentioned settings into the next massage ...

- ① Press the button to activate the manual action that you want to add or adjust.
- ② Press the 个人化记忆 button for 2 seconds during selection.
(The newly saved action will be inserted after the interrupted action.)

If you want to erase the contents saved in a memory course (Page EN30)











































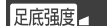
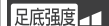
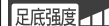
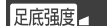
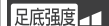
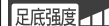




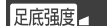
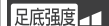
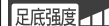























Adjusting the intensity

Depending on the setting, a course may terminate mid-way due to the timer function.

Adjustment function	Buttons used	Must be adjustable
AIR MESSAGE selection OFF/ON	<div><div>气囊</div><div>肩部</div><div>手-手臂</div><div>骨盆</div><div>脚部</div><div>伸展</div><div>颈部</div><div>肩胛骨</div><div>腰部</div><div>骨盆</div><div>脚部</div><div>躯干</div></div>	<p>The selected air massage and stretch action can be adjusted individually in 3 levels and turned OFF/ON.</p> <ul style="list-style-type: none">You can check the intensity level and OFF/ON status in the display. (Lit: ON, Unlit: OFF)
STRETCH selection OFF/ON		
Air massage intensity	<div><div></div><div>气囊强度</div></div>	<p>The intensity of all selected air massages and stretch actions can be adjusted in 3 levels.</p> <ul style="list-style-type: none">You can check the intensity level in the display. (Page EN35)
“足底滚轮” intensity adjustment	<div><div>足底强度</div><div><div>+</div><div>-</div></div></div>	<p>The intensity of the sole roller massage can be adjusted in 3 levels.</p> <ul style="list-style-type: none">You can check the intensity level in the display.
“足底滚轮” OFF/ON	<div><div>足底滚轮</div></div>	<p>The “足底滚轮” massage can be turned OFF/ON.</p> <ul style="list-style-type: none">You can check the OFF/ON status in the display.
“背部温热” OFF/ON	<div><div>背部温热</div></div>	<p>The “背部温热” can be turned OFF/ON.</p> <ul style="list-style-type: none">The temperature cannot be adjusted.You can check the OFF/ON status in the display.
HIP OFF/ON	<div><div>臀部</div><div>关/开</div><div></div></div>	<p>The “臀部” massage can be turned OFF/ON.</p> <ul style="list-style-type: none">You can check the OFF/ON status in the display.
HIP height adjustment	<div><div>臀部高度</div><div><div>▲</div><div>▼</div></div></div>	<p>The “臀部高度” during a “臀部” massage can be adjusted.</p> <ul style="list-style-type: none">You can check the adjustment in the display.



Items that have this mark can be saved and used with your favorite course. (Page EN29)

	Auto course	Manual action	Air action*	Stretch action								
Example) Every time you press the air  and stretch  , the setting can be adjusted and turned OFF/ON in the following order.	 	 	 	—								
<table><tr><th>Air massage display</th><th>Stretch display</th><th>Intensity</th></tr><tr><td> ↓ No display ↓  ↓  ↓ </td><td> ↓ No display ↓  ↓  ↓ </td><td>Medium ↓ Off ↓ Gentle ↓ Medium ↓ Strong</td></tr></table>	Air massage display	Stretch display	Intensity	 ↓ No display ↓  ↓  ↓ 	 ↓ No display ↓  ↓  ↓ 	Medium ↓ Off ↓ Gentle ↓ Medium ↓ Strong	 	—	—	 		
Air massage display	Stretch display	Intensity										
 ↓ No display ↓  ↓  ↓ 	 ↓ No display ↓  ↓  ↓ 	Medium ↓ Off ↓ Gentle ↓ Medium ↓ Strong										
	 	—	 	 								
<table><tr><th>Intensity</th><th>Gentle</th><th>Medium</th><th>Strong</th></tr><tr><td>Sole roller intensity display</td><td></td><td></td><td></td></tr></table>	Intensity	Gentle	Medium	Strong	Sole roller intensity display				 	—	 	—
Intensity	Gentle	Medium	Strong									
Sole roller intensity display												
 Lit: “足底滚轮” message ON Unlit: “足底滚轮” message OFF ● Button also turns off.	 	 	 	—								
 Lit: “背部温热” ON Unlit: “背部温热” OFF ● Button also turns off.	 	 	—	 								
 Lit: “臀部” message ON Unlit: “臀部” message OFF	 	—	—	—								
  Display... Lit: Adjustable Flashing: Air is being supplied or discharged Unlit: Non-adjustable	 	 	—	—								

Adjusting the intensity

* Air massage includes “足底滚轮” action.

When saving a manual action in a memory course, the air massage setting can also be saved in the memory course.

► Continued on the next page EN35
















Adjusting the intensity (Continued)

Depending on the setting, a course may terminate mid-way due to the timer function.

Adjustment function	Buttons used	Must be adjustable
Back massage intensity adjustment	<div>按摩强度</div> <div><div>+</div><div>-</div></div>	<p>The back massage intensity can be adjusted.</p> <ul style="list-style-type: none">You can check the area that is currently being massaged in the display.The intensity adjustment differs according to the course and action.<ul style="list-style-type: none">Auto course 5 levels (back massage intensity scale 2, Stretch action 4, 6, 8, 10)Manual action up to 10 levels (the level depends on the action)See page EN47 if the intensity is still insufficient even when set to the highest level, or if the intensity is too strong even when set to the lowest level.The “按摩强度” cannot be adjusted when the action is being switched.
Massage head position adjustment	<div><div>▲</div><div>◀</div><div>OK</div><div>▶</div><div>▼</div></div>	<p>The position of the massage head can be adjusted vertically and horizontally.</p> <p>If you want to adjust the position of the massage heads that are currently performing a massage, please adjust by pushing the POSITION button.</p> <ul style="list-style-type: none">In the case of a auto course, each adjustment can be made up to 3 times.In the case of a manual action, when you press and hold the up or down button, the position will continue moving until you release your finger.
Massage strength select	<div><div>柔和</div><div>标准</div><div>加强</div></div>	<p>You can detect the back massage pressure, and intensify or soften the massage strength.</p> <ul style="list-style-type: none">The massage strength of each auto course has been set to the recommended intensity.<ul style="list-style-type: none">Swedish: SoftDeep, Shiatsu, Quick: StrongStretch, Neck/Shoulder, Upper back, Lower Back/Hip, Core: Standard <p>Adjust the setting to suit your preference.</p> <div><div>Back massage pressure display</div><div>Displays the back pressure acting on the upper massage heads.</div><div><div><div></div></div><div>压力侦测</div></div></div>
Tap	<div>捶拍</div> <div><div></div></div>	<p>Tapping can be added to an action.</p> <ul style="list-style-type: none">Tapping cannot be turned OFF/ON when massaging with only a tapping action.
Repeat	<div>动作重复</div>	<p>The massage action that is currently in operation can be repeated.</p> <ul style="list-style-type: none">“动作重复” may not be valid when the action is being switched.动作重复 will flash when an action is being repeated.
Skip	<div>动作略过</div>	<p>Skips the massage action that is currently in operation and goes to the next action.</p> <ul style="list-style-type: none">“动作略过” may not be valid when the action is being switched.



Items that have this mark can be saved and used with your favorite course. (Page EN29)

	Auto course	Manual action	Air action	Stretch action
<p><Back massage intensity display></p> <p>Adjustable level</p>  <p>Current back massage intensity</p>	 <p>5 levels of intensity adjustment</p>	 <p>Maximum 5 levels of intensity adjustment (the level differs according to the massage action)</p>	—	 <p>5 levels of back massage intensity adjustment in stretch action</p>
<ul style="list-style-type: none">Depending on the location, adjustment may not be possible.			—	
<ul style="list-style-type: none">There is no difference between massage strength for treatments on the “颈部” and “臀部” using a single “捶拍” action.	 <p>Adjusting the overall massage strength of a course</p>	 <p>Adjusting the massage strength during an action</p>	—	 <p>Adjusting the massage strength on the back currently in action</p>
<ul style="list-style-type: none">Depending on the action, the indication in the display may not match the actual sensation.Treatments using a single “捶拍” action on the “颈部” and “臀部” areas are not displayed.				
	—		—	—
		—	—	 <p>(Only for Auto course)</p>
<ul style="list-style-type: none">Upon pressing the “动作略过” button, 动作略过 will flash for about 5 seconds and then the next action will be displayed.		—	—	 <p>(Only for Auto course)</p>

Adjusting the intensity

► Continued on the next page EN37

Adjusting the intensity (Continued)

Hip massage

During a hip massage, the seat air bag will lift up your hip and the massage heads will go round your hip to massage. In addition, by supporting your lower back with the lower back air bag to raise your hip, the massage heads will be able to reach the muscles of your hip more effectively.

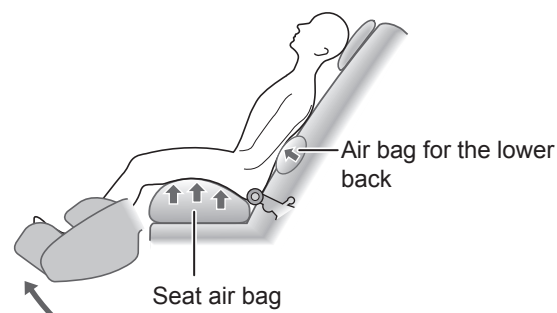
- The legrest will go up until the top.
- When your hip are lifted up, your hands and legs may go out of position.
- Adjust the bulge of the seat air bag with the "HIP height control button" to adjust the contact positions of the massage heads with the hip.

<Contact Level of the
Massage Heads>

臀部高度



- Contact position goes higher
- Contact position goes lower

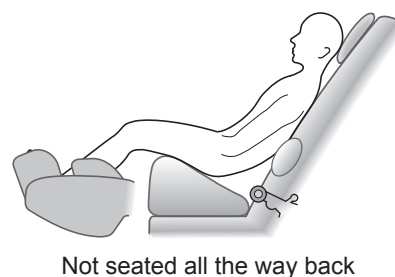
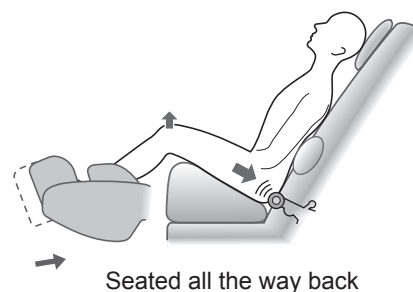


How to use the "Hip massage" skillfully

There is a bulging area in the center of the seat to make sure you sit all the way back.

Sit back all the way with your hip in contact with the backrest.

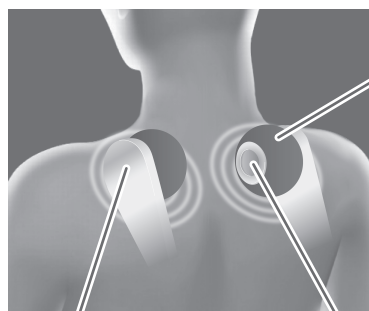
- The massage heads will not reach the hip adequately if you do not sit all the way back.
- If you retract the slide of the sole massage section and **bend your knees**, the contact of the massage heads will feel stronger. See the upper right figure.
- When massaging the hip, an air massage will not be carried out at the same time.
- Lower the backrest a little if your arms feel discomfort when your hip are lifted up.



“背部温热”

The warm section in the “Heat” massage heads will warm up the fabric of the massage areas.

- Heat function cannot be used alone.
- Sense of warmth differs depending on the room temperature, clothing, body shape, action, position, and course; this is not a malfunction.



“Heat” massage heads rubber section

“Heat” massage heads warm section

“Heat” massage heads warm section

■ To turn OFF each time

Register “背部温热” as OFF in the memory.
(Page EN29)

Timer function

Automatically stops at maximum 19 minutes* from the start of the massage.

* Timer function time setting differs depending on the course.


- Auto courses “揉抚放松”, “揉捏舒压”, “深度指压” ... about 19 minutes
- Auto courses “全身伸展”, “肩颈重点”, “上背重点”, “腰臀重点”, “躯干重点” ... about 16 minutes
- Auto course “快速模式” ... about 10 minutes
- Manual action, air action, stretch action... about 16 minutes

After the timer has finished,

- The legrest will lower so you can stand up safely.

If you have extended the sole massage section slide, it may hit the floor and not stow completely.
Raise your legs to retract all the way.

- Backrest does not rise automatically.
- The massage heads move to their retracted positions.

Press  twice and the backrest will rise.

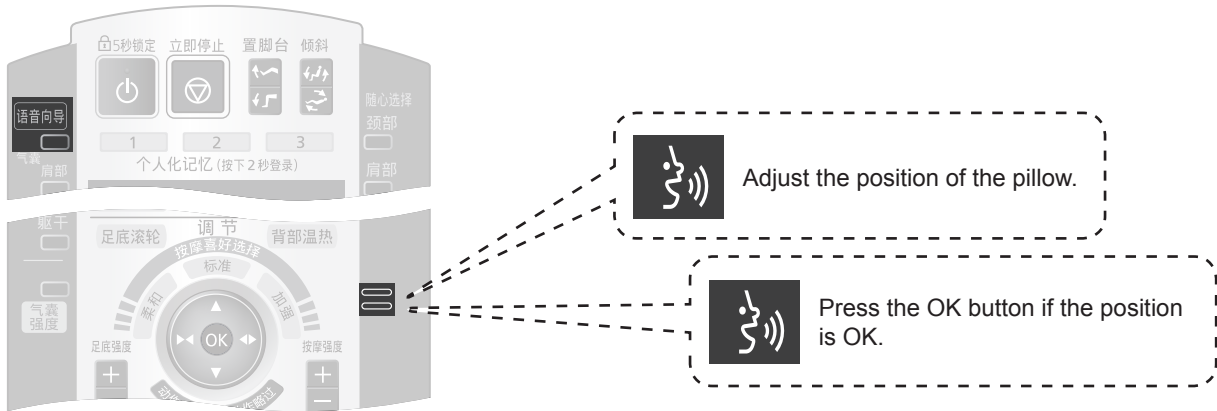


Adjusting the intensity

Adjusting the intensity (Continued)

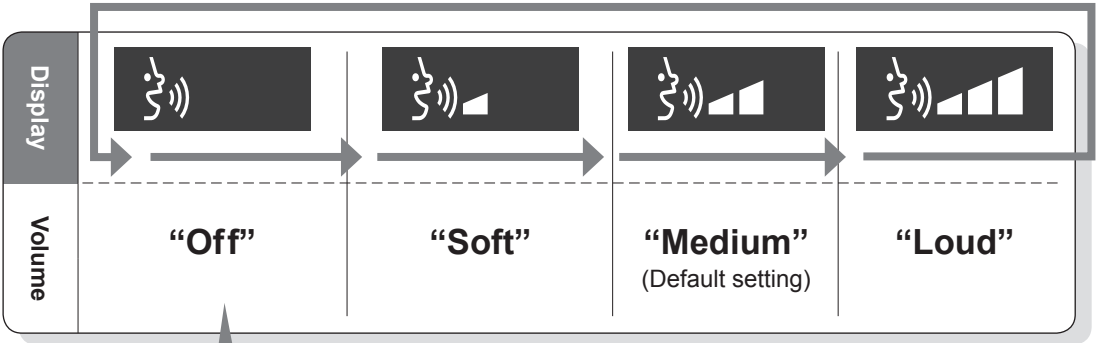
Voice guidance function

This is a function which briefly explains the operation procedures and contents of the action.



Adjusting the volume

Press to adjust (volume raises/lowers with each press).



The operation sound (beep) and the limit sound (beep-beep-beep) will be turned off.

MEMORY

● Use to register the current volume to the memory course. (Page EN29)

For adjusting the reclining angle and legrest

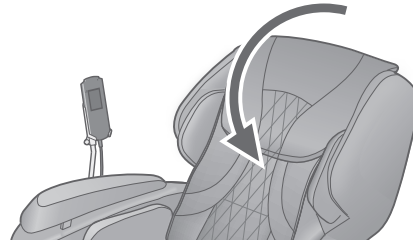
Press to adjust.

- When holding down the adjustment buttons, chair adjustment will continue until you hear the limit sound (beep-beep-beep).
- There may be a slight delay before the legrest starts moving.
- Armrests will move in conjunction with the reclining of the backrest.


After completing the massage

Return your chair to normal status

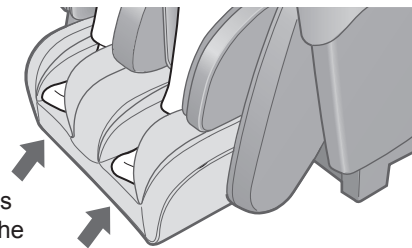
Attach the comfort cushion to the backrest.



To exit in the middle of a massage

Fully return the sole massage section to the original position and then press .

- The massage head will return to stowed position even with the legrest down and the backrest up.

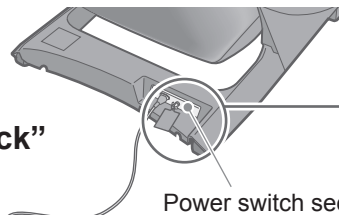


Lift your soles slightly and the sole massage section returns.

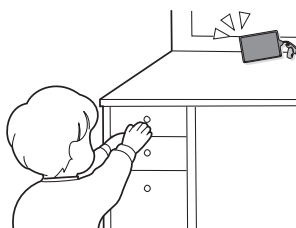
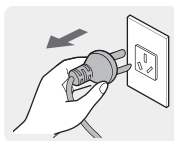
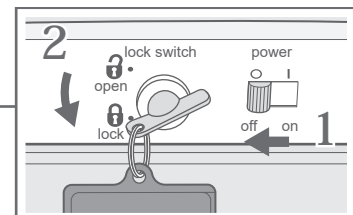
Adjusting the intensity
After completing the massage

Turn the power off

- 1 Slide the power switch to the “off” position.
- 2 Turn the lock switch key to the “lock” position and remove it.
- 3 Remove the power plug from the electrical outlet.
- 4 The lock switch key must be stored out of the reach of children.



Power switch section



WARNING

- After each massage, slide the power switch on the backside of unit body to the “off” position, turn the lock switch to the “lock” position and then remove the lock switch key and power plug.
(To prevent breakage or injury from misuse by children.)

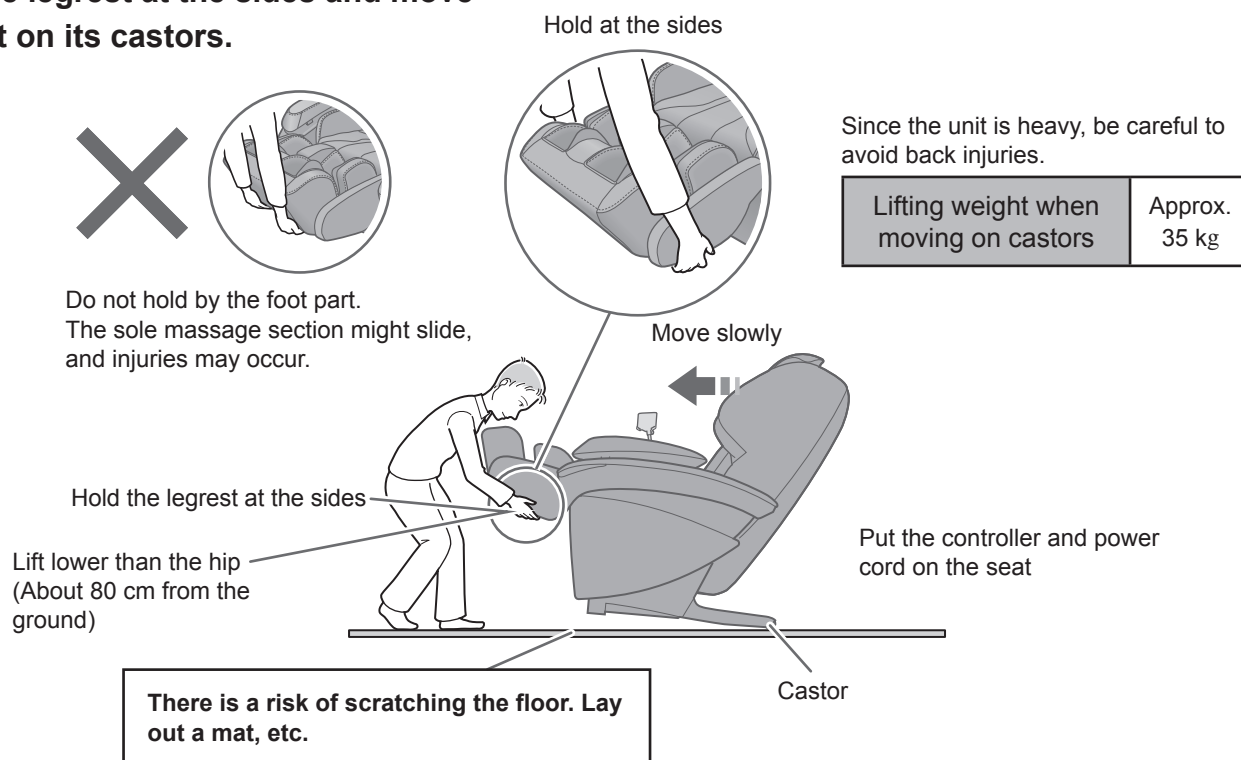
Moving the unit

Requires at least 2 persons to lift and move

Lift and move with one person holding the sides of the legrest and one person holding the backrest cover groove. (Page EN10)

Moving the unit on its castors

Hold the legrest at the sides and move the unit on its castors.



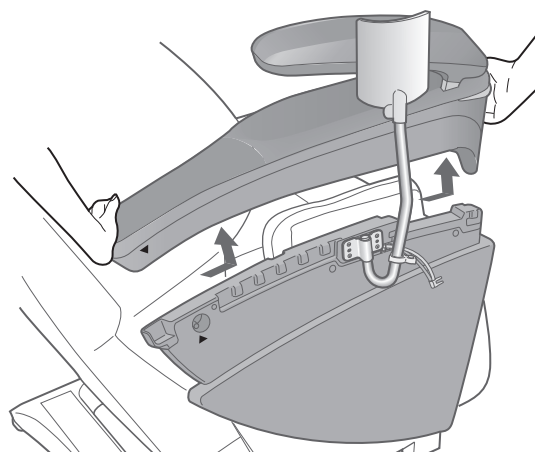
■ When you lower the unit

- Put the unit down slowly and watch your step carefully.
- Hold the legrest with your hands until it has been set on the floor completely. If you release the legrest too soon, it will spring back to the initial position.

■ Detaching the armrest

Detaching the armrest makes Massage Lounger easier to move.

- ① Remove the air plug (Page EN13 Step 3).
- ② Remove the attachment screws (Page EN12 Step 2-③).
- ③ Slide armrests to the front and raise with both hands.



Cleaning and maintenance

Synthetic leather part

Wipe with a soft and dry cloth

- Never use chemicals such as thinner, benzene, alcohol, etc.
- When using commercially available leather-care products (chemical cloth), please follow their instructions.
- If dirty, please wipe using the following procedure.

① Soak a soft cloth in water or a 3 % - 5 % solution of neutral kitchen detergent with warm water and squeeze well.



② Briskly rub the surfaces.

③ Rinse the cloth in water and wring it out, then wipe off all the detergent.



④ Wipe with a soft, dry cloth.

⑤ Allow the unit to dry naturally.



- For hard-to-clean soiling, wipe with the same neutral kitchen detergent solution, etc. but using a commercially available "sponge of melamine foam material".
- Do not rapidly dry off with a dryer, etc.
- Since color may transfer from clothing to the synthetic leather part, **be careful when using the unit with clothing such as jeans or colored clothes.**
- Please avoid long time contact with plastic products, etc., as they could cause discoloration. If you use hair dressing, please spread a towel on the parts they may touch.

Fabric part

① Soak a soft cloth in water or a 3 % - 5 % solution of neutral kitchen detergent with warm water and squeeze well.

- Never use chemicals such as thinner, benzene, alcohol, etc.

② Use water or a neutral kitchen detergent and brush on areas where the seat fabric is particularly soiled.

- Be careful not to brush the fabric too much to avoid damage.



③ Rinse the cloth in water and wring it out, then wipe off all the detergent.



④ Allow the unit to dry naturally.

- Since color may transfer from clothing to the seat fabric, be careful when using the unit with clothing such as jeans or colored clothes.

Plastic area

① Soak a soft cloth in water or a 3 % - 5 % solution of neutral kitchen detergent with warm water and squeeze well.

- Never use chemicals such as thinner, benzene, alcohol, etc.

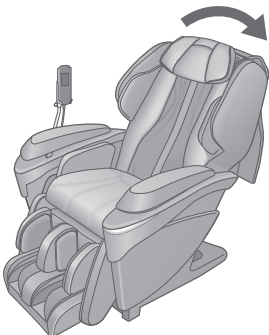


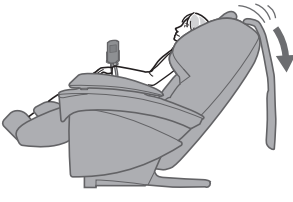
② Rinse the cloth in water and wring it out, then wipe off all the detergent.

- Make sure to wring tightly before wiping the controller.

③ Allow the unit to dry naturally.





Q&A

	Question	Answer
	Before Use	
Doctor Consultation	Can I use the unit if I have an illness that requires regular medical attention?	<p>Consult your doctor before using this unit.</p> <p>Massage is a form of stimulation by tactile pressure in which pressure is applied to the muscles to relax them and improve blood circulation. This may exacerbate some illnesses. Be sure to consult a doctor if you have an illness. (Page EN4)</p>
How to use	Is it possible to massage only the upper body or legs?	<p>Yes.</p> <p>For taller and shorter persons it is recommended to separate massage of the upper body from that of the legs.</p> <p>● Massaging only the upper body</p> <p>Raise the comfort cushion to expose the backrest and pillow for use.</p> <p>For taller persons, please use by reclining the backrest.</p>  <p>● Massaging only the legs</p> <p>Use the leg & sole massage section with the comfort cushion on the backrest.</p> <p>For shorter persons, please use by raising the backrest and lifting the legrest.</p> 
Body scanning *	Can people shorter than 140 cm or taller than 185 cm still use it?	<p>Yes.</p> <p>The following methods are recommended, as the correct shoulder position may not be found during body scanning.</p> <p><If shorter than 140 cm></p>  <p>Place a cushion on the seat and sit firmly.</p> <p><If taller than 185 cm></p>  <p>Recline the backrest and slide your body down.</p>

Question	Answer
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During Operation

Body scanning*	<p>During body scanning or a massage, the buttons flashed, 5 short beeps sounded (U, H was displayed) and the action stopped. What happened?</p> <p>Messages stop for safety if the body cannot be detected for one of the following reasons.</p> <ul style="list-style-type: none"> ● The user is not sitting. ● The head and/or back is not touching the backrest. ● A cushion is placed against the backrest or the user is wearing thick clothing. <ul style="list-style-type: none"> • Sit firmly, lean gently back so that your head touches the pillow, press  and then press  to start again. ● The comfort cushion is not raised.
Upper body	<p>Back massage intensity controller may not work sometimes.</p> <p>Back massage intensity controller may not work in the following cases.</p> <ul style="list-style-type: none"> ● Changing massage operation (ie changing from "揉按" to "揉抚") ● Body scanning <p>This is intended to prevent the massage suddenly intensifying, it is not a malfunction.</p>
	<p>There is a delay in movement when adjusting the position.</p> <p>The massage heads may not move immediately depending on when the POSITION button is pushed. (There may be a small time lag. This is not an abnormality.)</p> <p>If you hear the limit sound (beep-beep-beep) when the button is pushed, this means that it is at the furthest position and cannot move any further.</p>
	<p>The height (intensity) on the left feels different to that on the right. Is this OK?</p> <p>It is designed to differ in some cases.</p> <p>An alternating tapping mechanism is used to create a more natural sensation. The massage heads therefore do not move in unison in some massages. The massage head height (intensity) on the left differs from that on the right in these massages. This is not a malfunction.</p>
	<p>The massage heads sometimes move bit by bit in a twitching manner. Is this alright?</p> <p>The chair is detecting the pressure acting on the massage heads and changing the massage strength. The massage heads may move bit by bit depending on the pressure but this is not an abnormality.</p>
Sole	<p>The sole roller sometimes moves before the action begins ...</p> <p>Before the action begins, the sole roller moves into place. This is not an abnormality.</p>
Air massage	<p>During auto course (including memory course), air massage and sole roller massage may suddenly stop and transit to the next operation...</p> <p>During auto course, when hip massage or stretch action starts, air massage and sole roller massage stops.</p> <p>This is to increase the efficacy of the hip massage and stretch action, by prioritizing those air actions connected to the movement of the massage heads.</p>
Hand & arm	<p>Arm air pressure is applied more times on one side than on the other during the auto course.</p> <p>When getting arm massage alternatetely left and right, the number of massages on each arm may not be equal.</p>





* Body scanning = action of measuring the body.

► Continued on the next page EN45

Q&A (Continued)

Question	Answer
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During Operation (Continued)

Reclining	<p>The angle of the backrest, legrest or armrest automatically changes at times.</p>	<p>The angle automatically changes in the following cases.</p> <ul style="list-style-type: none">● When auto course, stretch action or manual action are started.<div>The chair automatically reclines to the massage position.</div><p>The angle does not change if the chair is already reclined to the massage position or further.</p><p>Raises around 75 °</p><p>Reclines around 20 °</p>● When  is pressed to end the massage.<div>The chair automatically returns to the upright position.</div><ul style="list-style-type: none">● Only the legrest returns to the original position if the massage is completed according to the timer.● If  is pressed to end the massage, all operations immediately stop and the angle does not automatically change.
	<p>After massage is finished, the backrest does not return.</p>	<p>After massage is finished, the backrest does not return. If you also want to return the backrest, please press  twice.</p>

After Use

Hand & arm	<p>Red marks are left on the under side of my hands/arms after a hand & arm massage.</p>	<p>Marks may remain on the hands and arms after use. These eventually fade and are not a problem.</p>
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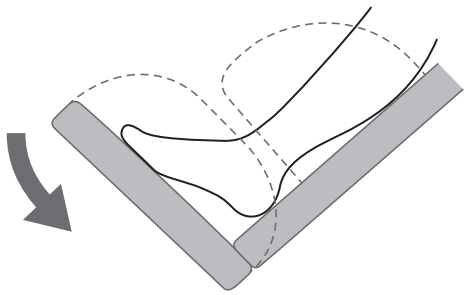
How to adjust the <Position>

Body scanning*	<p>The correct shoulder position cannot be found during body scanning. (The shoulder position slips each time.)</p>	<p>Correct body scanning may not be possible for some sitting positions (such as leaning forward).</p> <p>Adjust the shoulder position using the POSITION button. (Page EN22) For more correct scanning, <u>sit firmly in the unit and lean back gently so that your head is touching the pillow (backrest).</u></p>
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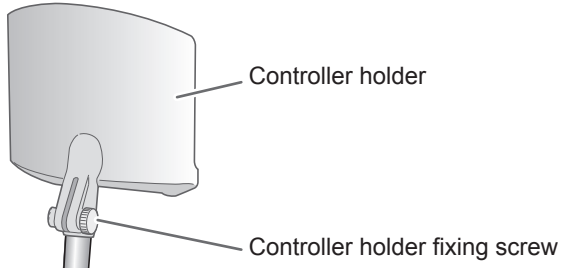
* Body scanning = action of measuring the body.

Question	Answer
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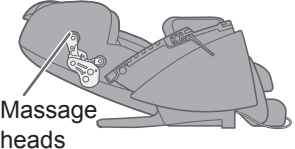





How to adjust the <Intensity>

Upper body	<p>The auto course is “not strong enough even at the strongest setting...” or is “too strong even at the weakest setting...”.</p> <p>Try the following methods.</p> <ul style="list-style-type: none"> ● When the auto course is not strong enough even at the strongest setting, recline the backrest. The extra body weight adds intensity to the massage. ● When the auto course is too strong even at the weakest setting, place a piece of fabric or blanket between you and the backrest to decrease the sensation of the massage heads.
Hip	<p>The hip massage is weak ...</p> <p>Please sit further in. When you sit further in, the gap between the backrest and the hip becomes smaller, making it easier for the massage heads to contact your body. (Page EN38)</p>
Hand & arm	<p>The intensity in the left hand & arm differs from that in the right at the same time.</p> <p>Only one hand at a time is strongly massaged so that the massage can be immediately stopped using the other hand in the event of an abnormality or danger.</p>
Sole	<p>I hardly feel any difference in intensity in the sole roller even after adjustment ...</p> <p>The sole roller intensity is adjusted by the strength of the foot side air pressure holding the soles. Therefore, depending on the operating pattern, intensity difference may not be felt.</p>
	<p>Sole roller is too intense even at the gentlest setting ...</p> <p>Try the following method. Slightly lower the sole massage section so that the heel is raised above it, which will weaken the effect of the roller.</p> 

Other

Controller	<p>The controller holder is unsteady.</p> <p>Tighten the controller holder fixing screw.</p> <ul style="list-style-type: none"> ● If the controller holder comes off, loosen the controller holder fixing screw, place the holder in and tighten the fixing screw again. 
Noise	<p>The noise grows louder after using the chair for a long time.</p> <p>This may be a malfunction. Contact the nearest authorized service center for an inspection and repair.</p>



Q&A (Continued)

Question		Answer
Other (Continued)		
Timer function	Is there a timer function?	<p>Yes.</p> <p>To prevent overuse, the massage automatically ends at a maximum of 19 minutes after starting. (Page EN39)</p> <p>When the timer ends, the legrest automatically lowers and the massage heads are stowed.</p> <p>Press  to use again.</p> <ul style="list-style-type: none">● Take a break of around 10 minutes after using for 16 minutes.● Do not use more than 30 minutes per day.
Moving	What precautions should I take to transport the unit when moving?	<p>Take the following precautions:</p> <ul style="list-style-type: none">● Recline the backrest and raise the massage heads to around the center of the backrest. This moves the center of gravity to the center of the unit and makes it easier to move.● Do not move the chair while a person is sitting in it. <p>① Press  to turn on the power.</p> <p>② Press   to recline the backrest.</p> <p></p> <p>Hold down the two buttons until the limit beeps sound.</p> <p>③ Select one of the “auto course” with the power “on”.</p> <ul style="list-style-type: none">● The massage heads move. An error occurs and the movement stops when they reach the center of the backrest. <p></p> <p>④ Press  to turn off the power.</p> <ul style="list-style-type: none">● Pressing  automatically raises the backrest, so be sure to press . <p>⑤ Turn the power switch “off” and remove the power plug. (Page EN41)</p> <p>If you need to move the chair with the backrest upright, follow the steps below.</p> <p>1. Follow steps ①→③→④ above and raise the massage heads to the center.</p> <p>2. Press  on the controller again, raise the backrest, then press .</p> <ul style="list-style-type: none">● Handle the chair with care. If you do not have the original box, use packing materials to prevent damage or vibration.● When packing, check that the power cord and controller cord are not wrapped around the main unit and take measures such as placing them on the seat with the controller to ensure that they do not scrape against the ground while moving.





Troubleshooting

Investigate the “Problem” and apply the “Remedy” below.

If the problem still exists after following the remedy, contact an authorized service center.

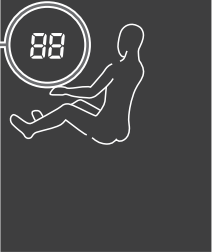
Problem	Cause and Remedy
The action stops mid-way.	<p>If excessive force is applied to the massage heads during operation, in the interests of safety the action may stop.</p> <p>→ Turn off the power switch, wait for approximately 10 seconds and then turn the power switch on again.</p>
The seat cannot be reclined and the legrest cannot be lowered. (All the displays and buttons on the controller flash and then turn off.)	<p>If the unit encounters an obstacle or if excessive force is exerted on it during operation, in the interests of safety the unit will come to a stop.</p> <p>→ When all displays and buttons are flashing and the backrest or the legrest has stopped, turn off the power of the unit once, turn “on” the power again after approximately 10 seconds, and then operate the unit.</p>
The massage heads do not come up to the shoulder or neck.	<p>If your head does not contact the pillow or your back does not contact the backrest, the shoulder position may be detected as lower than the actual position during the body scanning.</p> <p>→ Sit on the seat in the deepest position and put your head on the pillow, and then repeat the operations again from the start.</p> <p>(Page EN22)</p>
The height of the left and right massage heads is different.	<p>An alternating tapping method is employed, which means that this phenomenon will naturally occur. There is nothing wrong with the unit.</p> <p>(Page EN45)</p>
“Heat” massage heads do not get warm.	<p>背部温热 is set to Off.</p> <hr/> <p>Sense of warmth from the massage heads differs depending on your body shape, the massage body part, massage action, clothing, and room temperature.</p>
The “背部温热” massage heads do not cool down even after being turned off.	<p>Because of the structure of the heater, the “背部温热” massage heads will feel warm for a while after heating due to the residual heat.</p> <hr/> <p>Continuing to massage the same area even after turning off the “背部温热” switch may increase the temperature felt.</p>
Reclining does not take place even though a massage is started in automatic course. (The seat does not automatically recline.)	<p>Automatic reclining will not activate when the backrest is reclined to flat position more than massage position and legrest is in upper position.</p> <p>(Page EN46)</p>
The backrest does not return to the upright position.	<p>If the unit is stopped by automatic shut-off or by pressing , it will not return automatically.</p> <p>→ To return from the reclined position to the original position, press  twice.</p>

Troubleshooting (Continued)

Problem	Cause and Remedy
The unit will not operate at all.	The power plug has been disconnected. (Page EN11)
	Power switch on the rear panel is set to “off”.
	The child lock has been applied. (Page EN21)
	An auto selection button or manual selection button hasn’t been pressed after pressing  .
It is not possible to massage hands and arms.	The air plug on the armrest is disconnected. (Page EN13)
Sometimes the power won’t turn on when  is pressed again when a massage has finished.	Due to shutdown (Approximately 5 seconds)  may not be accepted. → Wait at least 5 seconds once all movement has stopped before pressing  .
	The child lock has been applied. (Page EN21)
The unit has been damaged.	→ To prevent accidents, be sure to contact an authorized service center.
The power cord or power plug is abnormally hot.	


Error display




Remaining time display



<Example of error display>

● For the error “U10”

 will flash alternately.

Error display	Contents
	For safety reasons, action will terminate automatically when it cannot detect if someone is seated. If this error occurs even if you are seated, press  , sit back all the way to the backrest, and operate from the start again.
	There is a malfunction inside the massage device. Stop using and ask the authorized service center to inspect and repair the chair. (Service and maintenance will be carried out smoother if the error number is communicated when contacting.)

Please contact an authorized service center. Our customer service hotline is 4008-811-315 (please properly keep the User’s Manual and the Warranty Card).
Fault codes will make service and maintenance more smoothly.

Sounds and sensations of the unit

The following sounds and sensations occur while using the unit. However, they occur due to the construction of the unit and are perfectly normal.

From each air massage unit (see page EN8 for the position of each air massage unit)

Sound of air bag during air action

Sounds and feels like the massage heads are straining to get over wrinkles in the cloth

Operating sounds of the kneading or tapping actions

Creaking sound when the massage heads are in operation

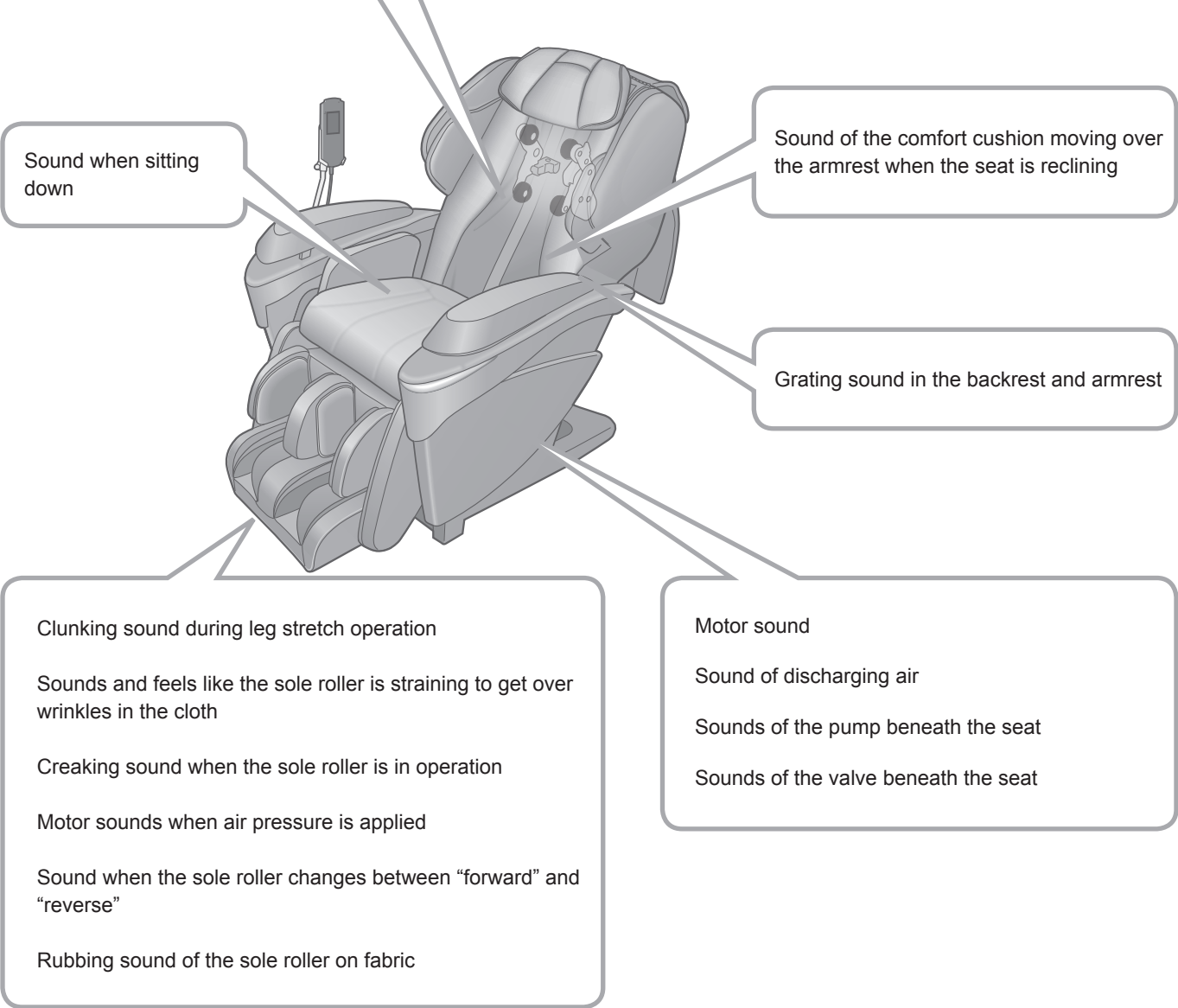
Operating sounds when the massage heads move up or down

Sound of the belt rotating

Motor sounds when air pressure is applied

Sounds when the massage heads change from “push” to “pull”

Rubbing sound of the massage heads on the seat fabric



Troubleshooting/Error display
Sounds and sensations of the unit

If these sounds have grown louder, there may be a malfunction.

● Contact the nearest authorized service center for inspection and repair.

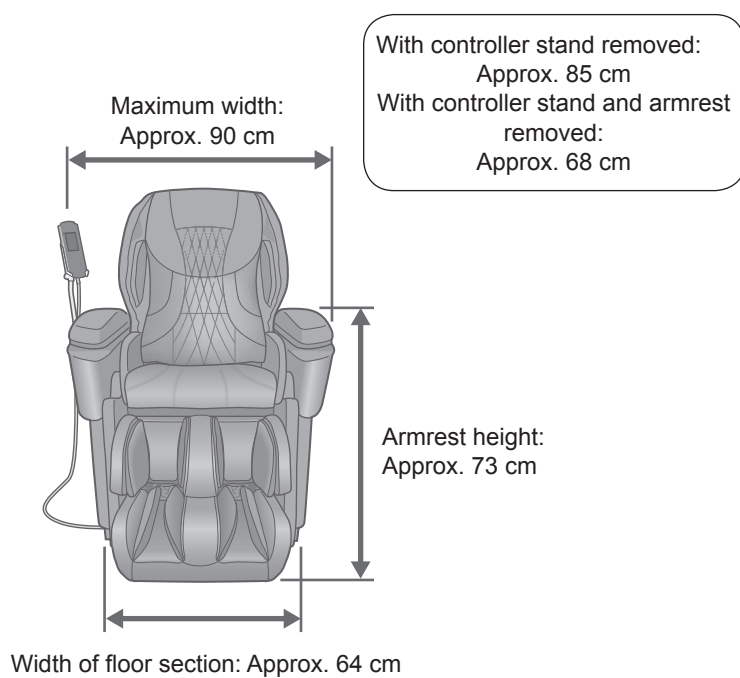
Specifications

Power supply		AC 220 V 50 Hz
Power consumption		135 W (Approx. 0.3 W when the controller is "OFF")
Upper body massage	Massage area (Up-Down)	Approx. 79 cm (The massage heads move a total of approx. 63 cm)
	Massage area (Left-Right)	Distance between massage heads during operation (including width of massage heads) Neck, shoulder, back: Approx. 5 cm ~ 21 cm Lower back/hip: Approx. 5 cm ~ 25 cm Distance between massage heads (including width of massage heads) during back roll and up-and-down movement: Approx. 5 cm ~ 17 cm
	Massage area (Forward-Back)	Projected range of massage head travel (intensity adjustment): Approx. 10 cm.
	Massage speed	Knead: From approx. 4 times/min ~ approx. 73 times/min Tap: From approx. 190 times/min ~ approx. 520 times/min (one side) Moving speed: From approx. 1 cm/sec ~ approx. 5 cm/sec
Air massage	Air pressure (Calf)	3: Approx. 35 kPa 2: Approx. 32 kPa 1: Approx. 17 kPa (May vary with the area slightly.)
Sole massage section	Massage speed	From approx. 8 times/min ~ approx. 21 times/min
Reclining angle		Backrest: Approx. 120 ° ~ 170 ° Legrest (Leg & sole massage section): Approx. 5 ° ~ 85 °
Automatic shut - off		Up to about 19 minutes (automatically ends)
Dimensions	When not reclined (D × W × H)	Approx. 130 cm × 90 cm × 115 cm
	When reclined (D × W × H)	Approx. 200 cm × 90 cm × 72 cm
Weight of unit		Approx. 87 kg
Dimensions of box (D × W × H)		Approx. 170 cm × 75 cm × 77 cm
Weight in box		Approx. 108 kg
Maximum user weight		120 kg
Applicable standard		GB4706.1 GB4706.10

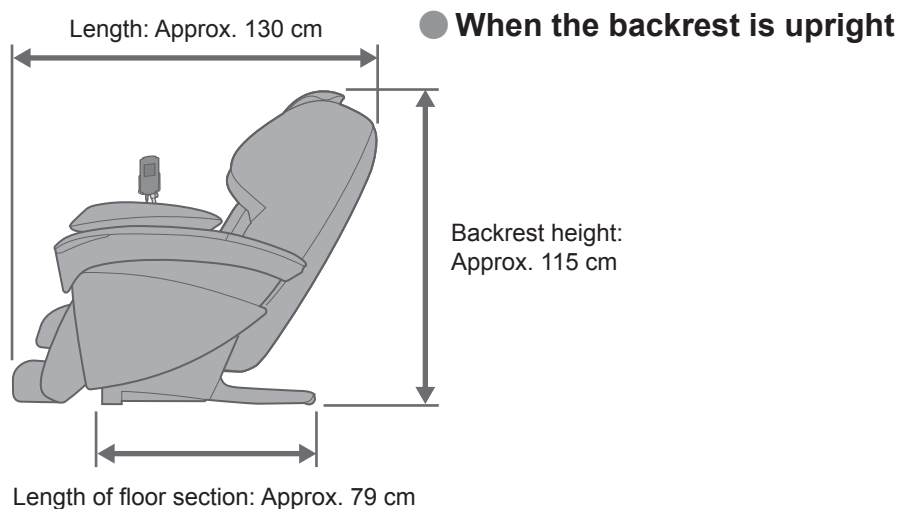
The product works well for people weighing under 120 kg. But for persons weighing 100 kg or more, the product operations may make more noise and the fabric cover may wear faster.

Unit dimensions

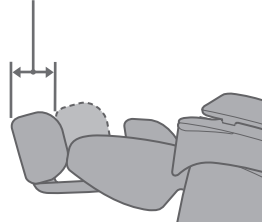
Front



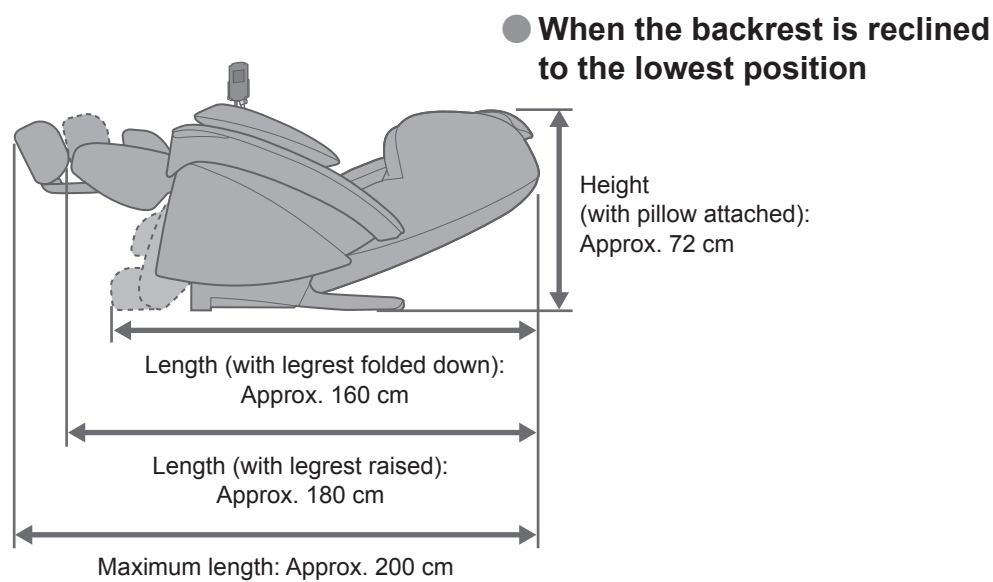
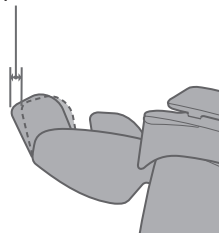
Side



Extension length of sole massage section: Approx. 18 cm



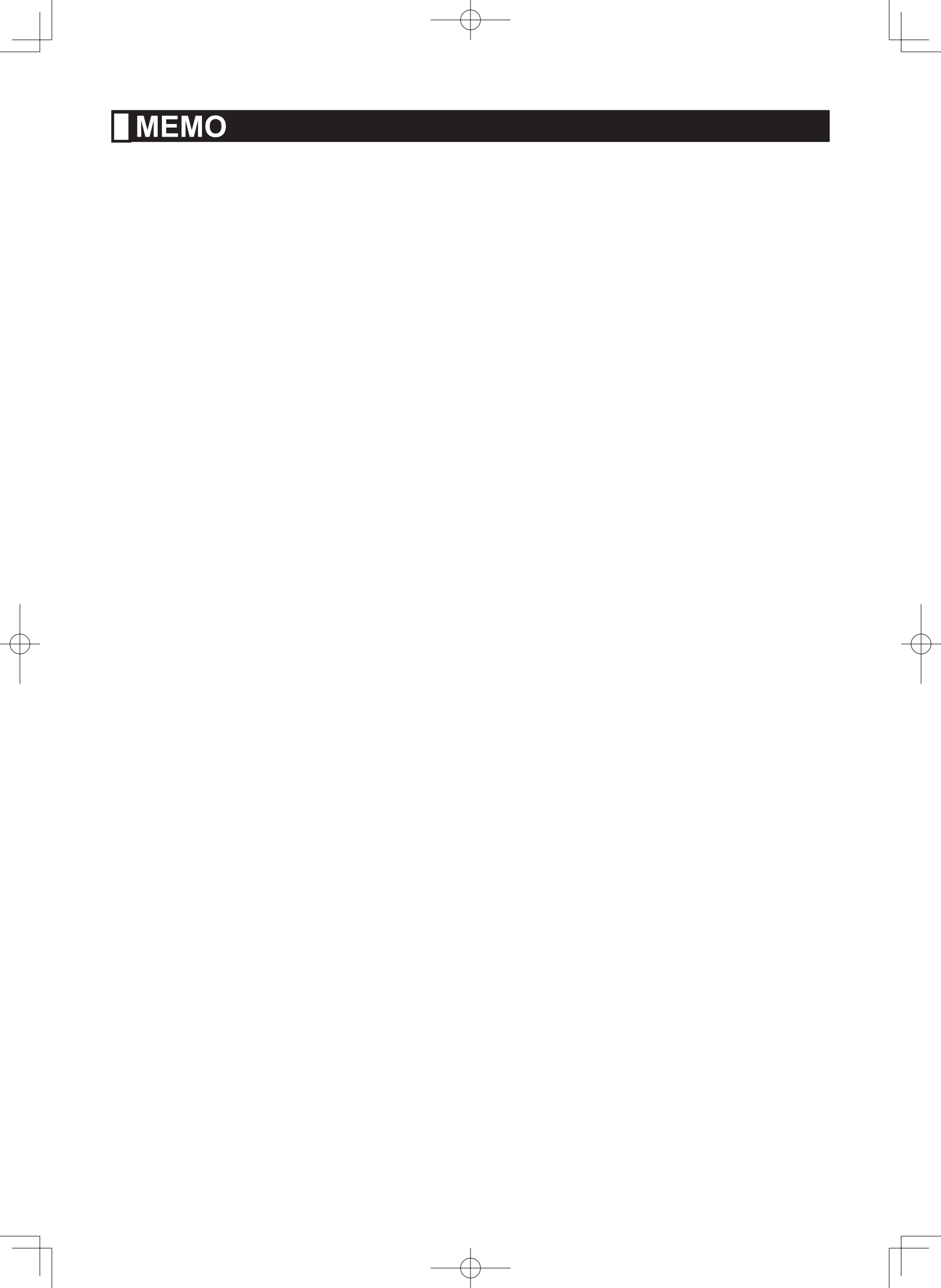
Sole massage section movement: Approx. 2 cm



Specifications

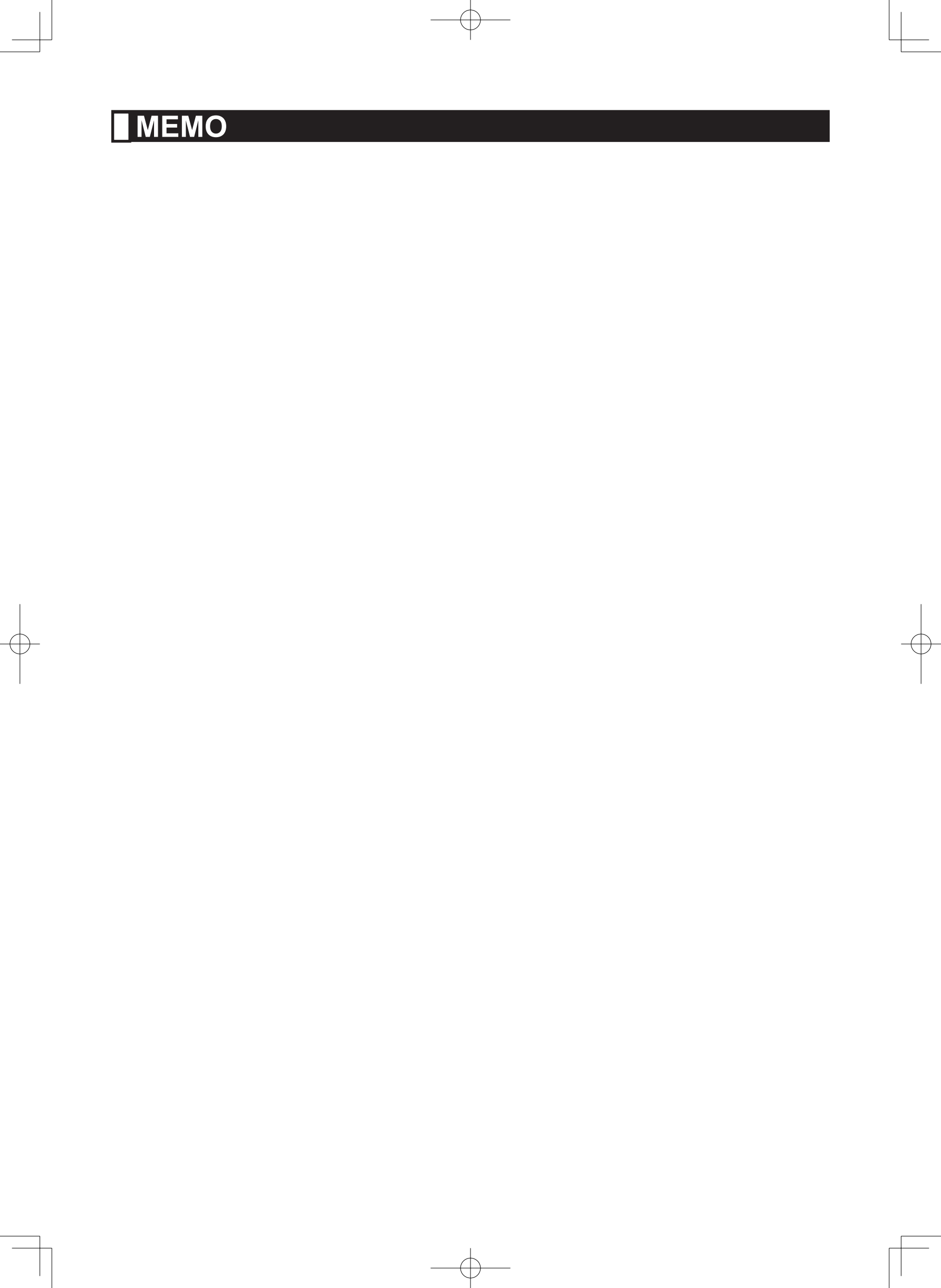


MEMO





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