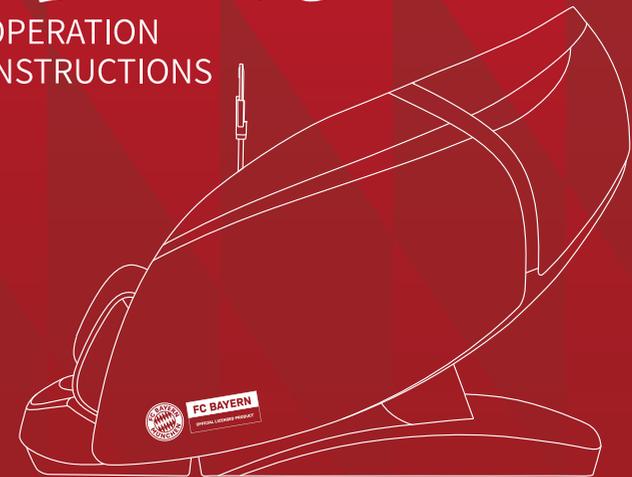


iRest × 

SAVE THESE
INSTRUCTIONS

Dual Core V8

OPERATION
INSTRUCTIONS



FC BAYERN
OFFICIAL LICENSED PRODUCT

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Thanks for purchasing this product. Please read this manual instruction carefully in order to know how to use this product correctly before operation. Please pay more attention to some important safety warning and keep this manual book properly for future use.

Note: Our company reserves the right to change and explain the design of the product. If there is some difference between the product function in market circulation and the description in the manual, it is a normal update of the product, and our company will not inform you otherwise. The specific product function and color shall prevail in kind.

CONTENTS

Before use

Safety precautions	02-05
Installation parts	06-08
Place massage chair	09-10
Before use	11
Product structure	12-18

Usage method

Operation Instructions	19-79
End massage	79

Maintain

Cleaning and Maintenance	80
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Important

Troubleshooting	81
Product Specifications	82

Safety Precautions (Must be observed)

- Please read all relevant instructions carefully before use.
- The notes marked here will help you to use the product safely and correctly.
- In order to clearly indicate the extent of harm and damage, precautions are divided into **"Warning"** and **"Caution"** that may be caused by incorrect use. Both of them are important for safety and must be followed.

 Warning	Indicates that serious injury or death may result from improper use.
 Caution	Indicates that misuse may cause minor injury or property damage.

- Please pay attention to the symbol before each safety item.

 Forbidden	Absolute prohibition
--	----------------------

The following populations should not use this product

 Forbidden	<ul style="list-style-type: none"> ■ The device is not intended for use by persons (including children) with physical disabilities, sensory or neurological impairments or who lack experience and common sense, unless they are supervised and instructed in the use of the device by those responsible for their safety. Children must be supervised to ensure they do not use tools for play. ■ Patients with osteoporosis. ■ Patients with severe heart disease and wearing implantable medical devices such as pacemakers and defibrillators that are susceptible to electromagnetic waves. ■ People who have a fever (above 38 degrees). ■ Pregnant women or shortly after childbirth and during their menstruation period. ■ People who follow medical advice and are prohibited from receiving massage due to thrombosis, aneurysm, severe varicose veins, or other circulatory diseases. Within two weeks after the appearance of blood clots, it is strictly prohibited to massage any form of body parts that have blood clots. ■ Patients who are injured or have a skin disease. ■ When unsupervised, any children are under the age of 14 and those unconscious are not allowed to use this product. ■ People who require rest or feel unwell as instructed by a doctor. ■ People with spinal abnormalities or scoliosis are prohibited from receiving this product due to medical advice due to other diseases. ■ People whose bodies are wet are forbidden to use this product. ■ This product has a hot surface. Persons insensitive to heat must pay attention when using this product.
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Safety Precautions (Must be observed)

Important safety warnings	
 Warnings	<ul style="list-style-type: none"> ■ Keep children away from the movable parts of this product. ■ Use the well-grounded power supply unit suitable for this product. ■ Pull out the plug after use or before cleaning to avoid any damage to physical injury or the product. ■ Operate this product as instructed in this manual. ■ Do not use any parts or accessories which are not recommended. ■ Do not use this product outdoors. ■ Do not use near open flames such as stoves, and do not smoke while using. ■ Do not use heating equipment such as electric blankets on this product. ■ Do not sit on the back of the chair, leg massagers, shoulders, armrests, or stand on the seat. ■ Please read the Operation Instructions carefully before operation. ■ Never use this product for any other purpose not listed in the manual . ■ 20 minutes of usage each time is recommended. ■ Do not use this product if the cover or leather is broken or damaged. ■ Do not drop anything into this product. ■ Never fall asleep while using this product. ■ Do not use this product if you are drunk or feel unwell. ■ Do not use this product within one hour after a meal. ■ Do not use this product with excessive force to avoid any injury. ■ Do not use for purposes other than massage. ■ If the supply cord is damaged, to avoid danger, it must be replaced by a professional from the manufacturer, its maintenance department or similar department

Operating environment	
 Caution	<ul style="list-style-type: none"> ■ Do not use this product in a very moist environment such as the bathroom. ■ Stop using this product immediately when the ambient temperature changes sharply. ■ Do not use this product in any heavily-dusty or caustic environment. ■ Do not use this product in a small space or a place without good ventilation.

Safety Precautions (Must be observed)

Storage conditions	
 Caution	<ul style="list-style-type: none">■ Storage room temperature: 5 °C to 40 °C.■ Relative humidity (RH) between 20% and 80%; free of corrosive gases, and a well-ventilated room.

Product service and maintenance	
 Caution	<ul style="list-style-type: none">■ This product should be maintained by the service center designated by the manufacturer only. No user should disassemble or maintain it without permission.■ Do not forget to turn off the main power switch after usage.■ Do not use this product if the power socket becomes loose.■ If this product will be left unused for a long period of time, it is necessary to roll up the power cord of this product and store this product in a dry and dust-free environment.■ Do not store this product at a high temperature or near open flame. Avoid prolonged exposure to direct sunshine.■ Please clean this product with dry cloth. Never use thinner, benzene or alcohol.■ The mechanical components of this product are specially designed and manufactured, so no special maintenance is needed.■ Do not use a sharp object to stab at this product.■ Do not roll or pull this product on any uneven ground. Instead, it should be lifted before moving.■ Please use this product intermittently. Do not keep it working continuously for a long period of time.

Solutions to ordinary malfunctions	
 Caution	<ul style="list-style-type: none">■ If the motor sounds during operation of this product, this is the normal operation sound.■ If the controller cannot work normally, check whether the plug and the power socket are connected reliably, and whether the power switch is turned on.■ If the rated working time is over, this product will automatically activate the power-off button; If this product keeps operating for a long period of time, the temperature protector will stop this product automatically. The product can be used again after half an hour.

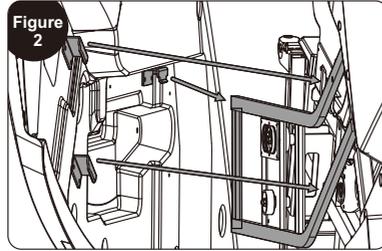
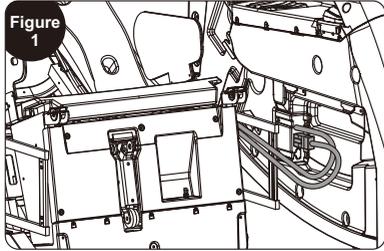
Safety Precautions (Must be observed)

Safety precautions	
 Caution	<ul style="list-style-type: none">■ Check whether voltage is consistent with the specification of this product.■ Never insert or pull out the plug with a wet hand.■ Do not let water flow into this product to avoid electric shock or cause damage to this product.■ Do not pull the power cord when plugging or unplugging it. Rough handling is forbidden.■ Do not damage the wire or modify the circuit of this product.■ Do not clean live parts of this product with a wet cloth such as a power switch and plug.■ Be away from this product in case of power failure to avoid any injury if power is restored suddenly.■ Stop using this product at once while it works abnormal, and consult your local supplier.■ Stop using this product if you feel unwell, and consult your health care practitioner.

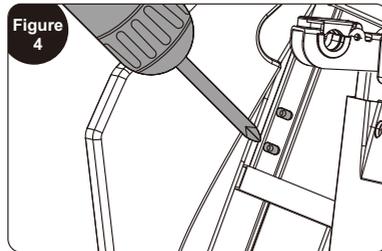
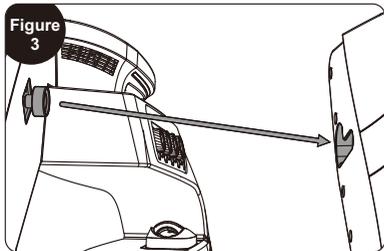
Installation parts

Calf Installation Instructions

1. After power-on, lay the backrest frame down with the remote control.
2. Insert the harness connector and the air pipe on the side of the steel frame respectively into the position corresponding to the armrest (Figure 1).
3. Lift the armrest with inserted air pipe and wire, and hang all hooks to the armrest on both sides of the steel frame (Figure 2).

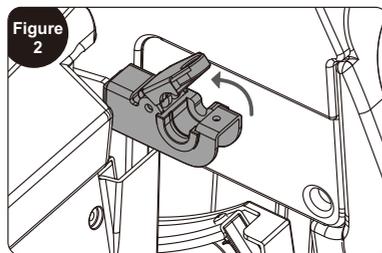
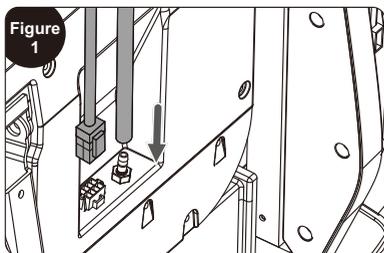


4. Put the roller at the rear end of the armrest against the surface of the armrest fixture (Figure 3) and lower the armrest backward and downward.
5. Then push the armrest backward, and finally lock it with two M5 screws (Figure 4);



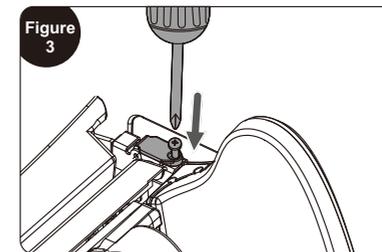
Calf mechanism installation instructions

1. Insert the cable and air pipe of the calf mechanism, respectively, into the sockets at the front of the steel frame assembly (Figure 1).
2. After the connection is completed, open the calf mechanism fixing covers on both sides of the steel frame assembly (Figure 2).



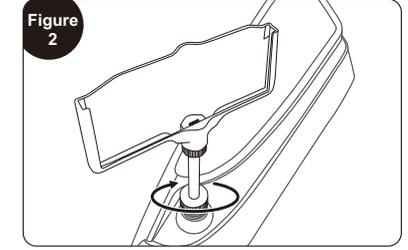
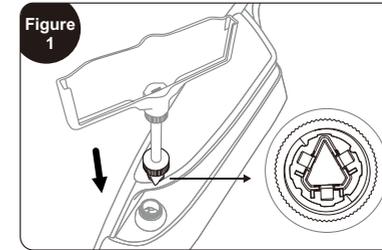
Installation parts

3. Raise the calf mechanism and put it into the slot and cover the fixing cover and finally fix it in place with 2 M4 screws (Figure 3).

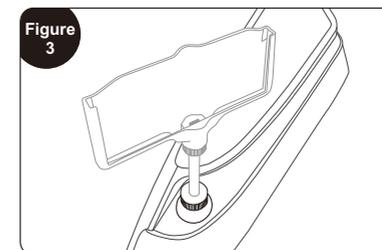


Tablet Manual Controller Holder Mounting Instructions

1. Observe the triangular socket fitted with three metal tabs at the bottom of the tablet manual controller holder and insert it downwards by aligning it with the corresponding metal tabs in the holder slots (Figure 1).
2. While keeping the tablet manual controller holder and holder slot in a connected state, twist the knob that comes with the tablet manual controller holder to secure it to the holder slot (Figure 2).



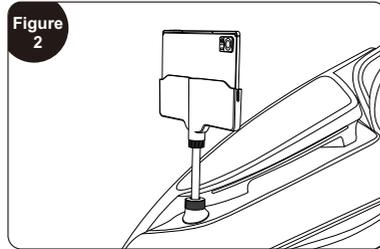
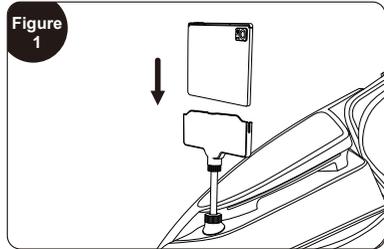
3. Detect whether there are signs of loosening of the tablet manual controller holder, and whether the charging function can be used normally. If there is no problem, it means that the installation is complete (Figure 3).



Installation parts

Tablet Manual Controller Charging Instructions

1. Align the charging point at the bottom of the tablet manual controller with the notch on the tablet manual controller holder and place it downward (Figure 1).
2. After the charging point at the bottom of the tablet manual controller comes into contact with the power connection point in the notch of the tablet manual controller holder, the tablet manual controller can start charging (Figure 2).



Note: Do not place the tablet manual controller in the tablet manual controller holder in the opposite direction while charging.

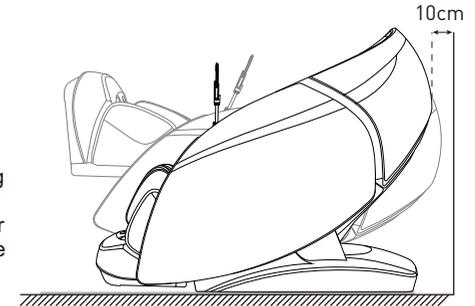
Place massage chair

Installation placement

Make sure there is enough space for the massage chair can be tilted at least 10 cm.



Do not expose the massage chair directly to high temperature environment due to sunlight (such as: in front of heating equipment), and place it to where can avoid high temperature and direct sunlight. It is recommended to lay a soft cushion for long-term use in a designated location. When laying the cushion, the size of the cushion should be enough to cover. Keep the range where the machine touches the floor and the range where your feet touch the floor.

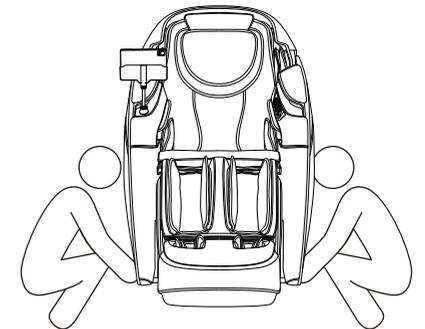


Product lift instruction

Require team work to lift and move the chair to avoid injury.



1. Please lift the massage chair to move it on vulnerable ground such as wooden floor.
2. When moving on a similar wooden floor, it is recommended to lift it. Avoid damage to the casters. When the floor is lifted and moved to the designated position, be careful to keep your hands out of the way to avoid injury, and be careful of your feet being crushed. Do not let go of the unit until the unit is completely flat, the floor may be damaged, therefore, it is recommended to place mats, etc. on the floor.



Place massage chair

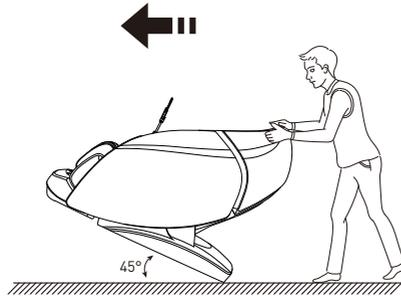
Move method

Use the rear casters to move the massage chair. Move the chair by tilting it down and backward about 45° as shown in the diagram. **NOTE: Excessive force to tilt will cause the chair to tip over completely and product damage.**



Caution

1. Before moving, please shut down the machine properly to reset the whole machine, and then cut off the power.
2. Please keep the chair vacant when moving. (People, pets or clutter will not be able to stay on the chair.)
3. When moving, do not cross a drop barrier higher than 2mm or a gap greater than 5mm.
4. When using casters to move this product, single continuous movement is not supported; if the distance exceeds 50 meters, please make this product move slowly and evenly.

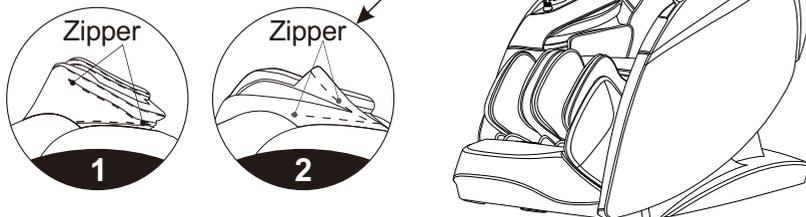


How to disassemble and use headrest cushion and backrest cushion

Using a headrest cushion can reduce the intensity of kneading massage on the neck and shoulders, and you can decide whether to use a headrest cushion according to your needs (recommended to use a headrest cushion). The backrest cushion and the backrest are connected by a zipper (1), and the headrest cushion and the backrest cushion are connected by a zipper (2).



Caution



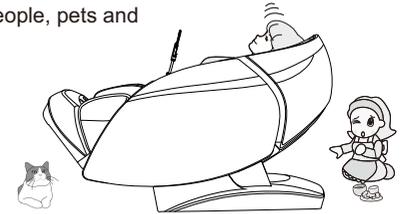
Before use

Check around



Caution

Make sure that there are no people, pets and other objects around the unit.

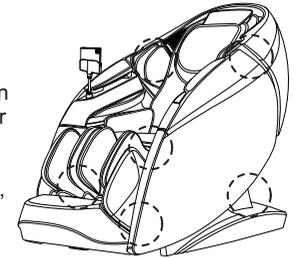


Make sure there are no foreign objects in the gaps of the machine



Caution

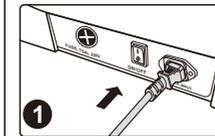
Before massaging, make sure that no foreign objects are caught in the legs, feet, etc. Under no circumstances allow hands, feet, and head to penetrate into the area between the lower leg mechanism and main body, or the area between the armrest and the capsule. Under no circumstances should hands, feet, or head sink under the fabric or leather covering of the massage area.



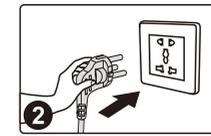
Turn on the power



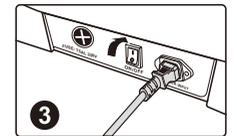
Caution



1 Plug in power cord



2 Schematic diagram of power on



3 Turn on the power switch ("I" position)

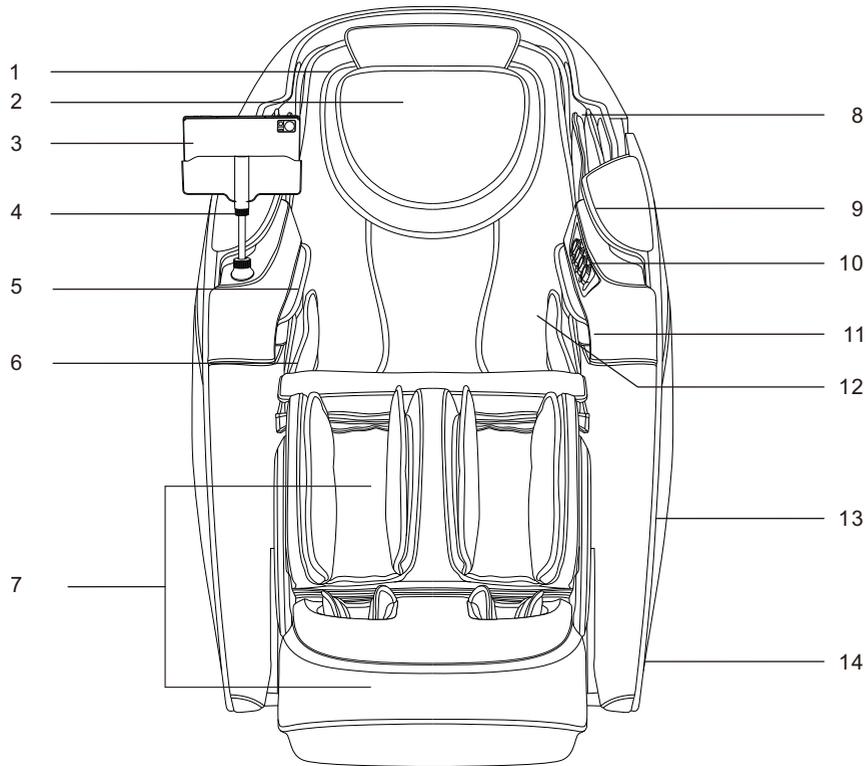


Warnings

- Please check the power cord and plug for damage before use.
- Please supply power to this product in accordance with the working power requirements of this product's calibration.
- It is strictly forbidden to use a power supply other than the nominal power supply of this product.
- It is strictly forbidden to connect various power conversion devices without authorization to supply power to this product.

Product structure

Description of Components

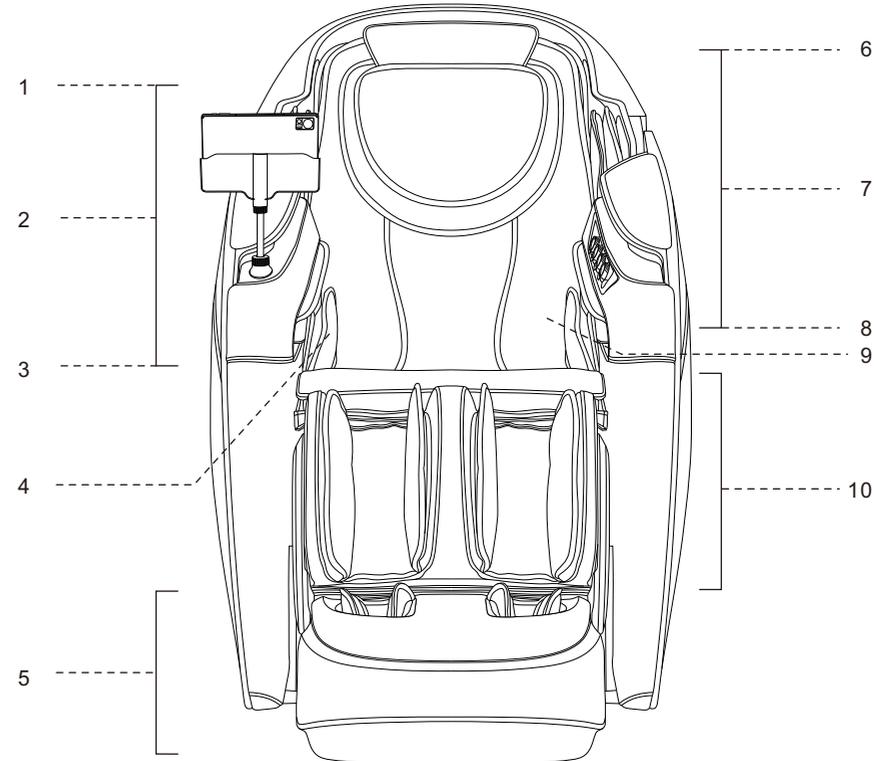


- | | |
|-----------------------------|-----------------------------|
| 1. Big head cushion | 8. Shoulder |
| 2. Small head cushion | • Air pressure assembly |
| 3. Tablet manual controller | 9. Armrest |
| 4. Manual controller holder | • Upper ambient light |
| 5. Arm | 10. Armrest shortcut key |
| • Air pressure assembly | 11. Health detection sensor |
| 6. Buttock | 12. Shawls |
| • Air pressure assembly | • Backrest cushion |
| 7. Leg | 13. Side panel |
| • Massage mechanism | 14. Armrest |
| | • Lower ambient light |

- ★ Other configuration functions
- WIFI function
 - Bluetooth APP function

Product structure

Schematic view of functional distribution

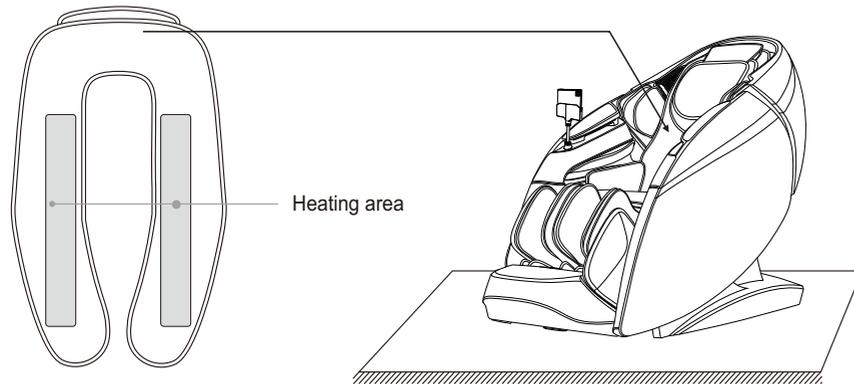


- | | |
|---|---|
| 1. Shoulder sides | 6. Both sides of head |
| • Airbag massage | • 3d digital audio |
| 2. Arm | • Music player |
| • Manual controller holder | 7. Arm |
| • Voice control function | • Wireless charger |
| • Built-in voice control microphone | • Usb charging port |
| • Airbag massage | • Airbag massage |
| 3. Hand | • Negative oxygen ion |
| • Airbag massage | 8. Head and neck to seat |
| • Hand roller massage | • Dual core massage |
| 4. Buttocks to thighs | • Core heating |
| • Airbag massage | 9. Shoulder, back, waist, abdomen |
| 5. Foot | • Shawl heating function |
| • Roller massage | 10. Leg |
| • Airbag massage | • Airbag massage |
| • Foot size selection | • Kneading function |
| • Electrically adjustable foot retraction | • Calf mobile massage |
| • Automatic foot length detection | • Electrically adjustable foot retraction |

Product structure

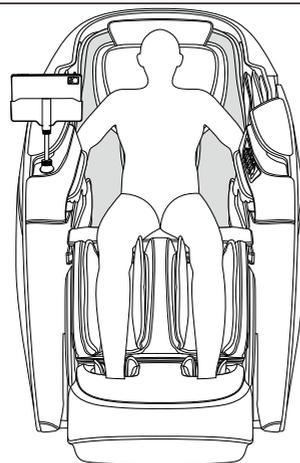
How to use the shawl

It features a unique shawl component, with innovative heating functions on the shoulder, back, waist and abdomen. Users can place the shawl at different massage positions according to massage requirements.



Schematic diagram of use on back and waist

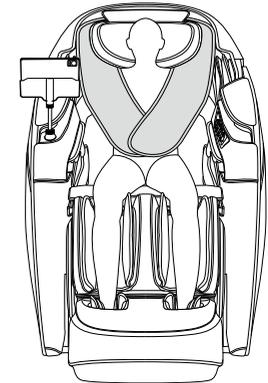
When the shawl component is placed on the back and waist position, the shawl built-in heating, dredge the back meridians, promote blood circulation and warm the kidney, relieve low back pain, back cold stiffness, pain and other conditions.



Product structure

Schematic diagram of use on shoulder and abdomen

When the shawl component is placed at the shoulder position (front/rear), it will heat the acupoints such as Bingfeng, Tianzong, Yunmen and Qihu around the shoulder and clavicle through the shawl built-in heating; it can also be placed on the abdomen to heat the abdomen through the shawl built-in heating.

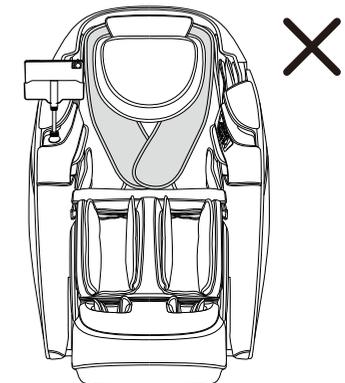
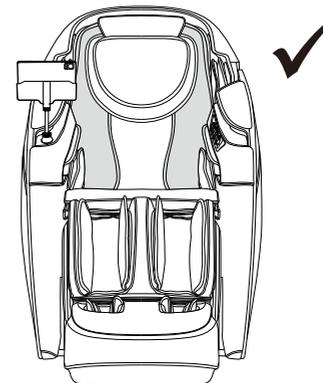


Use demonstration of the shawl on the back



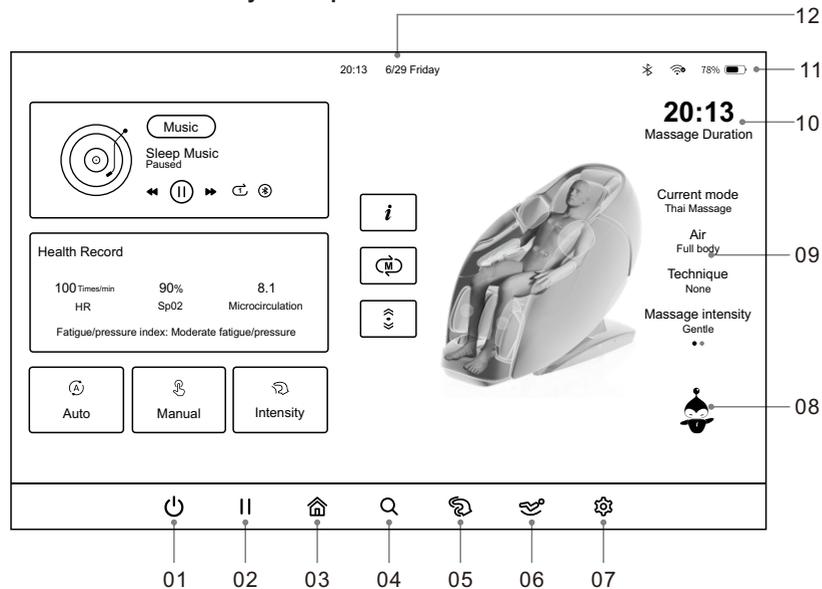
Caution

1. Correct placement and use: When the shawl is used on the back (or the massage chair is not turned on), please place the shawl on both sides of the backrest and put the lower magnet and the backrest cushion lumbar position of the magnet corresponding suction well; if you do not need to use the shawl function, level the shawl and lift back behind the massage chair.
2. Wrong placement and use: When the shawl is used on the back (or the massage chair is not turned on), do not bring the shawl together in the middle manipulator massage area, which may lead to functional failure, product failure and other serious faults. At the same time, do not fold, twist, cross the shawl, and place and use the shawl on your back.



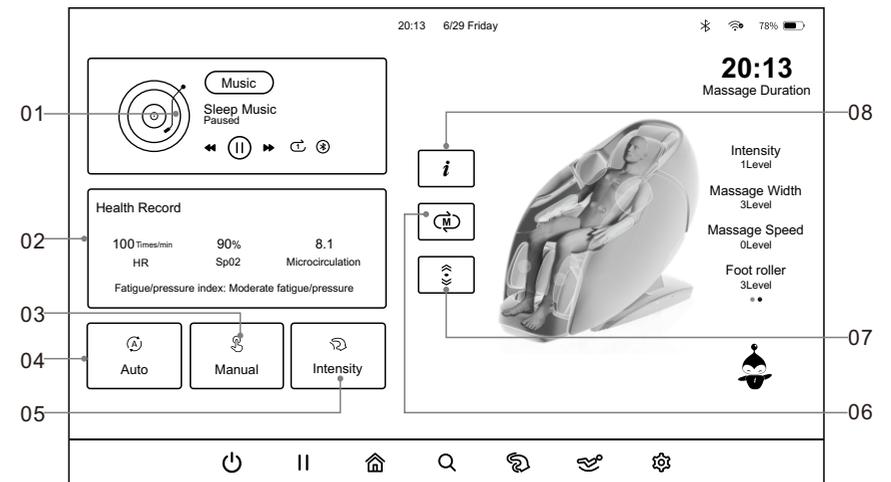
Product structure

Tablet Manual Controller Key Description



01. On/Off key: turn on or off the massage chair system programme to control the massage chair.
02. Pause/Continue key: pause and continue the currently running programme.
03. Return: click to return to the massage home page interface.
04. Health detection: click to enter the health detection interface
05. Massage Intensity: click to enter the massage intensity selection interface, a total of gentle, soothing, strong three modes to choose from.
06. Sitting Posture Adjustment: click to enter the sitting posture adjustment interface, adjust the lying angle of the massage chair.
07. Setting interface: click to enter the setting interface, a total of 7 categories of system setting functions
08. Voice assistant: click to wake up the voice function, control the massage chair according to the voice instructions on the voice-activated phrase.
09. Status display area (left and right slide): display the current mode, air pressure mode, massage techniques, massage power, massage intensity, massage width, massage speed, roller speed and other massage status.
10. Massage time adjustment: this icon will show the remaining time of massage, click to enter, the remaining massage time can be adjusted.
11. Connection status: Click the WiFi or Bluetooth icon to enter the common function setting interface, set WiFi connection, Bluetooth pairing, volume adjustment, brightness adjustment and other common functions.
12. Date display: display the current time information.

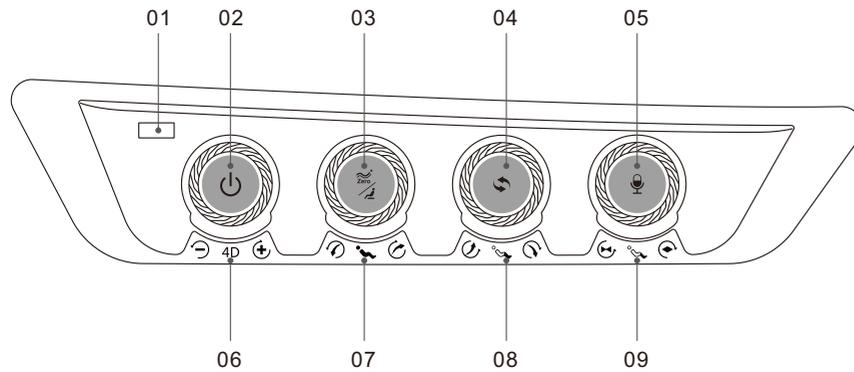
Product structure



01. Sleep-aiding light music: display the information of the music played in the current state on the home page, and user can switch, pause/continue, loop play, connect Bluetooth and perform other functional operations.
02. Health profile: display the user's biological information such as heart rate, blood oxygen, micro-circulation, and fatigue/stress index on the home page (this function will only be displayed after a health detection has been conducted).
03. Manual mode: click to enter the manual mode interface, including core (upper), core (lower), massage techniques, massage speed, massage hand position, massage area, massage width, air pressure massage and so on, a total of 6 categories of options for adjustment.
04. Automatic mode: click to enter the automatic mode interface, freely choose Health Care, Scene Application, Family Exclusive, Special Programme, four categories of a total of 20 kinds of automatic programme.
05. Massage intensity: click to enter the massage intensity interface, adjust the overall intensity of the massage hand, upper body air pressure and lower body air pressure.
06. Store and recall: click to enter the storage, recall function interface, you can choose to use the store and recall function. Store the massage programme currently in progress, or recall the massage programme which has been stored previously, the maximum limit of storage and call is 3 groups.
07. Shoulder position adjustment: click to enter the shoulder position and foot size adjustment interface. If the massage hand is not perfectly matched with the shoulder position, the shoulder position can be fine-tuned; and the foot size can also be selected according to the actual situation.
08. Auxiliary function: click to enter the auxiliary function selection interface, a total of 8 kinds of auxiliary functions can be selected.

Product structure

Armrest shortcut key description



01.USB charging port

- Charges mobile phones or other electronic devices.

02.On/off key

- Long press this key for 3 seconds to turn on or off the massage chair. After the massage is turned on, press the pause/run key briefly.

03.Zero-gravity key

- Press this key to adjust the zero-gravity angle automatically, and zero-gravity at two levels can be adjusted. Long press the key for 2 seconds to restore the angle to the initial angle, lower the calf to the lowest and raise the backrest to the highest position.

04.Automatic mode key

- Automatic massage program switching

05.Voice key

- Long press for 3 seconds to turn voice assistant function on/off. Short press the key to wake up the voice assistant.

06.4D intensity knob key

- Turn the knob clockwise to enhance the 4D intensity, and turn the knob counterclockwise to weaken the 4D intensity.

07.Linkage up/down knob key

- Rotate the backrest clockwise to slowly rise, while the calf slowly descends; If the rotation stops, the backrest and calf will stop at the same time; After the linkage up and down action is completed, the length of the calf will be automatically detected.
- Rotate the backrest counterclockwise to slowly descend, while the calf slowly rises; If the rotation stops, the backrest and calf will stop at the same time; After the linkage up and down action is completed, the calf length will be automatically detected.

08.Calf up/down knob key

- Rotate the calf clockwise to slowly descend; If the rotation stops, the calf will stop descending; After the descent action is completed, the calf length will be automatically detected.
- Rotate the calf counterclockwise to slowly rise; If the rotation stops, the calf will stop rising; After the lifting action is completed, the calf length will be automatically detected.

09.Foot stretching knob key

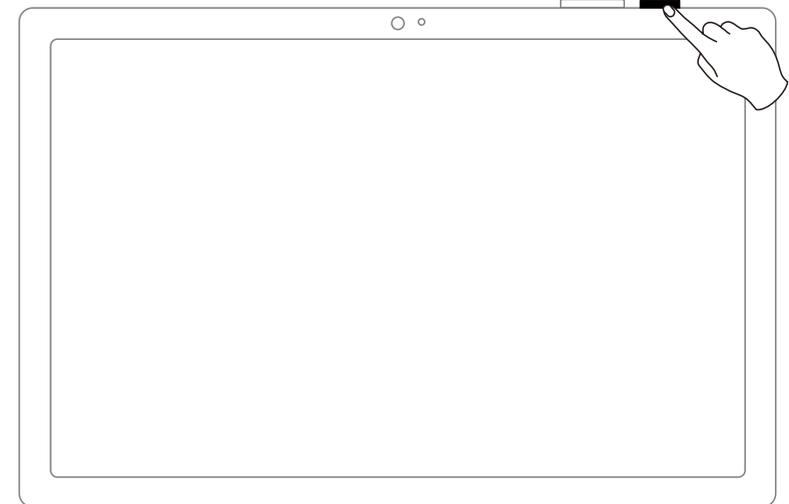
- Turn the foot mechanism clockwise to stretch slowly and stop rotation, and the foot mechanism stops.
- Turn the foot mechanism clockwise to shorten slowly and stop rotation, and the foot mechanism stops.

Operation Instructions

I.Start Massage

1. Tablet manual controller boot: On the tablet manual controller, long press the “power” key on the right side of the top until the screen lights up and goes into the boot screen.

1.1.Unlocking the screen: Swipe up to unlock the screen after switching on the tablet (if there is a security setting such as a lock screen password, pattern or fingerprint recognition, you need to unlock the screen according to your setting).

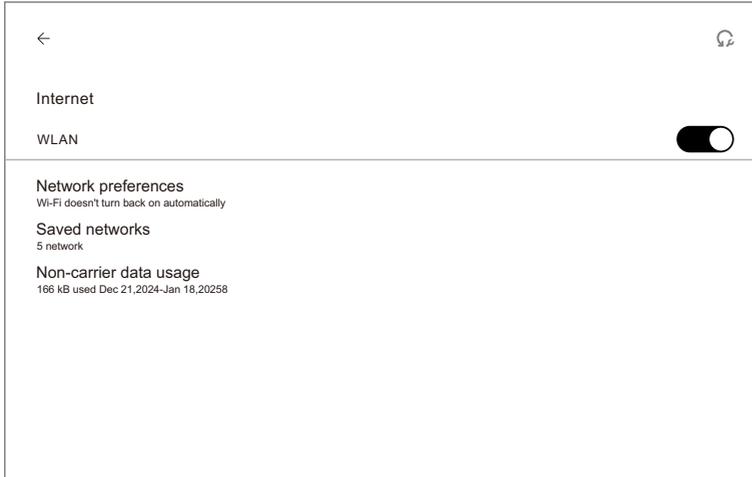


2.WiFi connection: when you use the tablet manual controller for the first time, you need to connect to the network, as shown in the following figure, the system automatically enters the network connection interface, click the “WIFI connection” key on the wireless network page, and the system directly jumps to the connection page for the WiFi connection (if you choose to “skip” network connection, the system will directly enter the login page).

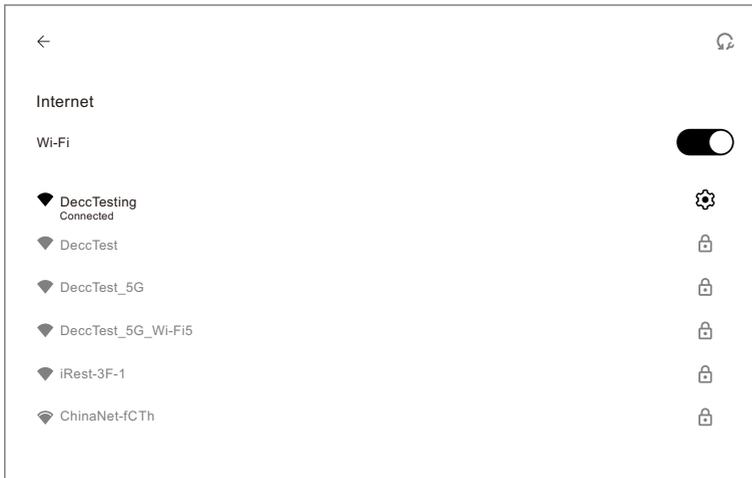


Operation Instructions

2.1. Select network: enter the WiFi search interface, turn on the WiFi switch, the system will automatically scan and search for the attached WiFi name. After searching the WiFi name, it will be displayed in the WiFi network list, select the WiFi name you want to connect and connect.



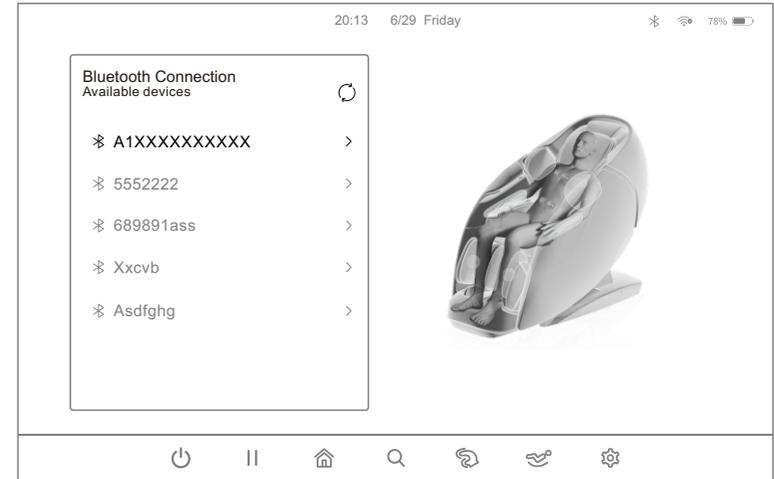
2.2. Complete the connection: after successful connection, the system will display the word "Connected", click on the "Back" arrow in the upper left corner of the screen to return to the home page.



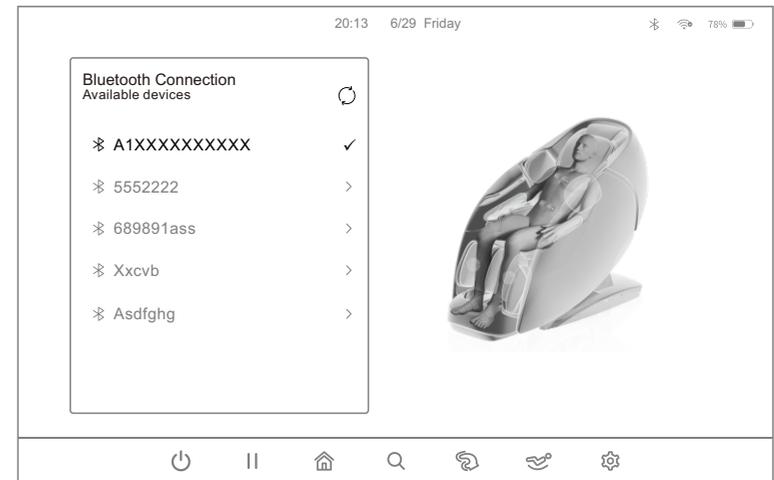
Note: please refer to the actual WiFi name when searching.

Operation Instructions

3. Bluetooth connection: when you log in for the first time, you need to connect the Bluetooth device, as shown in the figure below, the system automatically jumps into the Bluetooth connection interface, and search Bluetooth number. In the search list, you need to find the appropriate Bluetooth number (such as A1XXXXXXXXXXXX), click and pairing, and the selected Bluetooth number will be followed by "✓"



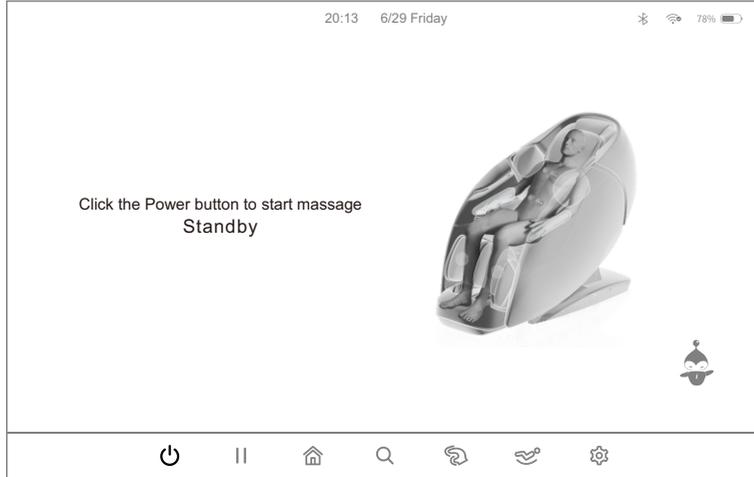
3.1. After the Bluetooth is successfully connected, it will be shown as below (this page will only be displayed when the massage chair is not working).



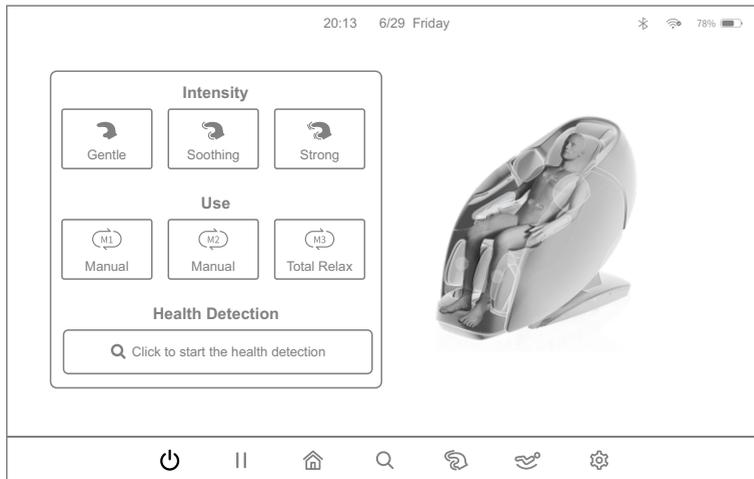
Operation Instructions

II. Start Massage

1. After the massage chair WiFi connection and Bluetooth pairing success, the system will automatically jump to the programme startup interface, and then click on the "On/Off" key in the lower left corner of the manual controller interface to start the massage programme and proceed to the next step.



2. After clicking the power on key, the massage chair will enter the power on state, wait for the manual controller system to start, and the system will automatically enter the "Intensity, Recall, Health" selection interface.

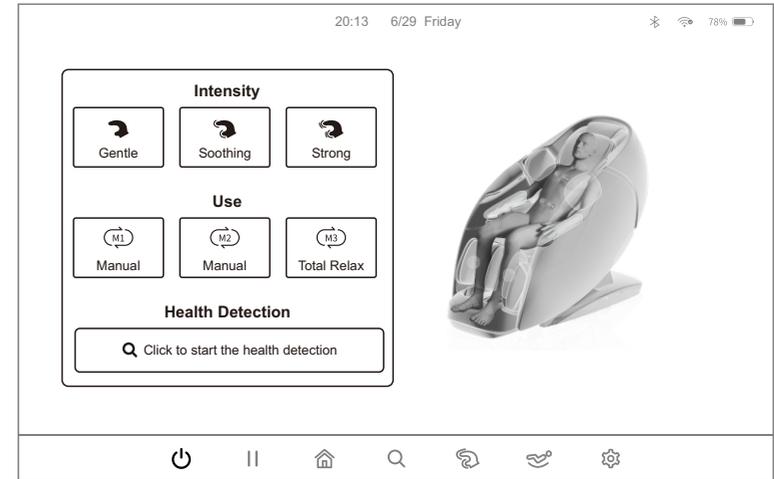


2.1. After entering the interface, select the appropriate intensity according to the massage needs, including "Gentle, Soothing and Strong", after selecting any intensity, the system will automatically jump to the automatic lying/body shape detection interface.

Operation Instructions

2.2. If you have previously used and recorded a massage programme, you can also select the "Recall" key to start the recorded massage programme (three different modes are available, M1, M2 and M3).

2.3. Click the "Start Detection" key, the system will automatically jump to the health detection interface. After completing the detection, the system will recommend a massage programme suitable for your current fatigue state according to the detection data.



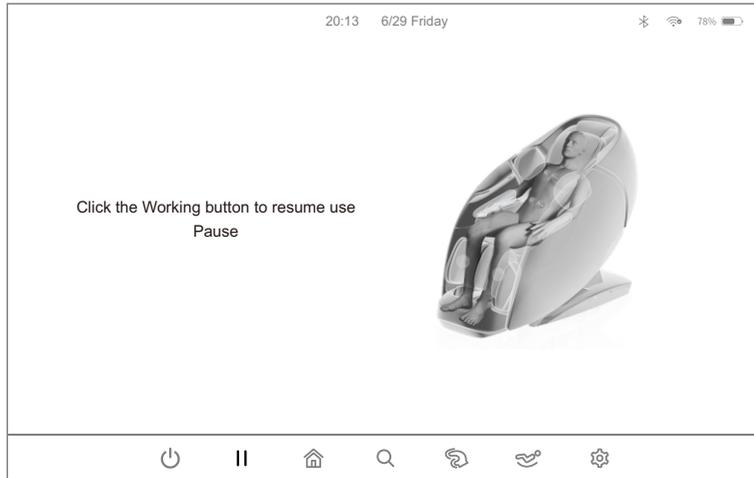
3. Automatic reclining/body shape detection: After switching on, the massage chair will automatically adjust the angle and start to detect the body shape of the user. Please keep the current posture to ensure that the body and the massage chair fit (you can also click on the "Skip" key to keep the current state and skip to the next interface).



Operation Instructions

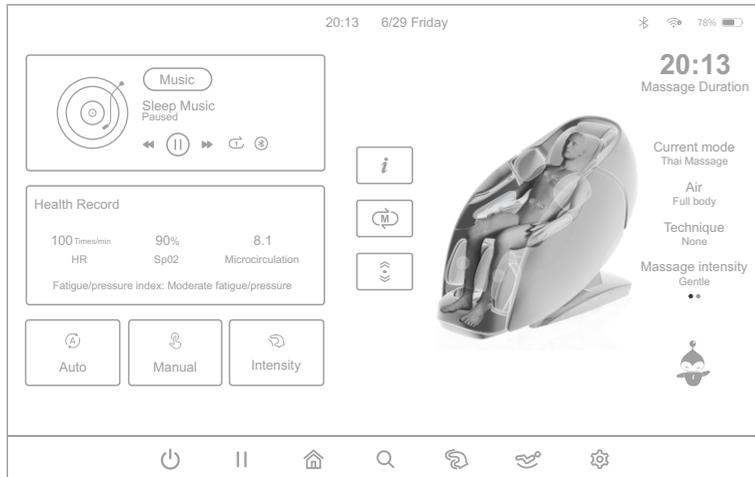
III. Pause (please use this function after switching on the massage chair)

After the massage chair is turned on, press the pause icon in the home page to enter the pause state as shown in the figure below, then all massage functions will be suspended, and press the pause icon again to resume the previous massage state.



IV. Home page functions (please use this function after switching on the massage chair)

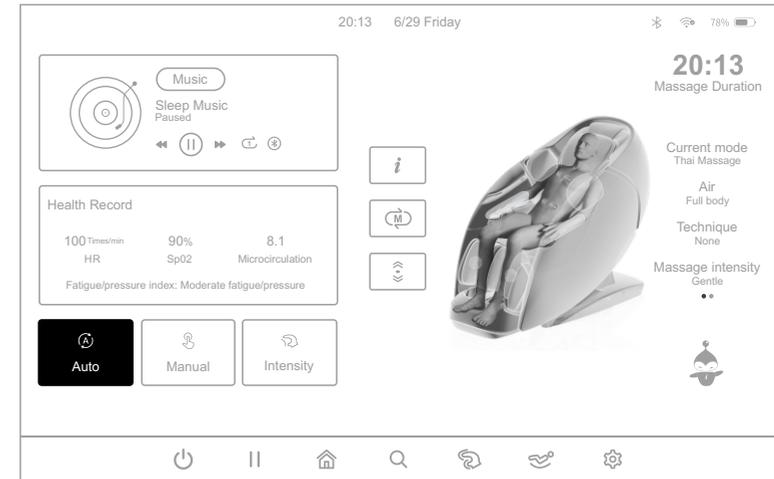
In the home page, as shown in the figure below, you can select the appropriate massage function according to your massage needs, such as automatic mode, manual mode, massage intensity, connection setting, time adjustment, auxiliary function, memory function, shoulder position adjustment, sleep music, health record and other massage functions.



Home page- function selection diagram

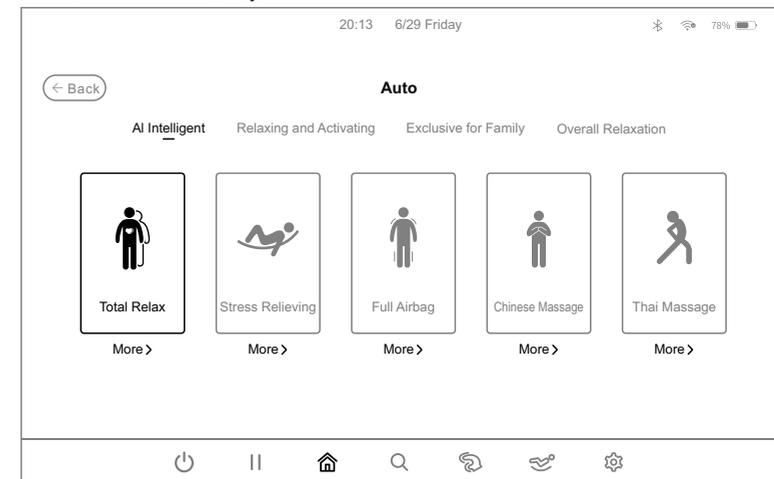
Operation Instructions

1. Automatic mode: In the home page, select the "Automatic Mode" key as shown below to enter the automatic function interface, and then select the appropriate automatic function to perform the massage according to your massage needs.



Home page- automatic function selection diagram

1.1. In the automatic mode interface, there are five different massage scenes (Health Care, Scene Application, Family Exclusive and Special Programme), each scene includes 5 different automatic programme can be selected, a total of 20 kinds of automatic programme can be selected, including "Total Relax, Stress Relieving, Full Airbag, Chinese Massage, Thai Massage, Meridian Treatment, Neck & Shoulder Care, Waist Care, Waist & buttock Shape, Leg & foot Relieve, President Cosy, Keep Fit, Superior Enjoyable, Office Regimen, Health Recharge, Energy Boost, Lunch Break, Sweet Dream, Brain Refresh, Rejuvenate".



Automatic mode--automatic function selection diagram

Operation Instructions

Massage scenes(AI Intelligent)	
Function	Description
Total Relax	The upper mechanical core is used to massage the neck, shoulders and Fengchi acupoint by kneading, and then work with tapping and Shiatsu to massage the whole body. The lower mechanical core is used to massage the waist and hip by kneading and tapping. The two mechanical cores coordinate to assist to relax the whole body muscle and alleviate fatigue.
Stress Release	Massage neck, shoulders and Dazhui acupoint mainly by kneading to relieve systemic pressure.
Full Airbag	Massage the entire body with air pressure, combined with foot roller, the calf kneading massage and leg stretching function, the shiatsu on the arms automatically operates with the arm air pressure.
Chinese Massage	By means of Traditional Chinese medicine massage technique mainly, apply 4D massage on the back and waist so as to promote the blood circulation of the back and waist, soothe the meridians and relieve the blockage of the back and waist through massage
Thai Massage	Mainly with air pressure clamping legs, hands, shoulders and hips, and then calves, backrest electric push rod with air pressure to adjust the various different angles to achieve stretching traction Role, while the movement of 3D massage hand holding against waist, so that the body is in the Thai stretching state. Note: Stretching amplitude is divided into three levels, choose gentle stretching amplitude lowest, choose soothing when the stretching amplitude moderate, choose strong when the maximum stretching amplitude.

Massage scenes(Relaxing and Activating)	
Function	Description
Meridian Treatment	Massage the shoulders, neck and back and waist by means of kneading, tapping and Shiatsu techniques to the effect of meridian treatment.

Operation Instructions

Neck & Shoulder Care	Massage the neck and shoulders by means of kneading and stretching techniques mainly, and also the upper back by medical massage, and then press the Jianjing acupoint to relieve cervical spondylosis and achieve the effect of relaxing the muscles of the neck and shoulders.
Waist Care	Massage the waist by kneading, kneading&tapping, tapping, and then perform 4D massage of the waist
Waist & buttock Shape	Massage buttocks by kneading and medical massage mainly, and then through tapping and kneading, deeply massage buttocks and perineum, to relax the hip muscles and lift the hip, which is suitable for women massage, and also for men for maintenance of prostate.
Leg & foot Relieve	Massage the shoulders and waist by means of kneading, tapping, kneading and tapping mainly, apply air massage on the calves and feet for squeezing massage, allowing more soothing calf and foot massage.

Massage scenes(Exclusive for Family)	
Function	Description
President Cosy	Massage the shoulders, neck, back and waist by means of kneading, tapping, kneading and tapping mainly, to relieve fatigue, promote blood circulation, and release stress by such deep massage. It is suitable for men, and the massage intensity is moderate.
Keep Fit	Massage the shoulders, neck, waist and hips by means of kneading and Shiatsu techniques, through the massage on the whole body, to relax the body and mind, and enjoy the queen-level treatment. It is suitable for women. Massage intensity is gentle.
Superior Enjoyable	Apply gentle massage on the whole body, with the sole roller and calf kneading massage. Calf stretching function is canceled, suitable for the elderly and people suffering stress on back.

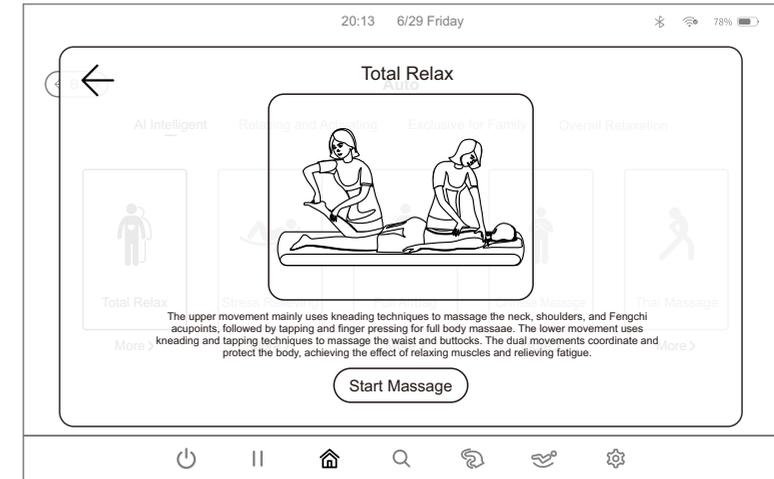
Operation Instructions

Office Regimen	Massage the shoulders, neck and waist by means of kneading, tapping, kneading and tapping techniques mainly, to relieve shoulder and neck pain, improve lumbar muscle soreness and maintain lumbar spine through such deep massage. It is suitable for office white-collar and sedentary people.
Health Recharge	Deeply massage the whole body by means of kneading, tapping and Shiatsu techniques, to promote blood circulation throughout the body and prevent blood clots. It is suitable for people who live at home for a long time and do not like to go out, and the massage intensity is moderately gentle.

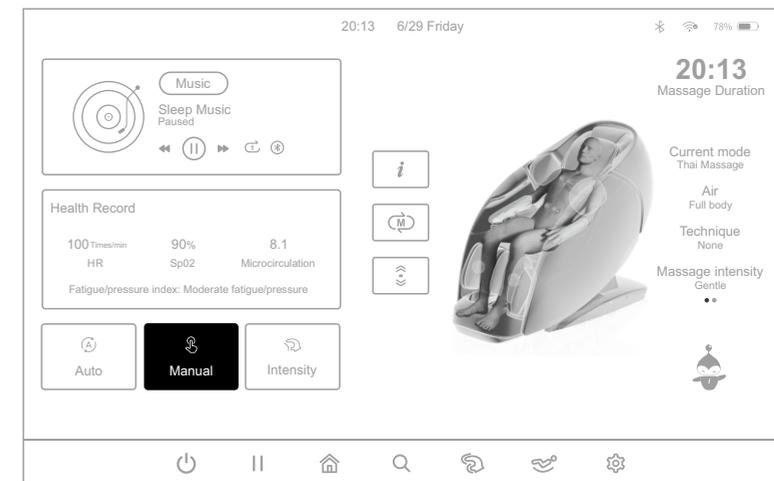
Massage scenes(Overall Relaxation)	
Function	Description
Energy Boost	Deeply massage the whole body by means of kneading, tapping and Shiatsu techniques, to wake up the vitality of the human body and stimulate the energy.
Lunch Break	Massage the back and waist by means of kneading and tapping techniques, and press the Shenyu acupoint, to improve the quality of lunch break, so that the user is more energetic in afternoon work.
Sweet Dream	Massage the shoulders, neck, back and waist by means of kneading and medical massage techniques, and press the acupoints of Fengchi and Shenyu, to improve the sleep quality and help sleep. It is suitable for people suffering from poor sleep.
Brain Refresh	Massage the shoulders, neck and back and waist by means of kneading, 4D kneading and Shiatsu techniques to achieve a high degree of physical and mental harmony through deep massage. It is suitable for people who are mentally retarded and overused. The massage intensity is gentle.
Rejuvenate	Massage the back and waist mainly by tapping and kneading&tapping techniques to promote blood circulation, eliminate local muscle pain, accelerate lactic acid excretion, and rekindle human vitality

Operation Instructions

1.2.Learn more: After entering the automatic interface, choose to click the “Learn More” key under the automatic function, as shown in the figure below, you can view the detailed description of the automatic function in the pop-up window, and then click the “Start Massage” key to start massage.



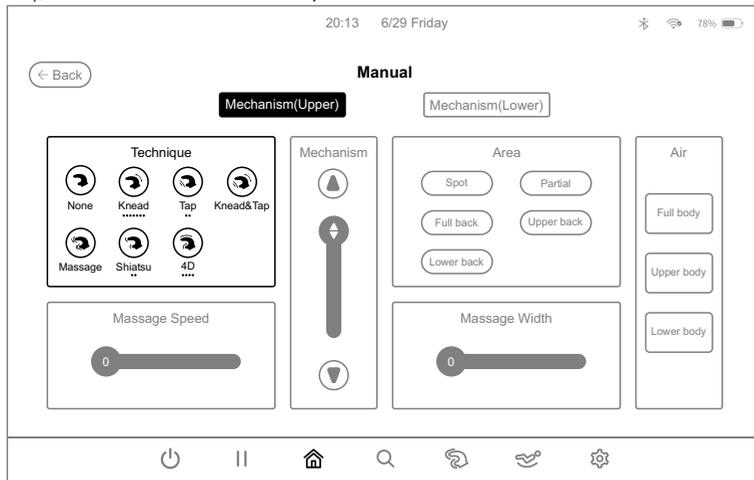
2.Manual mode: In the home page, click the “Manual Mode” key as shown in the figure below. After entering manual mode interface, select the corresponding manual massage function according to the massage demand, including core (upper), core (lower), air pressure massage and other massage functions to choose from.



Home page interface- manual mode selection diagram

Operation Instructions

- 2.1.Mechanism(upper): After entering the manual mode interface, as shown in the figure below, click the “Mechanism(upper)” key, and then according to the message needs to choose the corresponding upper core message function; including message techniques, message speed, message hand adjustment, message area, message width and other message adjustment functions.
- 2.1.1.Message techniques: Enter the manual interface, as shown in the figure below, according to the message needs to select the corresponding upper core “techniques” key to start manual massage techniques, including stop, kneading (7 techniques in total), tapping (2 techniques in total), kneading & tapping (1 technique in total), massage (1 techniques in total), shiatsu (2 techniques in total), 4D (4 techniques in total), a total of 18 kinds of techniques to choose from.

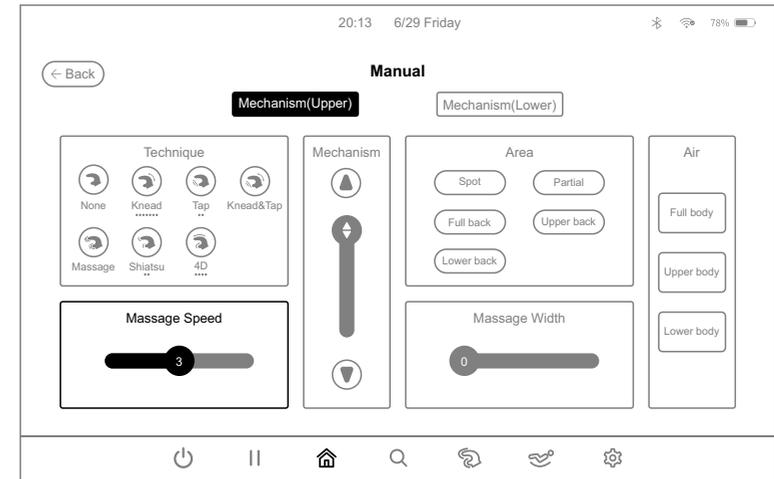


Manual mode- Mechanism(upper) techniques selection diagram

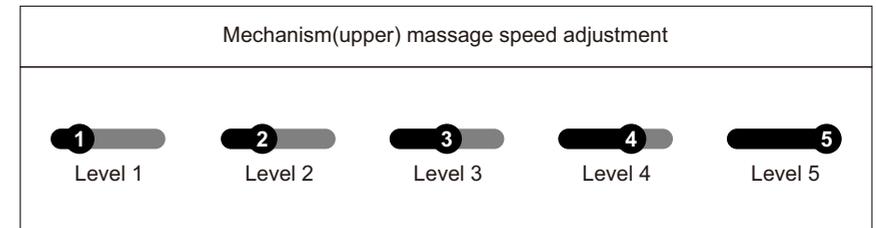
Function	Massage wheel adjustment	
None	The intensity and be adjusted.	5 levels of speed adjustable 5 levels of width adjustable 5 levels of intensity adjustable
Knead (7 techniques)	The speed, width, and be adjusted.	
Tap (2 techniques)	The speed, width, intensity and be adjusted.	
Knead&Tap (1 technique)	The speed, intensity and be adjusted.	
Massage (1 technique)	The speed, intensity and be adjusted.	
Shiatsu (2 techniques)	The speed, width, intensity and be adjusted.	
4D (4 techniques)	The speed, width, intensity and be adjusted.	

Operation Instructions

- 2.1.2.Message speed: After entering the manual mode interface, select and click the “Message Speed” slider as shown in the figure below, and then slide left and right to adjust the message speed according to the message demand. The speed can be adjusted from 1 to 5, with 1 being the slowest and 5 being the fastest. The speed adjustment must be used in the following massage techniques: kneading (7 techniques in total), tapping (2 techniques in total), kneading and tapping (1 technique in total), massage (1 technique in total), shiatsu (2 techniques in total), and 4D (4 techniques in total). The speed can be adjusted only after selecting the massage techniques or message area and entering the manual mode.



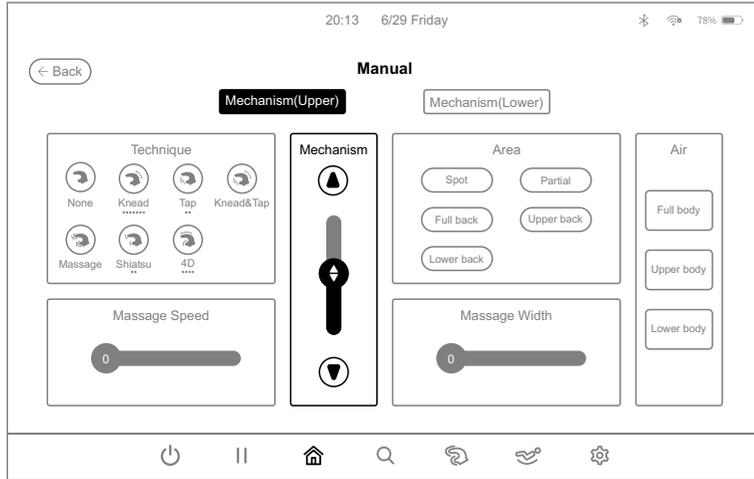
Manual mode-Mechanism(upper) message speed selection diagram



Key	Description
	Slide the key to the right to increase the message speed, the speed can be adjusted from 1 to 5.
	Slide the key to the left to decrease the message speed, the speed can be adjusted from 1 to 5.

Operation Instructions

2.1.3. Message hand adjustment: enter the manual interface, as shown in the figure below, according to the message needs to choose "up arrow" key or "down arrow" key to fine-tune the Mechanism(upper) message hand up and down. Message hand adjustment needs to be done in manual mode at a fixed point or local area.

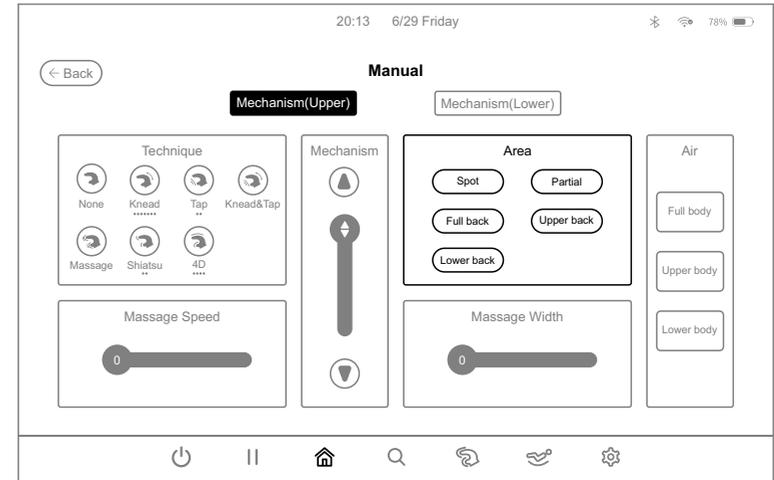


Manual mode-Mechanism(upper) message hand adjustment diagram

Key	Description
	Press the up key to move the message hand upward, release the key to stop the message hand from moving upward.
	Press the down key to move the message hand downward, release the key to stop the message hand from moving downward.

Operation Instructions

2.1.4. Message area: after entering the manual interface, as shown in the figure below, choose to click on the "Message Area" key, and then according to the message demands to choose upper core message area function. Message area including fixed point, local, full back, upper back, lower back, 5 kinds of message areas can be selected.

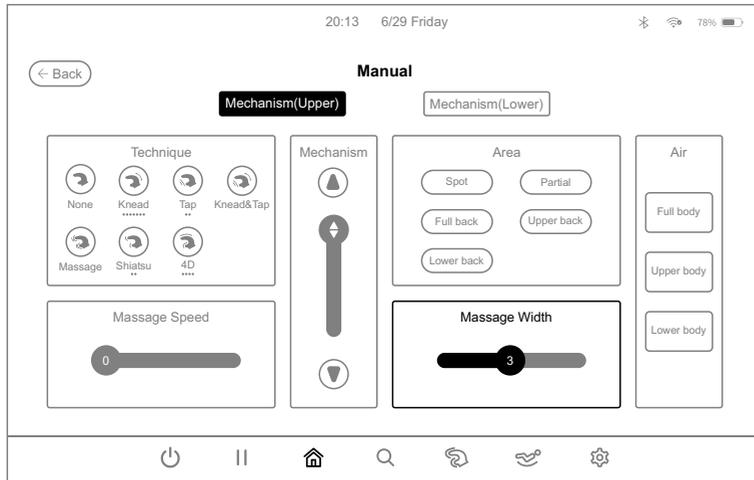


Manual mode-Mechanism(upper) message area selection diagram

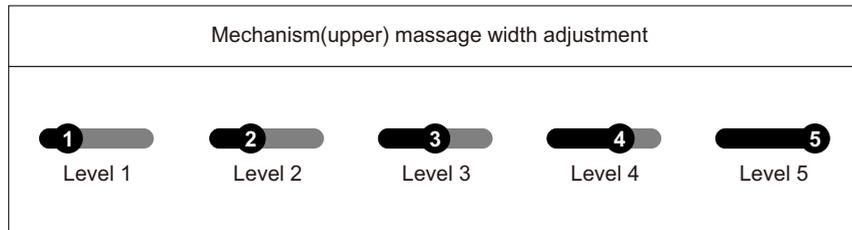
Key	Description	
Spot	Fixed-point massage at fixed-point position.	When selecting the fixed-point or local area message techniques, the message area can be adjusted by pressing the "up" and "down" key next to the message hand key in the information interface.
Partial	Small-scope local message back and forth.	
Full back	Full back massage back and forth.	
Upper back	Upper back massage back and forth.	
Lower back	Lower back massage back and forth.	

Operation Instructions

2.1.5. Message width: after entering the manual mode interface, select and click the "Message Width" slider as shown in the figure below, and then slide left and right to adjust the message width according to the message demand. The width can be adjusted from 1 to 5, with 1 being the narrowest and 5 being the widest. The width adjustment must be used in the following message techniques: tapping (2 techniques in total), shiatsu (2 techniques in total) and 4D (3 and 4 technique). The width can be adjusted only after selecting the message techniques or message area and entering the manual mode.



Manual mode-Mechanism(upper) width selection diagram

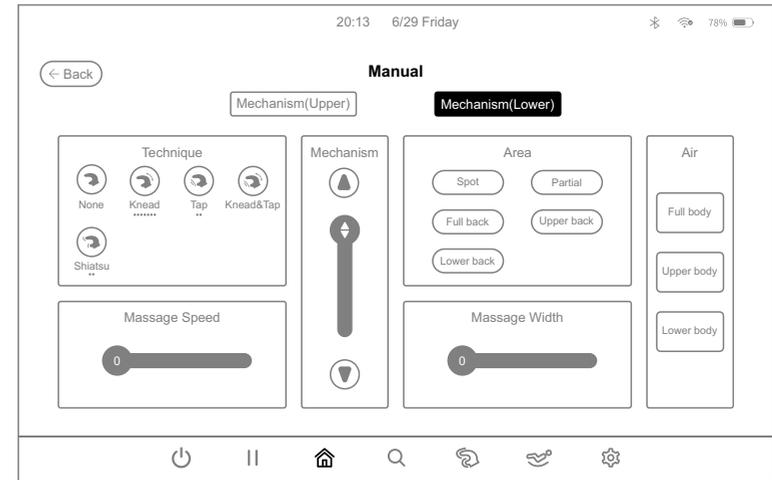


Key	Description
	Slide the key to the right to widen the message width, the width can be adjusted from 1 to 5
	Slide the key to the left to narrow the message width, the width can be adjusted from 1 to 5.

Operation Instructions

2.2. Mechanism(lower): after entering the manual interface, as shown in the figure below, click on the "Mechanism(lower)" key, and then select the corresponding lower core message function according to the demand for massage, including message techniques, message speed, message hand adjustment, message area, message width and other message adjustment functions. Choose to click the "Back" key to return to the home page.

2.2.1. Message techniques: after entering the manual interface, as shown in the figure below, select the corresponding "technique" key of the lower core according to the message demand, and start manual massage, including stop, kneading (7 techniques in total), tapping (2 techniques in total), kneading and tapping (1 technique in total), shiatsu (2 techniques in total), a total of 13 kinds of techniques to choose from..

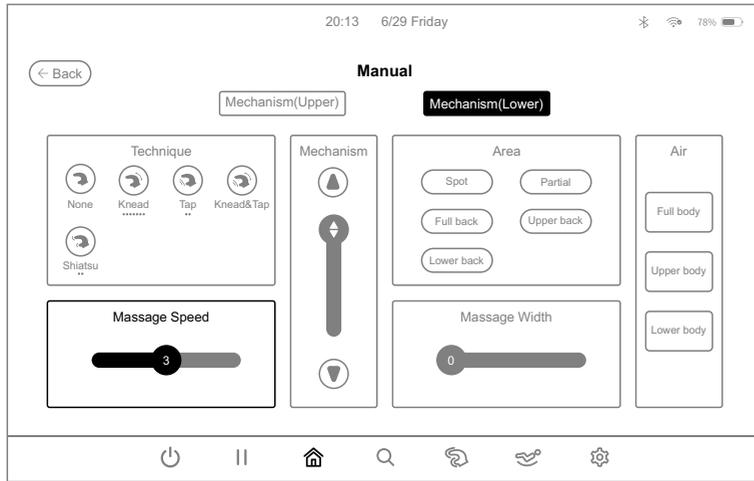


Manual mode- Mechanism(Lower) techniques selection diagram

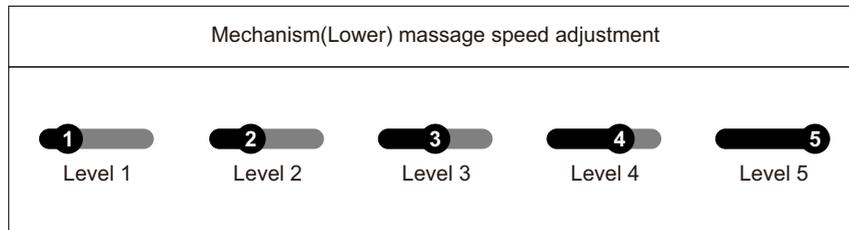
Function	Message wheel adjustment
None	The intensity and be adjusted.
Knead (7 techniques)	The speed, intensity and be adjusted.
Tap (2 techniques)	The speed, width, intensity and be adjusted.
Knead&Tap (1 technique)	The speed, intensity and be adjusted.
Shiatsu (2 techniques)	The speed, width, intensity and be adjusted.

Operation Instructions

2.2.2. Message speed: After entering the manual mode interface, select and click the “Message Speed” slider as shown in the figure below, and then slide left and right to adjust the message speed according to the message demand. The speed can be adjusted from 1 to 5, with 1 being the slowest and 5 being the fastest. The speed adjustment must be used in the following message techniques: kneading (7 techniques in total), tapping (2 techniques in total), kneading and tapping (1 technique in total) and shiatsu (2 techniques in total). The speed can be adjusted only after selecting the message techniques or message area and entering the manual mode.



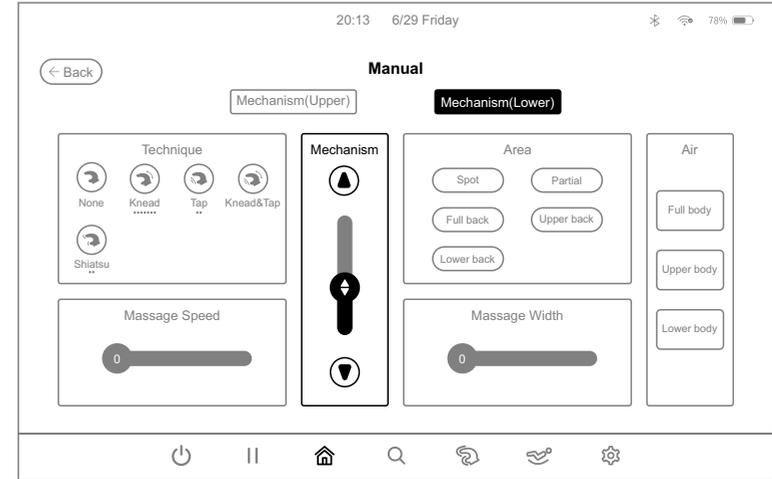
Manual mode-Mechanism(Lower) message speed selection diagram



Key	Description
	Slide the key to the right to increase the message speed, the speed can be adjusted from 1 to 5.
	Slide the key to the left to decrease the message speed, the speed can be adjusted from 1 to 5.

Operation Instructions

2.2.3. Message hand adjustment: enter the manual interface, as shown in the figure below, according to the message needs to choose “up arrow” key or “down arrow” key to fine-tune the core(lower) message hand up and down. Message hand adjustment needs to be done in manual mode at a fixed point or local area.

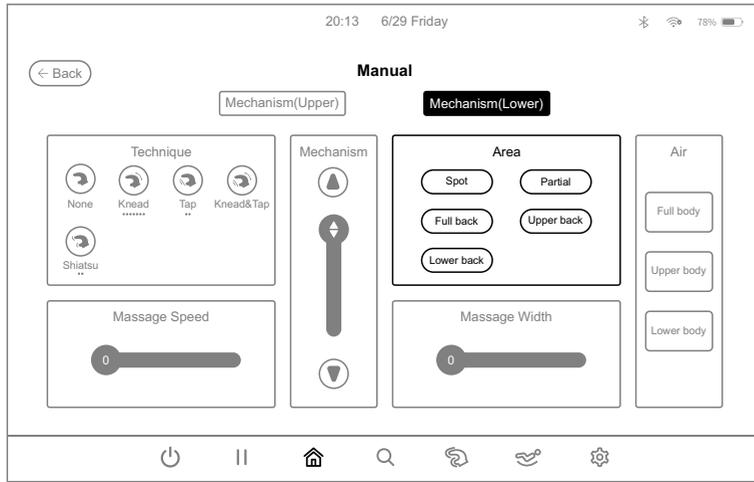


Manual mode-Mechanism(Lower) message hand adjustment diagram

Key	Description
	Press the up key to move the message hand upward, release the key to stop the message hand from moving upward.
	Press the down key to move the message hand downward, release the key to stop the message hand from moving downward.

Operation Instructions

2.2.4. Message area: after entering the manual interface, as shown in the figure below, choose to click on the “Message Area” key, and then according to the message demands to choose lower core message area function. Message area including fixed point, local, full back, upper back, lower back 5 kinds of message areas can be selected.

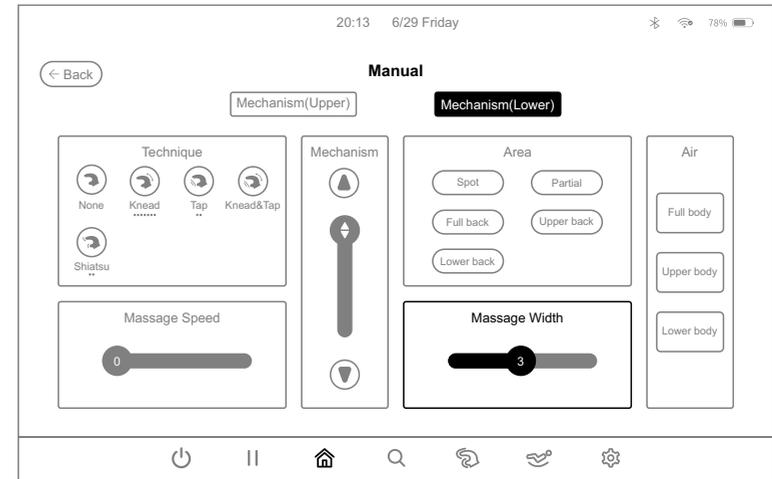


Manual mode-Mechanism(Lower) message area selection diagram

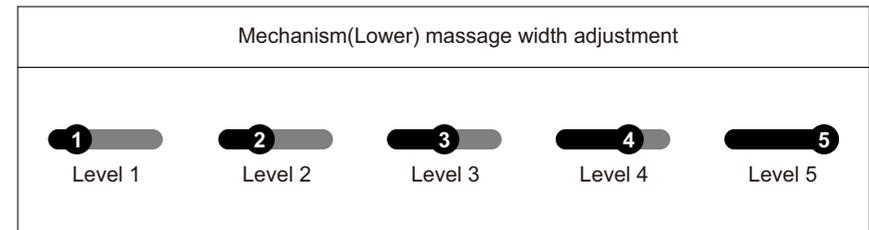
Key	Description	
Spot	Fixed-point massage at fixed-point position.	When selecting the fixed-point or local area massage techniques, the massage area can be adjusted by pressing the “up” and “down” key next to the massage hand key in the information interface.
Partial	Small-scope local massage back and forth.	
Full back	Full back massage back and forth.	
Upper back	Upper back massage back and forth.	
Lower back	Lower back massage back and forth.	

Operation Instructions

2.2.5. Message width: after entering the manual mode interface, select and click the “Message Width” slider as shown in the figure below, and then slide left and right to adjust the message width according to the message demand. The width can be adjusted from 1 to 5, with 1 being the narrowest and 5 being the widest. The width adjustment must be used in the following message techniques: tapping (2 techniques in total) and shiatsu (2 techniques in total). The width can be adjusted only after selecting the message techniques or message area and entering the manual mode.



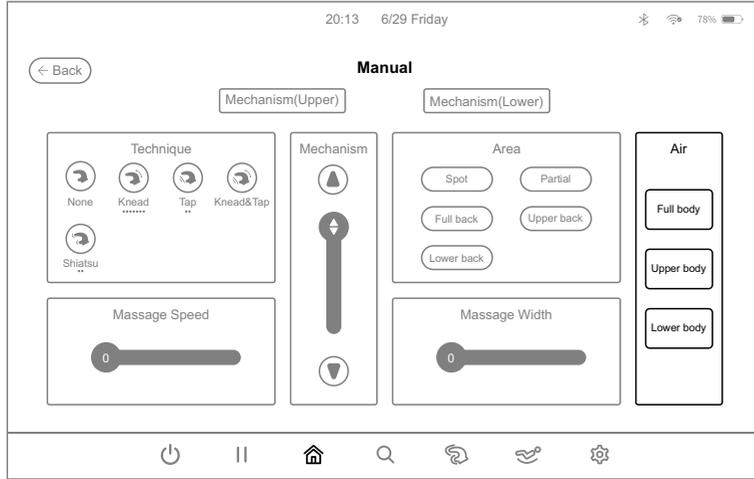
Manual mode-Mechanism(Lower) message width selection diagram



Key	Description
	Slide the key to the right to widen the message width, the width can be adjusted from 1 to 5.
	Slide the key to the left to narrow the message width, the width can be adjusted from 1 to 5.

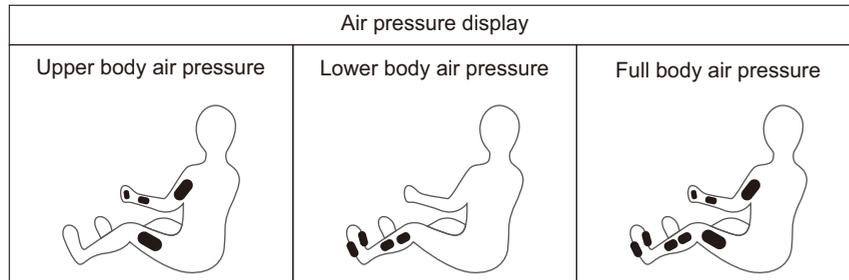
Operation Instructions

2.3. Air pressure mode: after entering the manual mode interface, as shown in the figure below, choose to click on the “Air Pressure Massage” key, and then according to the massage needs to choose the corresponding air pressure massage function. Air pressure mode includes whole body, upper body and lower body, 3 air pressure massage function selection.



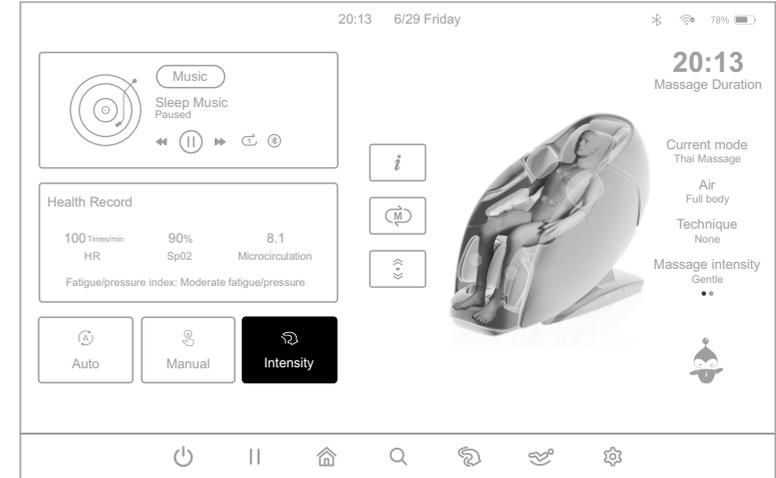
Manual mode-air pressure massage selection diagram

Key	Description
Full body	Press this key to turn on or off the whole body air massage function.
Upper body	Press this key to turn on or off the upper body air massage function.
Lower body	Press this key to turn on or off the lower body air massage function.



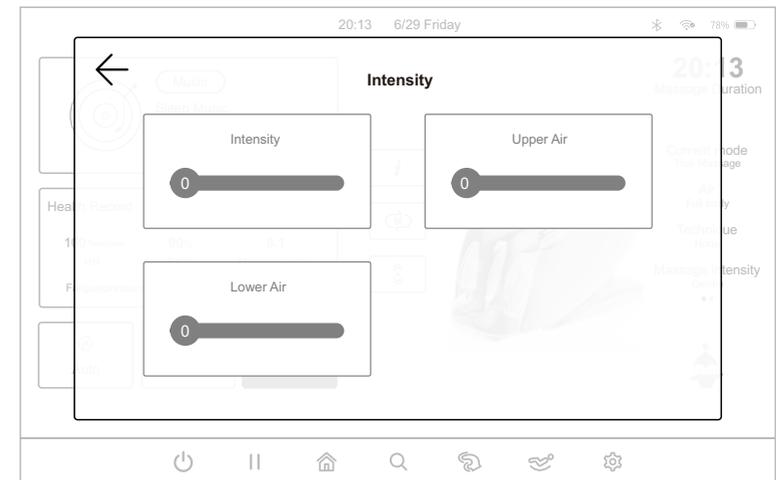
Operation Instructions

3. Massage intensity: In the home page, click the “Massage Intensity” key as shown in the figure below to enter the massage intensity interface, and then select the corresponding massage functions according to the massage demands, including massage intensity, upper body air pressure, lower body air pressure and other massage functions.



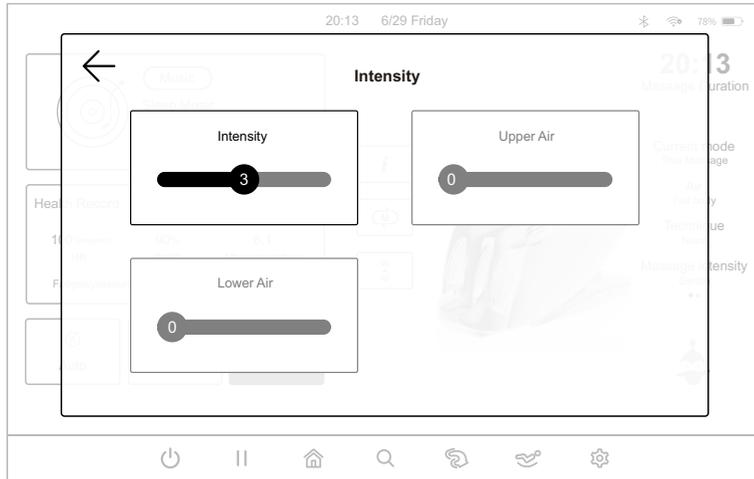
Home page-massage intensity selection diagram

3.1. In the massage intensity adjustment interface, you can adjust the amplitude of the core ejection during the massage, a total of 1-5 adjustable levels, level 1 means that the amplitude of the massage hand ejection is the smallest, level 5 means that the amplitude of the massage hand ejection is the largest. You can also adjust the intensity of upper body air pressure and lower body air pressure, a total of 1-5 adjustable levels, level 1 means that the air pressure intensity is the smallest, level 5 means that the air pressure intensity is the largest.



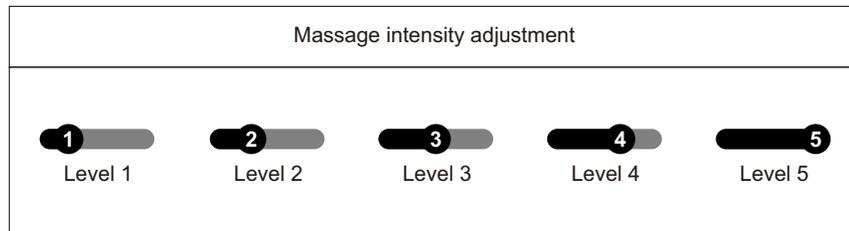
Operation Instructions

3.2. Message intensity: after entering the message intensity interface, select and click the "Message Intensity" slider as shown in the figure below, and then slide left and right to adjust the message intensity according to the message demand. The intensity can be adjusted from 1 to 5, with 1 being the weakest and 5 being the strongest. The intensity adjustment must be used in the following message techniques: stop, kneading (7 techniques in total), tapping (2 techniques in total), kneading and tapping (1 technique in total), massage (1 technique in total), shiatsu (2 techniques in total) and 4D(4 techniques in total). The intensity can be adjusted only after selecting the message techniques or message area and entering the manual mode.



Message intensity diagram

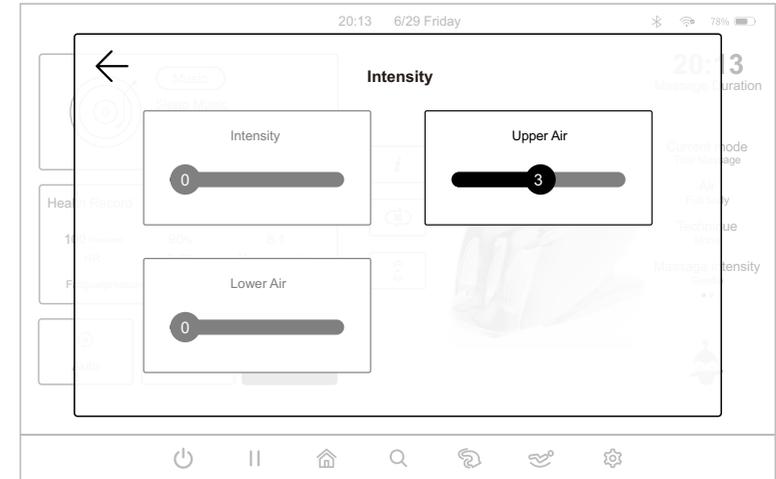
Note: mechanism(lower) cannot adjust the message intensity.



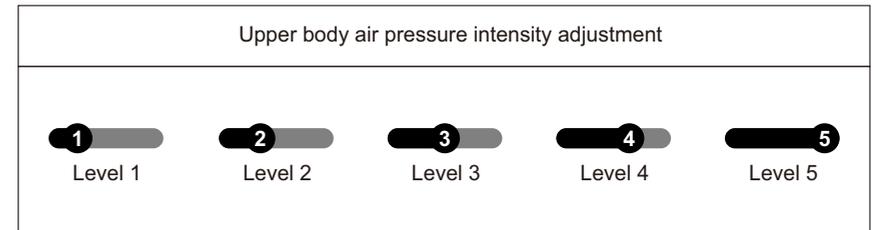
Key	Description
	Slide the key to the right to increase the message intensity, the intensity can be adjusted from 1 to 5.
	Slide the key to the left to decrease the message intensity, the intensity can be adjusted from 1 to 5.

Operation Instructions

3.3. Upper body air pressure intensity: after entering the message intensity interface, select and click the "Upper Body Air Pressure" slider as shown in the figure below, and then slide left and right to adjust the message intensity according to the message demand. The intensity can be adjusted from 1 to 5, with 1 being the weakest and 5 being the strongest.



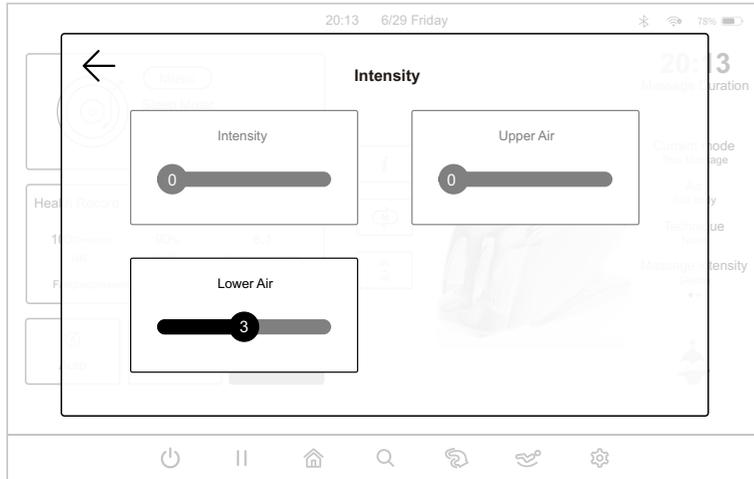
Message intensity-upper body air pressure intensity selection diagram



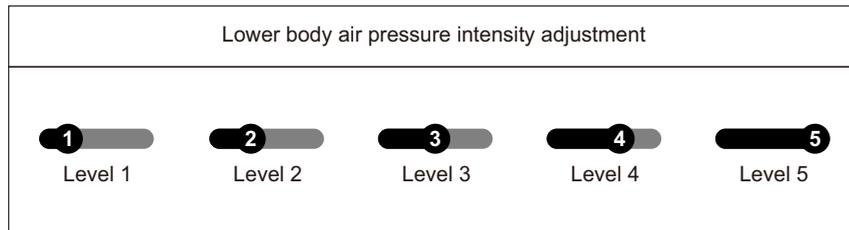
Key	Description
	Slide the key to the right to increase the upper body air pressure intensity, the intensity can be adjusted from 1 to 5.
	Slide the key to the left to decrease the upper body air pressure intensity, the intensity can be adjusted from 1 to 5.

Operation Instructions

3.4. Lower body air pressure intensity: after entering the massage intensity interface, select and click the "Lower Body Air Pressure" slider as shown in the figure below, and then slide left and right to adjust the massage intensity according to the massage demand. The intensity can be adjusted from 1 to 5, with 1 being the weakest and 5 being the strongest.



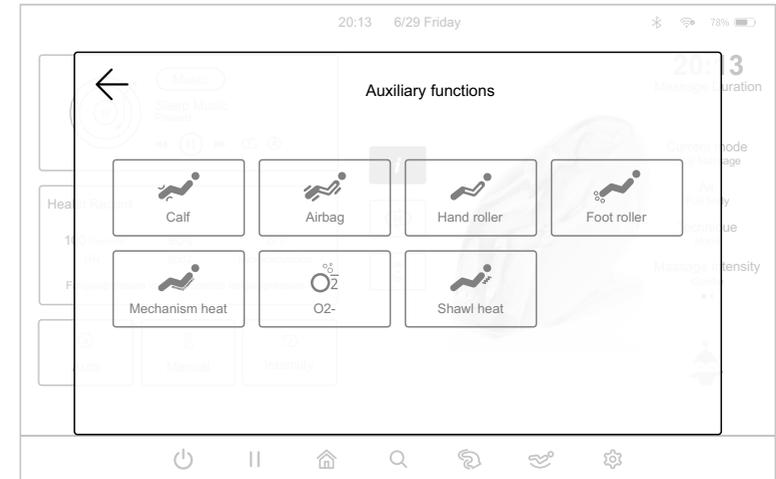
Massage intensity-lower body air pressure intensity selection diagram



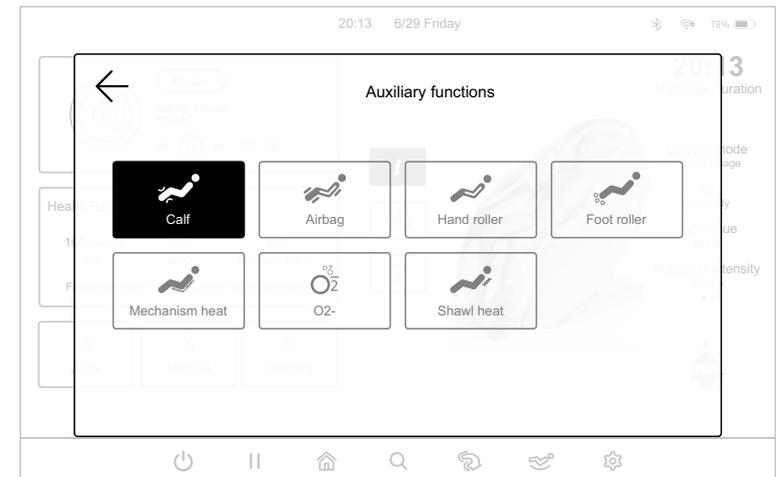
Key	Description
	Slide the key to the right to increase the lower body air pressure intensity, the intensity can be adjusted from 1 to 5.
	Slide the key to the left to decrease the lower body air pressure intensity, the intensity can be adjusted from 1 to 5.

Operation Instructions

4. Auxiliary function: In the home page, click the "Auxiliary Function" key as shown in the figure below, enter the auxiliary function selection interface, and then select the corresponding massage function in the pop-up window according to the massage demand, including calf rubbing, airbag massage, hand roller, foot roller, massage hand heating, negative oxygen ion, shawl heating and other massage functions. .

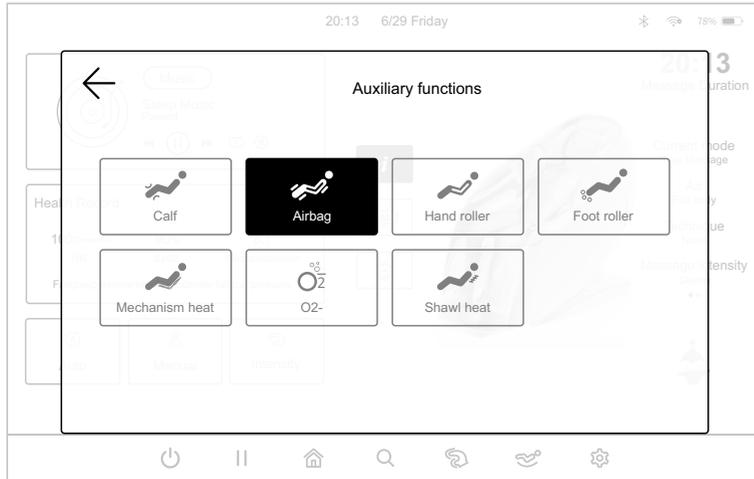


4.1. Calf rubbing: after entering the auxiliary function interface, as shown in the figure below, choose to click on the "Calf Rubbing" key to turn on or off the calf rubbing massage function. There is a rubbing massage function on the inner side of the legs and a airbag massage function on the outer side of the legs, which can relieve the stiffness or tension of the calf muscles caused by standing for a long time.

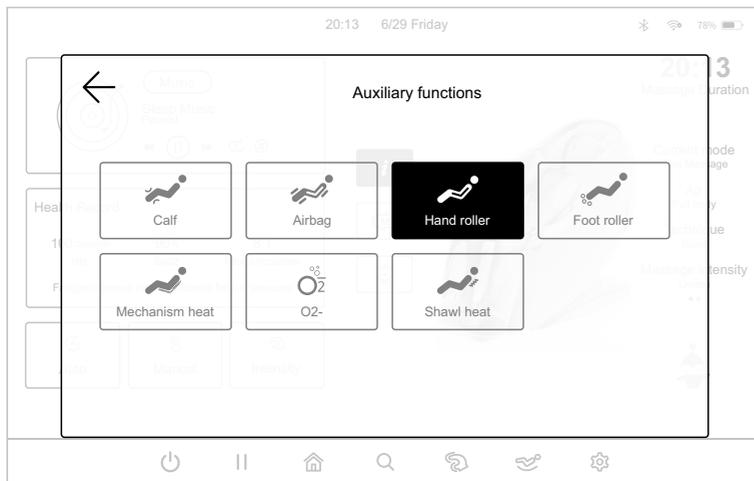


Operation Instructions

4.2. Airbag massage: after entering the auxiliary function interface, as shown in the figure below, choose to click on the “Airbag Massage” key, open the upper body air pressure, lower body air pressure, whole body air pressure, close the air pressure cycle switch.

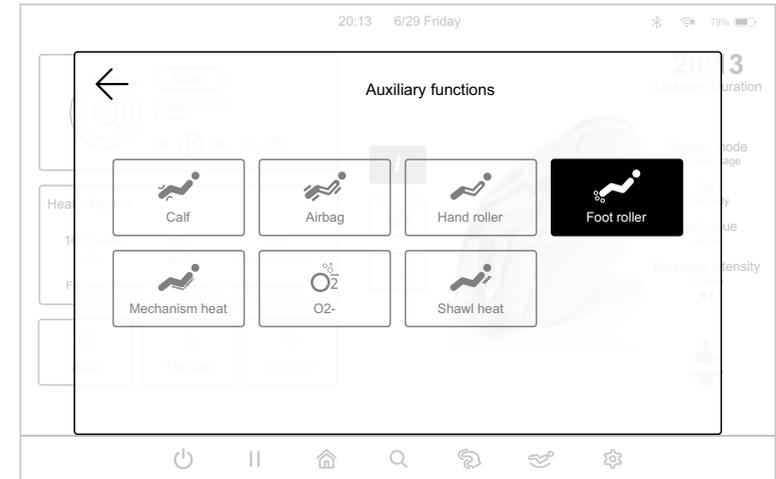


4.3. Hand roller: after entering the auxiliary function interface, select and click the “Hand Roller” key as shown in the figure below to turn on or off the hand roller massage function. When turned on, the hand rollers perform automatic massage in response to hand pressure. Hand pressure massage can relieve stiffness or tension in the arm muscles.

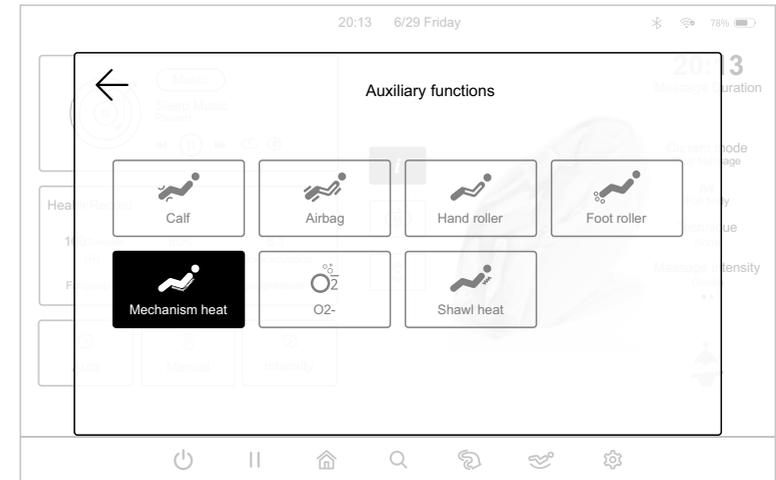


Operation Instructions

4.4. Foot roller: after entering the auxiliary function interface, select and click the “Foot Roller” key as shown in the figure below to turn on or off the foot roller massage function. There are three adjustable speeds: press the first time, open speed 1; press the second time, open speed 2; press the third time, open speed 3; press the fourth time, close the function of the foot roller, cycle switching.

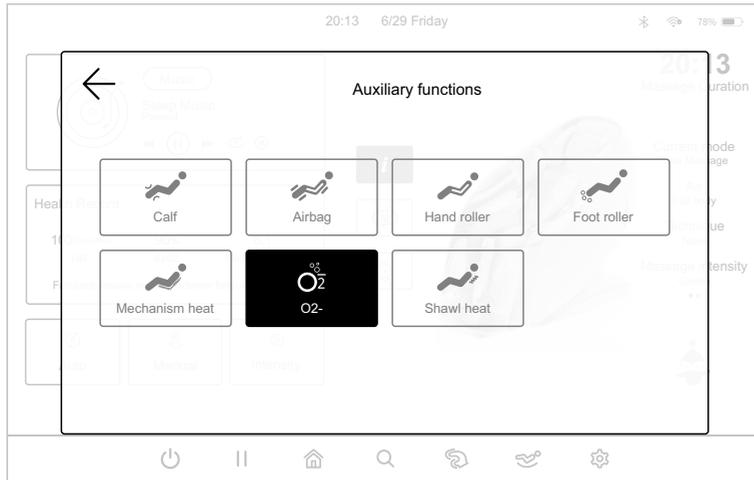


4.5. Massage hand heating: after entering the auxiliary function interface, as shown in the following figure, choose to click on the “massage hand heating” key to turn on or turn off the massage hand heating function (jade heating). There will be warmth after turning on the heating function for 3 minutes

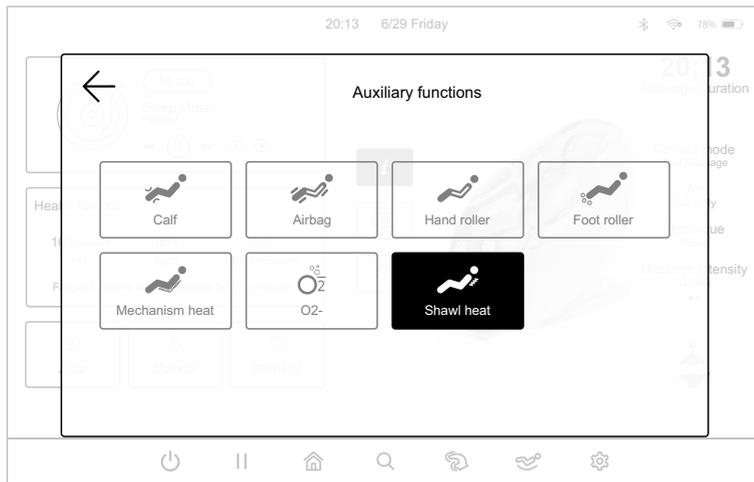


Operation Instructions

4.6. Negative oxygen ion: after entering the auxiliary function interface, choose to click on the “Negative Oxygen Ion” key as shown in the following figure to turn on or off the negative oxygen ion function.



4.7. Shawl heating: after entering the auxiliary function interface, as shown in the following figure, choose to click on the “Shawl Heating” key to turn on or turn off the shawl heating function. There will be warmth after turning on the heating function for 3 minutes.

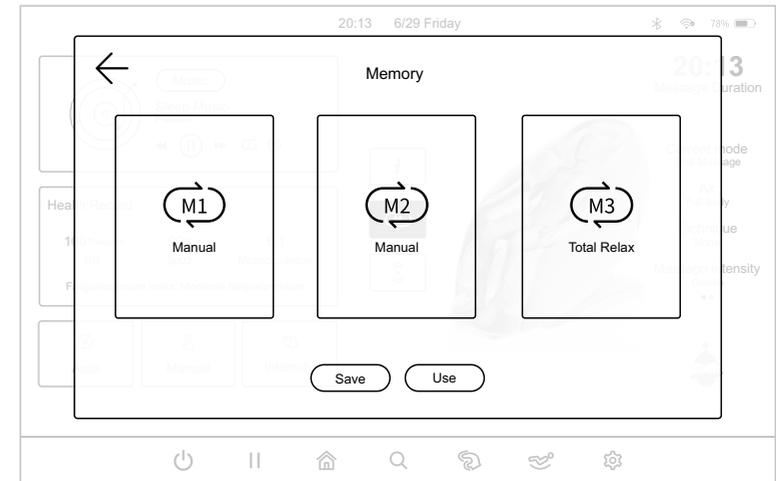


5. Memory: In the home page, as shown in the figure below, select “Memory” key, and then according to the massage demand, select the corresponding storage and recall function in the pop-up window interface, including two categories of message function storage and message function recall.

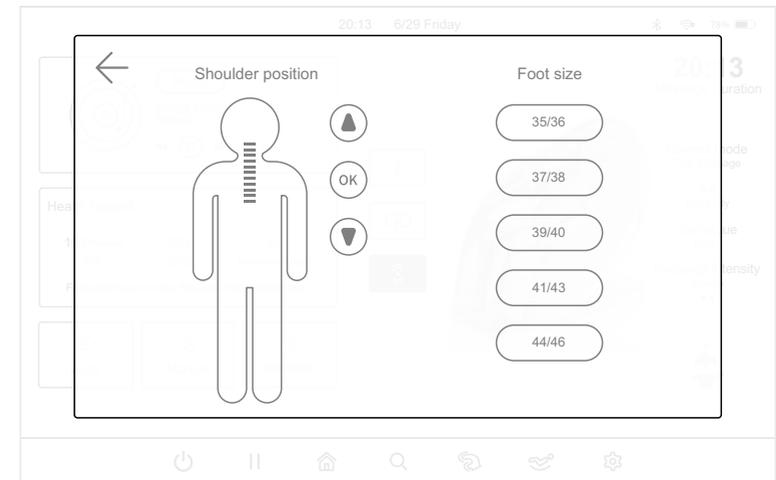
Operation Instructions

5.1. Message storage includes: M1, M2, M3; after selecting any one of the save locations, click “Store” key, the system will automatically save the currently running message programme and record it in the selected save location.

5.2. Message recall includes: M1, M2, M3; after selecting any one of the use locations, click the “Use” key, the system will recall and run the previously saved programme.

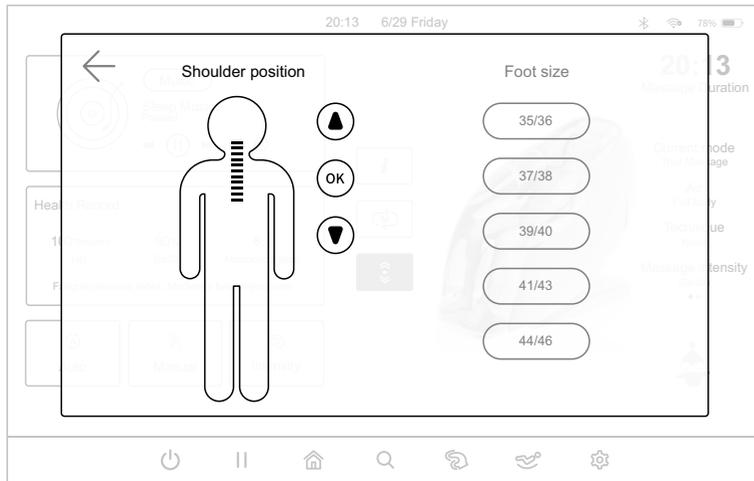


6. Shoulder adjustment: In the home page, as shown in the figure below, click the “Shoulder Adjustment” key, enter the shoulder adjustment interface, and then select the corresponding message function in the pop-up window according to the message demand, including shoulder adjustment, foot size adjustment and other message functions.

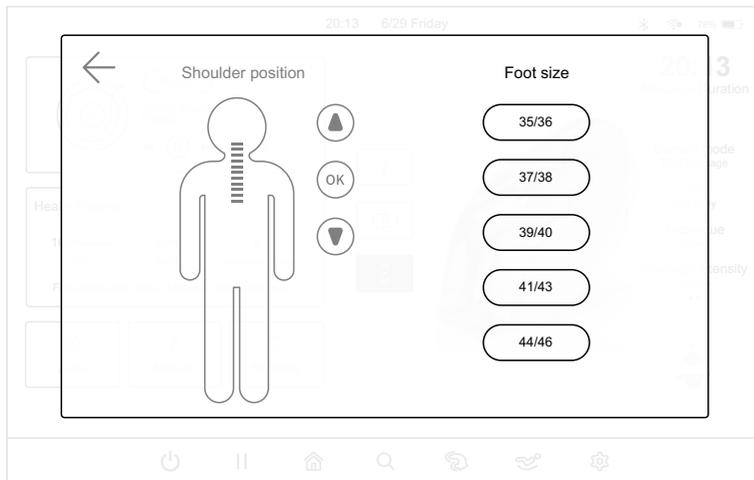


Operation Instructions

6.1.Shoulder position adjustment: after entering the shoulder position adjustment interface, as shown in the figure below, select the upper '▲' button or lower '▼' button in the pop-up window to adjust the shoulder position up and down according to the massage demand. A total of 11 positions can be adjusted. Click the "OK" key to confirm the adjustment.

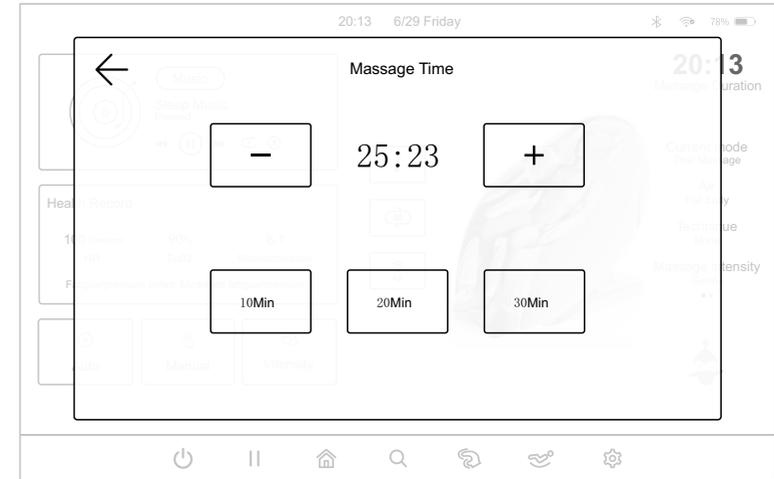


6.2.Foot size selection: after entering the shoulder adjustment interface, as shown in the following figure, select the corresponding "foot size" key in the pop-up window according to the foot size required, there are 5 foot sizes to choose from, including 35/36, 37/38, 39/40, 41/43, 44/46.

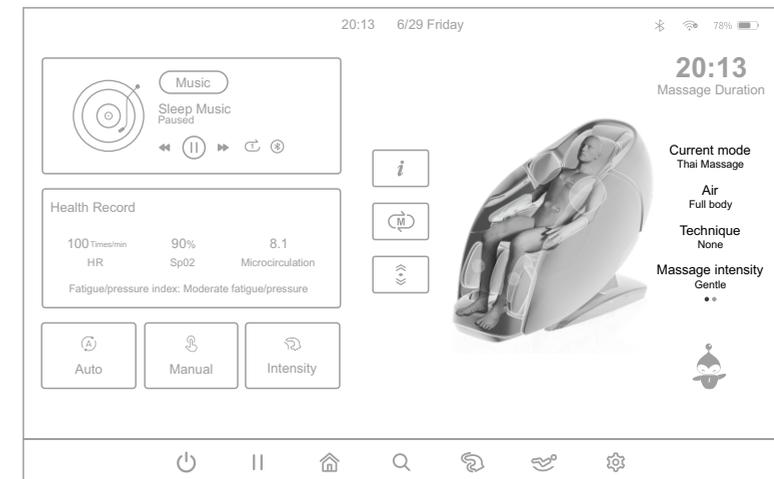


Operation Instructions

7.Message time adjustment: In the home page, as shown in the figure below, click the "20:13" time key, enter the interface, and then adjust the message time according to the massage demand in the pop-up window. Click "+" and "-" to adjust the remaining message time, or directly select the fixed message time set by the system as the remaining message time, the current fixed message time can be selected as 10 minutes, 20 minutes, 30 minutes.



8.Message status display: In the home page, slide the message status display area left and right as shown in the figure below to view the current running message status, including the current mode, air pressure mode, massage technique, massage power, massage intensity, massage width, massage speed, foot roller and other massage status.



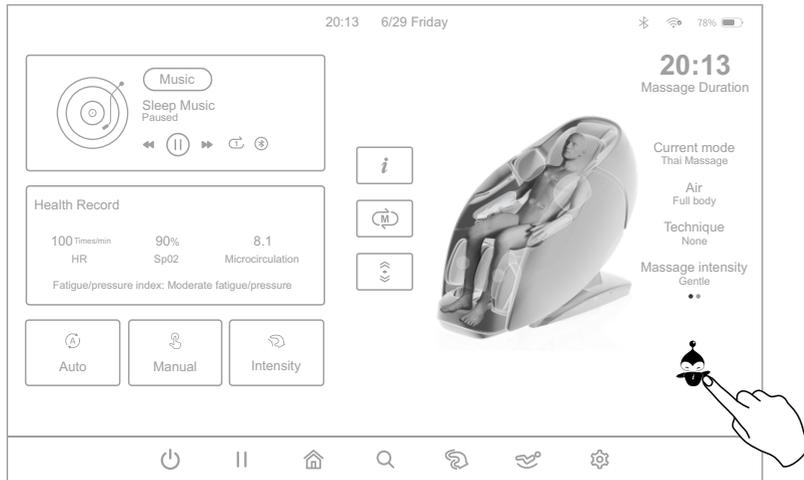
Operation Instructions

9. Voice control: in the home page, as shown in the figure below, choose to click on the cartoon pattern "Voice Control" key in the lower right corner of the manual controller to wake up the voice assistant function (need to confirm whether the voice control key in the setting interface is enabled. If it is not enabled, please go to the setting interface to enable the voice control first.), or close to the position of the right armrest to say "Hi Alice" or "Hey Alice" to wake up the voice assistant. When the voice assistant replies "I'm here", it means the it has been woken up. After opening the voice assistant, you can use the voice assistant function to control the massage chair.

9.1. Users can also short press the "Voice" key in the armrest shortcut key to wake up the voice assistant, and long press this key for 3 seconds to turn on or off the voice assistant.

9.2. After waking up the voice assistant, please speak the command within 6 seconds to achieve the function control of the massage chair, after the voice assistant responds to the command, you can continue to speak the command. The interval between the two adjacent commands can not be more than 6 seconds or you need to wake up the voice assistant again. Detailed voice command table is as follows:

Note: When waking up the voice control function, please use English. The speed of speech should not be too fast, and you need to follow the voice-control words on the table to send out language commands.



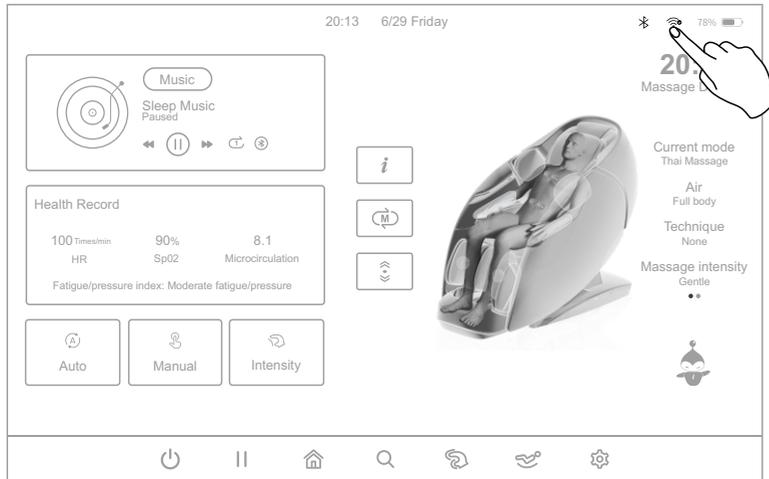
Operation Instructions

Voice Control Entry		
Entry: "Hi Alice" or "Hey Alice". Answer: I am here.		
No.	Voice control entry	Answer entry
1	Massage on	Answer: Ok, Massage on
2	Massage close	Answer: Ok, Massage close
3	Total Relax	Answer: Ok, Total Relax
4	Energy Boost	Answer: Ok, Energy Boost
5	Sweet Dream	Answer: Ok, Sweet Dream
6	Neck & Shoulder Care	Answer: Ok, Neck & Shoulder Care
7	Lunch Break	Answer: Ok, Lunch Break
8	Thai Massage	Answer: Ok, Thai Massage
9	Open the air pressure	Answer: Ok, Open the air pressure
10	Close the air pressure	Answer: Ok, Close the air pressure
11	Up the seat position	Answer: Ok, Up the seat position
12	Down the seat position	Answer: Ok, Down the seat position
13	Change the other mode	Answer: Ok, Change the other mode
14	Go little down	Answer: Ok, Go little down
15	Go little up	Answer: Ok, Go little up

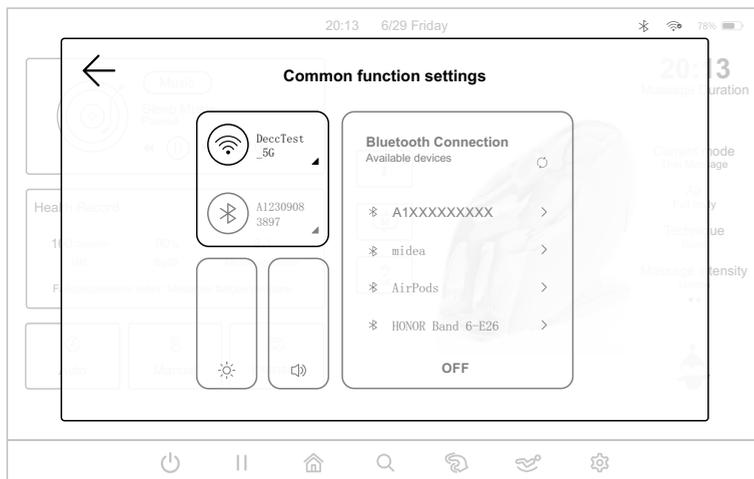
Note: commands 14 and 15 can only be used after command 13.

Operation Instructions

10. Commonly used function settings: In the home page, as shown in the figure below, click on the “WiFi, Bluetooth” key in the upper right corner of the screen to enter the commonly used function settings interface, and then according to the needs of the massage in the pop-up window to set the function settings, including WiFi connection, Bluetooth connection, volume adjustment, brightness adjustment and other function settings.

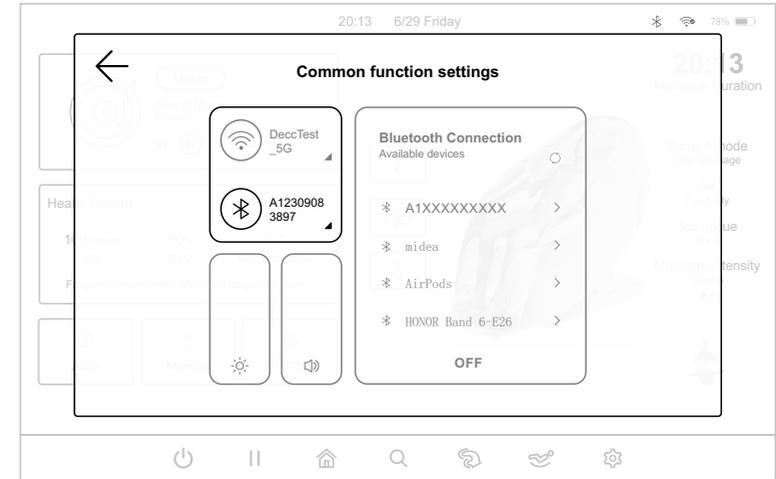


10.1. WiFi connection: after entering the commonly used function setting interface, as shown in the figure below, click the “WiFi Connection” key in the pop-up window, the system automatically enters the Internet setting interface, select the network name you want to connect to, and then make the network connection.

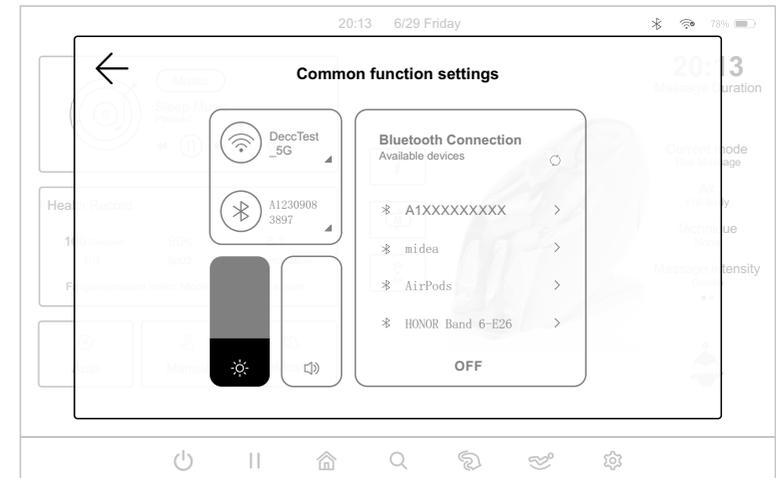


Operation Instructions

10.2. Bluetooth connection: after entering the commonly used function setting interface, as shown in the figure below, click the “Bluetooth Connection” key in the pop-up window, and then click to expand the Bluetooth display window, select the name of the Bluetooth settings to be connected, pairing and connecting (in the use of massage chairs, Bluetooth connection must be carried out before the operation of the massage chair for massage).

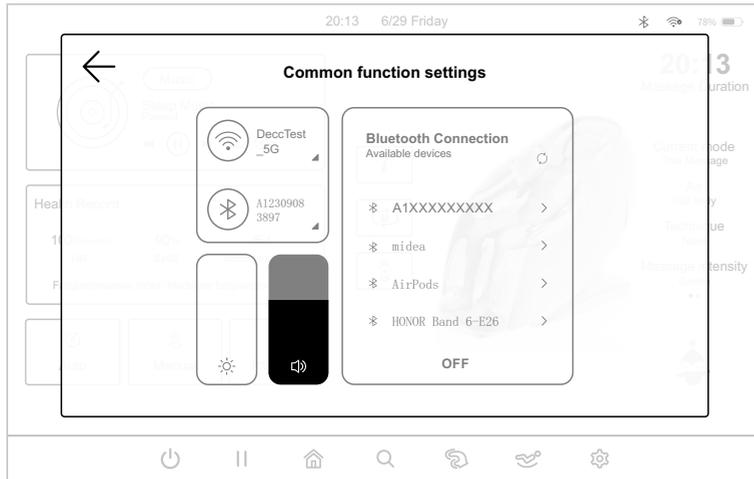


10.3. Brightness adjustment: after entering the commonly used function setting interface, as shown in the figure below, click the “Brightness Adjustment” slider in the pop-up window, and then slide up and down to adjust the brightness of the tablet manual controller.

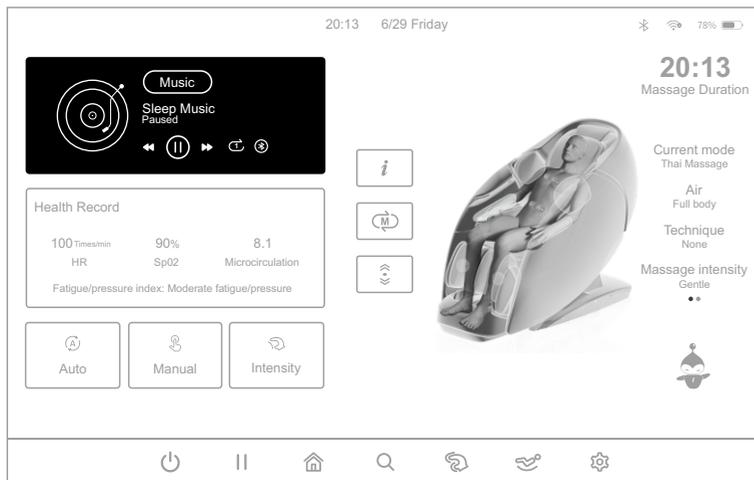


Operation Instructions

10.4. Volume adjustment: after entering the commonly used function setting interface, as shown in the figure below, click the "Volume Adjustment" slider key in the pop-up window , and then slide up and down to adjust the volume.



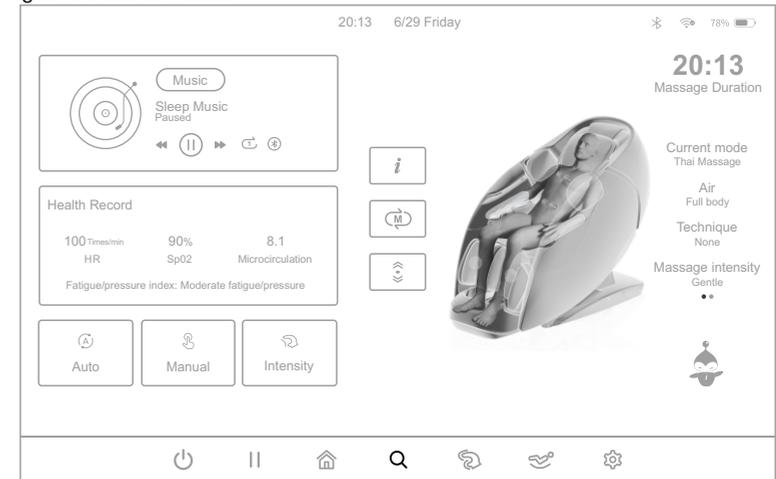
11. Sleeping music: In the home page, as shown in the figure below, you can choose to click the "Sleeping Music" icon in the music playback state to carry out the basic function of music playback, including switching, pause/continue, loop playback, Bluetooth connection and other functional operations.



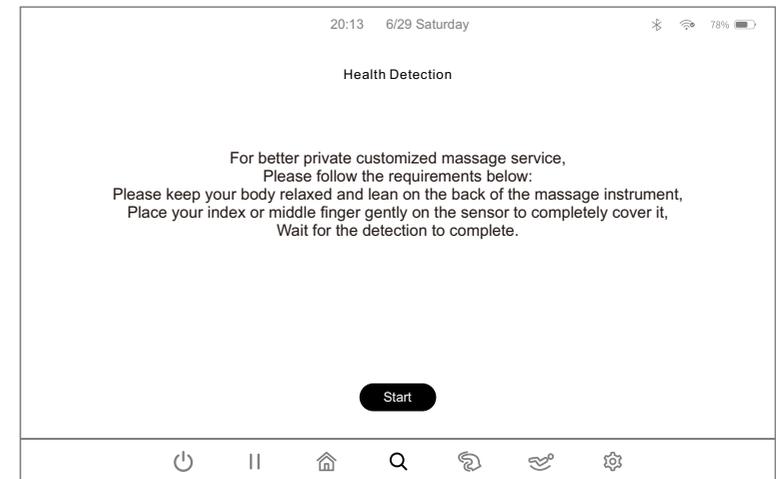
Operation Instructions

V. Health detection(please use this function after switching on the massage chair)

Click the "Health"key in the menu bar on the bottom side of the display screen to enter the health detection interface, including starting detection, recommending programs, and exiting the health detection.

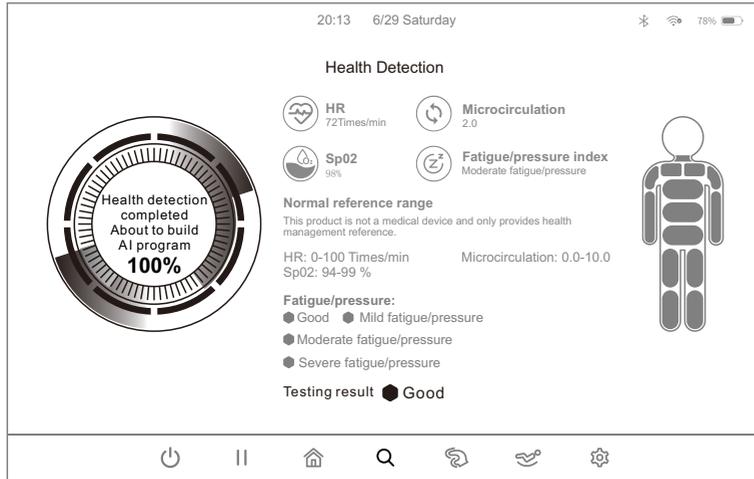


1. Start detection: After entering the health detection interface, gently place the index finger or middle finger on the sensor and then press the start detection key to perform health detection. After a few seconds, it will display the real-time data of heart rate, blood oxygen and Micro-circulation , waiting for the completion of the detection progress.

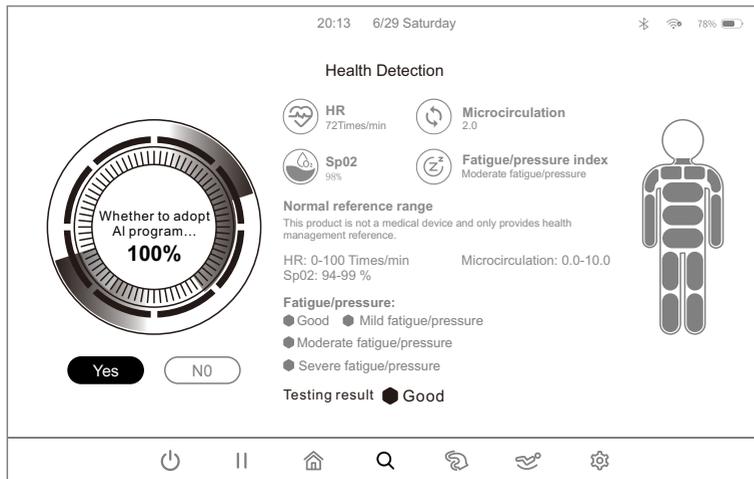


Operation Instructions

2.Waiting for detection: after waiting for data collection and detection, the interface will display the current user's heart rate, micro-circulation, blood oxygen and fatigue/stress index.

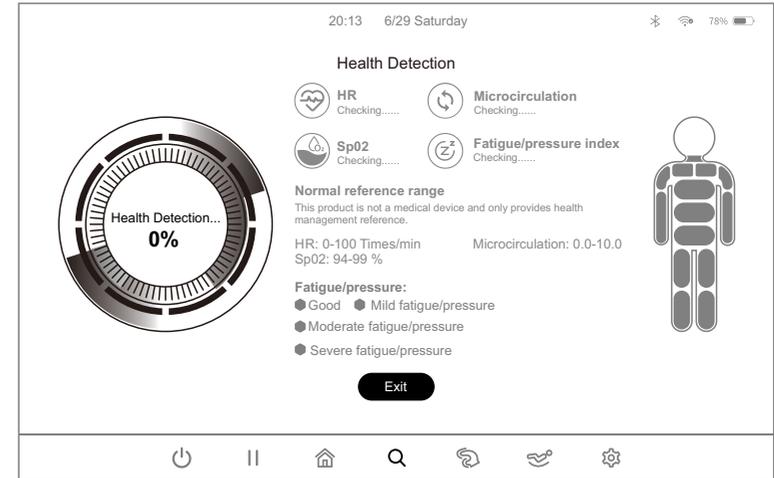


3.Recommended program: When normal detection is completed, it will display the heart rate, blood oxygen, and the fatigue level respectively. The blood oxygen means with the blood oxygen concentration. Based on your detection result, an AI program will be recommended for you. Select "Yes" to start using the recommended program.

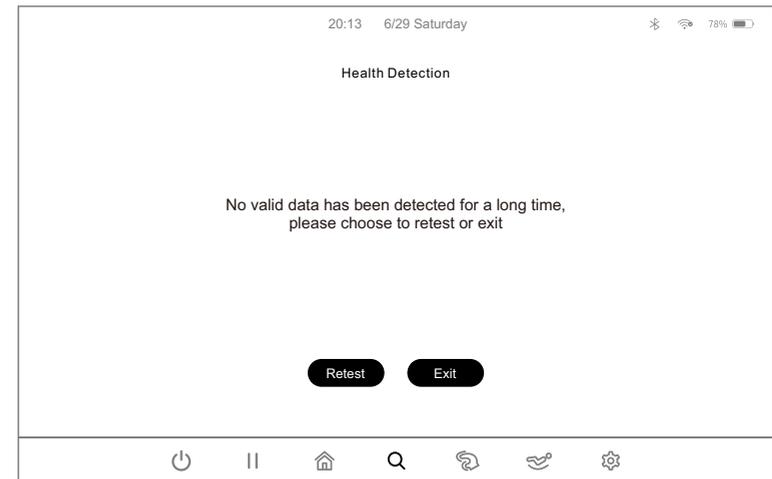


Operation Instructions

4.Exit detection: in the process of health detection, press the "exit detection" key to exit the detection to return to the state of massage before the health detection.



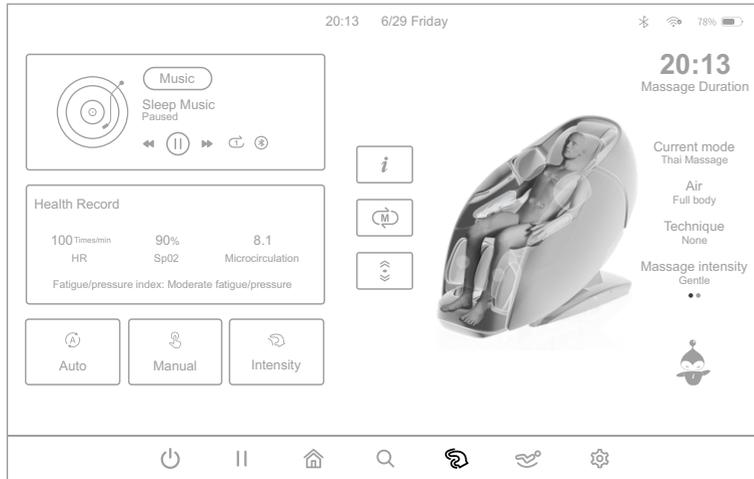
5.No valid data detected: If no valid data is detected, the user will be prompted to re-detect, select "Re-detect" to restart the health detection, select "Exit Detection" to exit the detection to return to the state of massage before the health detection.



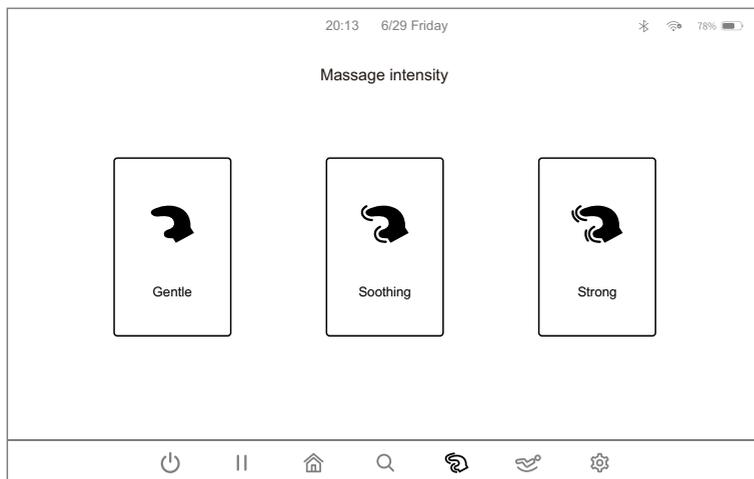
Operation Instructions

VI. Massage Intensity Adjustment (please use this function after switching on the massage chair)

Click the "Intensity" key in the menu bar on the bottom side of the display screen to enter the massage intensity interface, including gentle, soothing, strong three kinds of massage intensity to choose from.



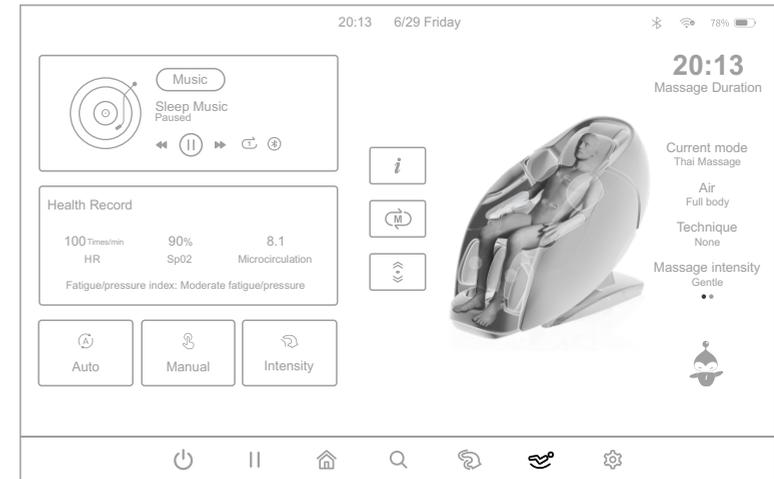
1. Massage intensity selection: after entering the massage intensity interface, as shown below, you can choose to click the corresponding massage intensity key for massage. Massage intensity can also adjust the overall massage intensity and air pressure intensity during the massage: gentle means the overall massage intensity and air pressure intensity is weakest, strong means the overall massage intensity and air pressure intensity is strongest.



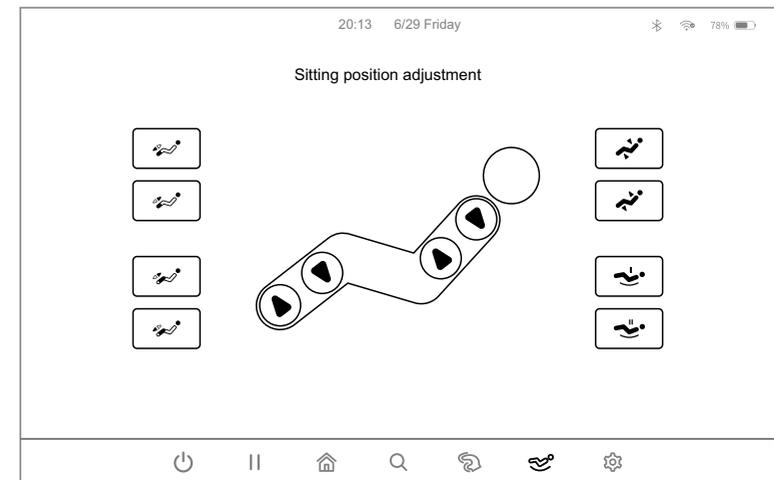
Operation Instructions

VII. Posture Adjustment (please use this function after switching on the massage chair)

Click the "Posture Adjustment" key in the menu bar on the bottom side of the display screen to enter the massage posture adjustment interface, and then adjust the posture angle according to the massage needs.



1. Sitting posture adjustment selection: after entering the massage intensity interface, as shown in the figure below, you can choose to click the corresponding sitting posture adjustment "icon" key to adjust the sitting posture, including leg shortening, leg extension, foot shortening, foot extension, legs up, leg down, whole up, whole down, back up, back down, zero I, zero II and other massage functions.



Operation Instructions

1.1.Zero gravity adjustment

Key	Description
	Zero-gravity I key: automatically adjust the position of leg mechanism and backrest mechanism to zero-gravity I position.
	Zero-gravity II key: automatically adjust the position of leg mechanism and backrest mechanism to zero-gravity II position.

1.2.Telescopic adjustment of footrest

Key	Description
	Footrest shortening key: manually adjust the shortening of the footrest; press and hold this key to move the footrest slowly upward, and release it to stop. Adjustment will stop and a "di di" sound will be heard when the adjustment reaches the limit position.
	Footrest extension key: manually adjust the extension of the footrest; press and hold this key to move the footrest slowly downward, and release it to stop. Adjustment will stop and a "di di" sound will be heard when the adjustment reaches the limit position.

1.3.Leg mechanism extension/shortening adjustment

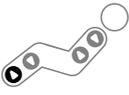
Key	Description
	Leg mechanism shortening key: manually adjust shortening of the leg mechanism; press and hold this key to move the leg mechanism slowly upward, and release it to stop. Adjustment will stop and a "di di" sound will be heard when the adjustment reaches the limit position.
	Leg mechanism extension key: manually adjust the extension of the leg mechanism; press and hold this key to move the leg mechanism slowly downward, and release it to stop. Adjustment will stop and a "di di" sound will be heard when the adjustment reaches the limit position.

Operation Instructions

1.4.Linkage lifting angle adjustment

Key	Description
	Linkage lifting key: press and hold this key to move the backrest mechanism slowly upward while while leg mechanism slowly downward, and release it to stop. Adjustment will stop and a "di di" sound will be heard when the adjustment reaches the limit position. The foot mechanism will automatically detect the length of the foot after the linkage lifting action is completed.
	Linkage lowering key: press and hold this key to move the backrest mechanism slowly downward while leg mechanism slowly upward, and release it to stop. Adjustment will stop and a "di di" sound will be heard when the adjustment reaches the limit position. The foot mechanism will automatically detect the length of the foot after the linkage lowering action is completed.

1.5.Calf lifting angle adjustment

Key	Description
	Leg mechanism lifting key: press and hold this key to move the leg mechanism slowly upward, and release it to stop. Adjustment will stop and a "di di" sound will be heard when the adjustment reaches the limit position. The foot mechanism will automatically detect the length of the foot after the foot mechanism lifting action is completed.
	Leg mechanism lowering key: press and hold this key to move the leg mechanism slowly downward, and release it to stop. Adjustment will stop and a "di di" sound will be heard when the adjustment reaches the limit position. The foot mechanism will automatically detect the length of the foot after the leg lowering action is completed.

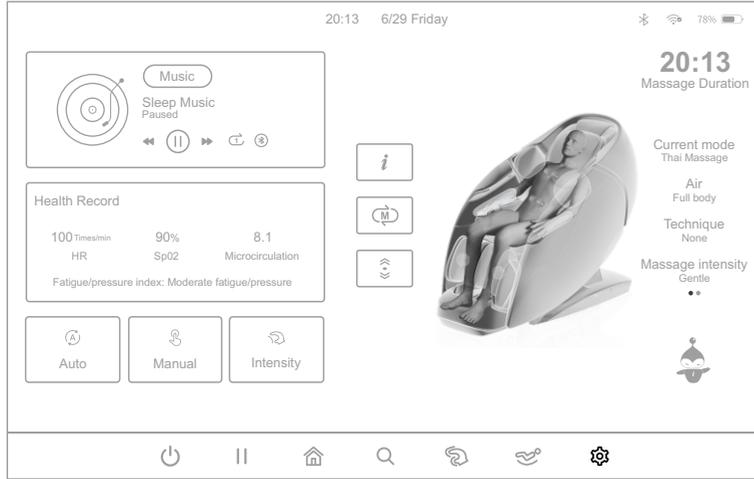
1.6.Backrest lifting angle adjustment

Key	Description
	Backrest mechanism lifting key: press and hold this key to move the backrest mechanism slowly upward, and release it to stop. Adjustment will stop and a "di di" sound will be heard when the adjustment reaches the limit position.
	Backrest mechanism lowering key: press and hold this key to move the backrest mechanism slowly downward, and release it to stop. Adjustment will stop and a "di di" sound will be heard when the adjustment reaches the limit position.

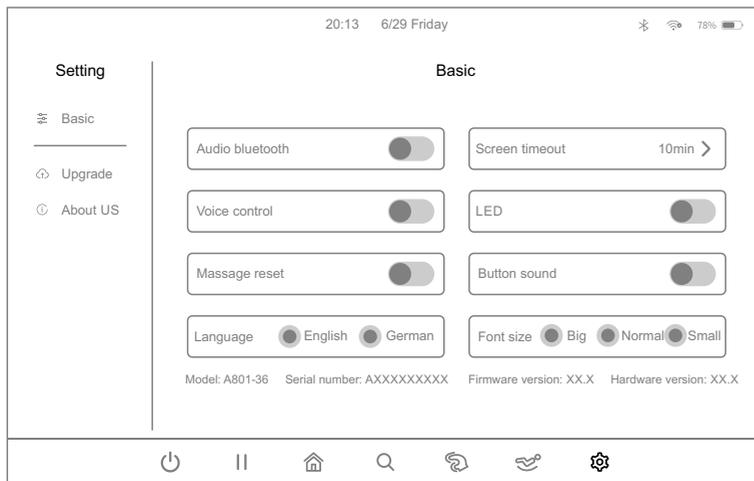
Operation Instructions

VIII. Setting (please use this function after switching on the massage chair)

Click the "Setting" key in the menu bar on the bottom side of the display screen to enter the setting interface, and then make system settings according to the massage needs.

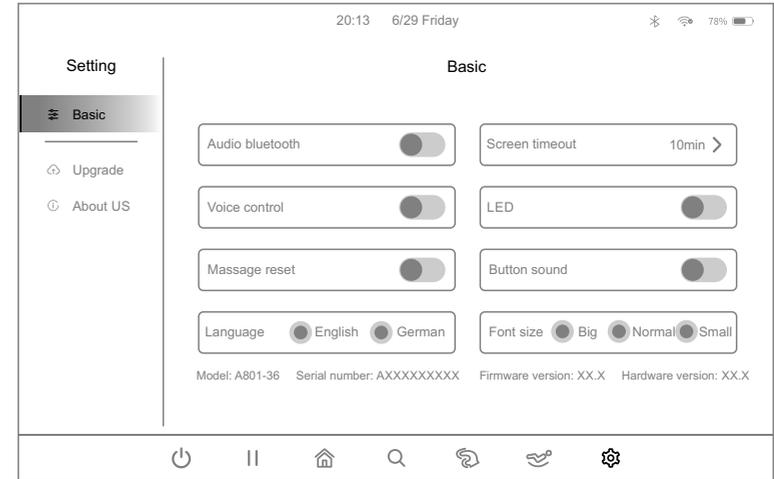


1. After entering the settings interface, click the corresponding system settings "Name Bar" icon as shown in the following figure; then make system settings according to the system requirements, including basic settings, firmware upgrade, about us and other setting functions.

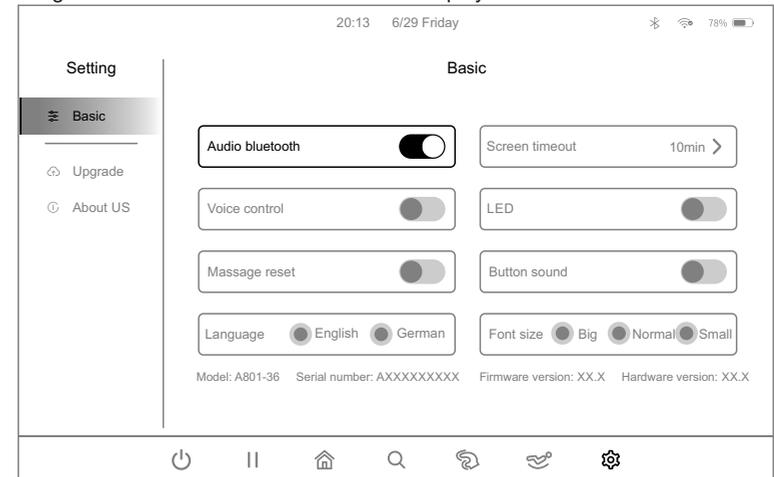


Operation Instructions

2. Basic settings : after entering the settings interface, click on the "Basic Settings" icon as shown in the following figure; then set up the massage chair system according to the system requirements, including audio and Bluetooth, screen timeout, voice control, ambient light, massage chair reset, key sound, language selection, font size and other settings; you can also view the product model, software version, firmware version, hardware version and other product and equipment information.

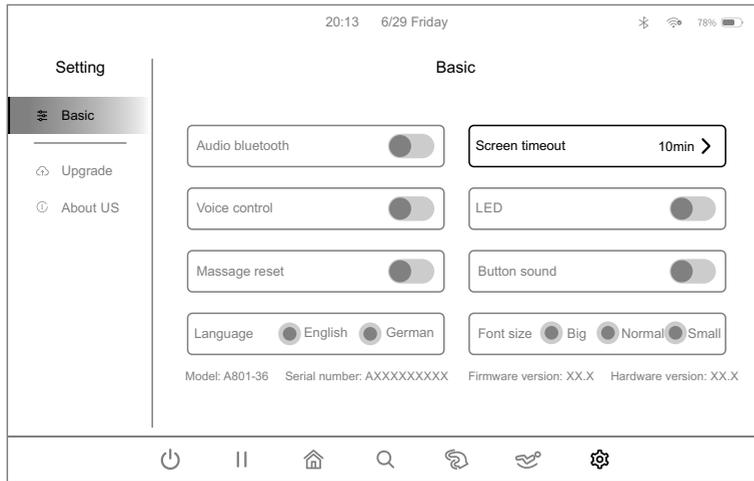


2.1. Audio Bluetooth: after entering the setting interface, select "Audio Bluetooth" switch as shown in the figure below; then turn on or off the Bluetooth function according to the massage demand. After turning on the Bluetooth function, you can pair and connect the audio source device with Bluetooth function (such as cell phone, MID tablet PC, etc.) with the Bluetooth module of the massage chair, and then the music played by the audio source device can be transmitted to the audio system of the massage chair through the Bluetooth wireless transmission to play the music.

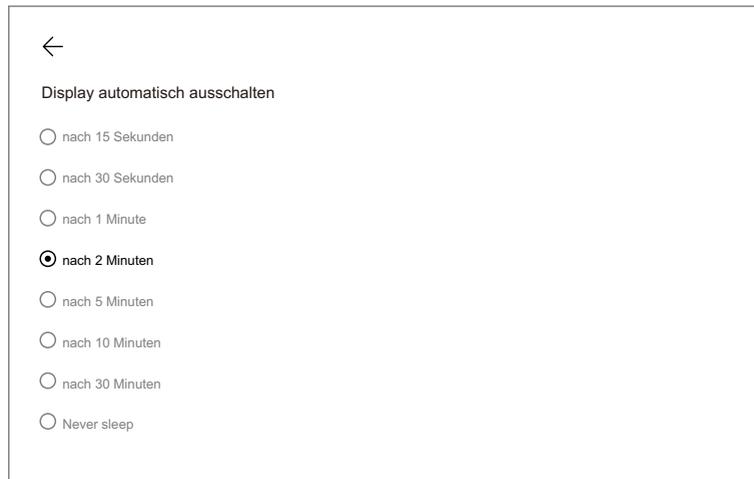


Operation Instructions

2.2. Screen timeout: after entering the setting interface, click the right key of “Screen Timeout” as shown in the following figure, and adjust the system screen off time in the pop-up interface according to the message demand.

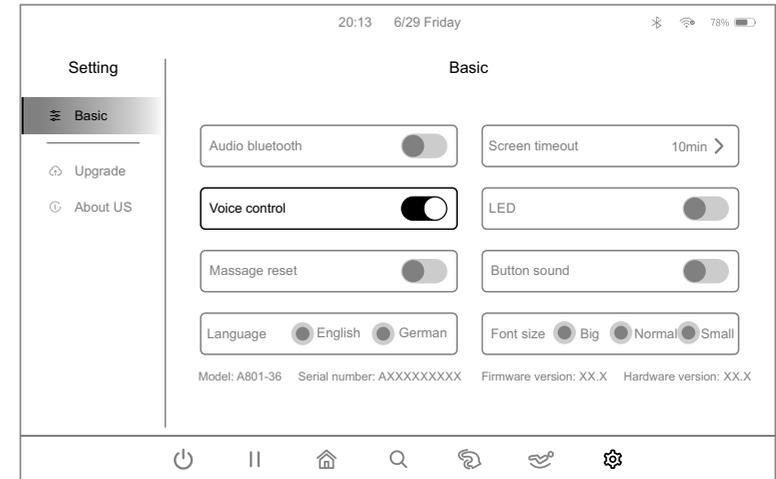


2.2.1 After entering the screen timeout interface, set the automatic screen off time in no-touch state according to the message demand, currently there are 8 kinds of time to choose from, including 15 seconds, 30 seconds, 1 minute, 2 minutes, 5 minutes, 10 minutes, 30 minutes and never timeout.

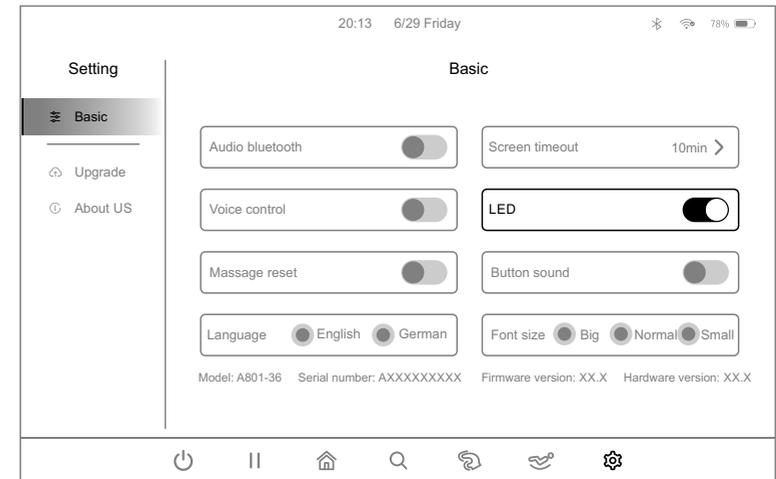


Operation Instructions

2.3. Voice control: after entering the settings interface, select the “Voice Control” switch as shown in the figure below, and then turn on or off the voice control function according to your message needs. After you turn on the voice control function, you can control your message chair by voice control according to the contents of the voice words. See page 53 for details on voice-activated phrases.



2.4. Ambient light: after entering the setting interface, click on the “LED” switch as shown in the figure below, and then turn on or off the ambient light function according to the needs of message.

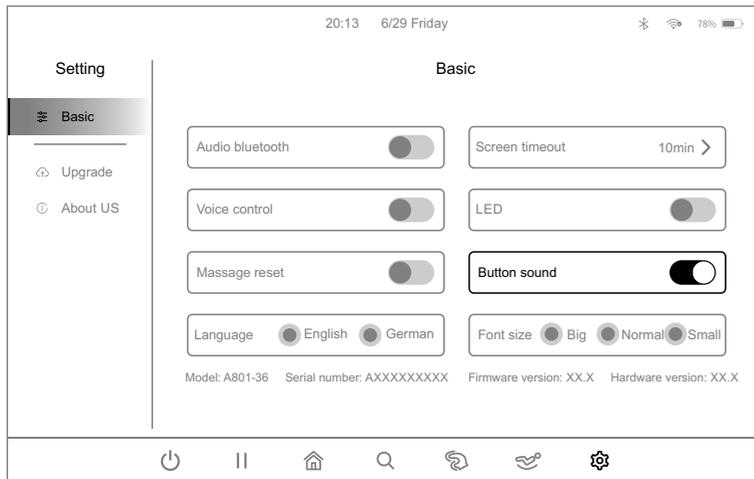


Operation Instructions

2.5. Massage chair reset: after entering the setting interface, click the "Massage Chair Reset" key as shown in the figure below to turn the massage chair reset function on or off; the massage chair will be reset at the end of the massage chair's running time when the massage chair is turned on. If the massage chair reset function is turned off, the massage chair will not be reset after the expiration of the running time.

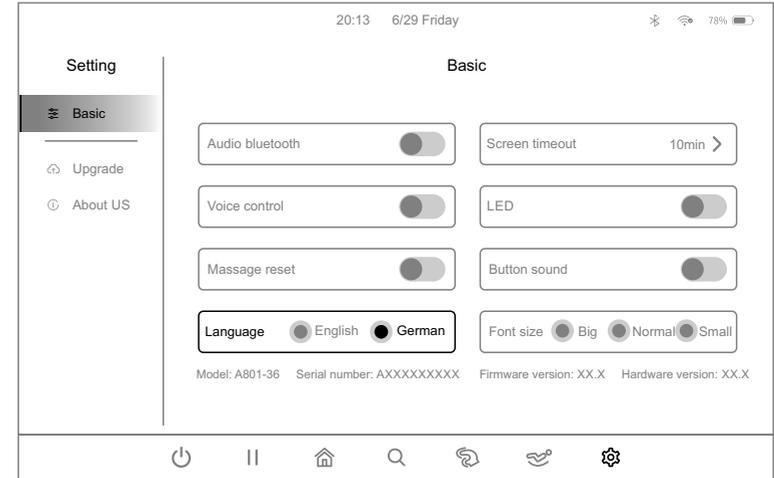


2.6. Key sound: after entering the setting interface, click the "Key Sound" switch as shown in the figure below, and then turn on or off the sound of the keys when the manual controller is operated according to the massage demand.

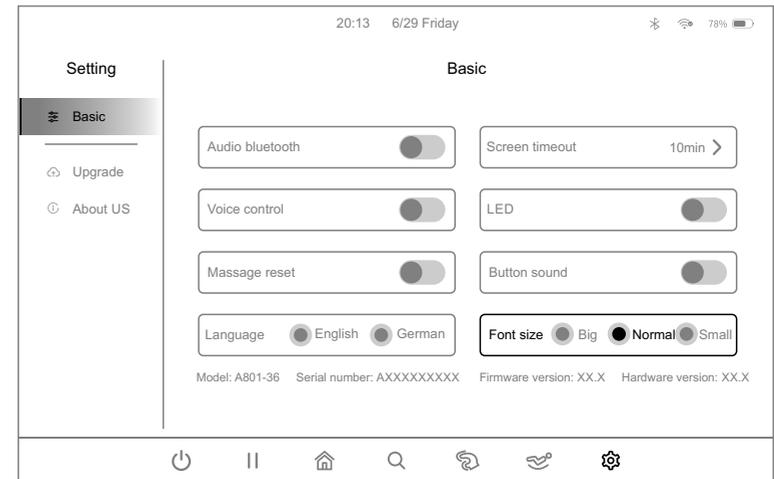


Operation Instructions

2.7. Language selection: after entering the settings interface, click the "Language" key in the language selection column as shown below, and select a language according to the user's needs; the default language is German, and English can be selected as well.

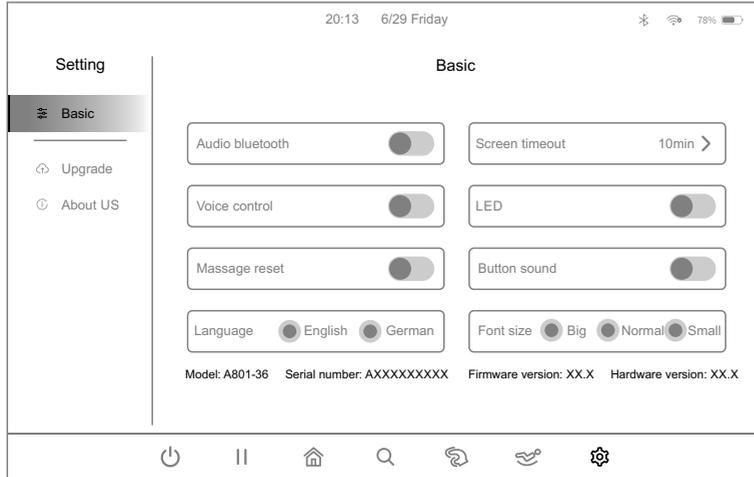


2.8. Font size: after entering the settings interface, click the "Font Size" key in the font size column as shown in the figure below, and then select a different font size according to the user's needs; the default is standard, and you can also select large or small fonts.

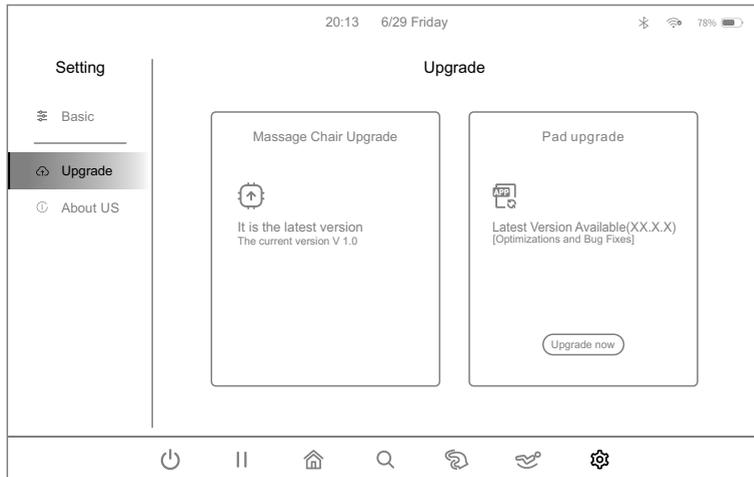


Operation Instructions

2.9. Massage chair settings (product information): after entering the settings interface, you can view the product model, software version, product serial number and firmware version to display the current device and other information as shown in the figure below.

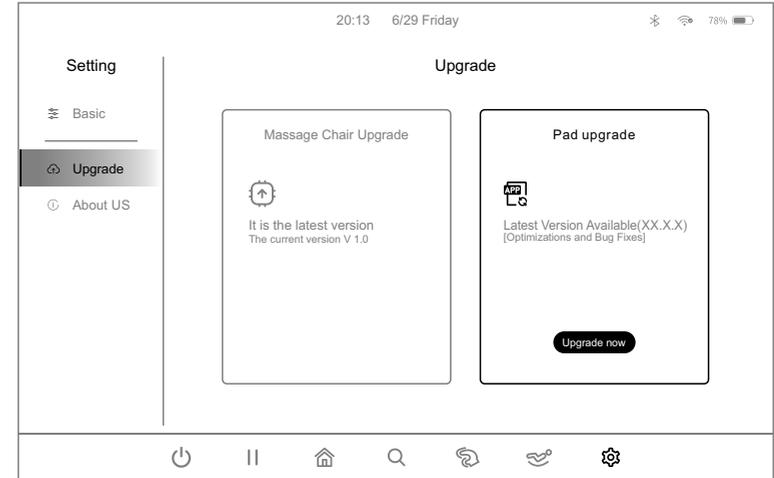


3. Firmware upgrade: after entering the setting interface, click the “Firmware Upgrade” icon as shown in the following figure; then update the program according to the program requirements, including massage chair program upgrade, tablet upgrade and so on.

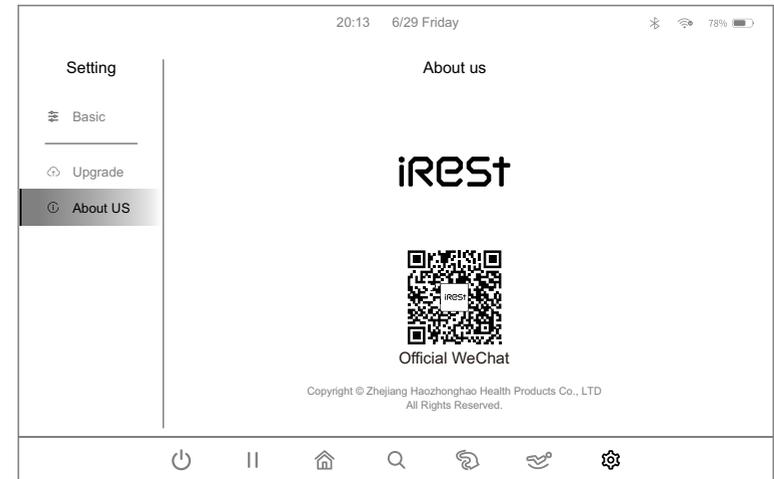


Operation Instructions

3.1. Version upgrade: after entering the settings interface, as shown in the figure below, the system finds that there is an update content, you can choose to click on the “Upgrade Now” button according to the demand for system update to upgrade the version of the massage chair or the tablet version, if the current version is the latest version, the update button will not be displayed.



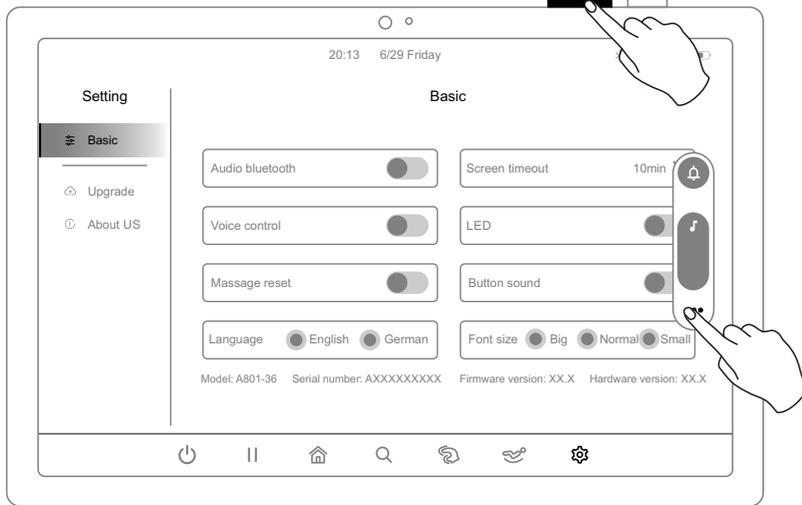
4. About us: after entering the settings interface, click on the “About Us” icon option bar as shown in the figure below; in this interface, you can scan the QR code to learn more about “iRest”.



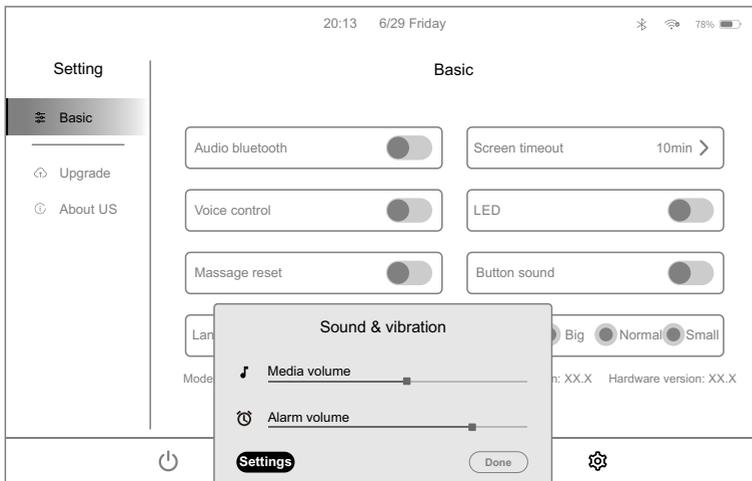
Operation Instructions

IX. Restore factory settings ((please use this function after switching on the massage chair)

Press the volume control key on the top right of the tablet manual controller, and then the volume display bar will pop up on the right side of the screen. Click the three dots below the volume bar will open the tone & vibrate interface.

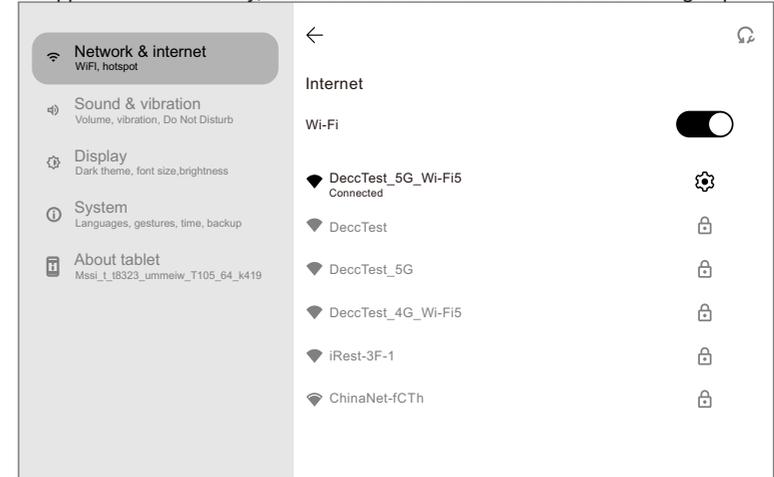


1. Open the tone and vibration pop-up window interface, and choose to click the “Setting” key in the lower-left corner, enter the tablet manual controller system built-in settings interface.



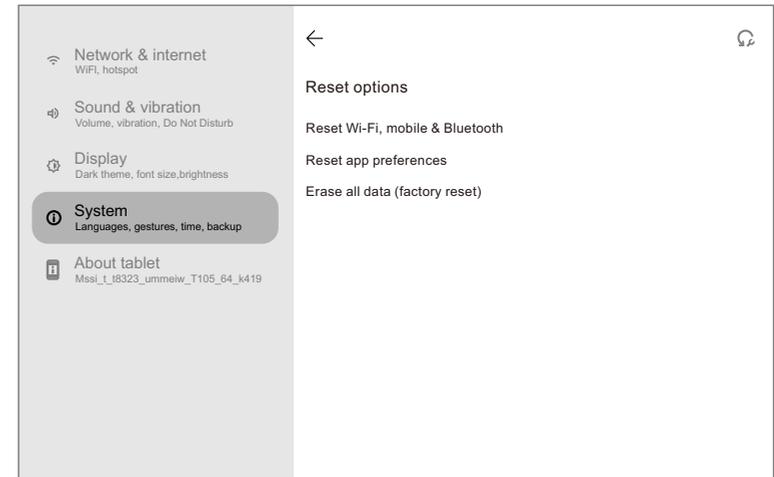
Operation Instructions

2. After entering the tablet manual controller system built-in settings interface, you can make the relevant built-in system settings according to the system requirements, including network and internet, tone and vibration, display, system, about tablet and other setting functions. When you choose to restore factory settings, the tablet will restore all kinds of data and settings within the system to the state when the tablet was just shipped from the factory, this includes but is not limited to the following aspects.



2.1. Enter the built-in system settings of the tablet manual controller, select “Reset Option” in the “System” option column to restore factory settings. Clear user data including all personal data, such as photos, videos, music, documents, etc. will be deleted. This is equivalent to a complete data cleanup of the tablet.

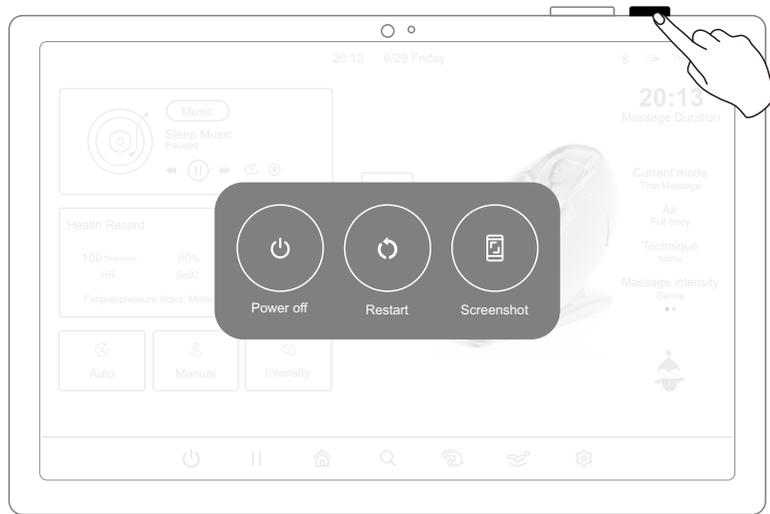
2.1.1. System settings reset: The settings of the tablet, such as wallpaper, ringtone, brightness, display settings, network settings (WiFi password, etc.), Bluetooth pairing, etc. will be restored to the factory defaults.



Operation Instructions

X. Turn off the tablet manual controller

In the massage process or after the end of the massage, short press the upper right corner of the tablet manual controller side mechanical keys, tablet manual controller rest screen, long press for 3 seconds in the pop-up interface to select “shutdown, restart, screenshot” key for different operations. If you select the shutdown key, the tablet is in a low-power state after shutdown; if you select reboot, the tablet manual controller system will be restarted.



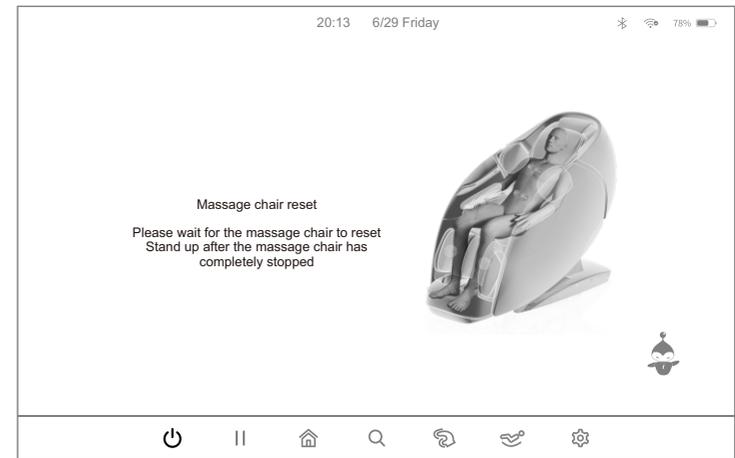
	<p>Warm reminder</p> <p>End of tablet manual controller control message chair operation method.</p>
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XI. End message (tablet manual controller operation)

During massage:

1. Press the on/off key in the tablet manual controller interface, all massage functions are closed and the massage chair angle is reset.
2. Long press the armrest on/off key, all massage functions closed, massage chair angle reset.
3. Use voice-control instructions to turn off the machine, all massage functions off, massage chair angle reset.
4. At the end of the fixed time, all massage functions are turned off, if the massage chair reset function is turned on then the massage chair angle is reset, otherwise the massage chair angle remains unchanged.

Operation Instructions



XII. Bluetooth App Download and Install

1. APP download and installation

- 1.1. Android system download method: Search for the download version “Robot Massage” in Google Play (Google Store) download and install it. You can also scan the below QR code to download and install it. After success, you can use the Bluetooth App to operate the massage chair.
- 1.2. Apple system download method: Search and download the IOS version “Robot Massage” in App Store (Apple App Store) to download and install it. You can also scan the below QR code to download and install it. After success, you can use the Bluetooth APP to operate the massage chair.



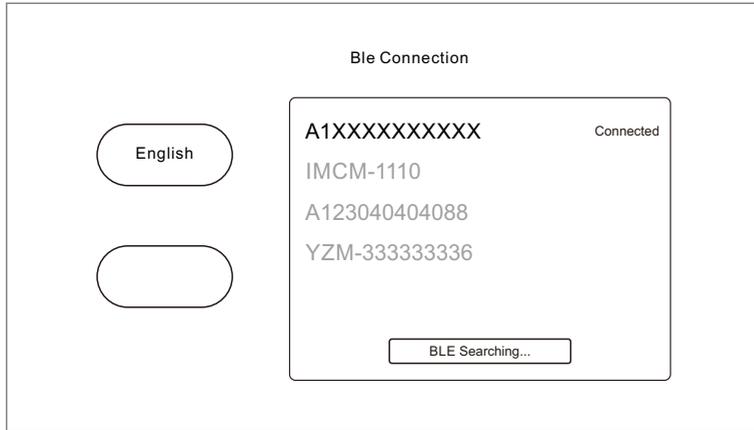
Message controller



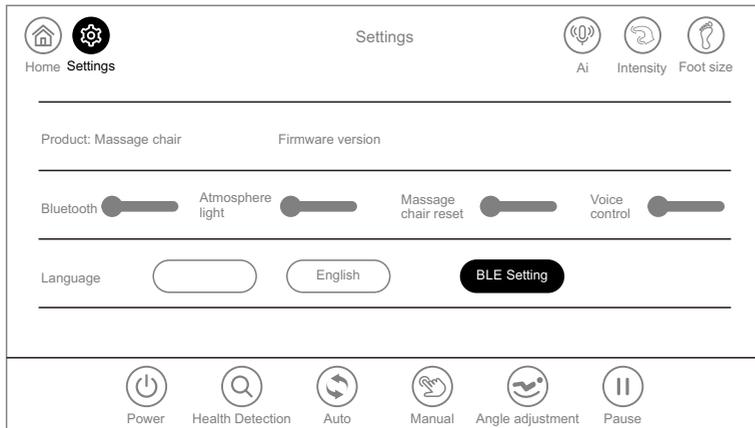
Note: If you want to use the cell phone APP, you must first disconnect the Bluetooth connection of the tablet manual controller or long press the power key on the tablet manual controller for 3 seconds to turn off the manual controller, otherwise the cell phone APP will not be able to connect to the massage chair

Operation Instructions

2. APP Bluetooth search connection: after APP installation is successful, in the smart device interface, click on the Bluetooth APP icon, open the APP will automatically jump to the Bluetooth connection interface, at the same time APP automatically search for the corresponding device Bluetooth number (such as A1XXXXXXXXXXXX), and then click on the corresponding device Bluetooth number (and show that it has been connected). After the connection is successful, you can operate the message chair through APP. Note: Before connecting the device, you must open the Bluetooth function and location information of the smart device system.

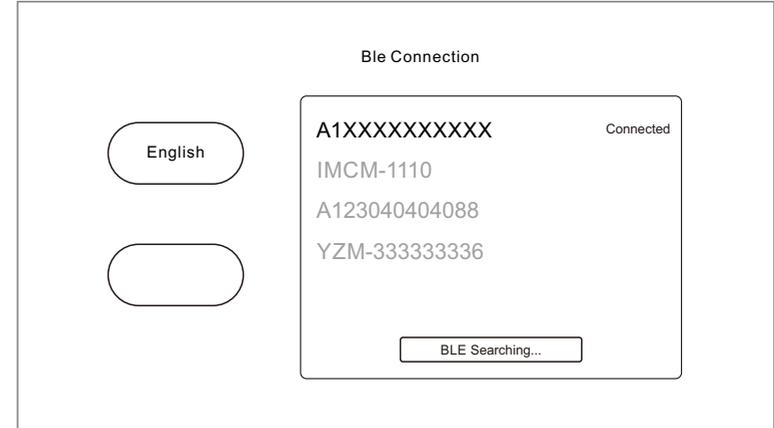


2.1. APP Bluetooth name replacement: if the location of the message chair is changed or the Bluetooth name is changed, you need to reconnect the device according to the actual situation; as shown in the figure below, after entering the APP interface, you can choose to click on the "Settings" key in the menu bar on the left side, and then choose the "Device Connection" key to connect the device. Note: The Bluetooth function and location information of the smart device system must be turned on before the device is connected.



Operation Instructions

2.2. As shown in the figure below to enter the setting interface, choose to click on the "Device Connection" key, APP will automatically search for the corresponding device Bluetooth number (such as A1XXXXXXXXXXXX) in the pop-up window interface, and then click to select the corresponding device Bluetooth number (and show that it has been connected). After the device is connected successfully, you can operate the message chair.

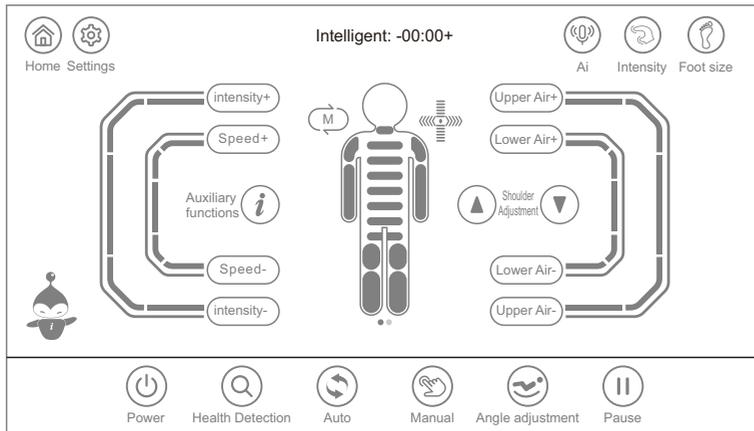


3. Bluetooth APP operating instructions: after the device is successfully connected, Bluetooth APP will automatically jump to the standby interface, as shown in the figure below, select the "On/Off" key in the bar below to open the message function.



Operation Instructions

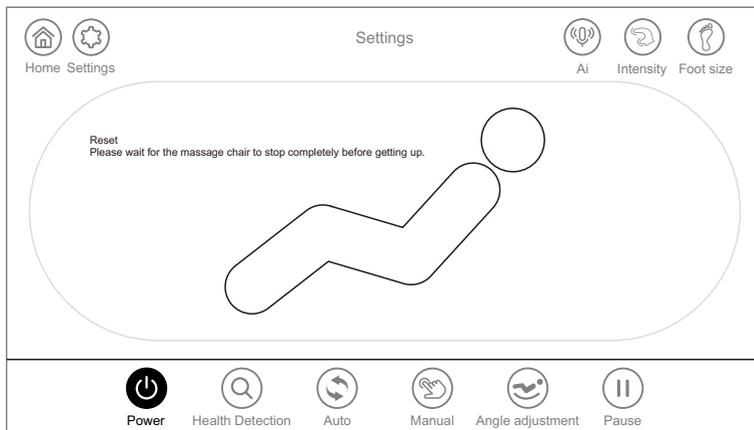
3.1. After turning on the massage chair, enter the Bluetooth APP operation interface as follows, at this time you can control the massage chair by mobile phone.



XIII. End Massage (Bluetooth APP Interface Operation)

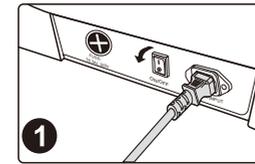
During massage:

1. Press the Bluetooth APP interface on/off key, all massage functions are closed and the massage chair angle is reset.
2. Long press the armrest switch key, all massage functions off, massage chair angle reset.
3. Use voice-activated instructions to switch off, all massage functions off, massage chair angle reset.
4. At the end of the fixed time, all massage functions are turned off, if the massage chair reset function is turned on then the massage chair angle is reset, otherwise the massage chair angle remains unchanged.

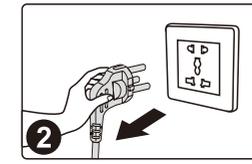


Operation Instructions

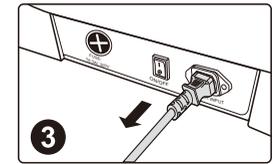
Cut off the whole machine power supply, as shown in the figure (Schematic diagram of power switch position of the whole machine).



1 Turn off the power switch ("0" position)



2 Schematic diagram of pulling out the power plug



3 Remove the product connection power cord

 Warm reminder	<p>Massage chair Bluetooth APP interface operation method, you can refer to this manual of the tablet manual controller interface operation method.</p>
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Cleaning and Maintenance

Cleaning synthetic leather and plastic parts

Wipe the leather with a soft, dry cloth.

Do not use chemicals such as thinner, gasoline, alcohol, etc. to clean the unit.

When using commercially available leather care products (rags), please follow the instructions for use.

If synthetic leather is particularly dirty, wipe it in the following way.

Immerse a soft cloth in water or hot water containing 3% to 5% neutral detergent, then wring it out thoroughly.

Use the above soft cloth to wipe the leather surface.

Wipe off the cleaning solution with a cloth soaked in clean water and thoroughly wrung out.

Wipe with a wrung soft cloth.

Let it air dry naturally.

- When it is difficult to remove stains, please immerse commercially available melamine foam in neutral detergent, and then wipe the machine with it.
- Do not use a hair dryer to dry the surface.
- Be careful when wiping the machine with denim and colored fabrics, as the color of the fabric will stain the surface of the synthetic leather.
- Do not keep these parts in contact with plastic for a long time, as this will cause discoloration.
- Synthetic leather may be discolored, so when using hair dye, please cover the touched part with a towel.



Troubleshooting

Fault	When the calf mechanism or the backrest reaches a certain position, press the corresponding adjustment button and it will no longer change, and a continuous "beep, beep" sound will be emitted.
Solution	Due to product structure design and ergonomic requirements, this product has a limited protection design for the limit state of attitude adjustment. At the same time, a reminder sound will sound when the limit is reached.

Fault	The function does not work or some functions do not work after the machine is turned on.
Solution	After the machine is turned on by pressing the switch key, it is necessary to manually select an automatic massage program or other working state. If it is not operated, the machine will automatically shut down after 20 minutes. If the manual operation mode is selected, the functions that are not selected may be disabled, and the working mode needs to be manually set in the manual mode.

Fault	The machine makes a leather rubbing sound when adjusting its posture.
Solution	This product adopts high-grade anti-corrosion leather that meets environmental protection requirements. Due to the inherent characteristics of leather materials, there will be a normal slight noise when rubbing at the relative movement, which is a normal phenomenon. Note: If you hear fabric or leather tearing sound when the machine is running, please stop using it immediately and seek professional maintenance.

Fault	The massage wheel did not reach the shoulders or neck.
Solution	If the head does not touch the head cushion or the back does not touch the backrest, the shoulder position may be lower than the actual position during the body shape detection process. Sit in the deepest position of the seat, rest your head on the headrest, and start over from the beginning.

Fault	The unit is damaged. The power cord or power plug is abnormally hot.
Solution	To prevent accidents, be sure to contact an authorized service center.

Please feel free to contact the designated service personnel for any questions or doubts about this product.

Product specifications

Name: V8 Massage Chair

Model: A801-36

Rated voltage: 110-120V~ 60Hz

220-240V~ 50Hz/60Hz

Rated power: 220W

Rated time: 20min

Safety structure: Class I