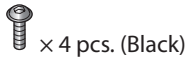


# Assembly

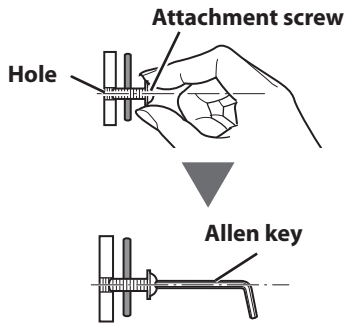
## 1 Attaching the controller stand to the right or left side panel

### Fasten the controller stand with the attachment screws. (4 positions)

Use this screw: Attachment screws (M6 × 13)



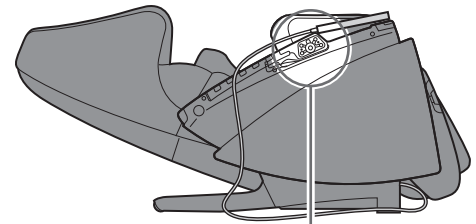
#### How to tighten the screws



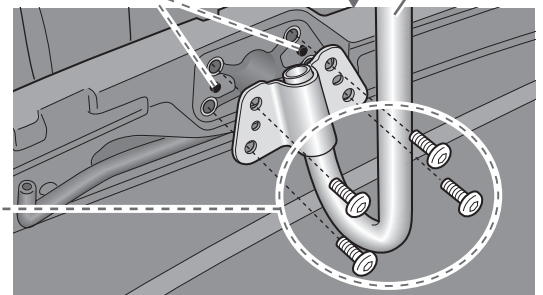
- Tighten the 4 screws lightly using your fingers. (Make the screws level with the holes.)

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

<When attaching on the right side panel>



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



## 2 Fasten the armrest with the attachment screws. (On both sides)

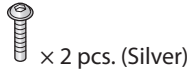
### 1 Insert the armrest into the unit.

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

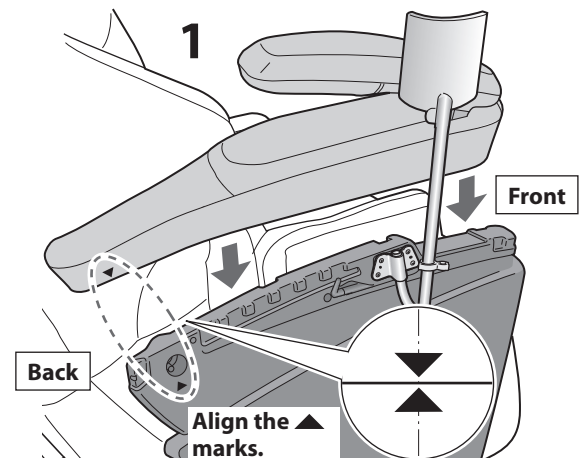
### 2 Slide the armrest toward the front while pushing it downward.

### 3 Fasten the armrest with the attachment screws. (One position for each side)

Use this screw: Attachment screws (M6 × 20)



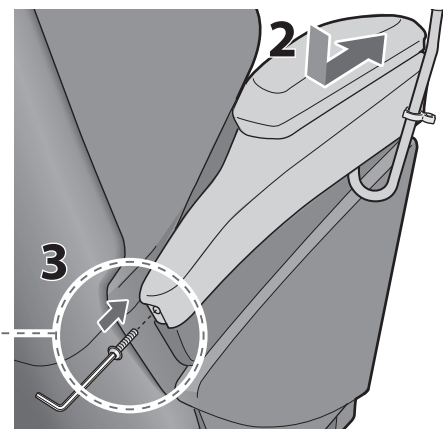
<When attaching the right armrest>



#### How to tighten the screws

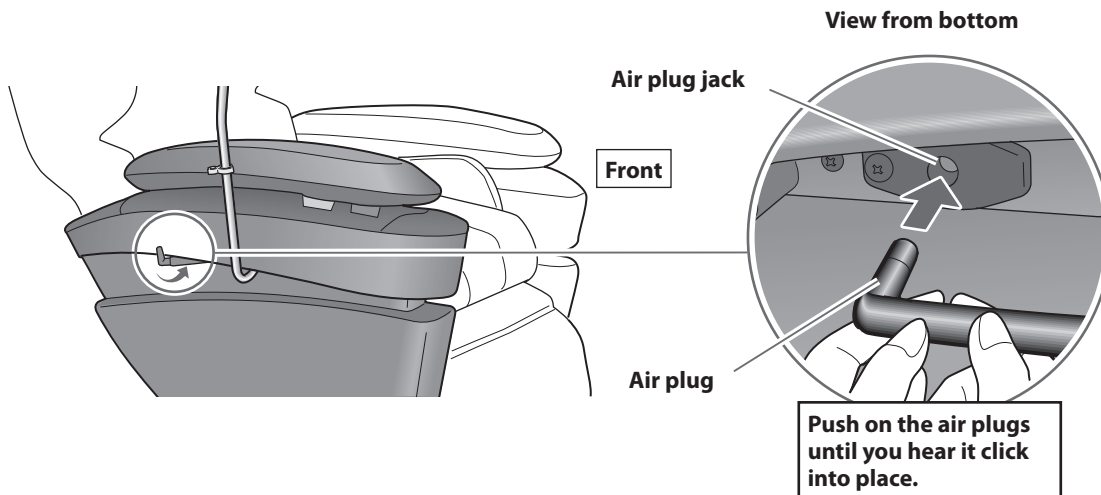


- Put an attachment screw on the edge of the allen key and tighten the screw horizontally to the hole.
- Screw may be damaged if you tighten the screw inserted into the hole crookedly using an allen key.

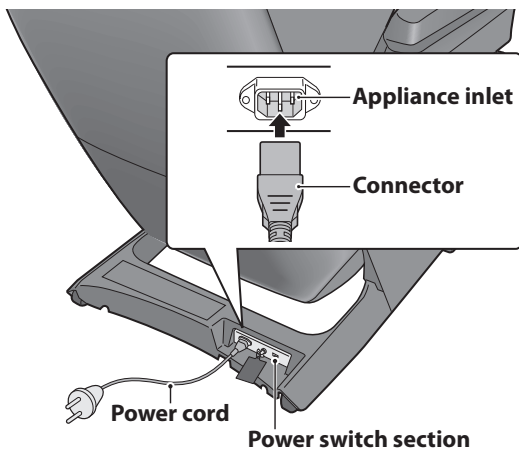


### 3 Connecting the air plugs (On both sides)

- Insert the air plugs into the lower part of the armrest.
- \* Arm massage will not operate unless the air plugs are inserted securely.



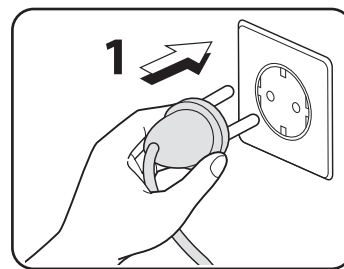
### 4 Connect the power cord to the unit




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

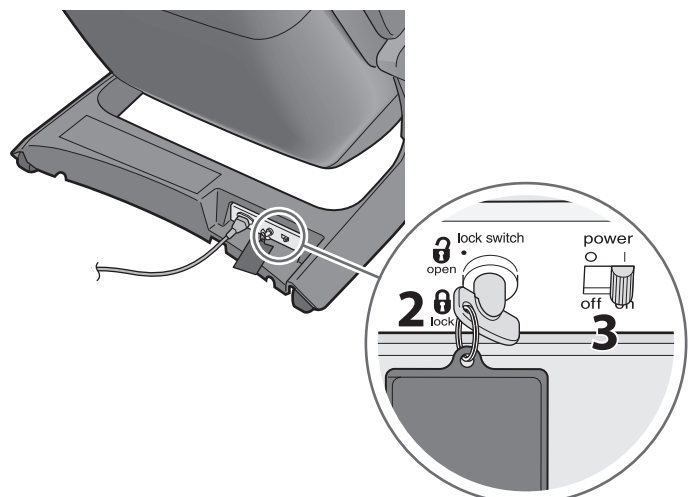
### 5 Raising the backrest to the upright position

- 1 Insert the power plug into the power socket.



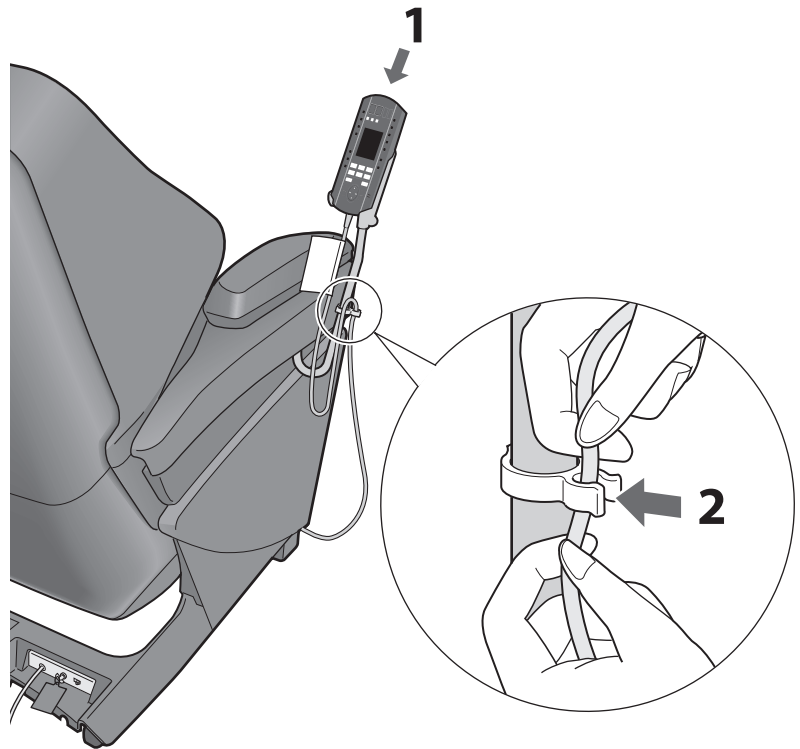
- 2 Confirm the lock switch key is set to the "open" position.
- 3 Confirm the power switch is set to the "on" position.
- 4 Press  button on the controller twice.

- Press once, and then press again approx. 1 second later.
- Backrest will rise automatically.





## 6 Placing the controller

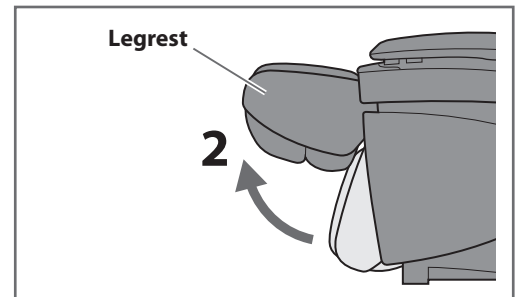
- 1 Placing the controller into the controller stand.**
- 2 Fasten the controller cord using the clip.**
  - Fasten so the cable under the clip will not sag too much with the backrest raised. (Because there is a chance of your legs, etc., getting caught)



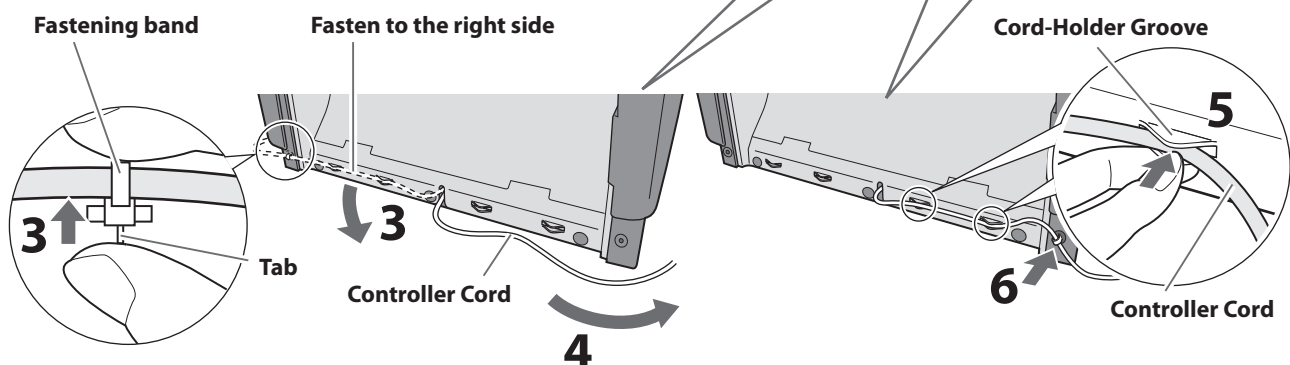
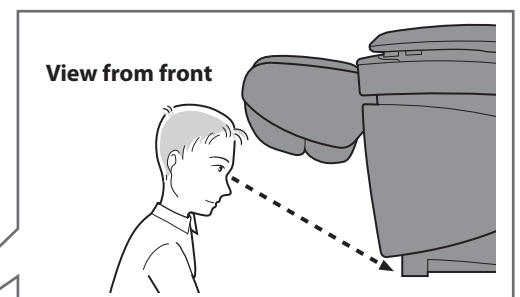
### When the controller stand is attached on the left side

- Run the controller cord to the left.

- 1 Press the  button on the controller to turn on the power.**
- 2 Press  button on the controller and hold until the legrest has risen far as it will go.**
  - Continue pressing until a “beep-beep-beep” sound is heard.



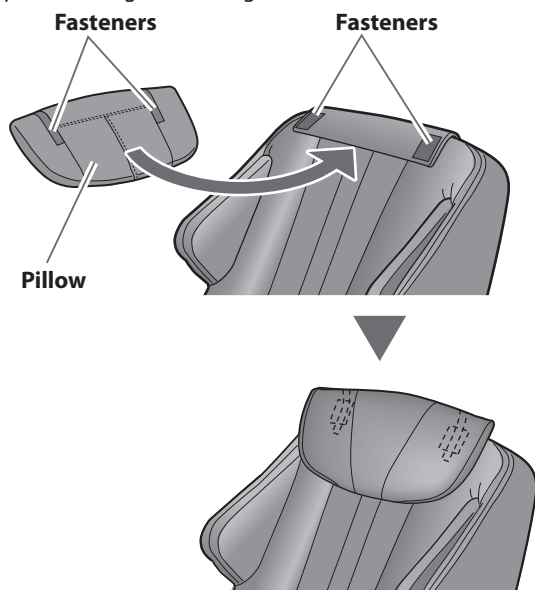
- 3 Disconnect the controller cord.**
  - Hook is released by pressing on the tab on the fastening band with your fingers.
- 4 Move the controller cord under the legrest to the left side.**
- 5 Fasten the controller cord.**
  - Press down from the edge if it does not fit in easily.
- 6 Insert the tip of the fastening band into the hole.**
  - The controller cord is fastened to the right side prior to leaving the factory.



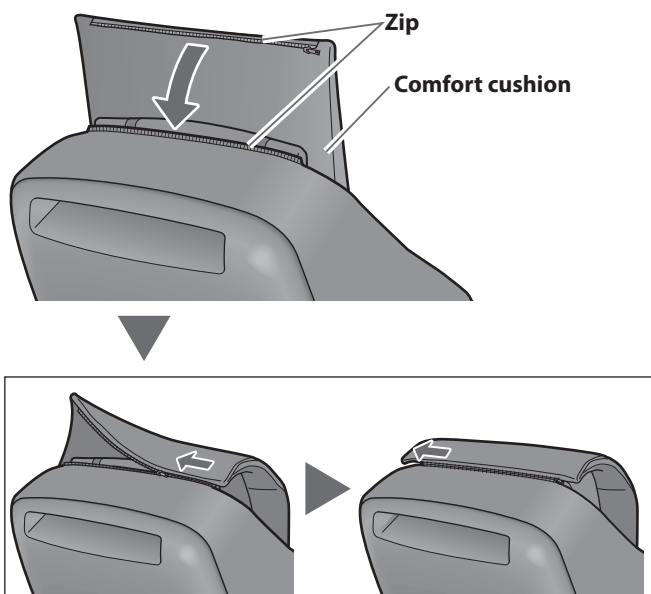
## 7 Fasten the pillow and the comfort cushion.

### 1 Fasten the pillow using the fasteners.

- See page GB19 for guidelines on positioning the pillow during the massage.



### 2 Fasten the comfort cushion using the zip.



# Before sitting down

## Check the following before using the unit

### 1 Check the surrounding area.

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



### 2 Flip up the comfort cushion and deploy the leg/sole massage section.

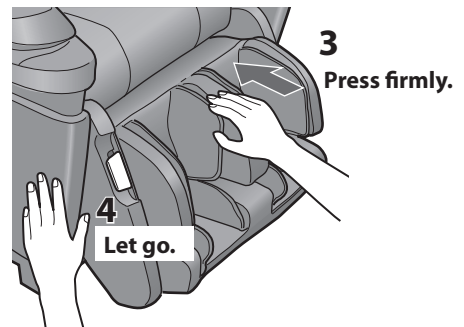
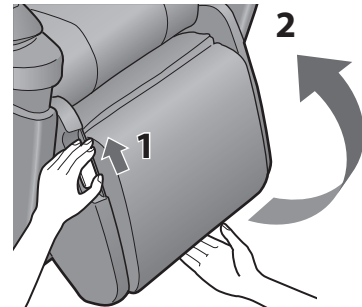
⚠ See Warning No. 2 on page GB2, and No. 16 and 21 on page GB3.

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



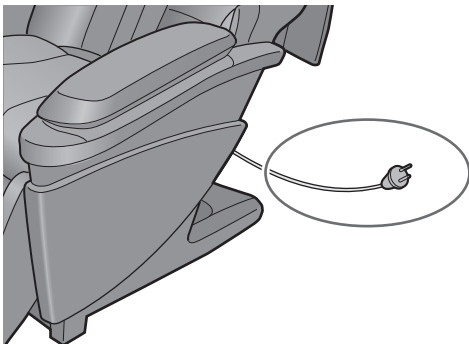
#### How to deploy the leg/sole massage section

- 1 Pull the release lever in the direction of the arrow.
- 2 Rotate from the bottom.
- 3 Rotate until it clicks into place.
- 4 Release the lever.
- 5 Check that the legrest is locked into place.

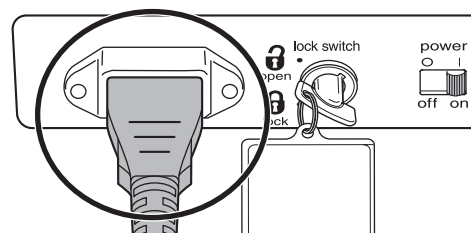


### 3 Check the power cord and the power plug.

⚠ See Warning No. 7 on page GB1.

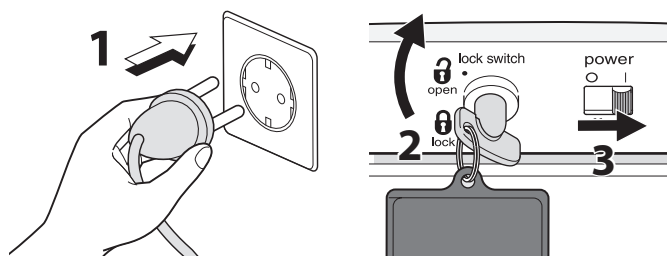


Be sure to push the connector all the way into the appliance inlet.



## 4 Switching on the power supply

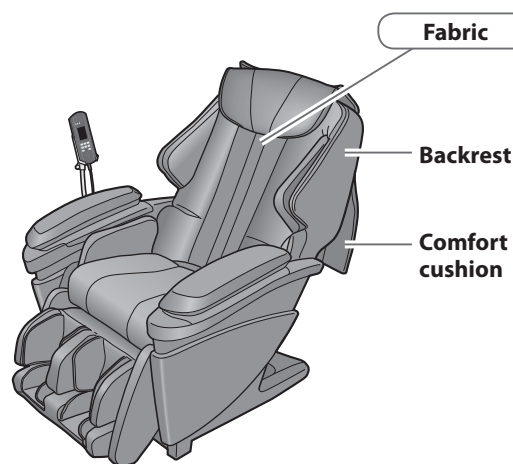
- 1** Insert the power plug into an electrical socket.
- 2** Turn the lock switch key to the "open" position.
- 3** Slide the power switch to the "on" position.



## 5 Check the unit.

- 1** Make sure there are no tears or rips in the fabric.

⚠ See Warning No. 8 on page GB1.




- 2** Make sure there is no foreign matter between the parts of the unit.

⚠ See Warning No. 16 on page GB3.


- 3** Make sure the massage heads are in the retracted position.

### When the massage heads are not in the retracted position

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

- 4** Make sure the legrest is in the fully lowered position.

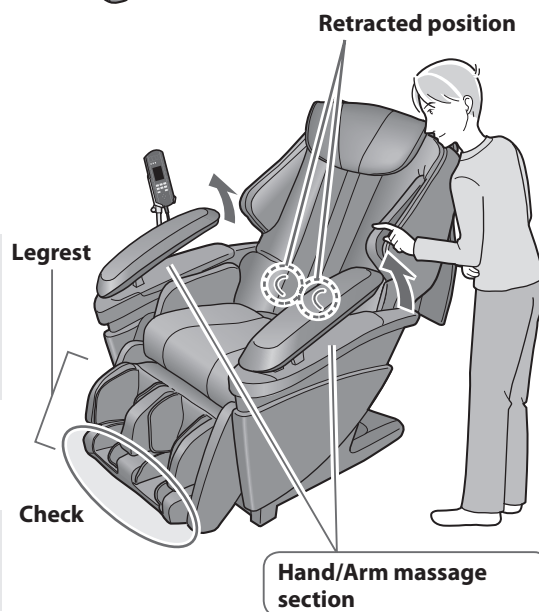
### When the legrest is not fully lowered

The legrest will lower by pressing on  twice.

⚠ See Warning No. 7 on page GB2.

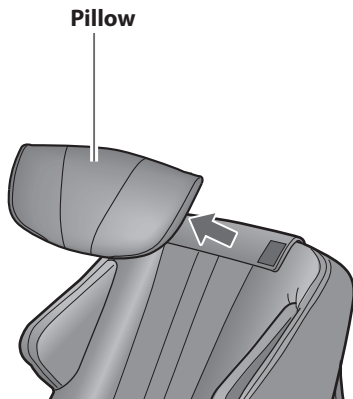
- 5** Check that the legrest is locked into place.

⚠ See Warning No. 16 on page GB3.



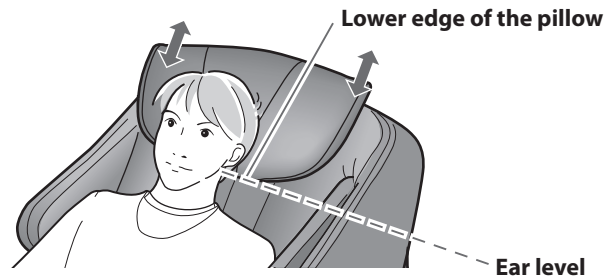
## 6 Adjust the pillow position.

### 1 Remove the pillow.

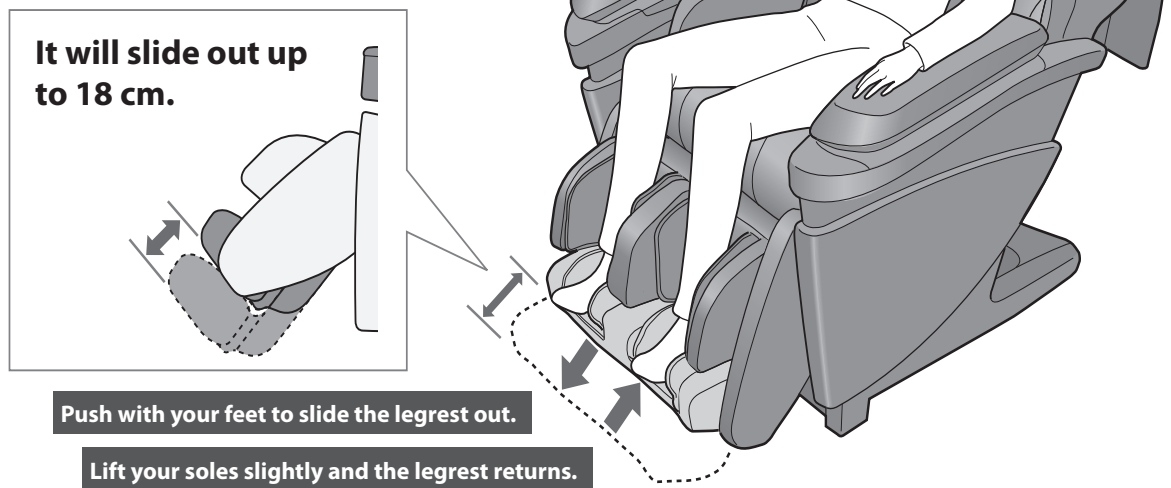


### 2 Adjust the height of the pillow so that the bottom edge is at ear level.

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

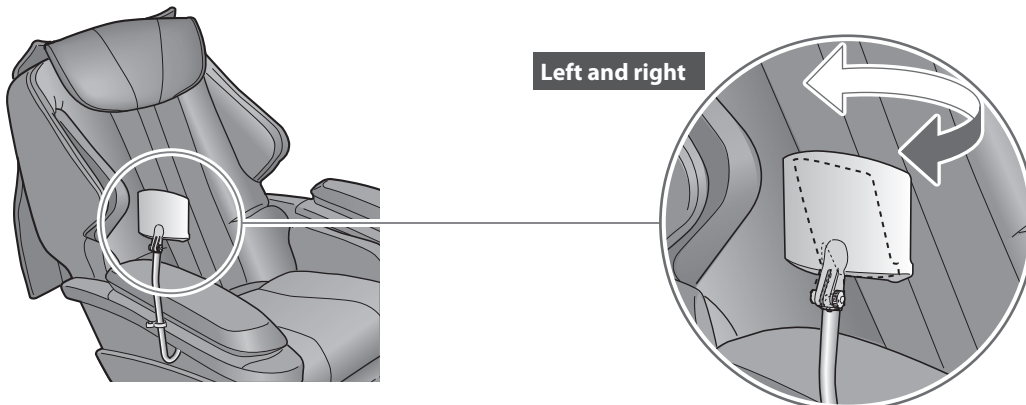


## 7 Slide the sole massage section to your preferred position.



## 8 Adjust the controller stand.

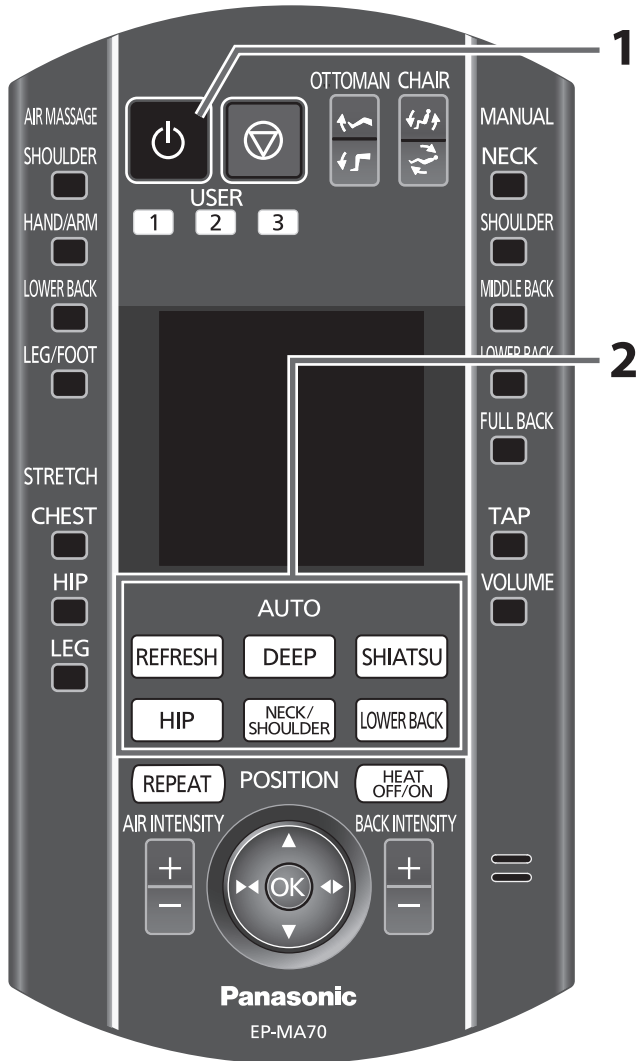
Horizontal orientation can be adjusted.





# If you want a complete massage

## Automatic programmes



### 1 Press the button to turn on the power.

- The power is turned off automatically if 3 minutes or more pass without operation.

### 2 Press one of the buttons

(      
) to select the programme.

### Characteristics of Automatic programmes (Upper Body)

#### REFRESH

This is a programme to relax your body pleasantly with light stimulation mainly by tapping massage.

#### DEEP

This is a standard programme to deeply relax your muscles mainly by kneading massage.

#### SHIATSU

This is a programme to strongly loosen points of muscle tightness mainly by shiatsu massage.

#### HIP

This is a programme to relax the muscles around your pelvis using the air operation.

#### NECK/SHOULDER

This is a programme to stretch and relax the muscles around your neck and your shoulders.

#### LOWER BACK

This is a programme to relax the muscles around your lower and middle back.

- See page GB41 for an overview of the respective programmes.

Persons whose height is less than 140 cm or more than 185 cm are recommended to use the unit in the manner described below when the massage heads do not touch their shoulders.

#### Height is around 140 cm or less



Use by placing a cushion on the seat and sitting as far back as possible.

#### Height is around 185 cm or more



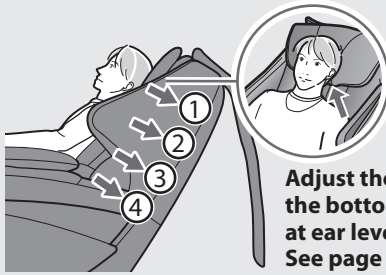
Use by reclining the backrest and sliding your body downward.



**1 Body scanning will commence when the programme is selected. (BODY SCANNING will flash.)**

- The body scanning will properly detect height ranges between approximately 140 and 185 cm.

Sit as far back in the seat as possible with your head on the pillow.

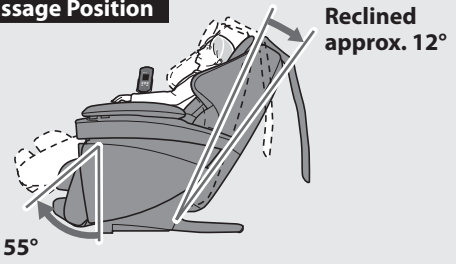


Adjust the pillow height so that the bottom edge of the pillow is at ear level. See page GB19.

- ① NECK
- ② SHOULDER
- ③ MIDDLE BACK
- ④ LOWER BACK

The unit will automatically recline to the correct massage position.

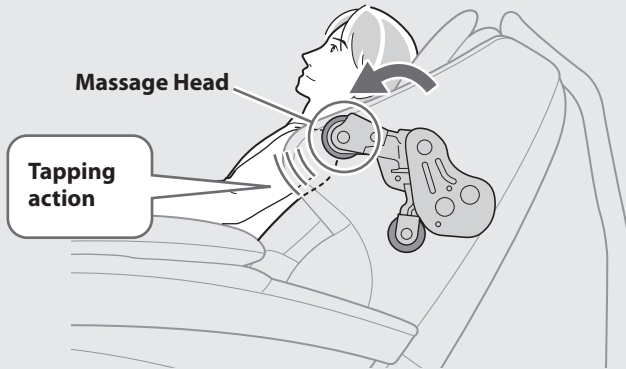
**Correct Massage Position**



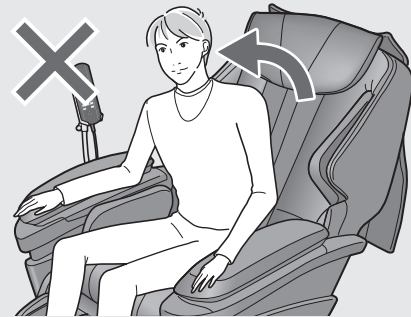
Raised approx. 55°

- If the massage lounger is reclined further than the massage position angle, it will not automatically return to the correct massage position.

**2 Approximately 30 seconds after the body scanning starts, the massage heads slowly lower to the shoulder position, and a soft tapping action begins to determine your shoulder position.**



- Airbags in the seat will inflate so the body will not shift during the body scanning.

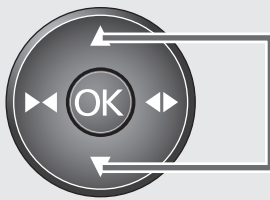


- Keep your head on the pillow until the soft tapping begins. Lifting your head from the pillow will result in incorrect determination of the shoulder position.

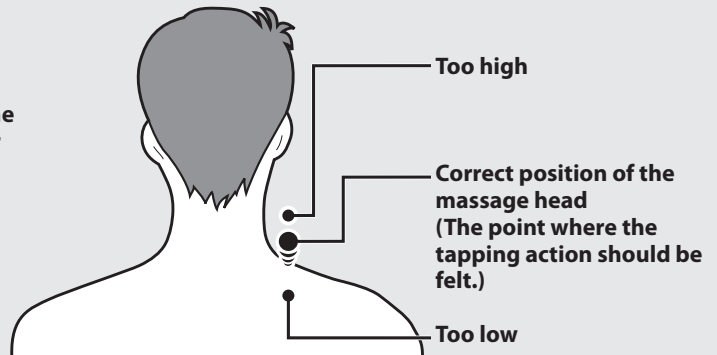
**3 To adjust the shoulder position during the tapping action**

- When the shoulder position is incorrect, adjust the shoulder position while the soft tapping is in progress (for approximately 12 seconds), and use the POSITION button to move the massage heads up or down and then press **OK** button.

**POSITION**



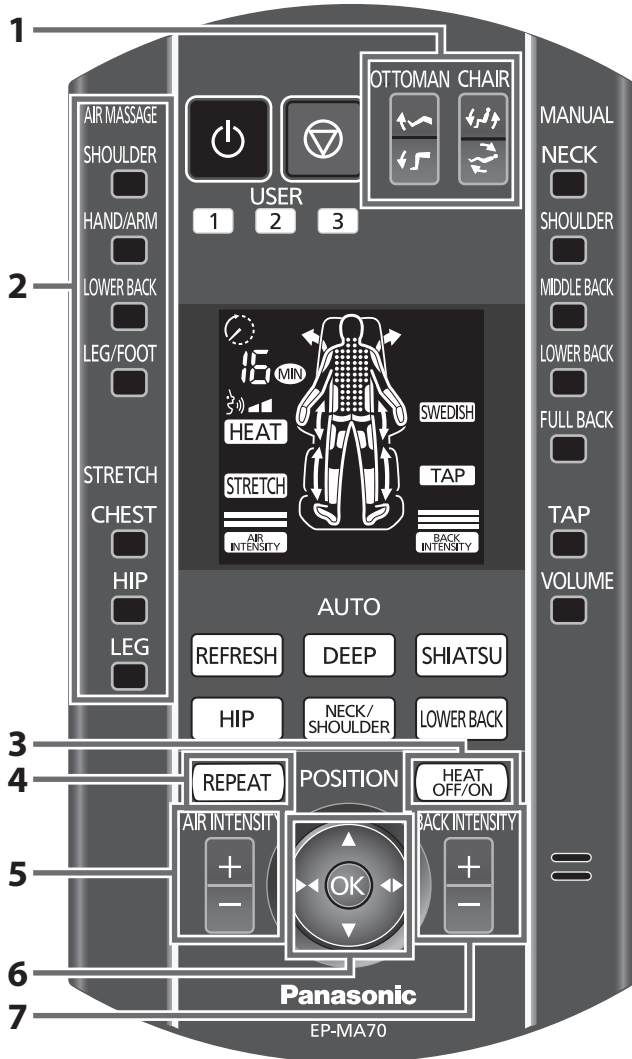
A single press of the button will raise or lower the massage heads approximately 1.2 cm.



**4 Body scanning is completed when the tapping finishes.**

- If you press **OK** while the tapping action is still going on, it will end the body scanning and the massage will start.
- The legrest adjusts automatically so that the soles of the feet touch the footrest wells according to your estimated height based on the shoulder position.
- If the shoulder position is off drastically, turn the power off once, and repeat from Step 1 with your shoulder firmly pressed against the backrest.

**To customize**



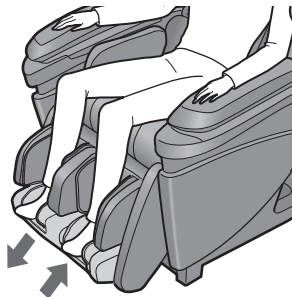
**1. Adjusting the reclining angle and legrest to massage in a relaxing position**

To adjust the reclining angle and the legrest angle:

OTTOMAN CHAIR

Adjust by pressing  button.

To adjust the length of the footrest:



Push with your feet to slide the legrest out.

Lift your feet slightly and the legrest returns.

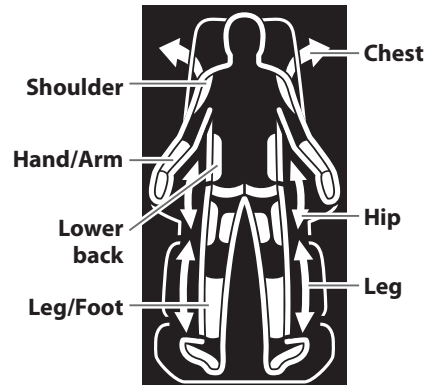
• See page GB35 for a description on how to adjust the reclining angle and the legrest.

**2. Turning the air or stretch massage on or off**

- |             |         |
|-------------|---------|
| AIR MASSAGE | STRETCH |
| SHOULDER    | CHEST   |
| HAND/ARM    | HIP     |
| LOWER BACK  | LEG     |
| LEG/FOOT    |         |

Operation can be turned on/off by pressing the buttons on the left.

On/off for the air massage or stretch can be confirmed on the display. (Lit: On, Off: Off)



• Your preferred settings for these items can be saved and reused. (See page GB24.)

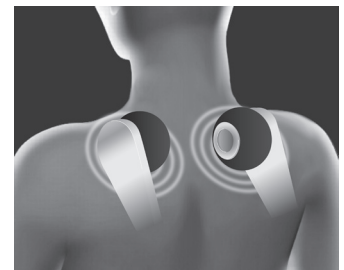
**3. Turning the "Heat" massage heads on or off**

Your can turn the "Heat" massage heads on/off by pressing



- Flashing: Warming up "Heat" massage heads.
- Lit: "Heat" massage heads are on.
- Off: "Heat" massage heads off.

- The temperature cannot be adjusted.
- The sense of warmth from the massage heads will differ depending on your body shape, massage area, massage action, clothing, and ambient temperature.
- See page GB26 for details about "Heat" massage heads.



• Your preferred settings for these items can be saved and reused. (See page GB24.)

## 4. To repeat the current massage

Contents of current massage action will be repeated by pressing **REPEAT**.

- The "REPEAT" command may not be accepted when the massage action is changing in that moment.
- **REPEAT** will flash while the massage is repeated.

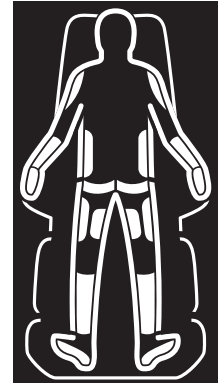
## 5. Changing the intensity of the air massage

When performing a massage the shoulder, arm, lower back or legs,

adjust the intensity by pressing the  button.



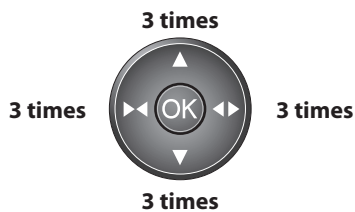
- See pages GB30 to GB34 for an effective method for usage and operation of the air massage and leg stretch.
- Your preferred settings for these items can be saved and reused. (See page GB24.)



## 6. Fine adjustment of the position of the massage heads

(Number of adjustments possible)

- Adjustment may not be possible depending on the position.



## 7. To adjust the back intensity

BACK INTENSITY



The back intensity can be adjusted by pressing the "+" or "-" of the Back Intensity button.

- The current position that is being massaged can be checked on the display.
- There are 3 levels of intensity for the Automatic programmes.
- The intensity will not change further even if you keep pressing the button when the intensity is set to maximum or minimum.



### Caution

The intensity might increase drastically when increased in multiple steps.  
Always increase the intensity one step at a time, checking how it feels.

- For safety reasons, it is recommended not to increase the intensity drastically.
- If the intensity feels too weak at the maximum setting or too strong at the minimum setting:
  - <Feels too weak when set to a maximum in the automatic programme>  
You can massage with greater intensity by reclining the backrest and making use of your body weight.
  - <Feels too strong when set to a minimum in the automatic programme>  
Pressure of the massage heads will soften by placing a cloth or blanket between the backrest and your body.  
Also, if the intensity of the massage around your lower back is too strong, you can make it feel lighter by pressing the Lower Back button for the Air Massage to release the air around the lower back.
- Your preferred settings for these items can be saved and reused. (See page GB24.)

### Caution

You may not feel the difference in intensity for massage or stretch even if the Back (Intensity) adjustment or Air (Intensity) adjustment button is pressed.

- When the intensity was increased right when the operation has changed.
- The feeling is different depending on the person or the position.