

# INSTRUCTION MANUAL



## Massage Lounger

# HEC-A3700

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Be sure to read this manual thoroughly in order to ensure proper use. In particular, make certain to read the section "IMPORTANT SAFETY INSTRUCTIONS". Keep this manual in a safe place so that it can be found easily.

# IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this appliance.

**DANGER** To reduce the risk of electric shock:

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Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

**WARNING** To reduce the risk of burns, fire, electric shock, or injury to persons:

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Handling the cord on this product or cords associated with accessories sold with this product, will expose you to lead, a chemical known to the State of California to cause cancer, and birth defects or other reproductive harm. **Wash hands after handling.**

An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.

Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons. Keep children away from extended back, foot support (or other similar parts).

Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.

Do not carry this appliance by supply cord or use cord as a handle.

Keep the cord away from heated surfaces.

Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.

Never drop or insert any object into any opening.

Do not use outdoors.

Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

To disconnect, turn all controls to the off position, then remove plug from outlet.

Connect this appliance to a properly grounded outlet only. See Grounding Instructions.

If you are currently receiving medical treatment of any type or if any of the following apply to you, be sure consult a doctor prior to using this appliance.

- If you are using an internal electronic medical device such as a pacemaker which may be affected by electromagnetic interference
- If you have any malignant tumors
- If you suffer from heart trouble
- If you are having your menstrual period, or if you are pregnant or have just given birth
- If you have any sensory problems due to severe peripheral circulation problems caused by illnesses such as diabetes
- If you have any injuries to your skin
- If you require complete rest
- If your body temperature is 38°C (100°F) or higher (if you are feverish)

Example: If you have symptoms of acute inflammation [such as fatigue, chills or fluctuating blood pressure] or if you are suffering from general debility

- If you suffer from osteoporosis, or if you suffer from acute pain from causes such as spinal injuries, sprains or torn muscles
  - If your spine is abnormal or bent
  - If you are wanting to use the massager on a part of the body which is currently receiving medical treatment or which is diseased
- If you use the massager while any of the above apply to you, accidents or feelings of sickness may occur.

## Be sure to follow these instructions

**Do not use the massager if you have been forbidden to use it by a doctor.**

Example: If you are suffering from blood clots (embolisms), severe aneurysms, acute varicose veins, skin inflammation or skin infections (including epidermal infections)

**Wipe off any dust that has collected on the prongs or the prong base of the power plug.**

If this is not done, fire may occur.

**Do not use the chair at any current other than the designated voltage.**

If this is not done, fire or electric shock may occur.

**Do not wind the power cord or remote control cord around the remote control or the remote control stand. Furthermore, do not recline the chair while the cords are hooked on an obstruction.**

If excessive force is applied to the cords, they may become damaged and fire or electric shock may occur.

**Do not scratch, damage, process, excessively bend, pull, twist or bundle the power cord or place heavy objects on it or clamp it.**

If this is not observed, the power cord may become damaged and fire or electric shock may result.

**Do not use the product if the power cord or power plug is damaged or if it does not fit securely into the wall outlet.**

If this is not observed, electric shock, short-circuits or fire may result.

**Be sure to disconnect the power plug from the wall outlet before cleaning. Do not pull out the power plug with wet hands.**

If this is not observed, electric shock or injury may result.

**Do not spill any water onto the massager or the remote control.**

If this is not observed, electric shock, short-circuits or fire may result.

**Be sure to check that there is no-one (children in particular), or any pets under the foot rest and that there are no other obstructions in the way before tilting back the back rest or lowering the foot rest. In addition, do not leave the foot rest in the raised position.**

If this is not observed, injury may occur.

**Do not allow people to use the massager if they are unable to clearly indicate their intentions or if they do not know how to operate the massager.**

**Do not let children use the massager. Do not let them play on or around the massager or allow them to come near the massager while it is being used.**

**Be careful not to put your hand or foot into the spaces between any moving parts, including into the space between the back rest and arm rest or into the space at the underside of the back rest or between the foot rest and the seat or into the space under the foot rest. Furthermore, do not place your hands, feet or head inside the upholstery of the massager.**

If this is not observed, injury may occur.

**Be sure to check that the upholstery is not torn before using the massager. If a tear is found, stop using the massager immediately, disconnect the power plug from the wall outlet and ask the place of purchase.**

Do not use the massager if the upholstery is torn, otherwise injury or electric shock may occur.

**Do not use the massager on the head, the chest, the abdomen or on joints such as the elbows or knees. In addition, do not place your hands, feet or arms between the massaging rollers.**

If this is not observed, there is the danger that you may start to feel sick or an injury may occur. (When massaging the nape of the neck, place a soft towel on the neck in order to avoid strong stimulation.)

**Do not stand or sit on the arm rests, foot rest or back rest.**

If this is not observed, you may fall down and injury may occur.

**Do not suddenly release your hand while raising the foot rest with your hand. To ensure safety, release your hand gently from the foot rest.**

**Do not raise or lower the foot rest while your feet are enclosed in it for an air massage.**

If this is not observed, injury may occur.

**Never attempt to dismantle the massager. Do not allow any person other than a qualified repair technician to dismantle or repair the massager.**

If this is not observed, fire, electric shock or injury may occur. Ask the place of purchase if repairs are required.

# IMPORTANT SAFETY INSTRUCTIONS

**WARNING** To reduce the risk of burns, fire, electric shock, or injury to persons:

If discomfort or pain is felt during use, stop using the massager and consult a doctor immediately. In addition, if the massage force feels too strong, stop using the massager earlier than planned.

Otherwise, if you continue using the massager under such conditions, an unexpected accident may occur.

If the massager has not been used for a long time, check that it operates correctly and safely before using it. In addition, check that there are no problems with the cords and other parts.

If this is not done, accidents or injury may occur.

**After use, be sure to set the POWER switch to the "OFF" position.**

If this is not done, accidents or injury due to a child's mischief may occur.

**Do not use the massager for any other purpose than as a massager or chair.**

If this is not done, accidents or injury may occur.

**Do not use the massager together with other medical instruments.**

If this is not observed, the user may feel sick or it may cause other health problems.

**If a power failure occurs, set the POWER switch to the "OFF" position immediately and disconnect the power plug from the wall outlet.**

If this is not done, an accident or injury may occur when the power is restored.

**Insert the power plug securely into the wall outlet.**

If this is not observed, electric shock, short-circuits or fire may result.

**Clean the massager after use so that it will be ready for the next use, and store it in a place which is low in humidity.**

If dust or moisture collect in the massager, fire, electric shock or problems with operation may occur.

**Do not attempt to disconnect the power plug by pulling the cord, but always by holding the power plug and pulling it out.**

If this is not observed, electric shock, short-circuits or fire may result.

**If the massager stops working or any other problem occurs with it, stop using it immediately to prevent accidents, disconnect the power plug and ask the place of purchase to carry out inspection and repair work.**

If this is not done, fire due to electric shock, current leaks or short-circuits may occur.

**Do not use the massager on top of a heated carpet or other heater, or near a stove or other heat sources.**

If this is not observed, fire may occur.

**Do not use the massager in bathrooms or in places with high humidity.**

If this is not observed, electric shock may occur.

**Always be sure to disconnect the power plug from the wall outlet when not using the massager.**

If this is done, the insulation may deteriorate and electric shock, current leaks or fire may occur.

**Before using the massager, check all switches and other parts while referring to this instruction manual to make sure they all operate correctly.**

**For safety, check the position of the massaging rollers before leaning slowly back on the massager.**

**Do not twist the body, but lean straight back on the massager, so that the massaging rollers are in position on either side of the spine.**

Leaning back abruptly on the massager may injure the spine or result in some other injury.

**Do not use the massager for more than 15 minutes at a time. In addition, limit the use of the massager on one point to 5 minutes or less.**

Using the massager continuously for long periods of time will apply more stimulation than is necessary and may result in adverse effects or injury.

**Be careful not to fall asleep during massaging.**

If this is not observed, injury may occur.

**Place the massager main unit on a level floor surface.**

If it is placed on an unstable surface, it may fall over and injury may occur.

**Do not hang anything from the head cover or pull it forcibly.**

If this is not observed, the head cover may come off and injury may occur.

**Do not place anything into the stand other than the remote control.**

If this is not observed, the stand may break and injury may occur.

**Do not use the massager on bare skin.**

If this is not observed, injury may occur.

## Be sure to follow these instructions

At first, do not attempt to recline the seat deeply or lean on the back rest forcibly (until you have become accustomed to massaging).

If the massaging force is too strong at the outset, it may result in adverse effects or injury.

Do not move the massager while a person is sitting in it.

If this is not observed, the massager may fall over and injury may occur.

Do not sit down or get up from the chair while the foot rest or seat are raised.

If this is not observed, injury may occur.

The maximum permissible weight of the user is 120 kilograms (265 lbs).

Otherwise, an accident may happen or damage to the machine may result.

## SAVE THESE INSTRUCTIONS

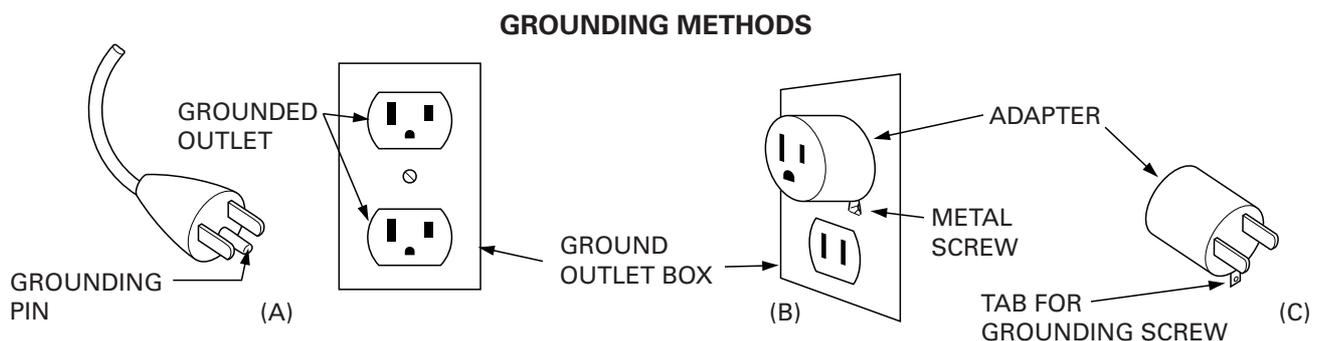
### Grounding Instructions

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

## DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. A temporary adapter that looks like the adapter illustrated in sketch B and C may be used to connect this plug to a 2-pole receptacle as shown in sketch B if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (sketch A) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



This appliance is intended for Household Use Only.

## WARNING

This appliance is equipped with a PTC resetting protection device.

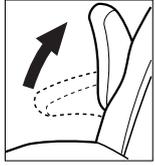
This is a safety feature to protect the appliance from overload. If the appliance should suddenly stop and will not start, turn off the main switch and pull the plug off the socket outlet. Do not operate the appliance for at least 30 minutes. Failure to turn the appliance off may result in the appliance starting unexpectedly when the device resets.

# NAME/FUNCTION OF EACH PART

**Head cover**

**Arm rests**

- Raise the arm rests when entering or exiting the chair.
- Remove the remote control when raising the left arm rest.



**Back rest**

**Massaging rollers**

**Remote control**

**Power cord**

**Power plug**

**Seat**

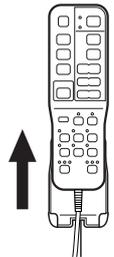
**Foot rest**

**Stand**

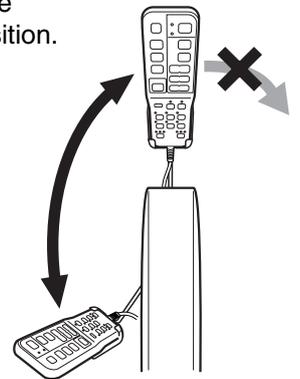
- Place the remote control in the stand for storage.



- Slide the remote control upward along the stand for removal.



- Adjust to the desired position.

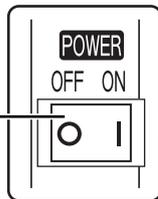


**Note:**

- The stand cannot be adjusted to a position which is on the inside of the arm rest. Do not apply excessive force to the stand when adjusting it, otherwise it may become damaged

**POWER switch**

This turns the power on and off.



**Casters**

Use the casters when moving the chair.

## Remote control

### STOP button

Use this button to stop the chair operation immediately if you feel an abnormal physical sensation or a problem with the chair itself.

### Shape sensor indicator

The shape sensor flashes when it is measuring the position of your shoulders, and illuminates once measurement is complete.

### AUTO buttons

You can use these buttons to select either comfort mode or normal mode for the "NECK & SHOULDER", "BACK" and "LOWER BACK" courses, for a total of six different courses. If you press any of the buttons twice, the comfort mode course will be set and the button will flash.

### CALF & FOOT button

This is used for massaging the soles, feet and the calves. The strength can be adjusted to one of three settings by pressing button.

### Manual massage buttons

You can use these buttons to select the desired type of massage from "KNEADING", "RUB-KNEADING", "TAPPING", "LATERAL TAPPING", "SHIATSU", "KNEAD & TAP", "FULL STRETCH" and "PARTIAL STRETCH". 20 different massage combinations are possible in this mode.

### Massaging roller adjustment buttons

Use these to adjust the speed and width of the massaging rollers.

### POWER indicator

This illuminates when the power switch of the chair is turned on.

### ON/OFF button

This turns operation on and off. The indicator illuminates during operation and switches off when operation is stopped. It flashes when the massaging rollers are retracted.

### ZERO-G button

This is used to adjust the back rest, seat and foot rest automatically to the preset, ZERO-G position. The button will flash when the chair is not in the ZERO-G position, and it will illuminate when in this position.

### HOME button

This is used to automatically return the back rest, seat and foot rest to their home positions. This button will flash for approximately 10 seconds if the massage timer has expired and massaging is finished, or if you press the ON/OFF button to cancel massaging before a course is complete. It will illuminate while the chair is moving to the home position and when operation is complete.

### RECLINING buttons

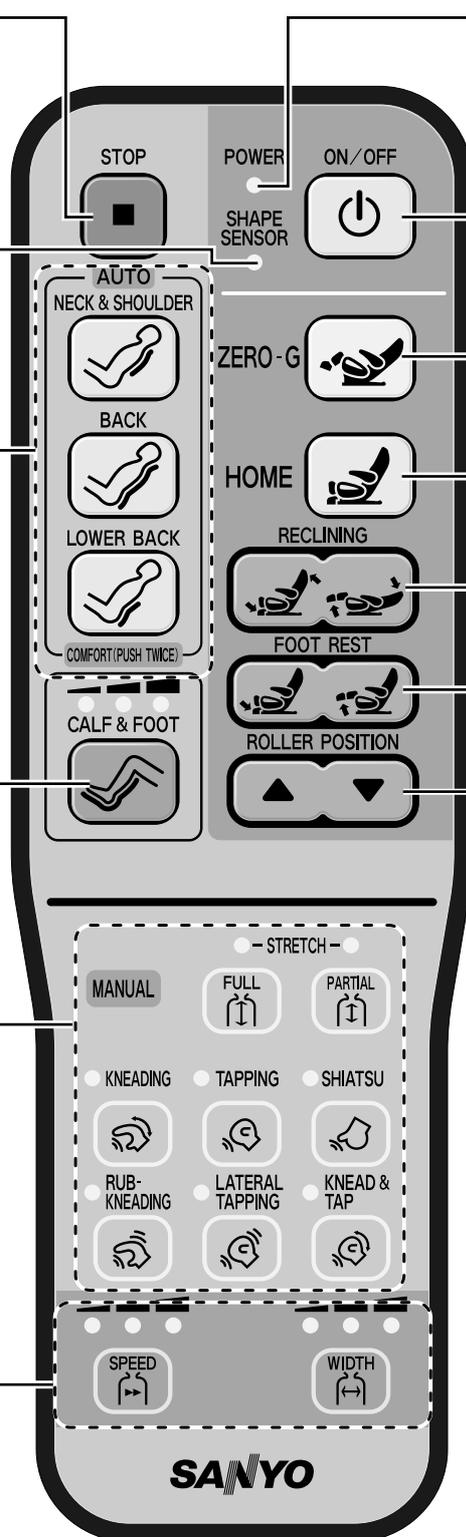
This adjusts the angles between the back rest, seat and the foot rest. The back rest, seat and foot rest move in conjunction with each other.

### FOOT REST buttons

This adjusts the angle of the foot rest.

### ROLLER POSITION buttons

This adjusts the vertical position of the massaging rollers. Use it also when adjusting the shoulder position.



### Note:

- The HOME button, RECLINING buttons and FOOT REST buttons can be used even when massaging operation is off.
- The HOME button will not function (home position adjustment will not be carried out) while the chair is moving to the preset ZERO-G position.
- The ZERO-G button will not function (ZERO-G position adjustment will not be carried out) while the chair is moving to the home position.

# SETTING UP THE MASSAGER

## Moving the massager

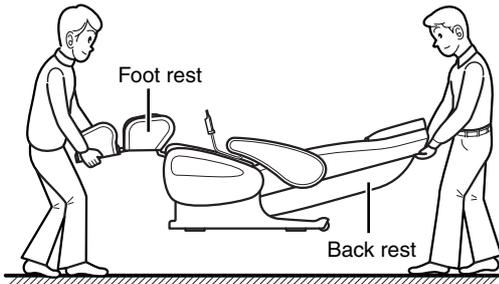


### CAUTION

- Do not release the foot rest suddenly while holding it by hand.

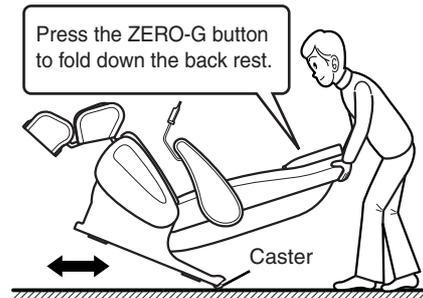
### When two people are carrying the massager

- Hold the massager by the back rest and foot rest while moving it.



### When moving the massager using the casters

- Tilt up the front and move the massager on the casters.



#### Note:

- Be sure to disconnect the power plug from the wall outlet before moving the massager.
- Be careful not to run over the power cord or the remote control with the casters.
- If moving the massager across floor surfaces that can easily get scratched or over matting or concrete, have two people carry it.

## Setup location

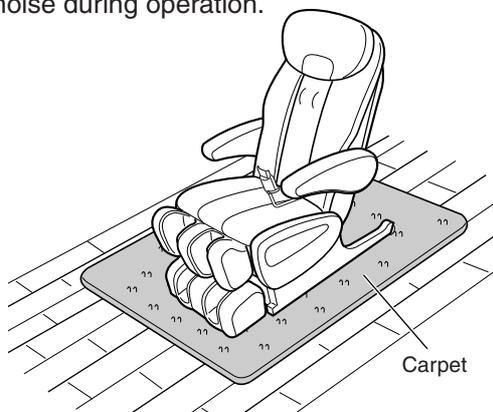


### CAUTION

- Position the massager on a stable, level surface. Do not use it in environments which are high in humidity such as bathrooms.

### 1 Place carpet or a similar material over the setup location.

- This will help prevent the floor surface from becoming scratched and reduce the amount of noise during operation.



### 2 Leave enough space for the massager to be reclined.

- Leave 50 cm (19 3/4") or more of space in front and 55 cm (21 3/4") or more of space behind the massager so that it will not hit walls or other objects when it is being reclined.



#### Note:

- Do not set up the massager in places which are subject to high temperatures, such as such places which receive direct sunlight for long periods of time and places near heating equipment.
- Leave a distance of 1 meter (39 1/2") or more between the massager and audio-visual equipment such as TVs and radios, otherwise it may be affected by interference.

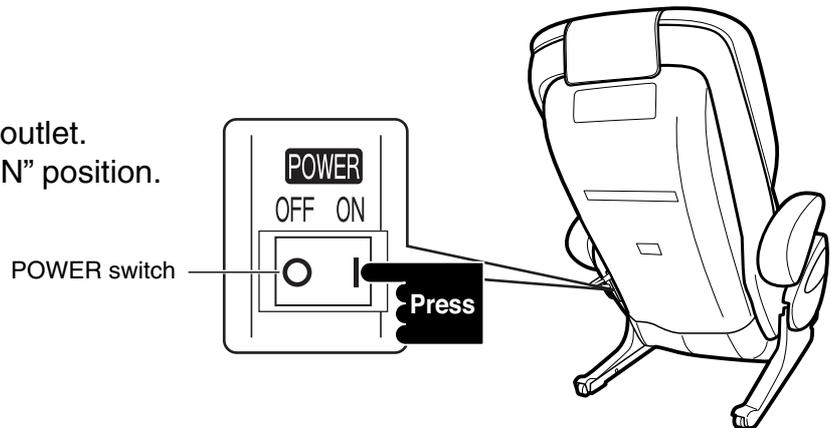
# BEFORE USE

## 1 Check the upholstery, power cord and remote control cord of the chair.

- Check that there are no tears in the upholstery and that the cords are not damaged or scratched.
- Check that the cords are not caught in the back rest or arm rests or lying underneath the massager.

## 2 Turn on the power.

- ① Insert the power plug into a wall outlet.
- ② Set the POWER switch to the "ON" position.



## WARNING

### • The following people should always consult with a doctor before using the massager. If this is not done, accidents or feelings of sickness may occur.

- If you are using an internal electronic medical device such as a pacemaker which may be affected by electromagnetic interference
- If you have any malignant tumors
- If you suffer from heart trouble
- If you are having your menstrual period, or if you are pregnant or have just given birth
- If you have any sensory problems due to severe peripheral circulation problems caused by illnesses such as diabetes
- If you have any injuries to your skin
- If you require complete rest
- If your body temperature is 38°C (100°F) or higher (if you are feverish)  
Example: If you have symptoms of acute inflammation (such as fatigue, chills or fluctuating blood pressure or if you are suffering from general debility).
- If you suffer from osteoporosis, or if you suffer from acute pain from causes such as spinal injuries, sprains or torn muscles
- If you have been directed by a doctor not to use the massager  
Example: If you are suffering from blood clots (embolisms), severe aneurysms, acute varicose veins, skin inflammation or skin infections (including epidermal infections)
- If your spine is abnormal or bent
- If you are wanting to use the massager on a part of the body which is currently receiving medical treatment or which is diseased

### • Do not use the massager on the head, the chest, the abdomen or on joints such as the elbows or knees. In addition, do not place your hands, feet or arms between the massaging rollers.

If this is not observed, there is the danger that you may start to feel sick or an injury may occur.  
(When massaging the nape of the neck, place a soft towel on the neck in order to avoid strong stimulation.)

### • Be sure to check that the upholstery is not torn before using the massager. If a tear is found, stop using the massager immediately, disconnect the power plug from the wall outlet and ask the place of purchase.

Do not use the massager if the upholstery is torn, otherwise injury or electric shock may occur.

## CAUTION

### • If you start to feel sick while using the massager, stop using the massager immediately and seek medical advice. Furthermore, if the massaging feels too strong, stop using the massager immediately.

Otherwise, if you continue using the massager under such conditions, an unexpected accident may occur.

### • Do not use the massager for more than 15 minutes at a time. In addition, limit the use of the massager on one point to 5 minutes or less. As a guide, you should use the massager for around 30 minutes a day in total.

Using the massager continuously for long periods of time will apply more stimulation than is necessary and may result in adverse effects or injury.

### • Do not use the massager on bare skin.

If this is not observed, injury may occur.

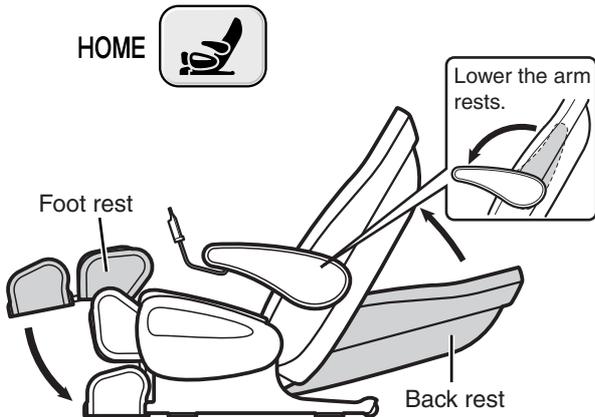
### • Take out ear ring before massaging.

### • Be careful not to fall asleep during massaging.

If this is not observed, injury may occur.

# ADJUSTING THE CHAIR

- 1** Press the HOME button to return the massager to the home position.

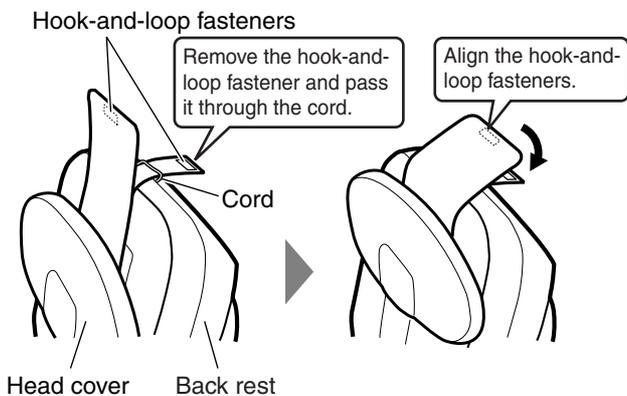


- 2** Press the ON/OFF button.

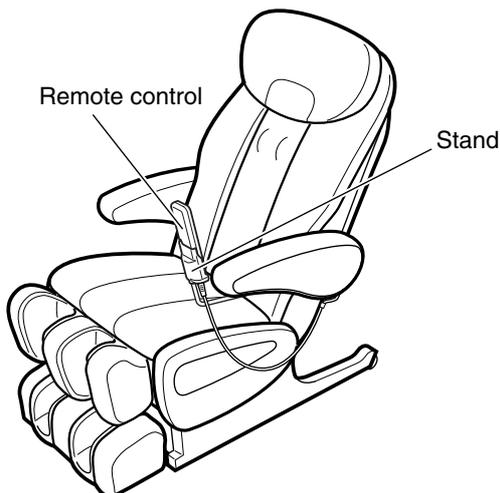
- The foot rest will lift up slightly.



- 3** Attach the head cover.

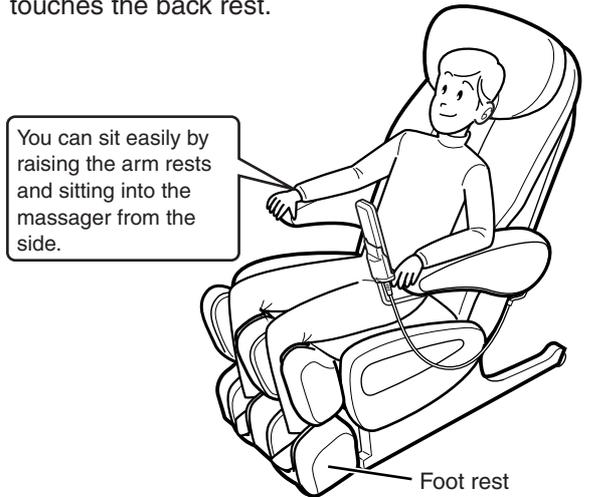


- 4** Place the remote control into the stand.



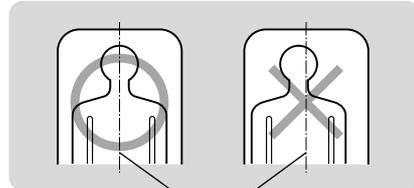
- 5** Sit in the middle of the chair.

- Sit deeply into the massager so that your waist touches the back rest.



## CAUTION

- To ensure safety, check the positions of the massaging rollers before leaning slowly back on the massager. Do not twist the body, but lean straight back on the massager, so that the massaging rollers are in position on either side of the spine.



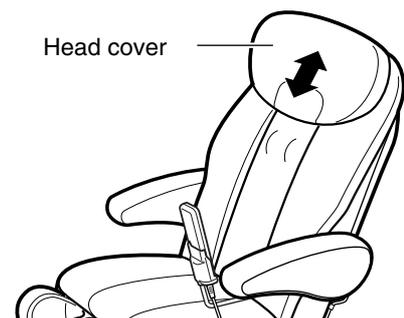
- Do not sit down or get up from the chair while the foot rest or seat are raised.

### Note:

- Do not attempt to place anything or sit on the foot rest. The user may fall over, resulting in an accident or injury.

- 6** Adjust the position of the head cover.

- Adjust the position of the head cover so that it does not touch your shoulders during the massage.



### Note:

- The head cover contains a weight, so do not shake it or throw it around, otherwise it may cause injury.

## 7 Adjust the back rest, seat and foot rest.

### When adjusting automatically

Press the ZERO-G button (flashing).



- The ZERO-G button will illuminate and the back rest, seat and foot rest will move automatically to their preset angles.

### What is ZERO-G?

This is a term for the posture which is the most stable position for the body and is the ideal position for massage.



- If you would like to change the angle from the ZERO-G position, press the RECLINING button or the FOOT REST button.

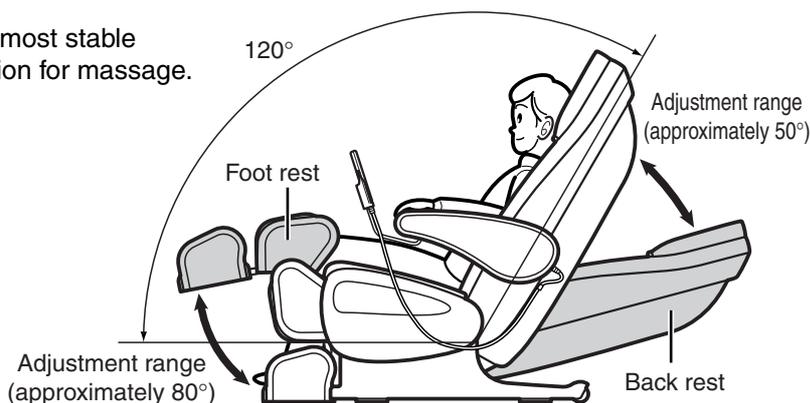
### When adjusting manually to the desired angle

Press the RECLINING button to adjust the angle of the back rest to the desired angle.



While the left side of the button is pressed, the back rest will lift up and the foot rest will drop. The seat will also move in conjunction with the back rest and foot rest.

When the right side of the button is pressed, the back rest will drop and the foot rest will lift up. The seat will also move in conjunction with the back rest and foot rest.



### WARNING

- Be sure to check that there is no-one (children in particular), or any pets under the foot rest and that there are no other obstructions in the way before reclining the massager.



### CAUTION

- At first, do not attempt to recline the seat deeply or lean on the back rest forcibly (until you have become accustomed to massaging).

### Stopping the massager during ZERO-G adjustment

ON/OFF



Press the ON/OFF button.

(It can also be stopped by pressing the ZERO-G button, HOME button, RECLINING button or FOOT REST button.)

### Stopping the chair immediately if you feel an abnormal physical sensation or a problem with the chair itself

STOP



Press the STOP button.

The massaging rollers will move to the widest position and then stop. Other operations will stop immediately.

Restarting operation

- ① Press the RECLINING button or the HOME button to return the massager to the home position.
- ② Press the ON/OFF button.  
The massaging rollers will move to their highest position and then stop.
- ③ To have a massage, press a button to select a massage course.

### Note:

- Do not attempt to recline the back rest while your legs are being held by the air bags during leg massaging. In addition, do not pull your legs out forcibly. If this is not observed, injury to the legs may occur.
- If you press the HOME button while the seat is raised, the foot rest may lift up slightly before it is lowered, to ensure that children or pets do not get caught underneath it.

# ADJUSTING THE CHAIR

## 8 Adjust the foot rest to the desired angle.

- Press the FOOT REST button to set the foot rest to the desired angle.
- When massaging the soles of the feet and the calves, adjust the angle of the foot rest so that the area to be massaged is touching the foot rest.

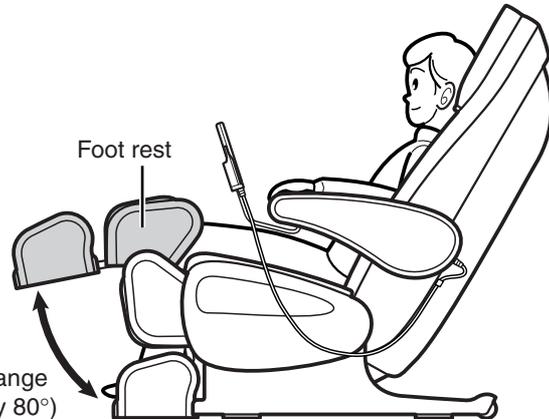


FOOT REST

The foot rest will lift while the right side of the button is being pressed.

The foot rest will drop while the left side of the button is being pressed.

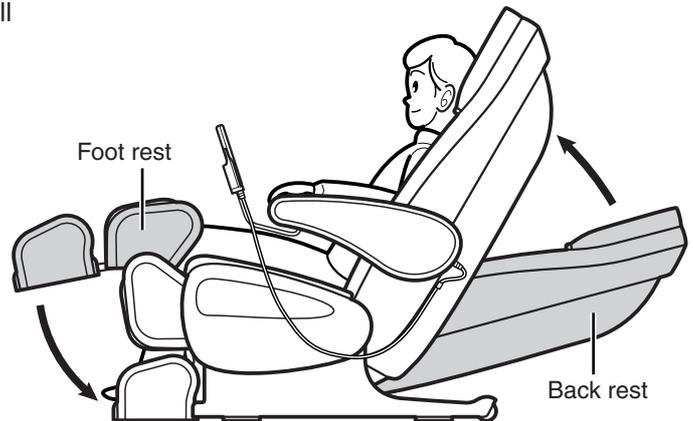
Adjustment range (approximately 80°)



## ■ To return the massager to the home position, press the HOME button.

- The HOME button will illuminate and the massager will return to the home position automatically.

HOME



## WARNING

- Do not suddenly release your hand while raising the foot rest with your hand. To ensure safety, release your hand gently from the foot rest.
- Be sure to check that there is no-one (children in particular), or any pets under the foot rest and that there are no other obstructions in the way before tilting back the back rest or lowering the foot rest. In addition, do not leave the foot rest in the raised position.

### Stopping movement to the home position

ON/OFF



Press the ON/OFF button

(It can also be stopped by pressing the ZERO-G button, HOME button, RECLINING button or FOOT REST button.)

### Note:

- Depending on the angle of the foot rest, it may lift up slightly before it is lowered, to ensure that children or pets do not get caught underneath it.

# STARTING A MASSAGE



## CAUTION

- At first, do not attempt to recline the seat deeply or lean on the back rest forcibly (until you have become accustomed to massaging).

## Notes when having massages

- At first, do not attempt to speed up the movement of the massaging rollers or increase the strength of the massage (until you have become accustomed to massaging).
- Do not massage the same part of your body continuously.

If you have strong massages right from the start, your body may receive too much stimulus, and this may have the opposite to the intended effects or cause injury. Particularly, aged persons and those who have weak bones need to use the massager with great care.



## Selecting a massage course

### If you would like an automatic massage

#### AUTO

- Kneading, tapping and stretching are combined effectively to provide automatic massaging.

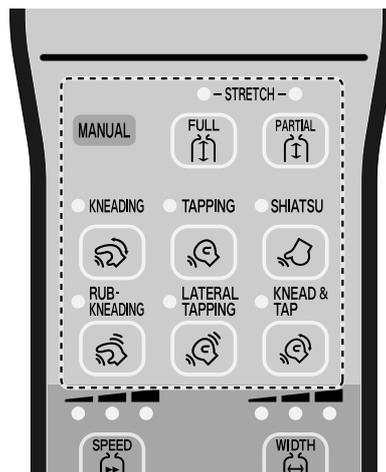


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### If you would like to select the massage course yourself

#### MANUAL

- You can adjust the massage yourself to the type of massage you want.



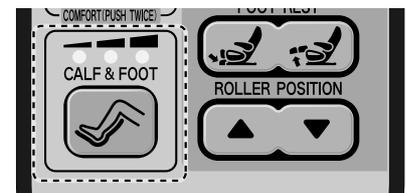
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### If you would like to massage the soles and the calves

#### CALF & FOOT

- The soles and the calves are given a shiatsu massage using air in order to promote circulation.

In addition to simply massaging the legs, you can also use automatic courses or manual massaging at the same time.



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# AUTOMATIC COURSES

Kneading, tapping, stretching and massaging of the feet are combined effectively to provide automatic massaging.

You can select either comfort mode or normal mode for the “NECK & SHOULDER”, “BACK” and “LOWER BACK” courses, for a total of six different courses, plus foot massaging.

## 1 Press the ON/OFF button.

- The foot rest will lift up slightly.



### Note:

- If the massaging rollers are not at the highest position, they will move to the highest position and then stop.  
(The ON/OFF button will flash while movement is occurring, and it will illuminate when the movement has stopped.)

## 2 Press the desired AUTO button.

- A medium foot massage will also start at the same time.

NECK & SHOULDER



... If you would like a massage which concentrates on the neck and shoulders

BACK

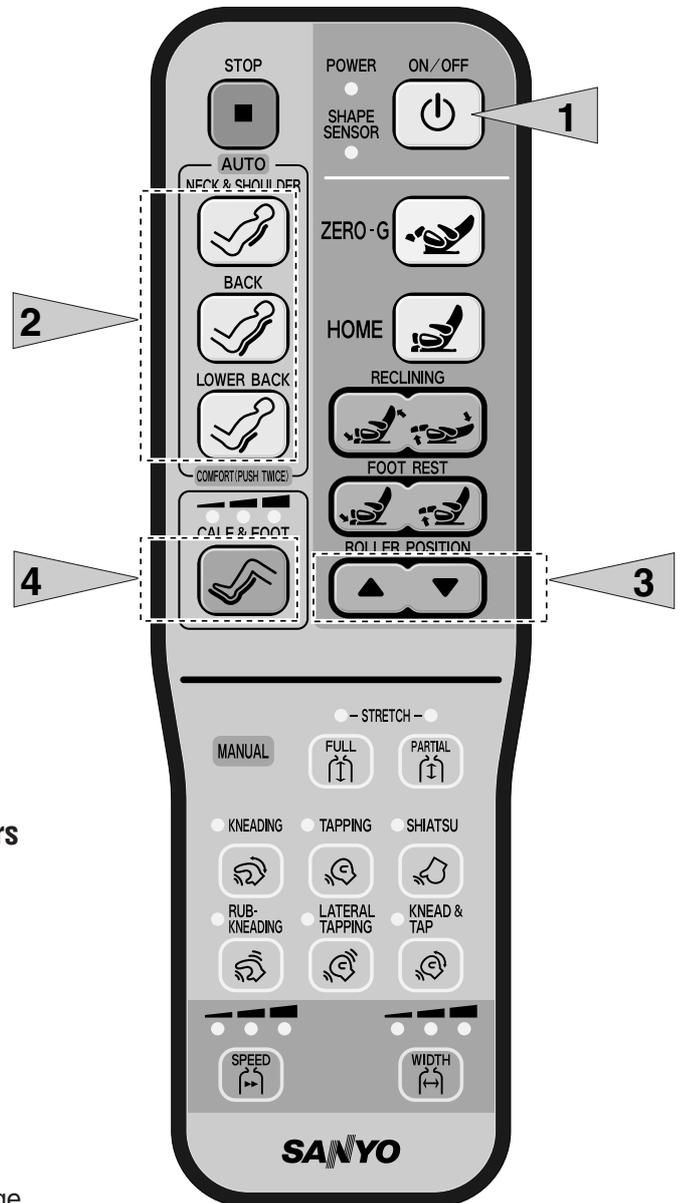


... If you would like a thorough massage from the neck down to the waist

LOWER BACK



... If you would like a massage which concentrates on the waist



Both a normal mode massage and a comfort mode massage are available for each course.

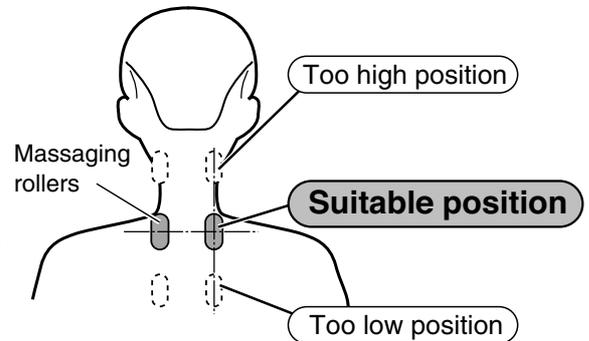
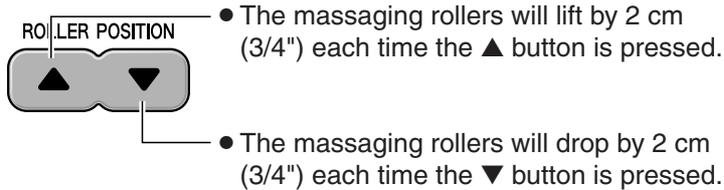
- Each time you press the respective AUTO button, the mode switches between normal mode, comfort mode and off.



### 3 The shape sensor measures the position of the shoulders and automatically adjusts the positions of the massaging rollers to suit.

(The SHAPE SENSOR indicator will flash while the shoulder position is being measured, and it will illuminate when measurement is complete.)

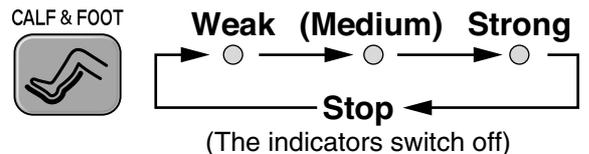
- Check that the massaging rollers are at the correct shoulder height.  
If they are not at the correct shoulder height but are close to the shoulders, press the ROLLER POSITION button to adjust the height of the massaging rollers to match the shoulder height.



If the massaging rollers still do not match the shoulder height even after they have been adjusted, move your body to adjust the height. The position can be adjusted for people with a height in the range of 150 cm (59 1/4") to 180 cm (71").

### 4 Adjust the foot massaging.

- Massaging is carried out first at medium.
- The strength of massaging changes in the order weak – medium – strong - stop and the corresponding indicators illuminate each time the CALF & FOOT button is pressed.
- If you halt the foot massaging before the course is finished and change to a different automatic course, foot massaging will not start again automatically.



### ■ After approximately 15 minutes, the timer will expire and massaging will stop automatically.

- The ON/OFF button will flash and the massaging rollers will move to the highest position and then stop.
- Because separate timers operate for back massaging and foot massages, the foot massages will stop first if you change to a different automatic course before the current course is finished.
- If the timer for back massaging has expired, the foot massaging will stop at the same time.

#### If you would like to stop massaging before it is finished by timer

ON/OFF



Press the ON/OFF button.

- All massaging will stop.  
(The ON/OFF button will flash and the massaging rollers will move to their highest position and then stop.)

#### Stopping the chair immediately if you feel an abnormal physical sensation or a problem with the chair itself

STOP



Press the STOP button.

The massaging rollers will move to the widest position and then stop. Other operations will stop immediately.

Restarting operation

- ① Press the RECLINING button or the HOME button to return the massager to the home position.
- ② Press the ON/OFF button.  
The massaging rollers will move to their highest position and then stop.
- ③ To have a massage, press a button to select a massage course.

# MANUAL COURSES

## 1 Press the ON/OFF button.

- The foot rest will lift up slightly.

ON/OFF



### Note:

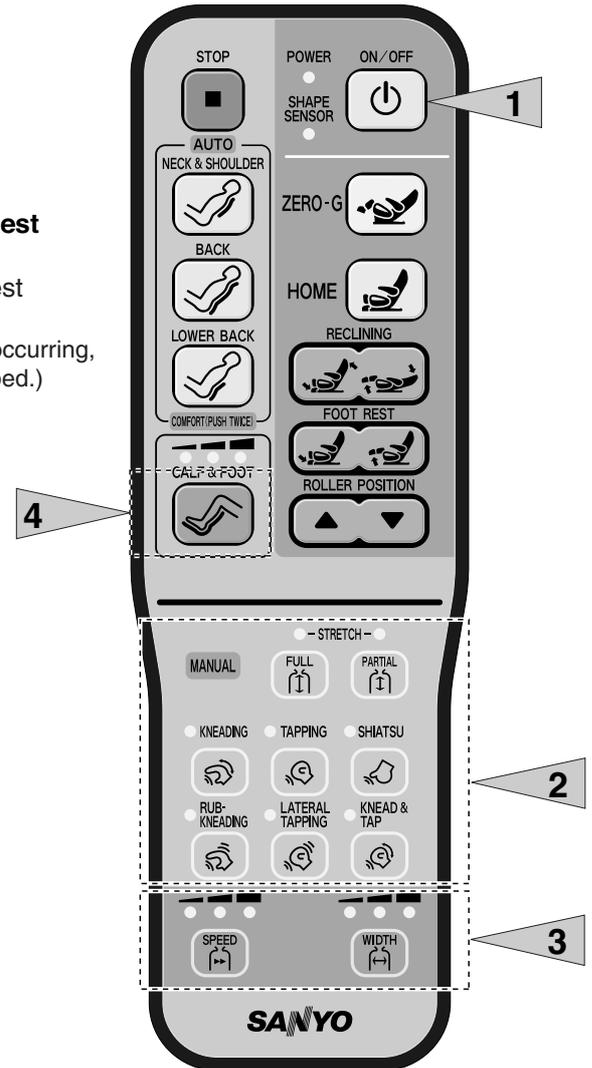
- If the massaging rollers are not at the highest position ...**  
The massaging rollers will move to their highest position and then stop.  
(The ON/OFF button will flash while movement is occurring, and it will illuminate when the movement has stopped.)

## 2 Press the desired MANUAL button.

- Select from "KNEADING", "RUB-KNEADING", "TAPPING", "LATERAL TAPPING", "SHIATSU", "KNEAD & TAP", "FULL STRETCH" and "PARTIAL STRETCH".
- 20 different massaging combinations are available by combining different technique. Page 17
- Each time you press one of the MANUAL buttons, the operation for that button starts (the indicator illuminates) or stops (the indicator switches off).
- When you first press a button, the speed is set to medium and the width is adjusted to middle.

## 3 Adjust the massaging rollers.

- Adjustment is not possible for some types of massage. Page 17

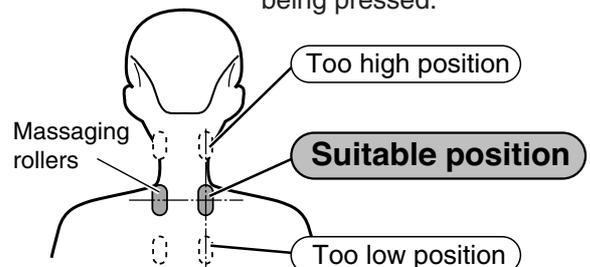


### Position adjustment

- For manual massaging other than stretching, press the ROLLER POSITION buttons to adjust the position of the rollers.**
- For stretching, the shape sensor measures the position of the shoulders and automatically moves the massaging rollers to the correct height.**  
(The SHAPE SENSOR indicator will flash while the shoulder position is being measured, and it will illuminate when measurement is complete.)
  - Check that the massaging rollers are at the correct shoulder height. If they are not at the correct shoulder height but are close to the shoulders, press the ROLLER POSITION buttons to adjust the height of the massaging rollers to match the shoulder height.

**If the massaging rollers still do not match the shoulder height even after they have been adjusted, move your body to adjust the height. The position can be adjusted for people with a height in the range of 150cm (59 1/4") to 180 cm (71").**

- The massaging rollers will lift while the ▲ button is being pressed.
- The massaging rollers will drop while the ▼ button is being pressed.

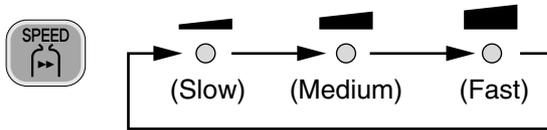


- The massaging rollers will lift by 2 cm (3/4") each time the ▲ button is pressed.
- The massaging rollers will drop by 2 cm (3/4") each time the ▼ button is pressed.

## Speed adjustment

### Press the SPEED button.

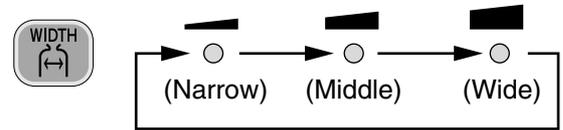
- Each time the button is pressed, the movement speed (interval) for the massaging rollers changes and the corresponding indicators illuminate.



## Width adjustment

### Press the WIDTH button.

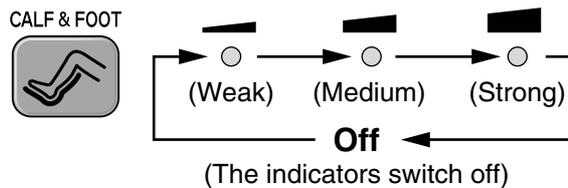
- Each time the button is pressed, width of the massaging rollers changes and the corresponding indicators illuminate.



\* The width cannot be adjusted for “KNEADING”, “RUB-KNEADING”, “KNEAD & TAP” and “SHIATSU”.

## 4 If you would like to have your legs massaged, press the CALF & FOOT button.

- When the CALF & FOOT button is pressed, massaging will start at the “Medium” setting. Each time the button is pressed, the strength of massaging changes in the order weak – medium – strong – off and the corresponding indicators illuminate.



## ■ After approximately 15 minutes, the timer will expire and massaging will stop automatically.

- The ON/OFF button will flash and the massaging rollers will move to the highest position and then stop.
- If you have changed to some other manual massaging, massaging will continue for approximately 30 minutes after the ON/OFF button was pressed, and then the timer will expire and massaging will stop.
- If you are massaging your back and legs at the same time, the respective timers will each operate and each massaging will finish approximately 15 minutes after they start.

### If you would like to stop massaging before it is finished by timer

ON/OFF



Press the ON/OFF button.

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### Stopping the chair immediately if you feel an abnormal physical sensation or a problem with the chair itself

STOP



Press the STOP button.

# MANUAL COURSES

## Types of massage and massaging roller adjustments

20 different massaging combinations are available by combining different techniques.

You can adjust the position, speed and width of the massaging rollers and the shoulder position.

(It may not be possible to make some of these adjustments depending on the type of massage. Refer to the table below.)

Type of massage	Operation	Massaging roller adjustment
<b>KNEADING</b>	Massages by kneading the body.	Position and speed can be adjusted.
<b>RUB-KNEADING</b>	Massages by firmly pushing the body.	Position and speed can be adjusted.
<b>TAPPING</b>	Massages by tapping the body.	Position, speed and width can be adjusted.
<b>LATERAL TAPPING</b>	Massages by means of strong taps.	Position, speed and width can be adjusted.
<b>SHIATSU</b>	Massages by applying "finger pressure".	Position and speed can be adjusted.
<b>KNEAD &amp; TAP</b>	Massages by applying kneading and tapping together simultaneously.	Position and speed can be adjusted.
<b>FULL STRETCH</b>	Massages through a full length roll.	Shoulder position and width can be adjusted.
<b>PARTIAL STRETCH</b>	Massages through an up and down movement within a range of approximately 10 cm (4").	Position and width can be adjusted.
<b>KNEADING and FULL STRETCH</b>	Massages by stretching while combining with kneading.	Shoulder position and speed can be adjusted.
<b>KNEADING and PARTIAL STRETCH</b>	Massages by partial stretching while combining with kneading.	Position and speed can be adjusted.
<b>RUB-KNEADING and FULL STRETCH</b>	Massages by stretching while combining with firm kneading.	Shoulder position and speed can be adjusted.
<b>RUB-KNEADING and PARTIAL STRETCH</b>	Massages by partial stretching while combining with firm kneading.	Position and speed can be adjusted.
<b>TAPPING and FULL STRETCH</b>	Massages by stretching while combining with tapping.	Shoulder position, speed and width can be adjusted.
<b>TAPPING and PARTIAL STRETCH</b>	Massages by partial stretching while combining with tapping.	Position, speed and width can be adjusted.
<b>LATERAL TAPPING and FULL STRETCH</b>	Massages by stretching while combining with strong tapping.	Shoulder position, speed and width can be adjusted.
<b>LATERAL TAPPING and PARTIAL STRETCH</b>	Massages by partial stretching while combining with strong tapping.	Position, speed and width can be adjusted.
<b>SHIATSU and FULL STRETCH</b>	Massages by stretching while combining with finger pressure.	Shoulder position and speed can be adjusted.
<b>SHIATSU and PARTIAL STRETCH</b>	Massages by partial stretching while combining with finger pressure.	Position and speed can be adjusted.
<b>KNEAD &amp; TAP and FULL STRETCH</b>	Massages by stretching while combining with tapping and kneading.	Shoulder position and speed can be adjusted.
<b>KNEAD &amp; TAP and PARTIAL STRETCH</b>	Massages by partial stretching while combining with tapping and kneading.	Position and speed can be adjusted.

# LEG MASSAGING



## WARNING

- Do not raise or lower the foot rest while your feet are enclosed in it for an air massage.

- In addition to simply massaging the legs, you can also use automatic courses and manual massaging at the same time.

### 1 Press the ON/OFF button.

- The foot rest will lift up slightly.



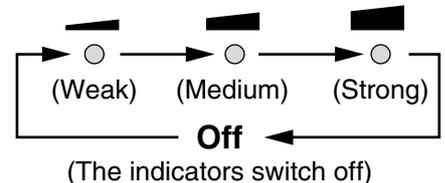
### 2 Adjust the angle of the foot rest.

- Press the FOOT REST buttons to adjust to the desired angle.
- If massaging the soles of the feet and the calves, adjust the angle of the foot rest so that the part of the body to be massaged touches the foot rest.



### 3 Press the CALF & FOOT button.

- When the CALF & FOOT button is pressed, massaging will start at the "Medium" setting. Each time the button is pressed, the strength of massaging changes in the order weak – medium – strong - off and the corresponding indicators illuminate.



#### If you would like to stop massaging before it is finished by timer

ON/OFF



Press the ON/OFF button.

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#### Stopping the chair immediately if you feel an abnormal physical sensation or a problem with the chair itself

STOP

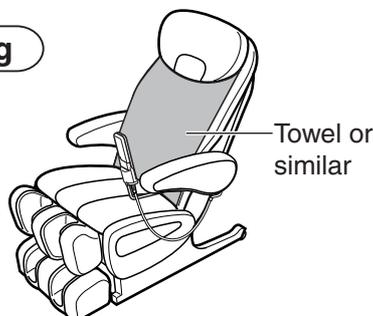


Press the STOP button.

# ADJUSTING MESSAGE INTENSITY

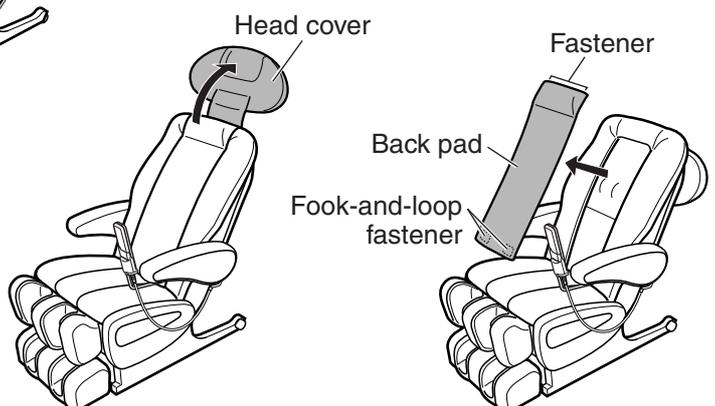
#### When the massage is too strong

- Place a towel or something similar over the back rest.



#### When the massage is too weak

- Take off the back pad from the back rest.
  - ① Flip the Head cover to the rear.
  - ② Take off the back pad from the back rest. Remove the fastener and the hook-and-loop fastener.
  - ③ Flip back the head cover.



# AFTER USE



## CAUTION

- Always be sure to disconnect the power plug from the wall outlet when not using the massager.

### 1 Press the ON/OFF button.

- The massaging rollers will move to their highest position and then stop.
- The HOME button will flash (for approximately 10 seconds).

ON/OFF



### 3 Set the POWER switch to the "OFF" position.

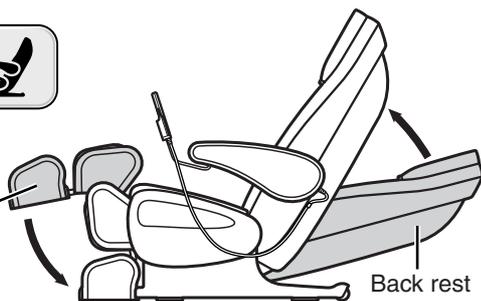
### 4 Disconnect the power plug.

### 2 Press the HOME button.

HOME



Foot rest



Back rest

# MAINTENANCE PROCEDURES



## CAUTION

- Be sure to disconnect the power cord from the wall outlet before cleaning.

### Note:

- Do not use substances such as kerosene, thinner, alkaline detergents or bleach to clean. They will cause discoloration, warping and cracking.
- Do not wash the head cover. If this is not observed, discoloration and warping may occur.

### Head cover, back rest, seat and arm rests (synthetic leather areas)

Use a soft, dry cloth to regularly clean these areas.  
If they are extremely dirty, clean them by the following procedure.

### 1 Moisten a soft cloth with diluted neutral kitchen detergent and wring it dry, then tap the surface.



### 2 Moisten a cloth in clean water, wring it dry, and then wipe off the detergent.

### 3 Lastly, wipe the surfaces dry.

### Note:

- Do not use an appliance such as a hair dryer to dry the surfaces rapidly.
- Do not touch PVC products against the massager surfaces for long periods of time. They will cause discoloration.

### Main unit (plastic parts and frame)

Moisten a soft cloth with diluted neutral kitchen detergent and wring it dry, and then wipe the surfaces clean, then wipe them dry.

### Remote control

Wipe using a soft dry cloth.

### Note:

- Do not wipe using a wet cloth.

# TROUBLESHOOTING



## WARNING

- Check the following, and if the symptoms continue, stop using the massager and disconnect the power plug from the wall outlet to avoid the possibility of accidents, then ask the place of purchase for assistance in fixing the problem. Attempting to repair the massager in your home is dangerous and should not be done.

## Sounds and sensations during operation

Sounds and sensations such as the following may occur while the massager is operating, but these occur as part of the normal mechanism of the massager and are not the signs of a malfunction. (They have no effect on normal functioning.)

- Rattling, knocking or creaking sound during tapping
- The sound of massaging rollers moving up and down and the sound of kneading operation (Knocking, clinking, rubbing or whistling sounds)
- A creaking sound caused by the massaging rollers and cloth during massaging operation
- Gear meshing sound
- Sound of air massaging  
Whooshing sound (switching valve sound)  
Hissing or blowing sound (air exhaust sound)  
Sounds from the pump operating  
Sound of the air bags filling up
- Wobbling of the foot rest
- Creaking or sliding sounds when reclining
- Small sounds and shocks coming from the massaging rollers when massaging near the waist
- Bouncing movement of the massaging rollers when they move from the back to the shoulder

Symptom	Check	Remedy
<b>Massager does not operate.</b>	<ul style="list-style-type: none"> <li>• Is the power plug securely inserted into the wall outlet?</li> <li>• Has the POWER switch been set to the "ON" position?</li> <li>• Is too much force being applied to the massaging rollers? (8 indicators illuminate)</li> </ul>	<ul style="list-style-type: none"> <li>• Securely insert the power plug into the wall outlet.</li> <li>• Set the POWER switch to the "ON" position.</li> <li>• Momentarily set the POWER switch to the "OFF" position, wait for about 3 seconds, and then set it back to the "ON" position. (Read the note below.)</li> </ul> <div style="text-align: right;">    </div>
<b>The massaging rollers move to their highest position and operation stops.</b>	<ul style="list-style-type: none"> <li>• The timer has expired. This is normal and is not the sign of a malfunction.</li> </ul>	
<b>Operation stopped while massaging was in progress.</b>	<ul style="list-style-type: none"> <li>• Is too much force being applied to the massaging rollers? (8 indicators illuminate)</li> </ul>	<ul style="list-style-type: none"> <li>• Momentarily set the POWER switch to the "OFF" position, wait for about 3 seconds, and then set it back to the "ON" position. (Read the note below.)</li> </ul>
<b>The massager cannot be reclined. The foot rest cannot be moved up and down.</b>	<ul style="list-style-type: none"> <li>• Is there an obstruction that is preventing movement?</li> </ul>	<ul style="list-style-type: none"> <li>• Remove the obstruction.</li> </ul> <div style="text-align: right;">  </div>
<b>The left and right massaging rollers are at different positions.</b>	<ul style="list-style-type: none"> <li>• This occurs because of the massager's alternating tapping mechanism and is normal.</li> </ul>	

### Note:

- If excessive force is applied to the massaging rollers during massaging operation, the massager may stop operating and the eight indicators will illuminate. If this happens, momentarily set the POWER switch to the "OFF" position, wait for about 3 seconds, and then set it back to the "ON" position.
- If someone who is heavy (120 kg or more) uses the massager, it may stop operating suddenly. If this happens, raise your body to ease the pressure on the back rest.

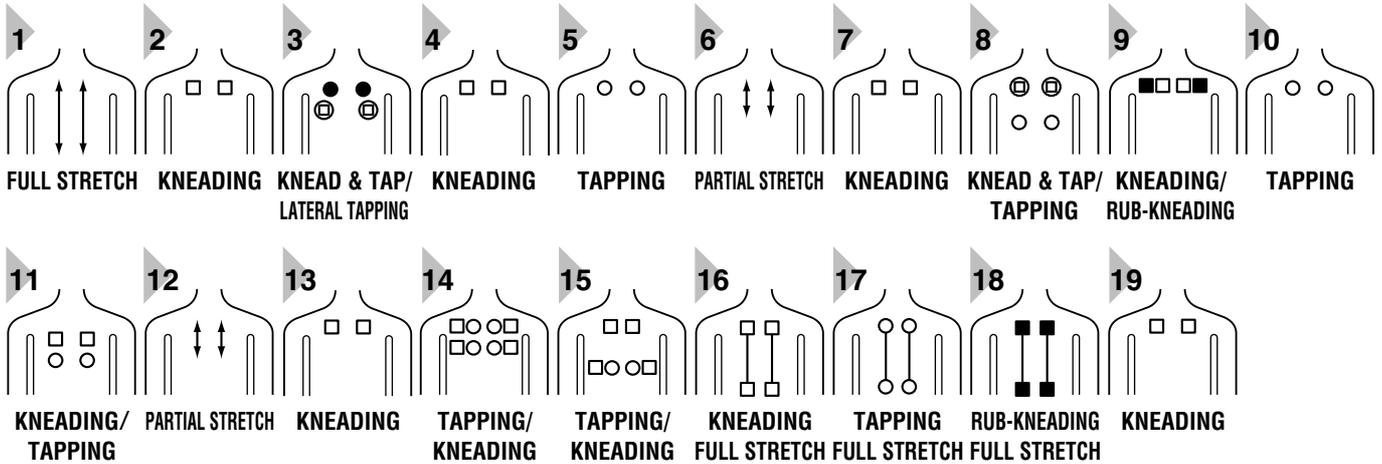
# CONTENTS OF MASSAGING

\* Some of the diagrams have been omitted in the courses shown here in order to simplify the explanations for each operation.

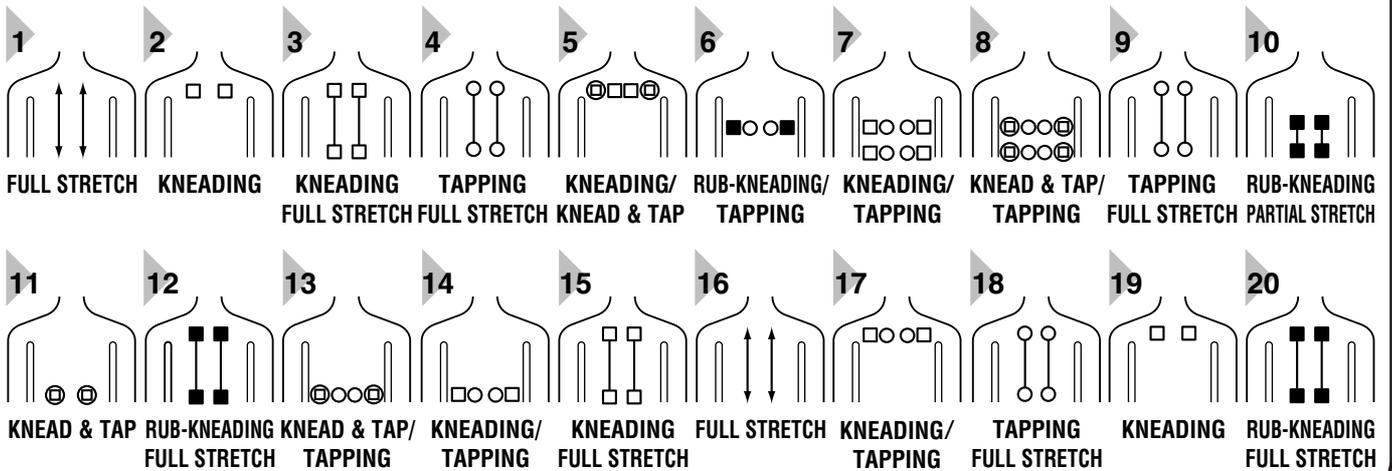
\* For each course, massaging during comfort mode is gentler than for normal mode.

(The massage details will also be slightly different from normal mode.)

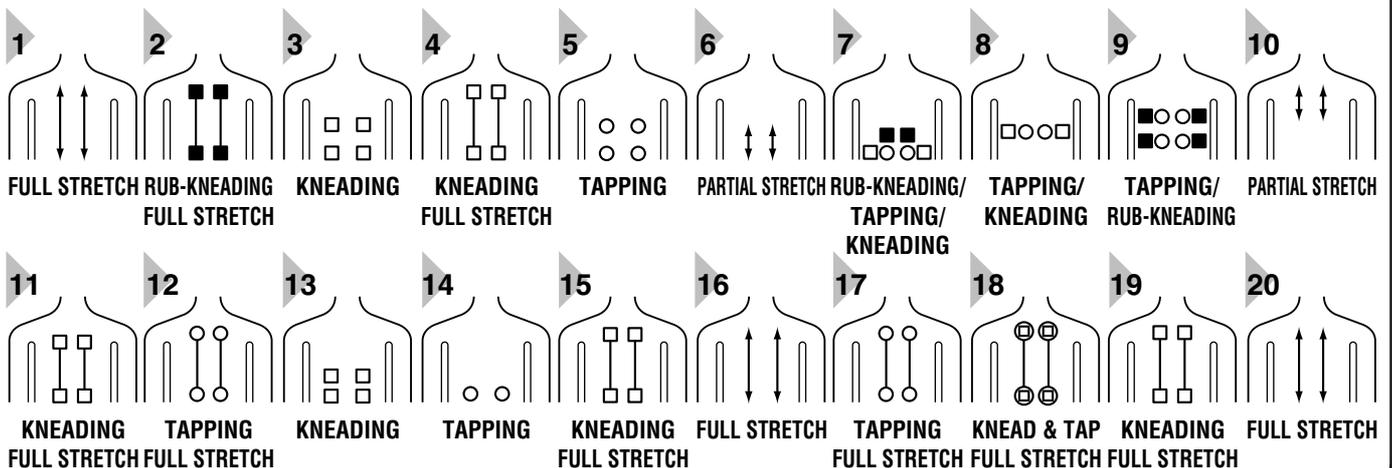
## NECK & SHOULDER course (Normal)



## BACK course (Normal)



## LOWER BACK course (Normal)



# SPECIFICATIONS

<b>Power consumption</b>	160W
<b>Rated time</b>	30 minutes
<b>Timers</b>	Manual ..... Approx. 15 minutes Automatic courses ..... Approx. 15 minutes
<b>Dimensions</b>	710 mm (28") [width] x 1200 mm (47 3/8") [depth] x 1120 mm (44 1/4") [height] When not reclined (with foot rest retracted)
	710 mm (28") [width] x 1850 mm (73") [depth] x 590 mm (23 1/4") [height] When reclined (foot rest horizontal)
<b>Weight</b>	Approx. 77 kg (170 lbs)
<b>Upholstery</b>	Synthetic leather
<b>Massaging frequency</b>	(3 stages) Approx. 17~32 times per minute
<b>Shiatsu frequency</b>	(3 stages) Approx. 11~16 times per minute
<b>Rub tapping frequency</b>	(3 stages) Approx. 25~36 times per minute
<b>Tapping frequency</b>	(3 stages) Approx. 300~600 times per minute
<b>Tapping width</b>	(3 stages) Approx. 60~130 mm (2 3/8"~5 1/8")
<b>Vertical movement speed</b>	One up/down pass in approx. 30 seconds
<b>Spine stretching width</b>	(3 stages) Approx. 60~130 mm (2 3/8"~5 1/8")
<b>Range of partial stretching</b>	Repetition within approx. 100 mm (4")
<b>Massager rollers up/down range</b>	Approx. 600 mm (23 5/8")
<b>Height adjustment for massaging rollers</b>	No gradations (Automatic)
<b>Reclining angle</b>	Approx. 120°~170°
<b>Reclining method</b>	Back rest: Motor-driven (Linked to foot rest and seat) Foot rest: Motor-driven (Foot rest only)
<b>Air pressure</b>	(3 stages) Approx. 23~43 kPa (3.3~6.2PSI) *There may be slight differences depending on the part.

# SANYO MASSAGE LOUNGER LIMITED WARRANTY

(USA ONLY)

## OBLIGATIONS

In order to obtain warranty service, the product must be delivered to and picked up from an Authorized Sanyo Factory Service Center at the user's expense, unless specifically stated otherwise in this warranty.

If you need assistance with product operation, authorized service center referral, service assistance, problem resolution, or parts and accessories availability; you may contact us by:

**A. Visiting [www.sanyoservice.com](http://www.sanyoservice.com) on a 24 hr/7 days a week basis or**  
**B. calling the customer support center at 1-800-421-5013**  
**Weekdays 7:30 AM- 5:00 PM Pacific Time**

THIS WARRANTY IS VALID ONLY ON SANYO PRODUCTS PURCHASED AND USED IN THE UNITED STATES OF AMERICA. THIS WARRANTY APPLIES ONLY TO THE ORIGINAL RETAIL USER AND DOES NOT APPLY TO PRODUCTS USED FOR ANY INDUSTRIAL, PROFESSIONAL OR COMMERCIAL PURPOSE. THE ORIGINAL DATED BILL OF SALE OR SALES SLIP MUST BE SUBMITTED TO THE AUTHORIZED SANYO SERVICE CENTER AT THE TIME WARRANTY SERVICE IS REQUESTED.

Subject to the OBLIGATIONS above and EXCLUSIONS below, SANYO FISHER COMPANY (SFC) warrants this SANYO products against defects in materials and workmanship for the periods of LABOR and PARTS specified below. SFC will repair or replace (at its option) the product and any of its parts which fail to conform to this warranty.

**The warranty period commences on the date the product was first purchased at retail**

<b>LABOR</b>	<b>PARTS</b>	<b>* ROLLER MECHANISM</b>	<b>** IN - HOME</b>
<b>1 YEAR</b>	<b>1 YEAR</b>	<b>3 YEARS</b>	<b>1 YEAR</b>

Note:

- \* Roller Mechanism consists of the mechanical parts directly behind the back rest of the massage chair, excluding belts.
- \*\* In-home service is defined as product service in the consumer home or offsite if further repairs are required.

## EXCLUSIONS

This warranty does not cover (A) the adjustment of customer-operated controls as explained in the appropriate model's instruction manual, or (B) the repair of any product whose serial number has been altered, defaced or removed. This warranty shall not apply to the following items: non-electrical / mechanical attachments; accessories; damage to head cover, back pad, arm covers, seat cover, foot rest cover when not caused by defects in workmanship. This warranty shall not apply to setup, installation, removal of the product for repair or reinstallation of the product after repair. This warranty does not apply to repairs or replacements necessitated by any cause beyond the control of SFC including, but not limited to, any malfunction, defect or failure caused by or resulting from unauthorized service or parts, improper maintenance, operation contrary to furnished instructions, shipping or transit accidents, modification or repair by the user, abuse, misuse, neglect, accident, incorrect power line voltage, fire, flood or other Acts of God, or normal wear and tear. The foregoing is in lieu of all other expressed warranties and SFC does not assume or authorize any party to assume for it any other obligation or liability.

THE DURATION OF ANY WARRANTIES WHICH MAY BE IMPLIED BY LAW (INCLUDING THE WARRANTIES OF MERCHANTABILITY AND FITNESS) IS LIMITED TO THE TERM OF THIS WARRANTY. IN NO EVENT SHALL SFC BE LIABLE FOR SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES ARISING FROM OWNERSHIP OR USE OF THIS PRODUCT, OR FOR ANY DELAY IN THE PERFORMANCE OF ITS OBLIGATIONS UNDER THIS WARRANTY DUE TO CAUSES BEYOND ITS CONTROL. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS AND/OR DO NOT ALLOW THE EXCLUSION OR LIMITATION OF CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS AND EXCLUSIONS MAY NOT APPLY TO YOU.

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY HAVE OTHER RIGHTS, WHICH VARY FROM STATE TO STATE. For your protection in the event of theft or loss of this product, please fill in the information below for your own personal records.

Model No. \_\_\_\_\_ Serial No. \_\_\_\_\_  
(Located on back or bottom side of unit)

Date of Purchase \_\_\_\_\_ Purchase Price \_\_\_\_\_

Where Purchased \_\_\_\_\_

**Please register your massage chair at**  
**[www.sanyomassagechairs.com](http://www.sanyomassagechairs.com)**



**SANYO Fisher Company**  
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