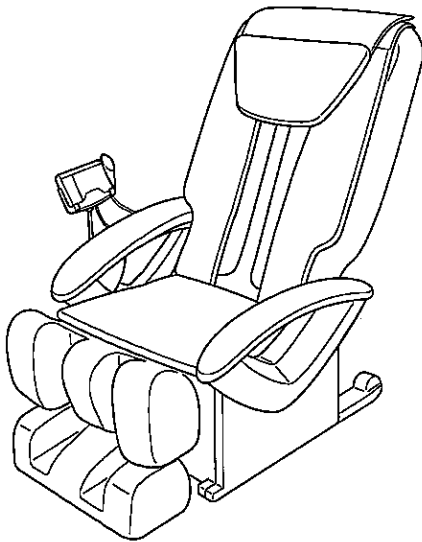


## INSTRUCTION MANUAL

# Chair Type Massager **HEC-DR5000**



CONTENTS	PAGE
IMPORTANT SAFETY INSTRUCTIONS .....	1 ~ 4
NAME/FUNCTION OF EACH PART .....	5 ~ 7
HOW TO PLACE THE MASSAGER .....	8
HOW TO USE .....	9
PREPARATIONS PRIOR TO USE .....	10
ADJUSTMENT OF CHAIR .....	11~12
WHOLE BODY SENSOR AUTOMATIC COURSE .....	13~14
AUTOMATIC COURSE .....	15~16
MANUAL COURSE .....	17~20
MEMORY FUNCTION .....	21
AFTER USE .....	22
MAINTENANCE PROCEDURE .....	22
CONTENTS OF MASSAGING .....	23~24
TROUBLE-SHOOTING .....	25
SPECIFICATIONS .....	26

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:

---

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

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 outlet, have a proper outlet installed by a qualified electrician.

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

---

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

Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.

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

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.

To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not change the plug in any way.

Massager is intended for Household Use Only.

Be sure to check that there is no-one (children in particular), or any pets around the massager (behind or in front of the massager) prior to reclining the back rest. Otherwise, an injury may occur.

Be careful not to put your hand or foot 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.

All of the following information is important.  
Be sure to follow the instructions carefully.

---

Do not wind the Power cord, the remote control cord or the sensor controller cord around the remote control, the sensor controller, the remote control stand.  
Moreover, be careful not to operate the back rest with the cord hooked on some obstruction.  
Otherwise, unreasonable force may be applied to the cord, possibly resulting in fire or electric shock.

Do not allow children to use the massager, play on it or around it. Also, while in motion, keep children away from the massager.  
Otherwise, an injury may occur.

Be sure to check that there is no-one (children in particular), or any pets under the foot rest prior to lowering the foot rest. In addition, do not leave the foot rest in the raised position.  
Otherwise, an injury may occur.

Do not attempt to stand on the arm rest, foot rest, back rest, the remote control stand.  
Otherwise, the user may fall over, resulting in injury.

Do not use the massager on the head, the chest, the abdomen or on bones (elbow, knee, etc).  
In addition, do not put your hand, foot or arm between the massaging balls.  
Otherwise, the user may feel sick or an injury may occur. (When massaging the nape of the neck, put a soft towel on the neck in order to avoid strong stimulation.)

Be careful not to use the massager when the cord or the power plug is damaged or the plug socket is loose.  
Otherwise, electric shock, short circuit or fire may occur.

The following persons are requested to consult a doctor prior to use.  
Otherwise, the user may feel sick or an injury may occur.

Those who are undergoing medical treatment and particularly those who complain of indisposition

- Those who have malignant tumors
- Those who suffer from heart trouble
- Those who are in menstrual period or pregnant
- Those who require complete rest
- Those whose backbone is abnormal or bent
- Those who desire to use the massager on a part of the body that was previously diseased or receiving medical treatment
- Those who are feverish (38°C or over)
- Those who have weak bones (osteoporosis etc.)
- Those who use a medical electronic device implanted into the body (e.g. a pacemaker).
- Those who have a serious blood circulation disorder in the legs.

Never attempt to dismantle the massager. Do not allow any personnel other than a qualified repair engineer to dismantle or repair the massager.  
Otherwise, fire, electric shock or injury may occur. Ask the sales agent if repairs are required.

Do not attempt to damage, break, modify, bend forcibly, pull, twist or bundle the cord.  
In addition, do not put heavy objects on the cord or jam the cord between objects.  
Otherwise the cord may break, resulting in fire or electric shock.

Do not use the massager at any current other than the designated voltage.  
Otherwise, fire or electric shock may occur.

Be sure to disconnect the power plug from the plug socket prior to maintenance. Also, do not attempt to plug/unplug the power plug with wet hands.  
Otherwise, injury or electric shock may occur.

# IMPORTANT SAFETY INSTRUCTIONS

---

## WARNING

---

Be careful not to spill water over the remote control, sensor controller, seat or foot rest. Otherwise, electric shock, short circuit or fire may occur.

Do not suddenly release your hand, while raising the foot rest with the hand. Otherwise, an injury may occur.

Prior to use, be sure to raise the back pad in order to check the cover cloth or the cloth of other parts is not torn. If a tear is found, however small, stop using the massager immediately, unplug the power source, and send it for repair.

If the massager is used with torn cloth, it may result in injury or electric shock.

"Use only under careful medical supervision if you have or there is a possibility that you have a medical condition that may possibly, in any way, be affected by massager"

If discomfort or pain is felt during use, stop using the massager and consult a doctor immediately. In addition, when the massage force is felt strongly, stop using it earlier than planned. Otherwise, if the user continues using in such a way, an unexpected accident may occur.

Check the massaging ball position for the sake of safety before leaning slowly back on the massager. Do not twist the body, but lean straight back on the massager, so that the massaging balls are in position on either side of the backbone.

Otherwise, leaning abruptly on the massager may injure the backbone or result in some other injury.

After use, be sure to set the POWER switch to the [OFF] position, and the LOCK switch to the [LOCK] position.

Otherwise, it may result in accident or injury due to a child's mischief.

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

Otherwise, it may result in fire.

Do not hang from the back pad or head cover.

Do not attempt to hang from the back pad or head cover, or pull the back pad or head cover forcibly.

Otherwise, the back pad or head cover may come off, possibly resulting in injury.

Aim to use the massager for up to 20 minutes at a time. Limit the use of massager on one point to 5 minutes or less.

Otherwise, the continuous use of the massager on one point for an extended period may result in adverse effects or injury.

Be careful not to fall asleep during massage.

Otherwise, an injury may occur.

Place the massager main unit on a level floor surface.

Otherwise, if it is placed at an unstable place, the main unit may fall over, possibly resulting in injury.

Do not use the massager in the bathroom, or places with high humidity.

Otherwise, electric shock may occur.

Do not place anything other than the remote control and the sensor controller respectively on the remote control stand.

Otherwise, the stand may break, resulting in injury.

---

Do not use the massager on bare skin.  
Otherwise, an injury may occur.

Do not use for any other purposes other than as a massager or as a chair.  
Otherwise, an accident or injury may occur.

Avoid use by those who are unable to clearly indicate their intentions, as well as by physically disabled people.  
Otherwise, an injury 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. Also, clean the dust off the power plug periodically.  
Otherwise, electric shock, short circuit or fire may occur.

Switch the power [OFF] instantly if there is a power failure, and also pull the power plug out from the socket.  
Otherwise, it may become dangerous when the power is restored.

Do not move the massager with a person on it.  
Otherwise, the massager may fall over, resulting in injury.

At first, do not attempt to recline the seat deeply, lean on the back rest forcibly or massage without the back pad (until you have become accustomed to massaging).  
Otherwise, if the massaging force is too strong at the outset, it may result in adverse effects or injury.

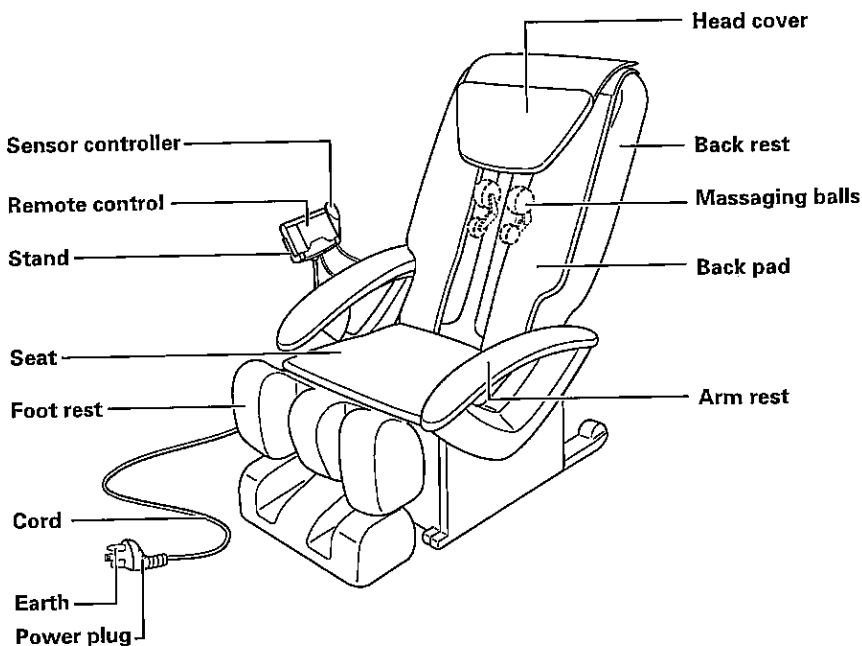
Do not use the massager with other medical instruments (e.g. a low frequency medical instrument).  
Otherwise, the user may feel sick or, it may cause other health problems.

If the massager becomes inoperative, disconnect the power plug immediately to prevent accidents, and ask the sales agent for inspection/repair information.  
Otherwise, it may result in fire due to electric shock, current leakage, short circuit, etc.

When the equipment will not be used for an extended period, be sure to disconnect the power plug from the mains outlet socket.  
Otherwise, it may result in electric shock, current leakage or fire due to damaged insulation.

The maximum permissible weight of the massager is 120 kilograms.  
Otherwise, an accident may happen or damage to the machine may result.

# NAME/FUNCTION OF EACH PART

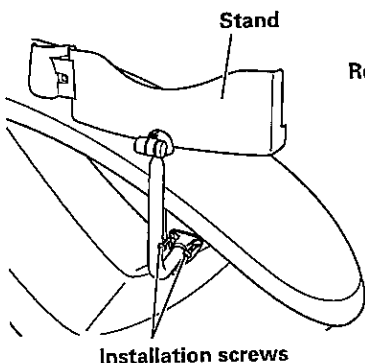


## Accessories

**Stand**  
(With three installation screws)

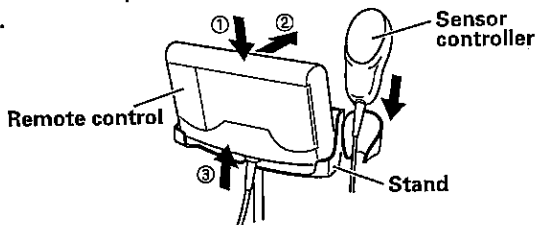
### How to install the stand

- Install it securely on the right-hand side of the arm rest, using the three installation screws
- ※ A screwdriver is not included.

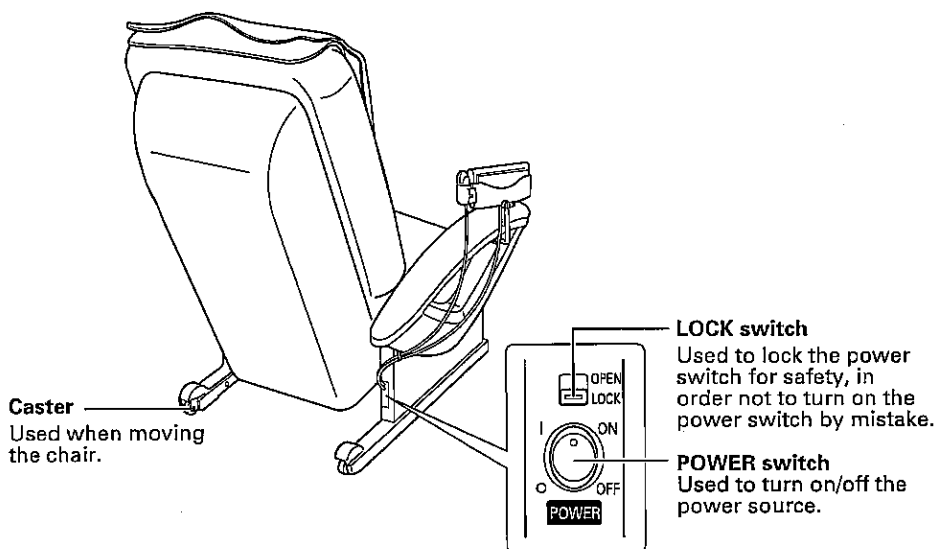


### How to set the remote control and the sensor controller on the stand

- **When putting the remote control on**  
Put the remote control on the stand while tilting it as the arrow ① shows, and then push it in the direction of arrow ②.



- **When putting the remote control off**  
Put the remote control off by raising it up.  
(When it is difficult to put the remote control off, pull it up by pushing the lower part of the remote control up in the direction of arrow ③.)
- **When setting the sensor controller on**  
Set the sensor in the pocket on the right side of the stand.



**Caster**  
Used when moving the chair.

**LOCK switch**  
Used to lock the power switch for safety, in order not to turn on the power switch by mistake.

**POWER switch**  
Used to turn on/off the power source.

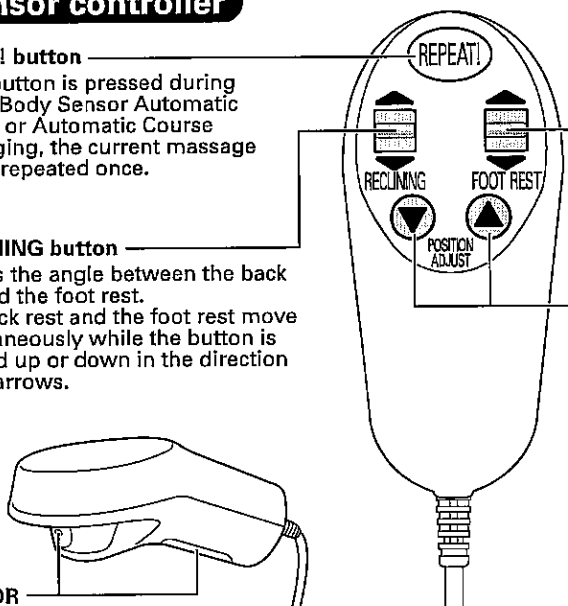
## Sensor controller

**Repeat! button**  
If this button is pressed during Whole Body Sensor Automatic Course or Automatic Course massaging, the current massage will be repeated once.

**RECLINING button**  
Adjusts the angle between the back rest and the foot rest. The back rest and the foot rest move simultaneously while the button is pressed up or down in the direction of the arrows.

**FOOT REST button**  
Adjusts the angle of the foot rest. The foot rest moves while the button is pressed up or down in the direction of the arrows.

**POSITION ADJUST button**  
Adjusts the UP/DOWN position of massaging balls. Used to adjust the massaging balls to a favorable position, or to adjust the shoulder position.



**SENSOR**  
The degree of perspiration and pulse rate are measured if the sensor is gripped during the Whole Body Sensor Automatic Course.

# NAME / FUNCTION OF EACH PART

## REMOTE CONTROL

\* All display parts are shown here for explanation.

**MANUAL SELECT button**  
Used for manual massaging.

**MANUAL (UPPER BODY) MESSAGE button**  
Used to choose the contents of upper body massaging.

**MANUAL (LOWER BODY) MESSAGE button**  
Used to choose the contents of message of lower body (air).

**COVER**  
Opened when you want manual massaging.

**WIDTH ADJUST button**  
Adjusts the width of the massaging balls in five stages.

**SPEED ADJUST button**  
Adjusts the speed of the massaging balls in five stages.

**MEMORY button**  
Pressed when you want to save the contents of massage to memory.

**WHOLE BODY SENSOR AUTOMATIC COURSE button**  
Used to select the type of massaging.

**OPERATION ON/OFF button**  
Used for switching the massaging operation on/off.

**Shoulder position measurement / Original position display**  
While the shoulder position is being measured, "SHOULDER" flickers on and off; when the measurement is complete, "ADJUST" illuminates.

Turns on if the sensor is not gripped during the measurement of stiffness in the Whole Body Sensor Automatic Course.

**WHOLE BODY SENSOR AUTOMATIC COURSE display**  
Turns on during the Whole Body Sensor Automatic Course. (▲ flickers)  
▲ does not turn on unless the detection part is gripped.

**MASSAGE OPERATION display**  
Displays the operation of the current massage.

**SOLE WARMER display**  
Turns on when the sole heater is on.

**AUTOMATIC COURSE button**  
Used to select the type of massaging.

**UPPER BODY STRENGTH ADJUST button**  
Adjusts the strength of upper body massaging in five stages.

**LOWER BODY STRENGTH ADJUST button**  
Adjusts the strength of lower body massaging in three stages.

**SOLE WARMER button**  
Used for switching the sole heater operation on/off. (Normally set to on)

**POSITION ADJUST button**  
Used to adjust the UP/DOWN position of massaging balls

**FOOT REST UP/DOWN button**  
Adjusts the angle of the foot rest.

**RECLINING button**  
Adjusts the angle between the back rest and the foot rest.

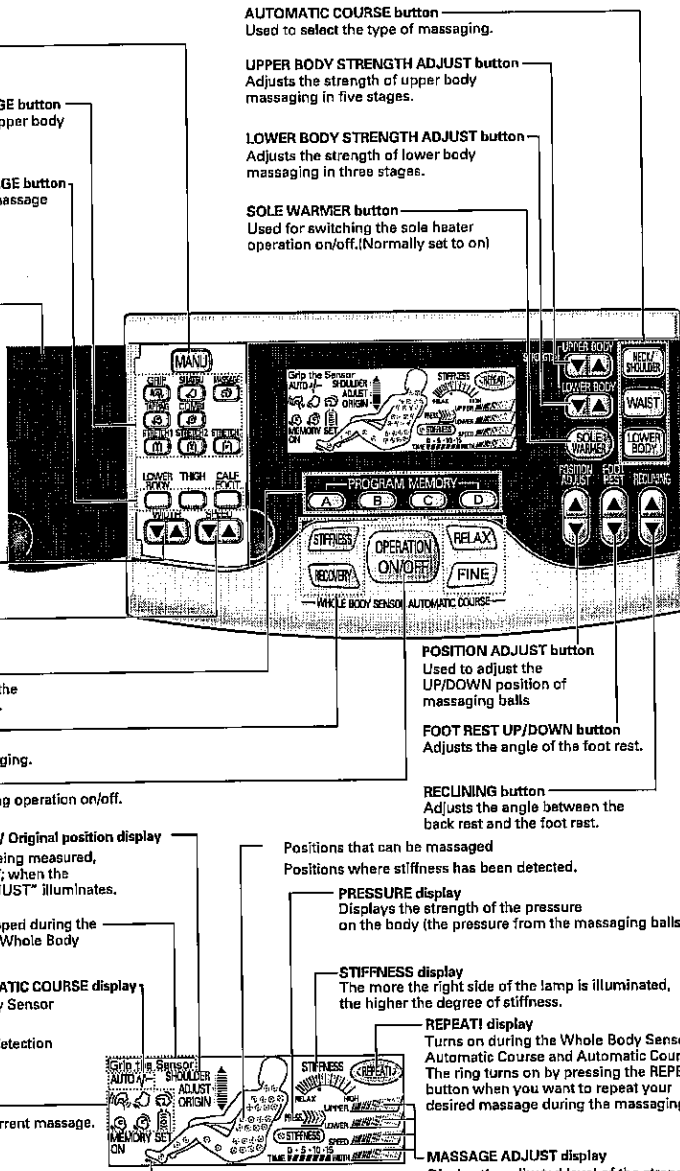
Positions that can be massaged  
Positions where stiffness has been detected.

**PRESSURE display**  
Displays the strength of the pressure on the body (the pressure from the massaging balls).

**STIFFNESS display**  
The more the right side of the lamp is illuminated, the higher the degree of stiffness.

**REPEAT display**  
Turns on during the Whole Body Sensor Automatic Course and Automatic Course. The ring turns on by pressing the REPEAT button when you want to repeat your desired massage during the massaging.

**MASSAGE ADJUST display**  
Display the adjusted level of the strength and speed of massaging and the width of massaging balls. When these displays turn on, you can adjust them with each adjust button.



(Remote control display)

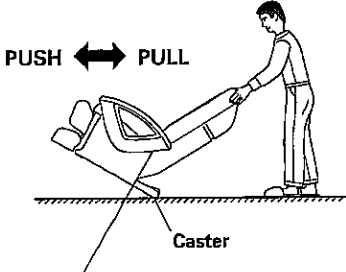


# HOW TO PLACE THE MASSAGER

## How to move the massager

Raise the front side of the massager, and move it using the casters.

- Movement is easier when the back rest is raised. (See page 12)



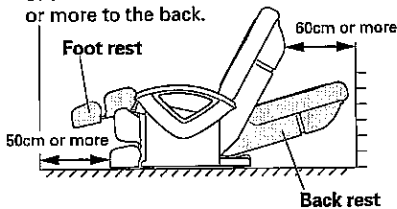
### NOTE

- Be careful not to damage the floor surface when putting the massager down, because it is heavy.
- Be careful not to step on the power cord, remote control or sensor during movement.
- Do not move the massager on an easily damaged floor surface or straw mat (TATAMI).
- Do not move the massager on a concrete surface using the casters. This may cause damage to the casters.

## Decide where to place it

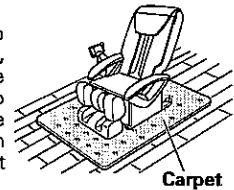
Ensure there is sufficient space to allow the massager to recline.

- In order not to touch the wall or other things when reclined, allow a clearance of 50 cm or more to the front and 60 cm or more to the back.



### NOTE

- Place the massager on a level floor surface.
- Keep the massager at least 1 meter away from AV machines like TV or radio. Otherwise, the program may be disturbed by noise.
- Do not keep the massager in a place with high humidity like a bathroom.
- Do not keep the massager in a place where it will be exposed to direct sunshine for an extended period, or in a place near a heater where the temperature may reach high levels.
- Lay a carpet in order to avoid damaging the floor, and to muffle the noise during massaging. Also lay a thick mat where the foot rest touches when pushing the foot rest down and forward.



## EARTH

- Ensure that an earthed wall socket is used.

# HOW TO USE

The procedure for use of the massager is explained here. See the referred pages for details.

Prior to use, make certain to read the "IMPORTANT SAFETY INSTRUCTIONS". (Page 1-4)

**1 Turn on the power.** (See page 10)

**2 Adjust the angle of back rest and foot rest.** (See page 12)

- Adjust to the desired posture.

**3 Massaging** (See page 13-20)

① Press the OPERATION ON/OFF button.

② Select a massaging course.

Type of course	Features of course	Programs of each course	Features of program
<b>WHOLE BODY SENSOR AUTOMATIC COURSE</b> (When wanting to massage by the program of each automatic course, according to stiffness)	Measures the degree of stiffness in each part of the body with gripping the sensor, and massages automatically according to the result. ※ Massaging of each course is possible without gripping the sensor. In this case the stiffness is not detected.	<b>STIFFNESS course</b> <b>RECOVERY course</b> <b>RELAX course</b> <b>FINE course</b>	Shiatsu massages firmly to the upper body and legs. Easing the stiffened positions. When wanting to relax the whole body. Massages mainly to promote blood circulation. (See page 13 to 14)
<b>AUTOMATIC COURSE</b> (When wanting to massage easily and automatically)	Massages automatically by effective combination of grasping shoulder massaging, shiatsu, massaging, tapping, backbone stretching, and lower body (air) massage.	<b>NECK / SHOULDER course</b> <b>WAIST course</b> <b>LOWER BODY course</b>	When wanting to massage mainly the neck and shoulders. When wanting to massage mainly the waist. When wanting to massage mainly the legs and soles. (See page 15 to 16)
<b>MANUAL COURSE</b> (When wanting to choose the massaging operation yourself)	Massages with your own adjustment of massage types such as grasping shoulder massaging, shiatsu, massaging, tapping, backbone stretching, and lower body (air) massage.	20 types of massaging for upper body, and air massaging for buttocks, the legs and soles. (See page 17 to 20)	

## CAUTION

- When the massaging balls detach from the body during the Whole Body Sensor Automatic Course or the Automatic Course, the body pressure sensor will work to stop the operation by pulling back the massaging balls for safety. In such a case, begin the operation again from the start.

**4 Turn off the power and finish the massage.** (See page 22)

# PREPARATIONS PRIOR TO USE

## How to connect the power source

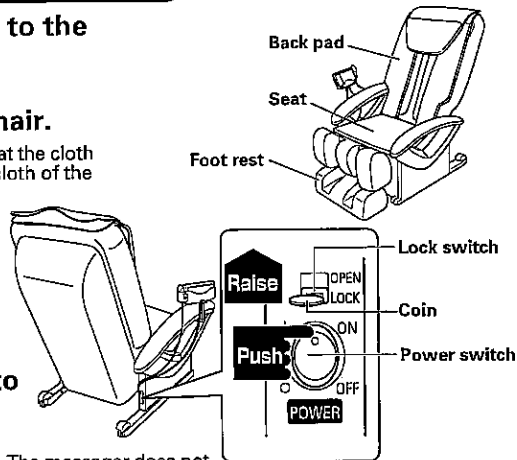
**1** Connect the power plug to the mains power socket.

**2** Check the cloth of the chair.

- By raising the back pad, confirm that the cloth of the main unit is not torn or the cloth of the back pad or other parts.

**3** Set the LOCK switch to the "OPEN" position, using a coin.

**4** Set the POWER switch to the "ON" position.



- The massaging balls move upward. The massager does not begin to operate until the massaging balls complete the upward movement, even if the button is pressed.
- While the massaging balls are moving upward, the display of the remote control (the letter of the ORIGIN flickers, and when the movement is complete, it turns off).

## WARNING

- The following persons are requested to consult a doctor prior to use. Otherwise, the user may feel sick or an injury may occur.
  - Those who are undergoing medical treatment and particularly those who complain of indisposition
  - Those who have malignant tumors
  - Those who suffer from heart trouble
  - Those who are in menstrual period or pregnant
  - Those who require complete rest
  - Those whose backbone is abnormal or bent
  - Those who desire to use the massager on a part of the body that is diseased or receiving medical treatment
  - Those who are mentally disabled
  - Those who suffer from phlebitis in the legs
  - Those who suffer from varicose veins in the legs
  - Those who suffer from severe hematogenous disorder in the legs
  - Those who are feverish (38°C or over)
  - Those who have weak bones (osteoporosis etc.)
  - Those who use a medical electronic device implanted into the body (e.g. a pacemaker).
  - Those who suffer from diabetes
- Do not use the massager on the head, the chest, the abdomen or on bones (elbow, knee, etc.). In addition, do not put your hand, foot or arm between the massaging balls. Otherwise, the user may feel sick or an injury may occur. (When massaging the nape of the neck, put a soft towel on the neck in order to avoid strong stimulation.)
- Prior to use, be sure to raise the back pad in order to check that the cover cloth or the cloth of other parts is not torn. If a tear is found, however small, stop using the massager immediately, unplug the power source, and send it for repair. When the massager is used with a tear in the cloth, injury or electric shock may occur.

## CAUTION

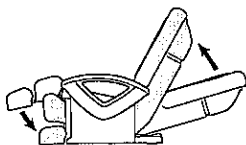
- If any discomfort or indisposition is felt during use, stop using the massager immediately and consult a doctor. In addition, when the massage force is felt strongly, stop using it earlier than planned. Otherwise, an unexpected accident may occur.
- Aim to use the massager for up to 20 minutes each time. Limit the use of the massager on one point to 5 minutes or less. Also, the total time to massage in one day should be not more than 30 minutes in total. Continuous use of the massager on one point for an extended period may result in adverse effects or injury.
- Do not use the massager on bare skin. Otherwise, an injury may occur.
- Be careful not to fall asleep during massage. Otherwise, an injury may occur.
- Check the massaging ball position for the sake of safety before leaning slowly back on the massager. Do not twist the body, but lean straight back on the massager, so that the massaging balls are in position on either side of the backbone. Otherwise, leaning abruptly on the massager may injure the backbone or result in some other injury.
- At first, do not attempt to recline the seat deeply, lean on the back rest forcibly or massage without the back pad (until you have become accustomed to massaging). Otherwise, if the massaging force is too strong at the outset, it may result in adverse effects or injury.

# ADJUSTMENT OF CHAIR

## Before sitting on the massage chair

Raise the Back rest by pressing the Reclining button. Lower the foot rest.

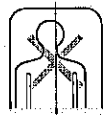
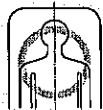
- If sitting on the massage chair with raised foot rest is not comfortable, press the FOOT REST UP/DOWN button to lower the foot rest.



## How to sit on the massage chair

Sit on the center of massage chair slowly.

- Sit deeply in the center of the massage chair. Lean back comfortably so that the waist touches the back rest.



### CAUTION when massaging

At first, do not attempt to select a strong method of massaging (until you are accustomed to massaging).

- Do not attempt to recline the back rest deeply, lean on the back rest forcibly or massage without the back pad.
- Do not attempt to continuously use the massager on one place for an extended period.
- Do not attempt to speed up the movement of the massaging balls or increase the strength of massage.

Otherwise, strong massaging at first may result in injury. Particularly, aged persons and those who have weak bones need to use the massager with great care.

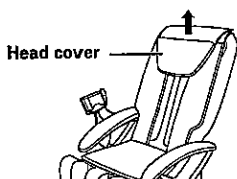
### CAUTION

- Check the massaging ball position for the sake of safety before leaning slowly back on the massager. Do not twist the body, but lean straight back on the massager, so that the massaging balls are in position on either side of the backbone.

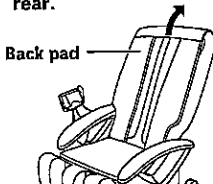
After becoming accustomed to massaging (When the massage is felt to be weak.)

Turn the back pad to the rear.

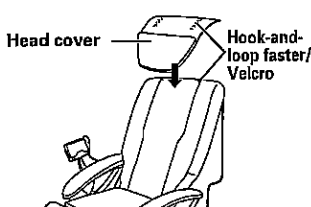
- 1** Take off the head cover from the back pad.



- 2** Turn the back pad to the rear.

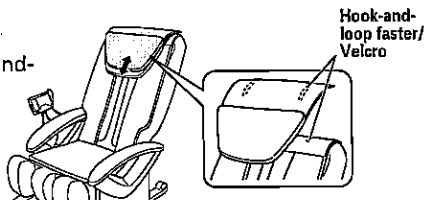


- 3** Attach the head cover to the back rest.



### Adjust the position of head cover

- Adjust the attaching position with hook-and-loop faster (Velcro)



## Adjust the angle of the back rest

- Adjustment is possible even during massaging operation.
- When the back rest moves, the foot rest also moves automatically.

### Adjust to the desired angle.

Keep the button pressed until the desired angle is achieved.

RECLINING



OR



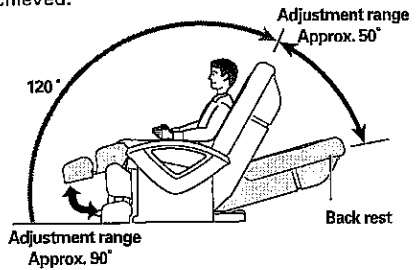
RECLINING

(Remote control)

(Sensor controller)

Raise the back rest, and lower the foot rest by continuously pressing the UP (▲) button.

Recline the back rest, and raise the foot rest by continuously pressing the DOWN (▼) button.



### NOTE

- Do not attempt to recline the back rest deeply at first (until the body is accustomed to massaging), so that the massage force becomes too strong.
- Be sure to check that there is no-one or any pets around the massager prior to reclining the back rest. It may result in an accident or injury.
- During (air) massaging the lower body, do not attempt to recline the back rest when the legs are fixed with the air bag. Do not pull the legs out forcibly, this may result in injury to the legs.

## Adjust the angle of foot rest.

Although the foot rest moves automatically according to the movement of the back rest, when reclining, it is also possible to adjust the angle of the foot rest only with the FOOT REST UP/DOWN button.

### Adjust to the desired angle.

- Keep the FOOT REST UP/DOWN button pressed until the desired angle is achieved.
- When massaging the sole or calf, adjust the angle so that the massaging part of the foot rest touches the sole or the calf.

FOOT REST



OR



FOOT REST

(Remote control)

(Sensor controller)

Raise the foot rest by continuously pressing the UP (▲) button.

Lower the foot rest by continuously pressing the DOWN (▼) button.



### NOTE

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

## WARNING

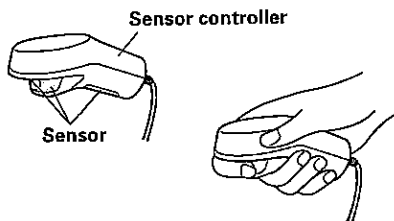
- When raising the foot rest by hand, it returns to the previous position with a bang. Be careful not to catch your hand or leg when this happens.

# WHOLE BODY SENSOR AUTOMATIC COURSE

Adjust the positions of the back rest and the foot rest.

(See page 12)

## 1 Grip the sensor as shown below.



## 2 Press the OPERATION ON/OFF button.



- The lamp of the remote control illuminates.

## 3 Press the desired Whole Body Sensor Automatic Course button.



### STIFFNESS

Shiatsu massages firmly to the upper body and legs.

### RECOVERY

Easing the stiffened positions.

### RELAX

Massages gently to relax the whole body.

### FINE

Massages mainly to promote blood circulation.

- Change of course during massaging, or change to the Automatic Course or the Manual Course, is possible.

## 4 Starts massaging automatically.

### ① Measure the position of shoulder.

- Check if the position of shoulder is correct. If not, adjust the position using the POSITION ADJUST button (of the remote control or the sensor). (See page14)

### ② Start sensor massage.

Measures the degree of stiffness in each part of body with the sensor and informs of the degree of stiffness.

→Massaging operation and the display of remote control. (See page 14)

### ③ Massages according to the stiffness.

Adjusts the operation and strength of standard massaging according the measured degree of stiffness.

→Massaging operation and the display of remote control. (See page 14)

- The strength of massaging can be adjusted (See page 14)

## ■ Finishes the massaging automatically by timer operation.

- Massaging balls are moved to the upper position, and stop massaging automatically. The buzzer sounds and the lamp on the remote control will turn off.
- The massaging time differs according to the detected stiffness, but the maximum is approx.20 minutes.

### NOTE

- Be sure to grip the sensor. If the sensor is not gripped firmly, the degree of stiffness cannot be measured. In such a case, massages are conducted by the standard operation of the selected course.
- Massage in relaxed condition as much as possible during massage. The degree of stiffness may not be measured correctly when the user massages immediately after taking a bath or is given stimulation other than sensor massage, like watching TV.
- The measurement result indicates the stiffness according to the body's biological reaction (the amount of perspiration from fingers or plus) to the sensor massage, so it may differ from the stiffness the user actually feels.
- When the user's skin is dry (especially a person with dry skin), the degree of stiffness may not be measured correctly. In such a case, slightly moisten with the fingers using hand cream.

### To stop the massage during massaging operation.

#### Press the OPERATION ON/OFF button.

- All the massaging will stop. (The massaging balls are moved to the upper position and remain in that position.)

#### Press the button for the current operation.

- The massaging that corresponds to the pressed button will stop. (The Massaging balls will stop at that point.)


### Measurement of Shoulder Position

Measure the position of shoulder and match the position of massaging balls to that of shoulder.

Massaging balls move up and down to measure the position of shoulder. (Sit deeply on the massage chair and raise your head slightly. The matching of the position of shoulder may not be possible if the head is leaning on the back rest.)

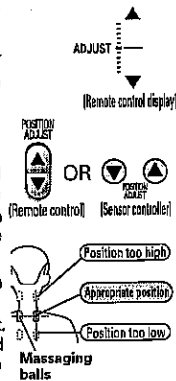


### Massaging operation at recognized position of shoulder

Check that massaging balls match the position of your shoulder. If not, when the lamp of  is flickering (a buzzer sounds), adjust the position by pressing the POSITION ADJUST button.

The massaging balls are moved up or down by 2cm each time the POSITION ADJUST button on the remote control or on the sensor controller is pressed.

When it is difficult to adjust with POSITION ADJUST button, move your body for adjustment. The height that can be adjusted is between approx. 150 cm to 180 cm.



Decides the position of shoulder.

### Massaging Operation and Display of Remote Control

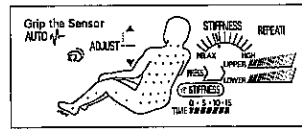
- Displays the aim of massaging positions, the type of massaging, the stiffness, body pressure and the remaining massaging time on the remote control.

### Explanation with an example of STIFFNESS

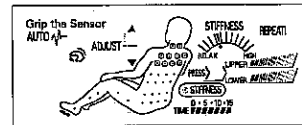
#### SENSOR MESSAGE

### Measurement of the degree of stiffness.

The Sensor will display the positions of stiffness (those where stiffness has been felt) by measuring the amount of perspiration from fingers and pulse in reaction to sensor massage. When the measurement is over, a buzzer sounds.

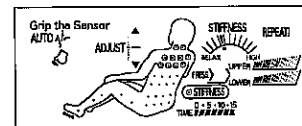


Displays the position where the stiffness has been detected.





### Massaging according to the degree of stiffness

#### Shiatsu massaging



### When adjusting the strength of massage

-  Each time the UPPER BODY STRENGTH ADJUST button is pressed, the strength of upper body massaging can be adjusted in five stages. (The strength is displayed by the lamp on the remote control.)
-  Each time the LOWER BODY STRENGTH ADJUST button is pressed, the strength of lower body massaging (air) can be adjusted in three stages. (The strength is displayed by the lamp on the remote control.)



#### NOTE

- When it is felt that the massaging on the soles or calves is too strong even when setting the strength of lower body (air) massaging to "weak," put a towel etc. on those massaged parts.

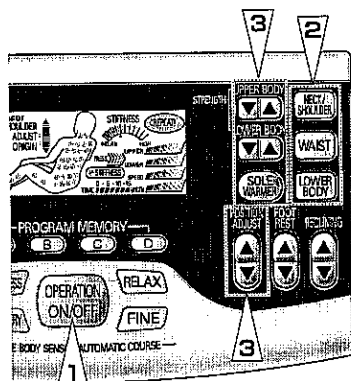
# AUTOMATIC COURSE

Adjust the positions of the back rest and the foot rest. (See page 12)

**1** Press the OPERATION ON/OFF button.

**2** Press the desired Automatic Course button.

- It is possible to massage simultaneously Neck/Shoulder and Lower Body or Waist and Lower Body.
- Change of course during massaging, or change to the Automatic Course or the Manual Course, is possible. As for the contents of massaging of Neck/Shoulder course and Waist course, see page 24.



## NECK / SHOULDER

When wanting to massage mainly the neck and shoulders.

## WAIST

When wanting to massage mainly the waist.

## LOWER BODY

When wanting to massage the buttocks, legs and soles.

**3** Starts the massaging automatically.

① Measure the position of shoulder.

- Check if the position of shoulder is correct. If not, adjust the position using the POSITION ADJUST button (of the remote control or the sensor). (See page 16)

② Starts the massaging of selected course.

- The strength of massaging can be adjusted (See page 16)

■ Finishes the massaging automatically by timer operation.

- The massaging will stop automatically approx. 15 minutes after starting the operation. The buzzer sounds and the lamp on the remote control will turn off.

**To stop the message during massaging operation.**

**Press the OPERATION ON/OFF button.**

- All the massaging will stop. (The massaging bars are moved to the upper position and remain in that position.)

**Press the button for the current operation.**

- The massaging that corresponds to the pressed button will stop.  
(The Massaging bars will stop at that point.)



### Measurement of Shoulder Position


Measure the position of shoulder and match the position of massaging balls to that of shoulder.

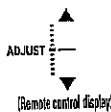
Massaging balls move up and down to measure the position of shoulder.

(Sit deeply on the massage chair and raise your head slightly. The matching of the position of shoulder may not be possible if the head is leaning on the back rest.)

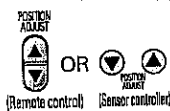


### Massaging operation at recognized position of shoulder

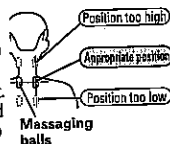
Check that massaging balls match the position of your shoulder. If not, when the lamp of  is flickering (a buzzer sounds), adjust the position by pressing the POSITION ADJUST button.



The massaging balls are moved up or down by 2cm each time the POSITION ADJUST button on the remote control or on the sensor controller is pressed.



When it is difficult to adjust with POSITION ADJUST button, move your body for adjustment. The height that can be adjusted is between approx. 150 cm to 180 cm.

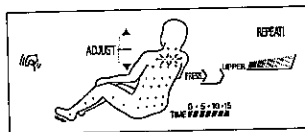


Decides the position of shoulder.

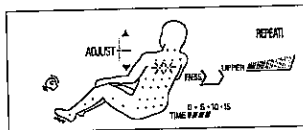
### Massaging Operation and Display of Remote Control

- Displays the aim of massaging positions, the type of massaging, the stiffness, body pressure and the remaining massaging time.

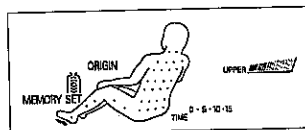
Explanation with an example of NECK/SHOULDER



The position of current massage flickers




Massaging neck/shoulder mainly




Finishes the massaging by the operation of the timer. (After the massaging balls are put in their original place, the lamp on the remote control will turn off)

### When adjusting the strength of massage

-  Each time the UPPER BODY STRENGTH ADJUST button is pressed, the strength of upper body massaging can be adjusted in five stages. (The strength is displayed by the lamp on the remote control.)



-  Each time the LOWER BODY STRENGTH ADJUST button is pressed, the strength of lower body massaging (air) can be adjusted in three stages. (The strength is displayed by the lamp on the remote control.)



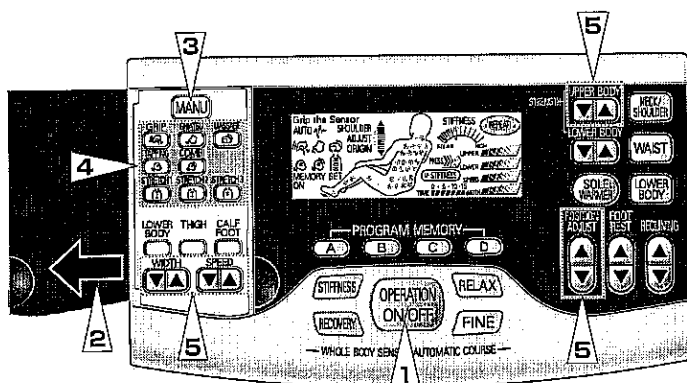
### NOTE

- When it is felt that the massaging on the soles or calves is too strong even when setting the strength of lower body (air) massaging to "weak," put a towel etc. on those massaged parts.

# MANUAL COURSE

## Massaging of upper body

Adjust the back rest and the foot rest. (See page 12)



**1** Press the OPERATION ON/OFF button.

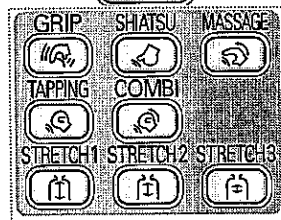
**2** Open the cover of the remote control.

**3** Press the MANU (MANUAL SELECT) button.

MANUAL SELECT button



**4** Press the desired MANUAL (UPPER BODY) MASSAGING button.



MANUAL (UPPER BODY) MASSAGING buttons

- Refer to page 19 for details of the contents of massage.
- For grasping shoulder massaging and backbone stretching, measure the position of shoulder at first. When the position of shoulder is not correct, adjust the position of massaging balls. (See page 14)
- During massaging operation, the operation can be changed to other manual massage, Whole Body Sensor Automatic Course or Automatic Course.
- It is possible to operate the upper body massage and lower body massage simultaneously.

※ The massage will not start without pressing MANUAL SELECT button, even if the MANUAL (UPPER BODY) MASSAGING buttons are pressed.

## 5 Adjusting the height or width of massaging balls.

- There are some adjustments which are not possible, depending on the type of massage; please see. (page 19)

### Adjusting the height of massaging balls.

Continue pressing the POSITION ADJUST button (of the remote control or the sensor controller)



(Remote control)

OR



(Sensor controller)

The massaging balls will move up if the UP(▲) button is pressed continuously and move down if the DOWN(▼) button is pressed continuously.

- The approximate position of the massaging balls is indicated by the lamp on the remote control.

### Adjusting the width of the massaging balls.



Press the button.

- The width of the massaging balls will change each time the button is pressed, and is indicated by the lamp on the remote control. (in five stages)



### Adjusting the movement speed of massaging balls.



Press the button.

- The speed of the massaging balls will change each time the button is pressed, and is indicated by the lamp on the remote control. (in five stages)



### Adjusting the strength of the massage.



Press the button.

- The strength of the massage will change each time the button is pressed, and is indicated by the lamp on the remote control. (in five stages)



## ■ Finishes the massage by operation of the timer.

- The massaging balls are moved to the upper position and are stopped automatically approx. 15 minutes after starting the operation. The buzzer sounds and the lamp on the remote control will turn off.
- If a different Manual Course button is pressed during the course of operation, the massage will be completed by operation of the timer approx. 15 minutes after starting the original massage.

### To stop the massage during massaging operation.

Press the OPERATION ON/OFF button.

- All the massaging will stop. (The massaging balls are moved to the upper position and remain in that position.)

Press the button for the current operation.

- The massaging that corresponds to the pressed button will stop. (The Massaging balls will stop at that point.)









# MANUAL COURSE

## Kinds of massages and adjustments of massaging balls

























20 types of desired massage can be selected.

It is possible to adjust the movement speed, height position and width of massaging balls and the strength of massage. (There are some adjustments that are not possible, depending on the kind of massaging. Refer to the table below.)

### <Individual massages>

Kinds of massage	Operation	Adjustment of massaging balls
 GRIP	Massaging by grasping the shoulders	(Height, speed and strength are adjustable.)
 SHIATSU	Shiatsu massaging (by moving the massaging balls to front and back)	(Height, speed, width and strength are adjustable.)
 MESSAGE	Massaging	(Height, speed and strength are adjustable.)
 TAPPING	Massaging by tapping operation	(Height, speed, width and strength are adjustable.)
 COMBI	Combined tapping and massaging actions.	(Height, speed and strength are adjustable.)
 STRETCH1	Massaging with stretching operation of massaging balls.	(Height, width and strength are adjustable.)
 STRETCH2	Massaging by stretching operation of massaging balls within a range of approx. 20cm.	(Height, width and strength are adjustable.)
 STRETCH3	Massaging by stretching operation of massaging balls within a range of approx. 10cm.	(Height, width and strength are adjustable.)

### <Combined massages>

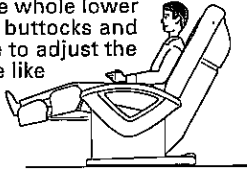
 SHIATSU +  STRETCH1	Massaging by backbone stretching, while executing Shiatsu operation.	(Height, speed, width and strength are adjustable.)
 SHIATSU +  STRETCH2	Massaging by partial stretching (long), while executing Shiatsu operation.	(Height, speed, width and strength are adjustable.)
 SHIATSU +  STRETCH3	Massaging by partial stretching (short), while executing Shiatsu operation.	(Height, speed, width and strength are adjustable.)
 MESSAGE +  STRETCH1	Massaging by backbone stretching, while executing massaging operation.	(Height, speed and strength are adjustable.)
 MESSAGE +  STRETCH2	Massaging by partial stretching (long), while executing massaging operation.	(Height, speed and strength are adjustable.)
 MESSAGE +  STRETCH3	Massaging by partial stretching (short), while executing massaging operation.	(Height, speed and strength are adjustable.)
 TAPPING +  STRETCH1	Massaging by backbone stretching, while executing tapping operation.	(Height, speed, width and strength are adjustable.)
 TAPPING +  STRETCH2	Massaging by partial stretching (long), while executing tapping operation.	(Height, speed, width and strength are adjustable.)
 TAPPING +  STRETCH3	Massaging by partial stretching (short), while executing tapping operation.	(Height, speed, width and strength are adjustable.)
 COMBI +  STRETCH1	Massaging by backbone stretching, while executing tapping and massaging operation.	(Height, speed and strength are adjustable.)
 COMBI +  STRETCH2	Massaging by partial stretching (long), while executing tapping and massaging operation.	(Height, speed and strength are adjustable.)
 COMBI +  STRETCH3	Massaging by partial stretching (short), while executing tapping and massaging operation.	(Height, speed and strength are adjustable.)

## LOWER BODY MASSAGING

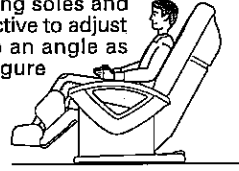
- Simultaneous massaging of any part of "upper body" and "lower body (air)" is possible. Individual massaging of "upper body" and "lower body (air)" is possible.
- 1 to 3 are the same operation for massaging the upper body. When massaging the upper body, start from operation 4.

### To adjust the position of back rest and foot rest. (See page 12).

When massaging the whole lower body or massaging buttocks and thighs, it is effective to adjust the foot rest to the angle like shown in the figure below.



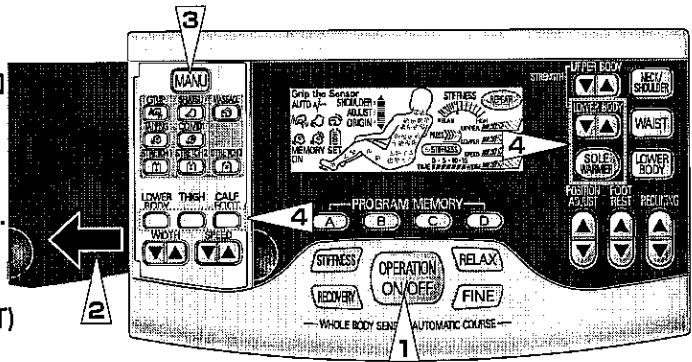
When massaging soles and calves, it is effective to adjust the foot rest to an angle as shown in the figure below.



- 1 Press the OPERATION ON/OFF button.


- 2 Open the cover of the remote control.

- 3 Press the MANU (MANUAL SELECT) button.



- 4 Press the desired MANUAL (LOWER BODY) MASSAGING button.

- During massaging operation, you can change to a different manual massage, Whole Body Sensor Automatic Course, or Automatic Course.
- The strength of massage can be adjusted in three stages.

**LOWER BODY**  
 Press the button

The strength of massage will change each time the button is pressed, and is indicated by the lamp on the remote control.



MANUAL (LOWER BODY) MASSAGING button



### ■ Finishes the massage by operation of the timer.

- It will stop automatically approx. 15 minutes after starting the operation.  
The buzzer sounds, and the display part of the remote control turns off.

#### To stop the massage during massaging operation.

Press the OPERATION ON/OFF button.

- All massaging will stop.

Press the button for the current operation.

- The massaging that corresponds to the pressed button will stop.

# MEMORY FUNCTION

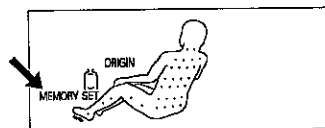
After the massaging, you can store the setting of your favorable massage. (Up to 4 patterns)

- Memorize the contents which are set just before the operation is finished.  
It is not possible to store shoulder position, reclining condition and detected stiffness.

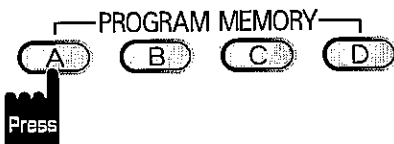
## How to set the memory

### 1 Press MEMORY button after finishing massage

- When the massaging operation is finished by the timer function or the OPERATION ON/OFF button, A to D of MEMORY button will flicker and MEMORY SET will be displayed on the remote control. (for 15 seconds) Press one of A to D of MEMORY button while they are flickering.

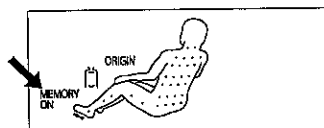


(Remote control display)



### 2 Memorize the contents of massaging

- When the MEMORY button is pressed, there will be a beeping sound and MEMORY ON will be displayed on the remote control. After that the contents of massaging are stored.



(Remote control display)

### 3 When wanting to renew the contents of memory

- In the case when some content is already stored in the memory, there will be a beeping sound twice, when the MEMORY button is pressed. The contents of memory will be renewed by pressing the MEMORY button again, and there will be a beeping sound and MEMORY ON will be displayed on the remote control.

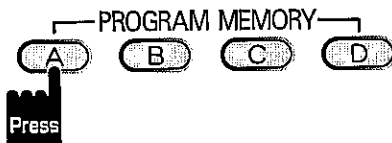
## When you want memorized massages

### 1 Press the OPERATION ON/OFF button.



### 2 Press desired MEMORY button

- In the case when some contents are stored, the MEMORY buttons are flickering. Press the desired one of the flickering buttons.



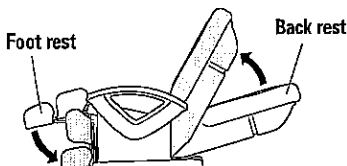
### 3 Start massaging automatically

- When starting the Whole Body Sensor Automatic Course, grip the sensor to measure the stiffness at that time.

# AFTER USE

## 1 Set the back rest and the foot rest to the starting position.

- Be sure to check that there are no children, pets, or any obstacles around the massager.
- When the head cover is turned to the rear, return it to the starting position.



### CAUTION

- After use, be sure to set the POWER switch to the [OFF] position, and the LOCK switch to the [LOCK] position.
- When the equipment will not be used for an extended period, be sure to disconnect the power plug from the mains outlet socket.

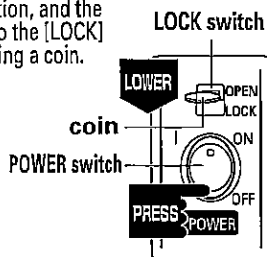
## 2 Turn off the POWER.

① Press the OPERATION ON/OFF button.



- The display part of the remote control turns off. Close the cover of remote control.
- Put the remote control and the sensor back on the stand.

② Set the POWER switch to the [OFF] position, and the LOCK switch to the [LOCK] position by using a coin.



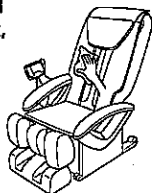
# MAINTENANCE PROCEDURE

**WARNING** Be sure to disconnect the power plug from the mains outlet socket prior to maintenance.

### HEAD COVER, BACK PAD, SEAT COVER, ARM COVER (Artificial leather type)

- Perform daily maintenance by wiping with a soft dry cloth. When they are badly stained, adopt the following maintenance procedure:

1. Soak a soft cloth in diluted neutral kitchen detergent, and squeeze it well. Wipe the main unit with the damp cloth with a tapping motion.



2. Soak a cloth in clean water, and squeeze it well. Wipe off the remaining detergent with the damp cloth.  
3. Wipe it with a dry cloth afterwards.  
※ Do not force-dry with a drier.  
※ Do not make contact with vinyl products for an extended period. It may cause discoloration.

### MAIN UNIT (Cloth part, plastic part and pipe)

- Soak a soft cloth in diluted neutral kitchen detergent, and squeeze it well. Wipe the main unit with the damp cloth, and wipe it with a dry cloth afterwards.

### REMOTE CONTROL, SENSOR CONTROLLER

- Wipe with a soft dry cloth.  
※ Do not wipe with a damp cloth.

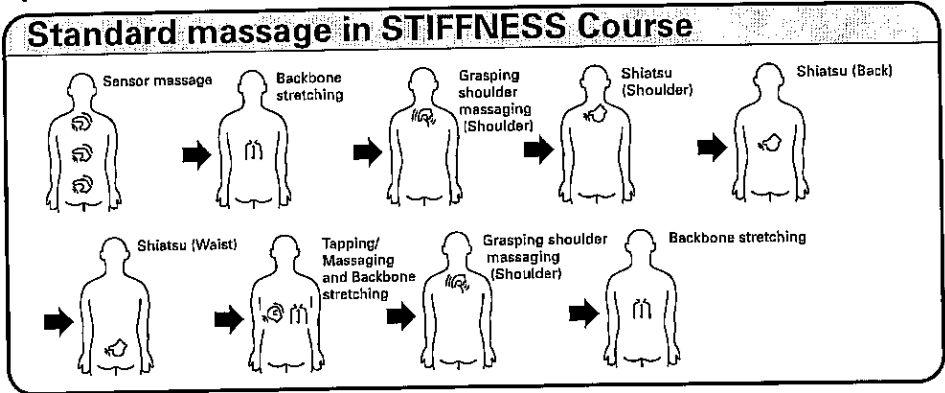
### NOTE

- Do not attempt to use benzene, thinner or alkaline detergent for cleaning, as this may result in deformation, discoloration or cracking.
- Do not wash the head cover and the back pad. This may cause discoloration or deformation.

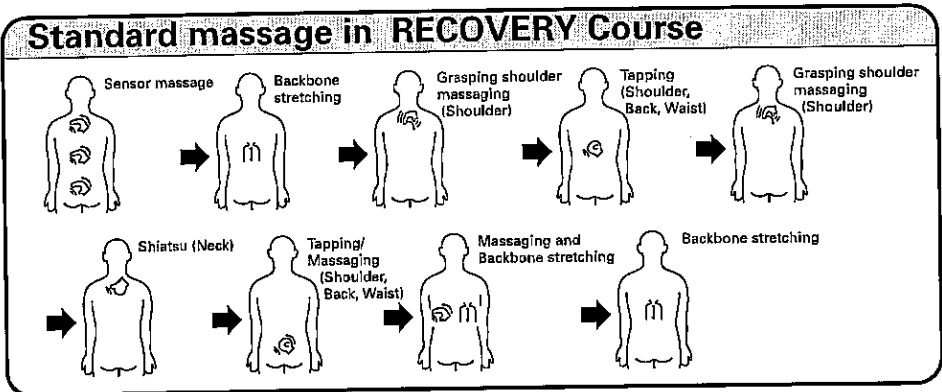
# CONTENTS OF MASSAGING

## <WHOLE BODY SENSOR AUTOMATIC COURSE>

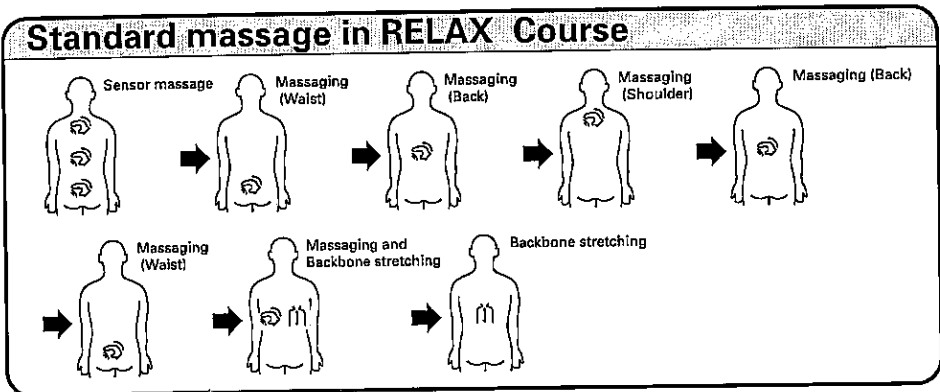
### Standard massage in STIFFNESS Course



### Standard massage in RECOVERY Course



### Standard massage in RELAX Course

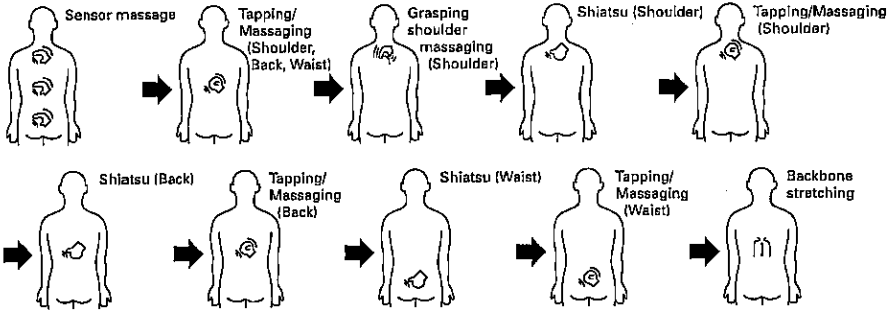




The drawing of the massage for each course is omitted in part, in order to describe the operation in a simplified manner. Also, the drawings of air massage operation for lower body are all omitted.

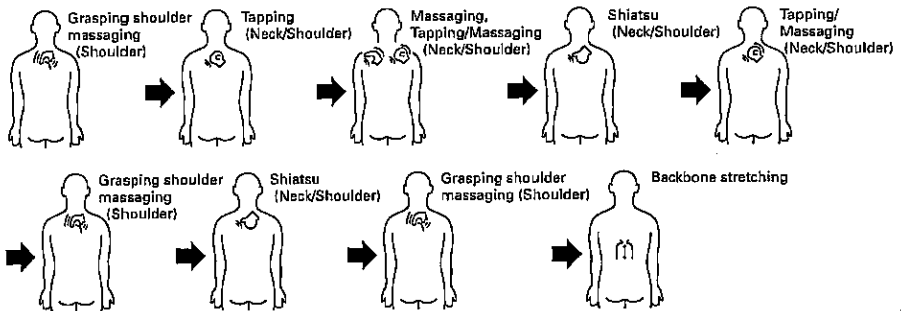
## <WHOLE BODY SENSOR AUTOMATIC COURSE>

### Standard massage in FINE Course

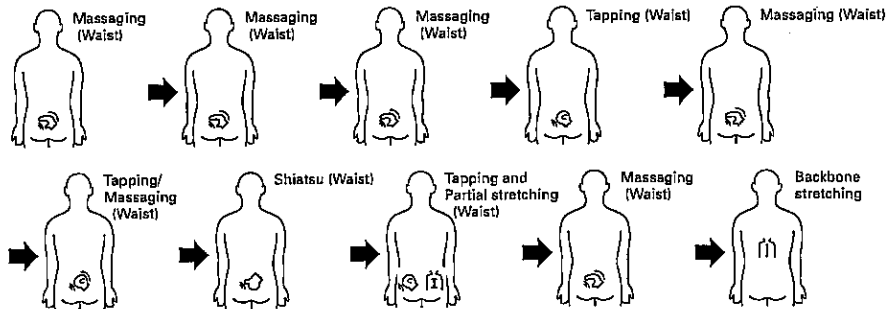


## <AUTOMATIC COURSE>

### NECK/SHOULDER Course



### WAIST Course



# TROUBLE-SHOOTING

## WARNING

- If the trouble still persists even after the following proper countermeasures have been taken, stop using the massager to avoid possible accidents. Disconnect the power plug from the mains outlet socket, and consult the sales agent.  
Do not attempt to repair the equipment at home by yourself, as it is very dangerous.

Type of Trouble	Check points	Countermeasure
<b>Unusual sound during operation</b> •Rattling sound during tapping •Noise during UP/DOWN operation of massaging balls and clinking sound during massaging operation •Creaking sound caused by massaging balls and cloth during massaging operation •Gear meshing sound •Sound of air massage •"Pusshu" sound (Change valve sound) •Hissing sound (Exhaust sound) •"Bui" sound (Sound of pump operation) •"Poko" sound (Sound when the air bag fills out) •Wobbling foot rest	These sounds may be unavoidably generated due to problems of construction, but they will not affect the function, etc.	
<b>Operation failure</b>	Check that the power plug is securely plugged in the main outlet socket. ----- Check that the POWER switch is set to the ON position. ----- When the massaging balls detach from the body during the sensor automatic course or the automatic course, the body pressure sensor will work to stop the operation automatically.	Push the power plug into the main outlet socket securely. (See page 10) ----- With the LOCK switch set to unlock, turn on the POWER switch. (See page 10) ----- Begin the operation again from the start. (See page 9)
<b>Movement of massaging balls in upward direction, causing operation to stop</b>	This phenomenon is caused by the operation of the timer, but is not a problem.	
<b>The operation stops in the middle of massaging in the Whole Body Sensor Automatic Course or Automatic Course</b>	When the massaging balls detach from the body, the body pressure sensor will work to stop the operation automatically.	Begin the operation again from the start. (See page 9)
<b>Impossible to recline Impossible to raise and lower the foot rest</b>	Check that there is no obstruction.	Remove the obstruction. (See page 12)
<b>The position of massaging balls differ between right and left.</b>	This phenomenon is caused by the adoption of the function of alternative tapping on the right and left sides, but is not a problem.	
<b>The display of stiffness differs from the degree of stiffness actually felt.</b>	Check that you grip the Sensor ----- The measurement result indicates the stiffness according to the body's biological reaction to the sensor massage, so it may differ from the stiffness the user actually feels. ----- Massage in relaxed condition as much as possible during massage. The degree of stiffness may not be measured correctly when the user massages immediately after taking a bath or is given stimulation other than sensor massage, like watching TV.	Grip the Sensor (See page 13)

# SPECIFICATIONS

Power consumption	290W
Rated time	30 min.
Timer	(MANUAL COURSE) ・ ・ Approx. 15 minutes (WHOLE BODY SENSOR AUTOMATIC COURSE) ・ ・ Approx. 15 minutes (maximum Approx.20 minutes) (AUTOMATIC COURSE) ・ ・ Approx. 15 minutes (maximum Approx. 20 minutes)
Dimensions	730 mm[width] × 1,240 mm[depth] × 1,200 mm[height] ※ When not reclined (with foot rest retracted) ----- 730 mm[width] × 1,940 mm[depth] × 680 mm[height] ※ When reclined (with foot rest set horizontally)
Weight	Approx. 70kg
Accessories	Stand, Installation screws (Three)
Exterior cloth	Artificial leather 100%
Massaging Frequency	(5 stages) Approx. 10 times/min., 15 times/min., 20 times/min., 25 times/min., 30 times/min.
Tapping Frequency (Upper body)	(5 stages) Approx. 300 times/min., 390 times/min., 480 times/min., 540 times/min., 600 times/min.
Tapping width (Upper body)	(5 stages) Approx. 70mm, 85mm, 100mm, 115mm, 130mm Vertical movement speed
Vertical movement speed	One up/down pass in approx. 35 sec.
Backbone stretching width	(5 stages) Approx. 70mm, 85mm, 100mm, 115mm, 130mm Range of partial stretching
Range of partial stretching	Partial stretching (Long): Repetition within Approx. 200mm Partial stretching (Short): Repetition within Approx. 100mm
Massaging balls up/down range	Approx. 720 mm
Height adjustment of massaging balls	No gradation or 2cm/one press of button
Reclining angle	Approx. 120 ~ 170°
Reclining method	Motor-driven type (Linked with foot rest)
Lower Body Massaging (Air pressure)	Strong: Approx. 27kPa      ※ There is a slight difference according to the part. Weak: Approx. 21kPa

Do not use the massager on other the designated voltage.

**SANYO**

SANYO Electric Co., Ltd.  
OSAKA, JAPAN