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 safe place so that it can be found easily.
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(Effect and Efficacy) Substitution of professional masseur
- Recovery from fatigue
- Promotion of blood circulation
- Removal of muscular fatigue
- Relief of muscular stiffness
- Alleviation of neuralgia or muscular pain

- Thank you for your purchasing of Massage Chair EC-3700.
- Read this manual carefully beforehand to use the product properly.
- After reading through, keep this manual at a safe place where you can consult whenever it is necessary.
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:

1. Always unplug this appliance from electrical outlet immediately after using and before cleaning.
2. 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:

1. An appliance should never be left unattended plugged in.
   - Unplug from outlet when not in use, and before off parts.
2. Do not operate under blanket or pillow.
   - Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
4. Use this appliance only for its intended use as described in this manual.
   - Do not use attachments not recommended by the manufacturer.
5. 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.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked.
   - Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any objects into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. **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.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that look like the plug illustrated in sketch A. A temporary adapter that looks like the adapter illustrated B and C may be used to connect the 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.

14. **Massager is intended for Household Use Only.**

15. **Be sure to check that there is not anybody (children in particular), pet or obstacle behind prior to inclining the Backrest.**

   Otherwise, it may result in a cause of injury or trouble.

16. **Be sure to check that there is not anybody (children in particular), pet or obstacle behind prior to lowering the Footrest.**

   Otherwise, it may result in a cause of injury.

17. **Be careful not to operate the Backrest with the cord wound on the main unit, or with the cord hooked to the other obstacle.**

   Otherwise, the unreasonable force may be applied to the cord, probably resulting in a cause of fire or electric shock.

18. **Be careful not to put the hand into the clearance at the underside of Backrest or to the clearance between the Backrest and Armrest.**

   Otherwise, it may result in a cause of injury.
19. **Do not attempt to stand on the Armrest, Footrest or Backrest.**
   Otherwise, the massager may fall down, resulting in injury.

20. **Do not use the massager on the head, arm, knee or abdomen. As well as, do not put your hand or leg between knead ball.**
   Otherwise, the user may feel sick or an injury may occur.

21. **Do not attempt to plug/unplug the power plug with wet hands.**
   Otherwise, it may result in injury or electric shock.

22. **When the cover cloth is broken (when the built-in mechanism is exposed), do not use such massager, but send it for repair.**
   Otherwise, it may result in a cause of accident, or injury.

23. **Never attempt to disassemble the massager. Do not allow any personnel other than repair engineer to disassemble or repair the massager.**
   Otherwise, it may result in a cause of fire, electric shock or injury.

24. **(1) The following persons should not use the chair** (for fear of the possible occurrence of physical disorder.)
   - Those who are advised by a physician not to get a massage; for example, those with thrombosis (embolism), severe aneurysm, acute varicosity, dermatitis or skin infections (including inflammations of subcutaneous tissue).

   **(2) The following persons should consult a physician before use.**
   - Those having a medical electronic device embedded in the body such as a pace-maker susceptible to the electromagnetic interference.
   - Those with malignant tumors.
   - Those with heart diseases.
   - Those under unstable conditions of pregnancy or after childbirth.
   - Those with sensory disturbance caused by peripheral vascular disorder such as diabetes.
   - Those with injuries.
   - Those in need of repose.
   - Those with a body temperatures of 38°C or more (in pyrogenetic condition); for example, at the time of the manifestation of acute inflammatory symptoms such as malaise, chill, anisopiesis, or when under weak conditions.
   - Those with osteoplosis, fractured vertebra or acute pains.
   - Those with abnormality in the backbone (vertebra) or with the backbone bent to left or right.
   - Those with inflammatory diseases such as sprain or muscle strain.
   - Those with herniated disk.
   - Those with any abnormality on the body or under medical treatment.

25. **If sickness or pain is felt during use, stop using the massager and consult a doctor immediately.**
   Otherwise, it may result in injury.
26. Attempt to use the massager up to 15 minutes for each use. Limit the use of massager at one point, up to 5 minutes. Otherwise, the use of massager at one point for a long time continuously may result in adverse effect.

27. Check the knead ball position for the sake of safety before leaning on the massager slowly. Do not twist the body, but lean on the massager straight, so that the backbone is located at center of knead ball. Otherwise, leaning on the massager abruptly may injure the backbone or result in injury.

28. Do not pull the cord, but the plug, when unplugging the massager. Otherwise, the electric shock or short-circuit may occur, resulting in fire.

29. Do not use the massager with bare skin. Otherwise, it may result in a cause of injury.

30. Do not move the massager with a person on it. Otherwise, the massager may fall down.

31. After use, be sure to set the POWER switch to [OFF] position. Otherwise, it may result in accident or injury due to child's mischief.

32. Do not attempt to pull the Back Pad forcibly or hang from the Back Pad. Otherwise, the Back Pad may come off, probably resulting in injury or broken massager.

33. Do not attempt to damage, bend, pull, twist, or bundle the cord forcibly. Otherwise, the cord may break, resulting fire or electric shock.

34. Do not use the massager on other than the designated voltage. Otherwise, it may result in a cause of fire or electric shock.

35. Do not use the massager in the bathroom, or places where humidity is high. Otherwise, it may result in electric shock or damage.

36. When the massager becomes inoperative, disconnect the power plug immediately for prevention of accident, and ask the sales agent for inspection/repair information. Otherwise, it may result in fire due to electric shock, leaking current, short circuit, etc.

37. Switch the power [OFF] instantly at the time of power failure, as well as pull the power plug out from the socket. Otherwise, it would become dangerous at the time of power comeback.

38. Be careful not to fall asleep during massage. Otherwise, it may result in a cause of accident or injury.

39. Do not use the massager with other medical instruments (excluding foot type massager). Otherwise, it may result in an accident or injury.

40. Place the massager main unit at a level floor surface. Otherwise, if it is placed at an unstable place, it may fall down, probably resulting in a cause of injury.

41. The maximum permissible weight of the massager is 100 kilograms. Do not use the massager with those who weigh more than 100 kilograms. Otherwise, an accident may happen or damage to the machine may result.
Before Use

Take out the main body and the accessories from the box.

MAIN BODY
ACCESSORIES

Arm unit

Pillow

Shoulder unit

Left

Front Rear

Right

Front Rear

Grounding cable

Reverse side

Shoulder cap (2 pcs.)

Mounting screws (4 pcs.)

Mounting screws (2 pcs.)

Hexagonal wrench

for the shoulder unit

Remote controller stand

Hexagonal wrench

for the remote controller stand

Attention
Do not use any accessories other than those packaged.

* The grounding cable may not be packed depending on countries or regions of destination.

How to assemble and fold the backrest.

Raise the backrest to the arrow direction, and make sure that the stopper (encircled) is locked, when a click sound can be heard.

Press down the stopper (encircled) to the arrow direction, and turn the backrest slowly forward.

* Be careful not to turn the backrest quickly.

* The backrest cannot be turned when it is equipped with the shoulder unit and the arm unit.

CAUTION
Be careful not to have hands or fingers pinched between the armrest and the backrest.

CAUTION
When using the stopper, be careful not to touch any part other than the encircled.
Before Use

How to install the arm unit.

1. Install the arm unit with the backrest at the upright position.

2. Insert the arm unit convex into the hole of the armrest.

3. Press down the arm unit until a click sound can be heard.

* When removing the arm unit, insert the hexagonal wrench in the hole. Pull it upward while pressing the button.

**Attention**
Install the other arm unit at the opposite side in the same manner. To remove it, take the procedure as illustrated at the right side.

**CAUTION**
Make sure that the arm unit is installed tightly. Should air leak, or should the arm unit drop down, trouble or accident may happen.

How to install the shoulder unit.

1. Install the shoulder unit with the backrest at the upright position.

2. Insert the shoulder unit convex and the air joint into the hole of the backrest.

3. Fix the shoulder unit with the mounting screws at 2 places.

4. Cover the surface with the shoulder cap.

**Attention**
Install the other arm unit at the opposite side in the same manner. In removing it, take the reverse procedure of installation.

**CAUTION**
Make sure that the arm unit is installed tightly. Should air leak, or should the shoulder unit drop down, trouble or accident may happen.
Before Use

How to install the back pad and the pillow.

Install the back pad on the zipper of the backrest.
1. Install the back pad.
Install the pillow on the velcro tape of the back pad.
2. Install the pillow.

• When massaging, place the pillow behind.
• If you feel massaging strength strong, use the pillow.
• When not massaging, use the chair as the recliner with the back pad and the pillow installed.

![Diagram of back pad and pillow installation]

CAUTION
Before use, tuck up the back pad to make sure that there is no tear on the cover cloth of the backrest and on the other parts. (Should there be any tear, no matter how small it is, discontinue using the chair immediately, disconnect the power cord plug, and ask for repair.) Continued use with the cloth torn may cause electric shock or any hazard on the body.

How to install the remote controller stand.

* The remote controller stand is usually designed to be installed at the left side. Should it need to be installed at the right side, take the procedure as detailed in the next page.

1. Remove the cap for the armrest (open) from the concave of the left-side armrest.
   * The remote controller stand can be installed either at the left side or at the right side.

   ![Diagram of remote controller stand installation]

2. Fix the remote controller stand on the arm unit on the left-side armrest with the mounting screws at 2 places.

   Hexagonal wrench for the remote controller stand

3. Cover the remote controller stand with the cap for the armrest (open).

   Cap for the armrest (open)

[How to adjust the remote controller holder]
Loosen the fixing screw to a desired position, and fix it tightly.

Remote controller holder
Fixing screw

Loosen
Tighten

[How to install or remove the remote controller]
Installation:
Push it down from upward.
Removal:
Pull it up upward.

Attention
When removing the remote controller stand, take the reverse procedure of installation.

CAUTION
Check to make sure that the remote controller stand is installed tightly. Its possible drop-off may cause trouble or hazard on the body.
Before Use

How to replace the remote controller stand.

<In case the remote controller stand, after being installed, needs to be replaced from left to right side.>

Introductory Note
• Remove the pillow and the back pad (see Page 7).
• Remove the remote controller from its stand. Then, remove the shoulder unit and the arm unit, and turn the backrest forward (see Page 5, 6 and 7).

<In case the remote controller stand is installed at the right side from the first, take the following procedures starting 1.>
1. Remove the rubber cord grip behind the arm rest. ①
2. Remove the remote controller cord from its cord grip. ②
3. Hang the remote controller cord on the cord grip at the opposite side. ③
4. Adjust the position of the rubber cord grip so that the cord may not loosen, and insert the grip into the hole of the armrest. ④

Attention
The cord may snap if it loosens.

5. Raise the backrest. Then, install the arm unit and the shoulder unit (see Page 6).
6. Install the remote controller stand at the right-side armrest, and adjust an angle of the remote controller holder (see Page 7).
7. Install the pillow and the back pad (see Page 7).

[View of the finished work]
Before Use

Where to place the chair.

Place the chair on a level surface with enough space around.

**Attention:** With the backrest reclined backward, the footrest goes up. Keep space of 70cm or more ahead and 60cm or more behind.

**Attention:** The chair may damage the floor. Spread a mattress for protection.

**Attention:** Avoid placing the chair at the place exposed to the direct ray of the sunshine for long hours every day or at the place of high temperature, e.g. close to a heater. The cover cloth may discolor or change in quality.

How to move the chair.

Lift up the front side of the chair, and push it forward.

**CAUTION**

- Do not move the chair with a person or any object seated on it to avoid the possible upset.
- Do not move the chair with its casters, or do not drag it on the floor not to damage the floor surface.
- Do not hold the seat, the footrest or the shoulder unit to move the chair.
- Be careful when lifting up the front side of the chair; it is very heavy.
**Name and Functions of Components**

**MAIN BODY**

- **Back pad**
  - Recline on this back pad.

- **Shoulder**
  - Air-massage shoulders.

- **Arm**
  - Air-massage arm.

- **Seat pad**

- **Seat**
  - Air-massage hips and thighs.

- **Footrest**
  - Air-massage legs and feet.

- **Power switch**
  - Turn OFF after use.

- **Power supply fuse**

- **Power cord**

- **Power cord plug**

**QUICK OPERATION GUIDE**

- **Knead-massage the whole back,** and air-massage the back and waists.

- **Air-massage shoulders.**

- **Air-massage arm.**

- **Air-massage hips and thighs.**

- **Air-massage legs and feet.**

- **Massaging space covered by the mecha. massage (knead balls)***

**MASSAGING POSITION**

- **Shoulder**

- **Back**

- **Waist**

- **Arm**

- **Hip**

- **Thigh**

- **Calf**

- **Ankle**

- **Sole**

- **Pillow**
  - Put it behind when massaging.

- **Backrest**
  - Knead-massage the whole back, and air-massage the back and waists.

- **Caution label**

- **Remote controller stand**

- **Caution tag**
**REMOTE CONTROLLER**

**LCD display**
Various functions are available.

**“ON/OFF” button**
Start or stop massage, and store the knead balls.

**“Auto mode course” button**
Twelve Auto mode course are available in combination of massaging positions and massage types.

**“AIR” button**
Four air-massage options are available.

**“REPEAT” button**
Repeatedly continue the current option selected from the Auto mode course.

**“SKIP” button**
Discontinue the current option and change into another Auto mode course.

**“SHOULDER” button**
Turn ON or OFF “air-massage of shoulders” or change the massaging strength in one of the 5 steps.

**“MENU” button**
Adjust the current option.

**“Cross Key”**
Select any option in various functions.

**“TWIST” button**
Set or release “Twisting massage.”

**“ENTER” button**
Determine any option.

**“FOOTREST ▲ ▼” button**
Adjust an angle of the “footrest.”
* “Air” does not function while the footrest goes up or down.

**“FORWARD ▶” or “BACK ◀” button**
Adjust the footrest length.
* “AIR” does not function while the footrest goes forward or comes backward.

**“Quick (1) (2) (3) (M)” button**
Select any Auto mode course preprogrammed for each of the standard body shapes.

**“STOP” button**
Discontinue any in-progress movement. (Press this button when you have to discontinue massage at once.)

**“FUNCTION” button**
Select any one out of 23 massaging options.

**“HEIGHT ADJUSTMENT” button**
Finely adjust the shoulder position while in massage of any Auto mode course or when fixing the shoulder position in the process of selecting any function.
* The knead balls can be repositioned in the process of selecting any function.
* When the knead balls are positioned around shoulders or back in any Auto mode course, a display for finely adjusting the “SHOULDER” position comes out. When they are around waists, a display for finely adjusting the “WAIST” position comes out. Fine adjustment function of the “WAIST” position is available only for “EXTREME KNEAD WAIST” and “EXTREME TAPPING WAIST.”

**“ARM” button**
Select any option out of “ARM KNEAD/ARM GRASP/STOP” functions. Or, adjust the massaging strength at one of the 3 steps.

**“RECLINER ▲ ▼” button**
Adjust an angle each of the backrest and the footrest. The footrest moves in link with the backrest.
* While in reclining, the movements of “AIR”, “TAPPING” and “WAVELET” do not function.

**“RESET” button**
Store the backrest and the footrest.
* The backrest does not go up completely.
### Before Starting Massage

#### Power ON.

1. Connect the power cord plug with the receptacle.

2. **Power ON.**
   - The power switch is behind the left armrest.
   - After power ON, the LCD in the initial stage displays the screens as shown on the right side alternately.

### WARNING
Do not use the massager on other than the designated voltage.
Do not use the chair when the power cord or its plug is damaged, or when the receptacle is loosened.
It could electric shock, short circuit or fire.

#### Check items.

1. **Check around the chair.**
   ① Check to make sure that there is nobody, no pet and nothing ahead and behind the chair and under the footrest.
   - **<Standby position>**
     Press the \( \text{ON/OFF} \) button to start massage. Then, the footrest automatically comes up at about 50°.
   - **<Standby position>**
     * Be sure to check that there is nothing around.

2. **Check the main body itself.**
   ① Hold up the back pad, and check to make sure that the cover cloth of the backrest is not torn and that there is no tear in any other parts.
     * Should there be any tear, no matter how small it is, discontinue using the chair immediately.
     Disconnect the power cord plug, and contact your dealer for repair.
   ② Check to make sure that none of the power cord, the remote controller cord or any other materials is pinched in the main body.
   ③ Check to make sure that there is no damage in the power cord, remote controller cord and the power cord plug and that nothing of dust (e.g. pins) is attached to the plug.

3. **Before seated on the chair, make sure where there are the knead balls.**
   - The knead balls are usually located at the stored position (in the innermost at the lower part of the backrest)
   - When the knead balls are not located at the stored position, press the \( \text{ON/OFF} \) button. They move down to the lowest position. Press it again, and then, they go back to the stored position.

4. **Before seated on the chair, make sure where there is the footrest.**
   - Do not be seated forcibly with the footrest at the upright position. Such attempt may result in injury.
   - Press the FOOTREST \( \text{ON/OFF} \) button or the \( \text{button} \) button.
   - * Press the \( \text{button} \). Then, the backrest is also stored.
How to Adjust the Chair

How to use the RECLINER.

1 To turn down the backrest, press the RECLINER button.
   - Continue to press the RECLINER button. The backrest turns down backward, and the footrest comes up.
   - The deeper it turns down, the stronger the knead balls’ movement becomes.

2 Release your finger from the RECLINER button at a desired angle.
   - An angle of the footrest changes in proportion to a reclining angle of the backrest.

3 To raise the backrest, press the RECLINER button.
   - Continue to press the RECLINER button. The backrest turns upward, and the footrest goes down.

WARNING
Before reclining the backrest, before raising or lowering the footrest, or before having the footrest going forward or coming backward, check to make sure that there is nobody, no pet or nothing ahead and behind the chair and under the footrest. Negligence may result in accident, hazard on the body or damage in furniture.

CAUTION
Do not allow anybody to ride on the backrest, the armrest, the footrest or the shoulder unit. The chair may overturn, and the user may fall down and hurt himself/herself.

Attention: When reclining the backrest while in massage, turn it little by little backward, taking the massaging strength into consideration.
How to Adjust the Chair

How to use the FOOTREST.

1. To raise the footrest, press the FOOTREST button.
   - Continue to press the FOOTREST button. The footrest comes up.

2. Release your finger from the FOOTREST button at a desired angle.

3. To lower the footrest, press the FOOTREST button.
   - Continue to press the FOOTREST button. The footrest goes down.

WARNING
Before lowering the footrest, be careful not to have your foot or hand pinched in it. Check to make sure that there is nobody, no pet or nothing under the footrest. Negligence may result in hazard on the body.
How to Adjust the Chair

How to get the footrest going forward or coming backward.

1. To raise the footrest at a desired angle, continue to press the FOOTREST button.
   - The function of getting the footrest going forward or coming backward is not available when the footrest is positioned at 25° or less.
   - In a range of 25° - 50°, the length of going forward varies.
   - The length of going forward becomes longest at an angle of 50° or more.

2. To get the footrest going forward at desired length, continue to press the FOOTREST button.
   - Continue to press the button.
   - The footrest goes forward.

3. To get the footrest coming backward, press the FOOTREST button.
   - Continue to press the button.
   - The footrest comes backward.
   - The sole part is stretched or shrunk with a spring. Its position is adjustable.

**Attention**

Do not strain yourself on your feet with the footrest going forward or coming backward. Given the force, the footrest may be damaged, or a squeaking noise may be caused.

**CAUTION**

Do not put your hand or foot between the seat and the footrest when the footrest is coming backward. You may get hurt.

How to use the [RESET] button.

1. To store the backrest and the footrest, press the button.
   - The backrest is raised by about 132°, and the footrest comes backward down to the lowest position.
   - The [RESET] function is available only when the LCD is in an initial stage.
   - The backrest does not move up completely, stopping halfway.
   - To raise it up completely, press the RECLINER button.
How to Use the Auto Mode Course

Introductory Note

- After power on, the LCD in the initial stage displays the screens as shown on the right side alternately.
- When changing an Auto mode course to another Auto mode course, or when changing non-Auto mode course massage to any Auto mode course (see Page 49).

1. Press the \( \text{ON/OFF} \) button.
   - The footrest automatically comes up to the standby position. (Press the \( \text{STOP} \) button to interrupt this movement.)
   - The standby screen comes out.
   - Be deeply seated on the chair, and recline yourself slowly with your head on the backrest.

2. Press the \( \text{AUTO} \) button. Or, select “AUTO” with the \( \text{ auto } \) button, and press the \( \text{ enter} \) button.
   - All of the Auto mode course are displayed.
   - Even if the \( \text{start} \) button remains not to be pressed, this function starts 5 seconds later. (The same holds good of this procedure.)

3. Select a desired course with the \( \text{ AUTO } \) button or the \( \text{ auto } \) button, and press the \( \text{ enter} \) button.
   - Select one out of the 5 courses of “WHOLE BODY”, “SHOULDER”, “WAIST”, “STRETCH” and “7MIN”.
   - There are 4 sub-courses in the “WHOLE BODY” course, and 3 sub-courses each in the “SHOULDER” and “WAIST” courses.
How to Use the Auto Mode Course

4 The course name selected is displayed. When the Auto mode course starts, a process of detecting your body shape also starts.
   • When the “7MIN” course is selected, the process of detecting your body shape is not taken.

5 In the process of detection, the detection points are lighted up, and the detection levels each of the points are indicated with the detection indicator.
   • When nobody is seated on the chair, or when nothing can be detected, a message “CANNOT DETECT BODY SHAPE” comes out on the LCD. In this case, press the button again, and try to detect the body shape again.

6 With the body shape detection completed, the knead balls move to the shoulder position as determined.

7 Should you feel the shoulder position not in good fitness, finely adjust its position as desired. While a beep sound is caused, press the button for adjustment, and press the button.
   • At this time, the knead balls can be moved forward or backward with the button for adjustment. Massage is made with the knead balls at the position adjusted for “NECK RELAX”, “EXTREME KNEAD” and “EXTREME TAPPING” in the Auto mode course. (This massage is available only for the “REJUVENATE” course of “WHOLE BODY” and “SHOULDER” courses.)
How to Use the Auto Mode Course

- Fine adjustment of the shoulder position can be made with the HEIGHT ADJUSTMENT buttons.
- Press the ON/OFF button and detect your body shape. Your body shape is kept in memory until the massage is completed. To change your body shape in memory, press the ON/OFF button, and finish the massage. Then, start all over again.

8 When the allowance time for fine adjustment of the shoulder position is counted up, a message “POINT NAVI FINISHED” is displayed.

9 Your back contour line is displayed.

10 The Auto mode course in progress is displayed on the LCD.
How to Use the Auto Mode Course

11 When the Auto mode course is completed, the knead balls automatically return to the stored position.

After use, turn the power switch “OFF”.
- This step prevents the chair from starting movement even with the remote controller operated inadvertently.

**CAUTION**
After use, be sure to turn the power switch OFF. Misuse by a child may cause accident.

**To discontinue massage immediately.**
Press the **STOP** button.
- The knead balls stop movement at the present position.
- The standby screen comes out.

**To stop massage halfway.**
Press the **ON/OFF** button.
- The knead balls move to the stored position.
- With the knead balls stored, the initial display comes out on the LCD.
For your information:

What is POINT NAVI?
- POINT NAVI is a function available only in the Auto mode course which measures your body shape and posture before massage is started.
- With your contour back line in memory, effective massage can be given.

What options are available in the Auto mode course?
- Twelve options are selectable in the Auto mode course in combination of body regions and massaging modes.

<table>
<thead>
<tr>
<th>(WHOLE BODY) course</th>
<th>&lt;Rejuvenate&gt;</th>
<th>&lt;Refresh&gt;</th>
<th>&lt;Relax&gt;</th>
<th>&lt;Air&gt;</th>
<th>&lt;Stretch&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Massage the whole back.</td>
<td>&lt;Approx. 15 min&gt;</td>
<td>Slow</td>
<td>Gentle</td>
<td>Air-massage only</td>
<td>Stretch the whole body</td>
</tr>
<tr>
<td>(SHOULDER) course</td>
<td>&lt;Approx. 15 min&gt;</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Massage the neck and shoulders intensively.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(WAIST) course</td>
<td>&lt;Approx. 15 min&gt;</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Massage the waists intensively.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(STRETCH) course</td>
<td>&lt;Approx. 15 min&gt;</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stretch the whole body</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(7 MIN) course: The (WHOLE BODY) course is shortened compactly in a course of about 7 minutes.

- 7 MIN course does not have the body shape detection.
- Following illustration shows only the outline for quick reference. Also, the air massage and the lower body are abbreviated.

**SHOULDER Rejuvenate Course**

**WHOLE BQDY Rejuvenate Course**

**WAIST Rejuvenate Course**

**STRETCH Course**

**7MIN Course**
How to Use the Quick Mode

What is quick mode?

- You can select any one of the pre-programmed Auto mode courses adjusted to a standard body shape each divided by body height. This quick mode is recommendable to you for quick start, as the POINT NAVI function is not available in it.

1. ... For the height of about 155 cm (5’1”)
2. ... For the height of about 165 cm (5’ 4”)
3. ... For the height of about 175 cm (5’ 7”)
M. ... You may change some of the pre-programmed Auto mode courses, and keep them in memory for your own custom use (see Page 29).

The initial value is set for those with the height of 168 cm (5’ 5”).

Introductory Note

- After power on, the LCD in the initial stage displays the screens as shown on the right side alternately.
- When changing a quick mode option to another, or when changing non-quick mode massage to any quick mode option (see Page 50).

1. Press [ON/OFF] button.
   - The footrest automatically comes up to the standby position. (Press the [STOP] button to interrupt this movement.)
   - The standby screen comes out.

   Or, select any of the “1” “2” “3” or “M” buttons with the [ ] button, and press the [ ] button.
   - A list of all the Auto mode course is displayed.
How to Use the Quick Mode

3 Select any desired course with the button, and press the button.
   - Select one out of the 5 courses of "WHOLE BODY", "SHOULDER", "WAIST", "STRETCH" and "7MIN".
   - There are 4 sub-courses in the "WHOLE BODY" course, and 3 sub-courses each in the "SHOULDER" and "WAIST" courses.

4 The course name selected is displayed. The selected Auto mode course starts.

5 The quick mode option of the selected course is displayed on the LCD.
How to Use the Quick Mode

6 When a quick mode option comes to an end, the knead balls automatically return to the stored position.

7 After use, turn the power switch “OFF”.
   • This step prevents the chair from starting movement even with the remote controller operated inadvertently.

To discontinue massage immediately.

Press the STOP button.
   • The knead balls stop movement at the present position.
   • The standby screen comes out.

To stop massage halfway.

Press the ON/OFF button.
   • The knead balls move to the stored position.
   • With the knead balls stored, the initial display comes out on the LCD.
How to Adjust during Massaging with Auto Mode Course or in Quick Mode

1. To adjust MECHA. STRENGTH (mecha. massage with the knead balls).
   Press the button for adjustment, and press the button.
   - MECHA. STRENGTH is adjustable in 7 steps.
   - Strength is initially set at the step 4.

2. To adjust AIR STRENGTH (air-massage strength).
   Press the button for adjustment, and press the button.
   - AIR STRENGTH is adjustable in 5 steps.
   - Strength is initially set at the step 3.
   - As to how to adjust AIR STRENGTH of shoulders/arms, see Page 28.

3. To adjust the shoulder position and the knead ball position.
   When the knead balls are positioned around shoulders or back, press the HEIGHT ADJUSTMENT buttons and press the button.
   - The shoulder position is adjustable with the HEIGHT ADJUSTMENT buttons pressed once, and then even with the button pressed as well.
   At this time, the knead balls can be moved forward or backward with the button for adjustment. Massage is made with the knead balls at the position adjusted for “RELAX NECK”, “EXTREME KNEAD” or “EXTREME TAPPING” in the Auto mode courses. (This massage is available only for the “REJUVENATE” course of “WHOLE BODY” and “SHOULDER” courses.)
How to Adjust during Massaging with Auto Mode Course or in Quick Mode

4 To adjust the “EXTREME KNEAD WAIST” or “EXTREME TAPPING WAIST” positions.
When the knead balls are positioned around waists, press the HEIGHT ADJUSTMENT \( \uparrow \) or \( \downarrow \) buttons, and press the \( \text{ENTER} \) button.
- The waist position is adjustable with the HEIGHT ADJUSTMENT \( \uparrow \) or \( \downarrow \) buttons pressed once, and then even with the \( \text{ENTER} \) button pressed as well.
Massage is made with the knead balls at the position adjusted for “EXTREME KNEAD WAIST” or “EXTREME TAPPING WAIST” in the Auto mode course. (This massage is available only for the “REJUVENATE” course of “WHOLE BODY” and “WAIST” courses.)

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5 To turn [PULSE] ON or OFF.
Press the \( \text{MENU} \) button. Select [PULSE] with the \( \text{ENTER} \) button, select either “ON” or “OFF” also with the \( \text{ENTER} \) button, and then press the \( \text{ENTER} \) button.
- Turn [PULSE] ON. Air-massage starts in quick pulsation at a high frequency.
Example: Air-massage of waists and back at the strength 3
Regular mode = 1 pulsation in 7 seconds
Pulse mode = 7 pulsations in 12 seconds
- [PULSE] is initially set at “ON”.
- The function selected is reversed.
- The [PULSE] function is not available in the air-massage of arms.

6 To turn [COMBO FOOTREST] ON or OFF.
Press the \( \text{MENU} \) button. Select [COMBO FOOTREST] with the \( \text{ENTER} \) button, select either “ON” or “OFF” also with the \( \text{ENTER} \) button, and then press the \( \text{ENTER} \) button.
- Both [COMBO FOOTREST] and [LEG STRETCH] functions do not work at the same time.
- [COMBO FOOTREST] is initially set at “OFF”.
- With [FOOT AIR] OFF, turn [COMBO FOOTREST] ON. Then, [FOOT AIR] is also turned ON.
To turn [LEG STRETCH] ON or OFF.
Press the button. Select [LEG STRETCH] with the button, get a list of all the functions displayed with the button, select a desired function, and then press the button.

- Move the footrest forward. If the angle of the footrest is still low, wait for a while until it comes up. Then, the massage starts.
- Both [LEG STRETCH] and [COMBO FOOTREST] functions do not work at the same time.
- [LEG STRETCH] is initially set at “ON”.
- With [FOOT AIR] OFF, turn [LEG STRETCH] ON. Then, [FOOT AIR] is also turned ON.

**AIR STRENGTH is adjustable in 5 steps.**
- Strength is initially set at the step 3.
- The strength can be adjusted with the button.
- The function of getting the footrest going forward or coming backward is not available when the footrest is positioned at 25° or less.
- In a range of 25°-50°, the length of going forward varies.
8 To turn [FOOT AIR] ON or OFF.
Press the button. Select [FOOT AIR] with the button, select either “ON” or “OFF” also with the button, and then press the button.

- [FOOT AIR] is initially set at “ON”.
- With both [FOOT AIR] and [COMBO FOOTREST] ON, turn [FOOT AIR] OFF. Then, [COMBO FOOTREST] is also turned OFF.
- With both [FOOT AIR] and [LEG STRETCH] ON, turn [FOOT AIR] OFF. Then, [LEG STRETCH] is also turned OFF.

9 To repeat the present in-progress massage.
Press the button.

- The present in-progress massage is repeated for more than 30 seconds.
  * The air-massage has no repeating function.
  * While in the repeated massage, press the button. The massage is repeated again for more than 30 seconds.
  * While in the repeated massage, press the button. The repeating function is reset.

10 To proceed to another course.
Press the button.

- With the present in-progress massage discontinued, you can proceed to another course.
  * The air-massage has no skipping function.
How to Adjust during Massaging with Auto Mode Course or in Quick Mode

To adjust the strength of shoulder air-massage or to stop it.
Press the button once, and then press it again repeatedly for desired strength. Then, press the button.
- SHOULDER AIR STRENGTH is adjustable in 5 steps.
- Strength is initially set at the step 3.
- After the button is pressed once, massaging strength can be adjusted with the button as well.
- While in shoulder air-massage, the back air bag is inflated.
- While in shoulder air-massage, massaging strength of the knead balls may be on the increase.
- While in shoulder air-massage, wear something to protect shoulders not to expose them.

To select the arm air-massage functions.
(“ARM KNEAD” / “ARM GRASP”)
Press the button, and select [ARM KNEAD / ARM GRASP] with the button. Then, press the button.
- Arm air-massage is initially set at “ARM KNEAD”.
- The function selected is reversed.

To adjust the strength of arm air-massage or to stop it.
Press the button once, and then press it again repeatedly for desired strength. Then, press the button.
- Massaging strength is adjustable in 3 steps.
- Strength is initially set at the step 2.
- After the button is pressed once, massaging strength can be adjusted with the button as well.
- While in arm air-massage, do not wear a watch or other metallic accessories.
How to Registration in the Memory

What can be done by registration?
- You may change some of the preprogrammed Auto mode courses, and can have your own custom-use options registered in the memory.

What can be registered in the memory?
- Information on the body shape (POINT NAVI, shoulder position, waist position)
- Positions when using the SKIP/REPEAT functions
- Auto mode course selected
- Air options (ON/OFF functions each of PULSE, COMBO FOOTREST, STRETCH/FOOT STRETCH/DouBLE STRETCH, ARM KNEAD/ARM GRASP, SHDR and LEG)

(Note)
- Registration cannot be made on the mecha. massaging strength of the knead balls, the air-massage strength and the air-massage strength of shoulders/arms. Make adjustment on them every time when you use the chair.
- Air options can be registered as the final stage each of the courses.

Introductory Note
- After power on, the LCD in the initial stage displays the screens as shown on the right side alternately.

1 Press the ON/OFF button.
- The footrest automatically comes up to the standby position.
- (Press the STOP button to interrupt this movement.)
- The standby screen comes out.

2 Press the M button for 2 seconds.
- Displayed are how to register in the memory and a list of all the Auto mode courses.
3 **Select any desired Auto mode course, and get massage of your own preference.**

- The following are representative examples:
  Shown are the key points only, for quick overview. In detail, see “How to Use the Auto Mode Course” (Page 16-20) and “How to Adjust during Massaging with Auto Mode Course or in Quick Mode” (Page 24-28), and select a massage course of your own preference.

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**Example**

1. Select the “REFRESH” course of “SHOULDER”.

2. With POINT NAVI completed, a message “REGISTRATION” comes out on the LCD.

3. Make adjustment of massage.
   - PULSE “ON” → “OFF”
   - LEG STRETCH “ON” → “OFF”
   - SHOULDER AIR STRENGTH “3” → “STOP”

4. Skip “3D TAPPING” that is to come 5 minutes after massage is started. Repeat “WAVELET” that is to come 9 minutes after massage is started.
How to Registration in the Memory

4 With the Auto mode course completed, a display for registration in memory comes out on the LCD. Select “YES” or “NO” with the button, and then press the button.

5 Select “YES”. Registration starts. With the message “Finished” on the LCD, the process of registration is completed.

- During the process of registration in memory, do not turn the power OFF. Otherwise, the registration function may be disabled.

- With the registration completed, press the button in the Quick Mode (see Page 21), and start massage. Massage is made in the manner as registered.

Example

A series of massage courses starts with the information on your body shape kept in memory:
- “REFRESH” course of “SHOULDER”
- Mecha. Strength “4”
- Air Strength “3”
- SHOULDER Strength “STOP”
- ARM KNEAD strength “2”
- LEG STRETCH “OFF”
- PULSE “OFF”
- Skip “3D TAPPING” coming 5 minutes later
- Repeat “WAVELET” coming 9 minutes later

- Registration cannot be made of the mecha. (knead balls) massage strength and the air-massage strength.
- Air options can be registered as the final stage each of the courses.

6 With the registration in memory completed, the knead balls automatically return to the stored position.

- What was registered in memory needs to be changed (overwritten), start all over again as instructed on Page 29.
- What was registered in memory needs to be deleted, see “Other Functions” (“To delete the registration in memory”) on Page 53.
Basic Massaging Movements

Mechanical massage using the knead balls

(KNEAD UP)
Knead and relieve muscles from bottom to top.

(KNEAD DOWN)
Knead and relieve muscles from top to bottom.

(TAPPING)
Rhythmically repeated tapping removes muscular fatigue.

(WAVELET)
Fine combination of kneading and tapping alleviates fatigue.

(RUBBING)
Gently rubbing muscles as if massaged with palms.

(DEEP KNEAD UP)
Knead and relieve muscles deeply from bottom to top.

(DEEP KNEAD DOWN)
Knead and relieve muscles deeply from top to bottom.

(SHIATSU)
Relieve stiffness intensively at one place.

(NECK RELAX)
Relieve stiffness around the neck.

(EXTREME KNEAD)
Relieve around the shoulders from upward sufficiently.

(EXTREME TAPPING)
Relieve around the shoulders from upward with rhythmical tapping sufficiently.

(WAIST/HIP MASSAGE)
Relieve stiffness intensively around the waists.

(EXTREME KNEAD WAIST)
Knead around waists sufficiently

(EXTREME TAPPING WAIST)
Rhythmically tapping around the waists sufficiently.

(ROLLING)
Roll over the back, and stretch it out.

(STRETCH)
Push the back from bottom, and stretch it out.

(STRETCH KNEAD UP)
Push muscles from bottom, and relieve them.

(STRETCH TAPPING)
Muscles are tapped repeatedly rhythmically and pushed from bottom.

(STRETCH WAVELET)
With the fine combination of knead and tapping, muscles are pushed up from bottom.

(3D KNEAD UP)
Relieve muscles from bottom to top in combination with stereoscopic back-and-forth movements.

(3D KNEAD DOWN)
Relieve muscles from top to bottom in combination with stereoscopic back-and-forth movements.

(3D TAPPING)
Relieve muscles with rhythmical tapping in combination with stereoscopic back-and-forth movements.

(3D WAVELET)
Massages with stereoscopic back-and-forth movements in addition to fine movements of knead and tapping.

Air-massage

(LEG)
Massage the soles, ankles and calves sufficiently.

(THIGH/hip)
Push up the thighs and hips alternately from behind.

(WAIST)
Massage the waists as if they were wrapped.

(BACK)
Massage shoulder bones as if they were pushed out.

(SHOULDER)
Massage around the shoulders, and relieve fatigue.

(ARM)
Massage around the arms and relieve fatigue.

(PULSE)
Massage in quick pulsation at a high frequency with the air bag inflated.

(COMBO FOOTREST)
Massage the calves simultaneously with other regions.

(LEG STRETCH)
Stretch feet with the footrest going downward, and massage the calves and thighs with the inflated air-bag behind.

* “COMBO FOOTREST” does not work simultaneously with “Air-massage of the shoulders/arms”.
How to Use the Mecha. (knead balls) Massage Functions

Introductory Note
- After power on, the LCD in the initial stage displays the screens as shown on the right side alternately.
- When changing a mecha. massage option to another mecha. massage option, or when changing Auto mode course/quick mode massage to any mecha. massage option (see Page 51).
- When combining air-massage with mecha. massage (see Page 47).

1. **Press the ON/OFF button.**
   - The footrest automatically comes up to the standby position.
   - (Press the STOP button to interrupt this movement.)
   - The standby screen comes out.

2. **Press the FUNCTION button.** Or, select "FUNCTION" with the button, and then press the button.
   - A list of all the functions is displayed.
   - * Even if the button remains not to be pressed, this function starts 5 seconds later. (The same holds good of this procedure.)
How to Use the Mecha. (knead balls) Massage Functions

3 Select a desired function with the button or the button, and press the button.

- To select “WAIST”, “STRETCH” or “3D”, move the cursor on “WAIST”, “STRETCH” or “3D”, press the button or the button, select a desired function with the button or the button, and then press the button.

- In case of having selected “NECK RELAX”, “EXTREME KNEAD”, “EXTREME TAPPING” and “ROLLING”, set the shoulder position first. At the same time, the back-and-forth position of the knead balls can be adjusted, only when either “NECK RELAX”, “EXTREME KNEAD” or “EXTREME TAPPING” is selected. Press the button or the HEIGHT ADJUSTMENT or to set the shoulder position.

Press the button to set the back-and-forth position of the knead balls.

- To select “EXTREME KNEAD WAIST” or “EXTREME TAPPING WAIST”, adjust the waist position first. The waist position can be adjusted with the button or the or button.

- Select “ROLLING” first, Then, select one of the functions of “KNEAD UP”, “KNEAD DOWN”, “TAPPING” “WAVELET”, “RUBBING”, “DEEP KNEAD UP”, “DEEP KNEAD DOWN”, “SHIATSU”, “STRETCH” or “3D”. You can have massage of “ROLLING” combined with one of these functions.
How to Use the Mecha. (knead balls) Massage Functions

4 The function selected starts.

5 When the massage option selected is completed, the knead balls automatically return to the stored position.

6 After use, turn the power switch OFF.
   • This step prevents the chair from starting movement even with the remote controller operated inadvertently.

   CAUTION
   After use, be sure to turn the power switch OFF. Misuse by a child may cause accident.

   To discontinue massage immediately.

   Press the STOP button.
   • The knead balls stop movement at the present position.
   • The standby screen comes out.

   To stop massage halfway.

   Press the ON/OFF button.
   • The knead balls move to the stored position.
   • With the knead balls stored, the initial display comes out on the LCD.
To select massaging part (POINT/WHOLE/PART).

Press the \( \text{MENU} \) button, select \[\text{PART}\] with the \( \text{button, select “POINT”, “PART” or “WHOLE” with the} \) \( \text{button, and press the} \) \( \text{button.} \)

- In case of having selected “WHOLE”, set the shoulder position first. At the same time, the back-and-forth position of the knead balls can be adjusted, only when either “NECK RELAX”, “EXTREME KNEAD” or “EXTREME TAPPING” is selected.

Press the \( \text{button or the HEIGHT ADJUSTMENT} \) \( \text{or} \) \( \text{to set the shoulder position. Press the} \) \( \text{button to set the back-and-forth position of the knead balls.} \)

* In case massage was in progress in the mode of “NECK RELAX”, “EXTREME KNEAD” or “EXTREME TAPPING” or “ROLLING”, the shoulder position does not have to be set, as was already set.
3 To adjust the height of massaging part (POINT/PART).
   Adjust the height of massaging position with the 
   HEIGHT ADJUSTMENT or button.
   - The height of massaging position can be adjusted when either “POINT” or “PART” is selected.

4 To adjust the shoulder position and the back-and-forth position while in massage of “NECK RELAX”, “EXTREME KNEAD” and “EXTREME TAPPING”.
   Press the HEIGHT ADJUSTMENT or button once. Then, a screen for adjustment comes out. Adjust the shoulder position with the button or the HEIGHT ADJUSTMENT or button, and adjust the back-and-forth position of the knead balls with the button.

5 To adjust the waist position in “EXTREME KNEAD WAIST” and “EXTREME TAPPING WAIST”.
   Press the HEIGHT ADJUSTMENT or button once. Then, a screen for adjustment comes out. Adjust the waist position with the button or the HEIGHT ADJUSTMENT or button.
How to Adjust during the Movement of Mecha. (knead balls) Massage Functions

6 To adjust mecha. (knead balls) massaging speed.

Press the [MENU] button, select “SPEED” with the [button], select “SLOW” or “FAST” with the [button], and press the [ENTER] button.

* This function is available for “KNEAD UP”, “KNEAD DOWN”, “TAPPING”, “WAVELET”, “RUBBING”, “DEEP KNEAD UP”, “DEEP KNEAD DOWN”, “STRETCH KNEAD UP”, “STRETCH TAPPING” and “STRETCH WAVELET”.

7 To adjust mecha. (knead balls) massaging width.

Press the [MENU] button, select “WIDTH” with the [button], select [“NARROW”/ “NORMAL”/ “LARGE”] the [button], and press the [ENTER] button.

* This function is available for “TAPPING”, “SHIATSU”, “ROLLING”, “STRETCH”, “STRETCH TAPPING” and “3D TAPPING”.

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How to Use Air-massaging Functions

Introductory Note

- After power on, the LCD in the initial stage displays the screens as shown on the right side alternately.
- When changing an air-massage option to another air-massage option, or when changing Auto mode course/quick mode massage to any air-massage option (see Page 52).
- When combining mech. massage with air-massage (see Page 45).

1. Press the ON/OFF button.
   - The footrest automatically comes up to the standby position.
   - Press the STOP button to interrupt this movement.
   - The standby screen comes out.

2. Press the AIR button. Or, select “AIR” with the button, and press the button.
   - A list of all the functions is displayed.
   - Even if the button remains not to be pressed, this function starts 5 seconds later. (The same holds good of this procedure.)

3. Select a desired function with the button or the AIR button, select “ON” or “OFF” with the button, and press the button.
   - All the functions are initially set as “ON”.

4. The function selected starts.
How to Use Twisting Massage Functions

Introductory Note
- After power on, the LCD in the initial stage displays the screens as shown on the right side alternately.
- When combining mecha. massage with air-twisting massage (see Page 46).
- While in Auto mode course massage, even if the “TWIST” button is pressed, no reaction is attained.

1 Press the \( \text{ON/OFF} \) button.
   - The footrest automatically comes up to the standby position.
     (Press the \( \text{STOP} \) button to interrupt this movement.)
   - The standby screen comes out.

2 Press the \( \text{TWIST} \) button.
   - The screen comes out, and the twisting massage starts.
   - To discontinue the massage, press the \( \text{TWIST} \) button.
How to Use Air-massage Functions for Shoulders/Arms

Introductory Note

- After power on, the LCD in the initial stage displays the screens as shown on the right side alternately.
- When combining air-massage of shoulders/arms with mecha. massage or air-massage (see Page 46).

1. Press the **ON/OFF** button.
   - The footrest automatically comes up to the standby position. (Press the **STOP** button to interrupt this movement.)
   - The standby screen comes out.

2. To do air-massage of shoulders.
   Press the **SHDR** button once, and then press it again repeatedly for desired strength. Then, press the **ENTER** button.
   - Even if the **ENTER** button remains not to be pressed, this function starts 5 seconds later. (The same holds good of this procedure.)
   - SHOULDER AIR STRENGTH is adjustable in 5 steps.
   - Strength is initially set at the step 3.
   - After the **SHDR** button is pressed once, massaging strength can be adjusted with the **ENTER** button as well.
   - While in shoulder air-massage, the back air bag is inflated.
   - While in shoulder air-massage, massaging strength of the knead balls may be on the increase.
   - While in shoulder air-massage, wear something to protect shoulders not to expose them.

---

**SOLUTION**

Press "ON/OFF"
3 To select arm air-massage [“ARM KNEAD”/“ARM GRASP”]
Press the button, and select [“ARM KNEAD”/“ARM GRASP”] with the button.
Then, press the button.
• Arm air-massage is initially set at “ARM KNEAD”.
• The function selected is reversed.

4 To adjust the strength of arm air-massage or to stop it.
Press the button once, and then press it again repeatedly for desired strength.
Then, press the button.
• Massaging strength is adjustable in 3 steps.
• Strength is initially set at the step 2.
• After the button is pressed once, massaging strength can be adjusted with the button as well.
* While in arm air-massage, do not wear a watch or other metallic accessories.

5 When the function selected is completed, a message “Storing” is displayed.
How to Make Adjustment while in Air-massage

1 To adjust air-massage strength.
Press the button for adjustment, and press the button.
- AIR STRENGTH is adjustable in 5 steps.
- Strength is initially set at the step 3.

2 To turn [PULSE] ON or OFF.
Press the button. Select [PULSE] with the button, select either “ON” or “OFF” also with the button, and then press the button.
- [PULSE] is initially set at “OFF”.

3 To turn [COMBO FOOTREST] ON or OFF.
Press the button. Select [COMBO FOOTREST] with the button, select either “ON” or “OFF” also with the button, and then press the button.
- Both [COMBO FOOTREST] and [LEG STRETCH] functions do not work at the same time.
- [COMBO FOOTREST] is initially set at “OFF”.
- With [FOOT AIR] OFF, turn [COMBO FOOTREST] ON. Then, [FOOT AIR] is also turned ON.
4 To do air-massage of “LEG STRETCH”. Press the \textit{MENU} button. Select [LEG STRETCH] with the \textit{FUNCTION} button, get a list of all the functions displayed with the \textit{HEIGHT ADJUSTMENT} button, select a desired function, and then press the \textit{ARM} button.

- Move the footrest forward. If the angle of the footrest is still low, wait for a while until it comes up. Then, the massage starts.
- Both [LEG STRETCH] and [COMBO FOOTREST] functions do not work at the same time.
- [LEG STRETCH] is initially set at “STOP”.

5 When the function selected is completed, a message “Storing” is displayed.

6 After use, turn the power switch OFF.

- This step prevents the chair from starting movement even with the remote controller operated inadvertently.

\textbf{CAUTION}

After use, be sure to turn the power switch OFF. Misuse by a child may cause accident.
How to Combine Air-massage with Mecha. (knead balls) Massage

To combine air-massage while in mecha. (knead balls) massage

To combine air-massage of LEG/THIGH or HIP/WAIST/BACK

1 Press the Air button.
   - A list of all the functions is displayed.

2 Select a desired function with the button, select “ON” or “OFF” with the button, and press the Enter button.
   - All the functions are initially set as “ON”.

3 The function selected starts.
   - To adjust massaging functions, see the following instructions:
     As to “How to Adjust during the Movement of Mecha. (knead balls) Massage Functions”, see Page 36.
     As to “How to Make Adjustment while in Air-massage”, see Page 43.
   * When pressing the button to adjust any function while in combination massage, a screen as shown on the right side comes out.
How to Combine Air-massage with Mecha. (knead balls) Massage

To combine air-massage of the shoulders/arms/twisting while in mecha. (knead balls) massage or in air-massage.

1. Press the button once, and then press it again repeatedly for desired strength. Then, press the button.
   - SHOULDER AIR STRENGTH is adjustable in 5 steps.
   - Strength is initially set at the step 3.
   - After the button is pressed once, massaging strength can be adjusted with the button as well.
   * While in shoulder air-massage, the back air bag is inflated.
   * While in shoulder air-massage, massaging strength of the knead balls may be on the increase.
   * While in shoulder air-massage, wear something to protect shoulders not to expose them.

2. Press the button, and select [ARM KNEAD/ARM GRASP] with the button.
   Press the button repeatedly to adjust massaging strength. After adjustment, press the button.
   - Massaging strength is adjustable in 3 steps.
   - Initially set are “ARM KNEAD” on the massage mode, and strength is initially set at the step “2”.
   - After the button pressed once, massaging strength can be adjusted with the button as well.
   * While in air-massage of the arms, do not wear a watch or other metallic accessories.

3. Press the button. * You cannot have twisting air-massage while in massage of waists and hips.
How to Combine Air-massage with Mecha. (knead balls) Massage

To combine mecha. (knead balls) massage while in air-massage.

1. Press the FUNCTION button.
   - A list of all the functions is displayed.

2. Select a desired function with the Up button or the Down button, and press the ENTER button.
   - To select "WAIST", "STRETCH" or "3D", move the cursor on "WAIST", "STRETCH" or "3D", press the button or the button, select a desired function with the button or the button, and then press the ENTER button.
How to Combine Air-massage with Mecha. (knead balls) Massage

- In case of having selected “NECK RELAX”, “EXTREME KNEAD”, “EXTREME TAPPING” and “ROLLING”, set the shoulder position first. At the same time, the back-and-forth position of the knead balls can be adjusted, only when either “NECK RELAX”, “EXTREME KNEAD” or “EXTREME TAPPING” is selected.

Press the "button or the HEIGHT ADJUSTMENT or to set the shoulder position. Press the "button to set the back-and-forth position of the knead balls.

- In case of having selected “EXTREME KNEAD WAIST” or “EXTREME TAPPING WAIST”, set the waist position. Press the " button or the HEIGHT ADJUSTMENT or to set the waist position.

- After selecting “ROLLING”, select either “KNEAD UP”, “KNEAD DOWN”, “TAPPING”, “WAVELET”, “RUBBING”, “DEEP KNEAD UP”, “DEEP KNEAD DOWN”, “SHIATSU”, “STRETCH” or “3D”. You can have a wide variety of massages combined with “ROLLING”.

3 The function selected starts.

- To adjust massaging functions, see the following instructions:
  As to “How to Adjust during the Movement of Mecha. (knead balls) Massage Functions”, see Page 36.
  As to “How to Make Adjustment while in Air-massage”, see Page 43.
  * When pressing the " button to adjust any function while in combination massage, a screen as shown on the right side comes out.
When Changing the Massage on the Way

- Even while having an Auto mode course massage, you can change to another massage.

**Auto mode course ➤ Another Auto mode course**

**Non-Auto mode course ➤ Auto mode course**

1. Press the **AUTO** button.
   - A list of all the Auto mode course is displayed.

2. Select a desired course with the **AUTO** button or the **FUNCTION** button, and press the **ENTER** button.
   - The timer is reset at this time, and the massage continues for 15 more minutes.
   * After 30 consecutive minutes, the massage stops.
When Changing the Massage on the Way

• Even while having an Auto mode course massage, you can change to another massage.

Quick mode option ➤ Another quick mode option

Non-quick mode option ➤ Quick mode option

1 Press any of the 1 2 3 or M buttons.
   • A list of all the Auto mode course is displayed.

2 Select a desired course with the button, and press the button.
   • The timer is reset at this time, and the massage continues for 15 more minutes.
   • After 30 consecutive minutes, the massage stops.
When Changing the Massage on the Way

- Even while having an Auto mode course massage, you can change to another massage.

Mecha. (knead balls) massage option ➤
Another mecha. (knead balls) massage option

Auto mode course ➤
Mecha. (knead balls) massage option

Quick mode option ➤
Mecha. (knead balls) massage option

1. Press the function button.
   - A list of all the functions is displayed.

2. Select a desired function with the function button or the function button, and press the button.
   - In detail, see “Using the Mecha. (knead balls) Massage Functions” (Page 33).

- When changing a mecha. (knead balls) massage option to another mecha. (knead balls) massage option, the timer function is in continuation.
- When changing an Auto mode course option to a mecha. (knead balls) massage option, or when changing a quick mode option to a mecha. (knead balls) massage option, the timer is reset at this time, and the massage continues for 15 more minutes.
  * After 30 consecutive minutes, the massage stops.
When Changing the Massage on the Way

- Even while having an Auto mode course massage, you can change to another massage.

**Air-massage option ➤ Another air-massage option**

**Auto mode course ➤ Air-massage option**

**Quick mode option ➤ Air-massage option**

1. Press the **AIR** button.
   - A list of all the functions is displayed.

2. Select a desired function with the **FUNCTION** button, select “ON/OFF” with the **ON/OFF** button, and press the **ENTER** button.
   - All the functions are initially set at “ON” first.

- When changing an air-massage option to another air-massage option, the timer function is in continuation.
- When changing an Auto mode course to an air-massage option, or when changing a quick mode option to an air-massage option, the timer is reset at this time, and the massage continues for 15 more minutes.
- After 30 consecutive minutes, the massage stops.
Other Functions

Introductory Note

• In the initial stage after power on, the following screen are displayed alternately on the LCD display.

To delete the registration in memory.

1. In the initial stage, press both the \( \text{STOP} \) and \( \text{M} \) buttons at the same time for 2 seconds. A screen for reconfirmation of deleting the registration is displayed.

2. Select “YES” or “NO” with the \( \) button, and press the \( \text{ENTER} \) button.

3. Select “YES”. While the registration is in the process of being deleted, “Deleting” is displayed. When it is completely deleted, “Finished” is displayed.

* In the process of deleting the registration, do not turn the power OFF. The registration cannot be deleted completely.

* When the registration is deleted, the human sign over the “M” button in the standby screen is dim.
Other Functions

2 For “Child lock on”
- The “Child lock on” function is useful to preventing children from doing erroneous operation. It disables all the functions of buttons.

1. In the initial stage, press both the [REPEAT] and [SKIP] buttons at the same time for 2 seconds. The buzzer beeps, and the “Child lock on” screen appears on the display.

- This message is on display while the remote controller is under the “Child lock on” conditions.
- To release the “Child lock on”, take the same procedure of the above 1 or turn the power switch OFF.

3 To turn ON the Backlight.
- When you cannot read the remote controller LCD in darkness, turn ON the Backlight.

1. In the initial stage, press the [MENU] button for 2 seconds. The buzzer beeps, and the Backlight is turned ON.

- To turn OFF the Backlight, take the same procedure of the above 1 or turn the power switch OFF.
Maintenance and Storage

Main Body: Cover cloth, back pad, pillow and seat pad (made of PVC leather)
Attention: Wipe the PVC leather first with a cloth dipped in neutral detergent, then with a cloth dipped in water, and then with a dry cloth. Thereafter, leave it to be air-dried. (Be careful not to overuse neutral detergent. It may damage the PVC leather.) Wipe the coated surface with a dry cloth.
Attention: Keep the chair away from high temperature, high humidity and dust.

CAUTION
Before doing maintenance work, be sure to disconnect the power cord plug. Be careful that hands must not be wet. Negligence may result in electric shock or injury.

Main Body

To clean the plastics, the pipes and the armrest, use a cloth first dipped in neutral detergent and then use a squeezed cloth, and then wipe with a dry cloth to completely remove neutral detergent. * Wipe the coated surface with a dry cloth.

CAUTION
Avoid the use of benzene, thinner, alcohol or insecticides. The use of these chemicals may cause electric shock or catch fire.

Remote controller

To clean the remote controller, use a dry cloth.

CAUTION
Avoid the use of benzene, thinner, alcohol, solvents or abrasives. The use of these chemicals may cause scratch, discoloration or crack on the surface.

Back pad, pillow and seat pad

For cleaning, wipe first with a cloth dipped in neutral detergent, then with a cloth dipped in water, and then with a dry cloth. Thereafter, leave it to be air-dried.

CAUTION
Do not use a wet towel. Negligence may cause trouble in the chair.

CAUTION
Avoid the use of an iron.

Storage

After cleaning, keep the chair away from humidity. In case of no use over long time, protect the chair from dust with a cover cloth.

CAUTION
For storage, avoid the place exposed to direct sunlight for long time or the place of high temperature, e.g. close to a stove. Negligence may result in discoloration or deterioration of the chair.
Q1  There is difference in strength between left and right. Massaging position appears not to be aligned with left and right not in parallel. Why?
A  A mechanism is used to allow the two knead balls tapping alternately for making massage comfortable. As a result, a small gap may be produced in the position between them, and it may give rise to different massaging strength. This phenomenon does not come from the trouble of the chair.

Q2  Is there any way to strengthen the massage strength?
A  Try to:
   • Recline the backrest.
   • Remove the back pad.
   • Be deeply seated, and put your body weight on the backrest.
   • Adjust the massage strength to be stronger.

Q3  The remote controller stand is unstable. Why?
A  Try to:
   Tighten the fixing screws again. Should the remote controller holder be unfastened, loosen the fixing screws first, and then tighten them. Check to make sure that the remote controller stand is not unfastened. If so, tighten it with a hexagonal wrench.

Q4  The footrest does not fit in with my legs. Why?
A  Put the footrest forward or backward for adjustment. If you are not tall, try to put the backrest at the upright position, and raise the footrest.

Q5  I am a patient under the treatment at a hospital. Is there no problem in using the chair?
A  Please get your physician’s advice. Massage relieves the muscles’ stiffness by giving pressure, and promotes blood circulation. As it may have adverse effects in certain diseases, be sure to consult your physician.

Q6  Is there no problem in placing a hot carpet under the chair?
A  Never do so. Fire may outbreak. The heat element, if damaged, may cause fire.

Q7  The footrest does not come up automatically to the standby position. Why?
A  When the footrest is positioned at an angle higher than 55°, it does not come up to the standby position, even if the button is pressed.

Q8  Those with less than 150cm(4’9”) or with more than 185cm(6’1”) in height can use the chair, can’t they?
A  Yes, they can. There is a possibility that the body shape may not be properly detected at the shoulder position, even if it is finely adjusted. Be advised as follows:
   • Those who are not tall …. Put the backrest at the upright position, and raise the footrest.
   • Those who are tall …….. Recline the backrest, and lower the footrest.

Q9  My arm does not reach the armrest. How can I do so?
A  Put the backrest at the upright position, and adjust the arm position.

Q10 After having air-massage of the shoulders and the arms, the skins turn red. Why?
A  A trace of massage may persist on the shoulders and the arms. This is nothing but a result of the treatment. It gradually fades away. In having air-massage of the shoulders, be sure to wear something to protect shoulders not to expose them.

Q11 The shoulder position does not fit in with me, even after my body shape is detected. Why?
A  After body shape is detected, the knead balls ought to move to the shoulder position as preprogrammed. If the shoulder position still does not fit in with you, make fine adjustment of the shoulder position.

Q12 Can the chair be used with the shoulder unit and the arm unit removed?
A  No, you cannot. With the air suction/exhaust ports exposed, dust comes inside, and may cause trouble in the chair.

Q13 In the process of the “DOUBLE STRETCH” or “FOOT STRETCH” massage, the chair occasionally makes a “bang” sound. Why?
A  Indeed a “bang” sound may occur, but it is not trouble of the chair. Mechanically, the electromotive actuator is designed to be separable from the footrest. When the actuator retracts with the legs held by the foot air bags, the footrest is separated from it momentarily. This sound occurs at this moment.

Q14 In the process of the Auto mode course, is it possible to nullify the air-massage function?
A  No, it is not. Adjustable in the process of the Auto mode course are “PULSE”, “COMBO FOOTREST”, “LEG STRETCH” and “FOOT AIR” only.
Trouble-shooting

You may encounter the following phenomena while in massage. As being due to the mechanical design, they have nothing to do with the product life.

- A “clatter” noise occurs when the knead balls go up and down.
- A “creak” noise of the gear and the motor occurs while in massage.
- A friction noise occurs when the knead balls rub the cover cloth (particularly while in the process of knead.)
- A rattling noise occurs while in the “TAPPING” or “WAVELET” massage (particularly when the massage moves from the shoulders to the back).
- In the “KNEAD”, “TAPPING” or “WAVELET” massage, massaging speed may vary with the knead balls’ strength changed.
- A noise becomes different when the massaging speed is changed.
- A roaring noise of the motor occurs when load is given to the chair.
- A “cuckoo” noise occurs while, in the Auto mode course, the knead balls are automatically adjusted to the back-and-forth position to have the chair fitting in with the user’s body shape.
- The compressor’s noise and the air exhausting noise occur while in air-massage.
- A noise occurs when the air bag is inflated.
- A screaming noise occurs while in massage of the shoulders.
- A grinding noise occurs when the backrest is reclined.
- The knead balls are not aligned in parallel between left and right. (A mechanism is used to allow the two knead balls tapping alternately. As a result, a small gap may be produced in the position between them. This phenomenon is not due to the trouble of the chair.)

### Symptoms

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Check points</th>
<th>Trouble-shooting</th>
<th>Refer to Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>The chair does not start up.</td>
<td>Is the power cord plug connected?</td>
<td>Connect the power cord plug with the receptacle.</td>
<td>10, 12</td>
</tr>
<tr>
<td></td>
<td>Is the power switch turned OFF behind the armrest?</td>
<td>Turn the power switch ON.</td>
<td>10, 12</td>
</tr>
<tr>
<td>The chair stops halfway. (The remote controller does not work.)</td>
<td>Is the backrest in touch with the wall or the like?</td>
<td>Move the chair away from the wall or the like. Turn the power switch OFF behind the armrest, and then turn it ON.</td>
<td>9, 10, 12</td>
</tr>
<tr>
<td></td>
<td>Is there any load given to the knead balls? (Should there be any load given to the knead balls, a safety mechanism works to stop all the functions.)</td>
<td>Raise your body off the backrest, turn the power switch OFF behind the armrest, and then turn it ON. To restart, press any function button.</td>
<td>10, 12</td>
</tr>
<tr>
<td>The backrest cannot be reclined.</td>
<td>Is the power cord plug connected?</td>
<td>Connect the power cord plug with the receptacle.</td>
<td>12, 13, 14</td>
</tr>
<tr>
<td></td>
<td>Is the backrest in touch with the wall or the like?</td>
<td>Move the chair away from the wall or the like.</td>
<td>9, 13, 14</td>
</tr>
<tr>
<td>Service receptacle cannot use.</td>
<td>Is the power supply fuse turned OFF?</td>
<td>Replace the fuse.</td>
<td>10</td>
</tr>
</tbody>
</table>
Trouble-shooting

Attention:

When part of your body or something is pinched, by accident, between the knead balls and the seat while in massage or while the knead balls are moving, the protect function runs. The knead balls go up a little, and then stop. At this stage, displayed on the LCD is the following message: “Protect function” “Switch on Power then ON/OFF”. Eliminate the causal factors, and following this instruction, turn the power switch OFF and ON.

The following message may be displayed on the LCD: “ERROR” “Switch on Power then ON/OFF”. In this case, following this instruction, turn the power switch OFF and ON.

* Should the chair not work even with the above steps taken, or should the same symptoms be repeated, turn the power switch OFF, disconnect the power cord plug from the receptacle, and contact your dealer.

Inspection

Are there these symptoms?

- The chair emits a scorching smell.
- The power cord or the plug is overheated.
- Electricity runs on or off with the power cord moved.
- There are some other abnormalities.

For prevention of accident or trouble, turn the power switch OFF, disconnect the power cord plug with the receptacle, and contact your dealer.

Attention: When using the chair after long storage, check to make sure that it operates properly.

After-sale service

When any abnormal condition persists after checking in accordance with Page 57, stop the use, disconnect the power cord plug from the receptacle and consult your dealer.

- For any other questions.
  If you have any questions regarding the after-sale services including the repair during the warranty period, etc., please contact your dealer.
- Time for retention of functional parts for repair
  Functional parts for repair of this massage chair are retained for six years after the termination of manufacture.
  The functional parts mean the parts, which are necessary to maintain the functions of product.
## Specifications

<table>
<thead>
<tr>
<th>Specifications</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Product name</td>
<td>Massage chair</td>
</tr>
<tr>
<td>Model No.</td>
<td>EC-3700</td>
</tr>
<tr>
<td>Generic name</td>
<td>Electric massage chair for home use</td>
</tr>
<tr>
<td><strong>Rating</strong></td>
<td></td>
</tr>
<tr>
<td>Power supply (50/60 Hz)*</td>
<td>(Varies from country to country.)*</td>
</tr>
<tr>
<td>Rated time</td>
<td>30 min.</td>
</tr>
<tr>
<td>Power consumption (50/60 Hz)</td>
<td>115 W</td>
</tr>
<tr>
<td>Rated voltage</td>
<td>AC110V / 120V / 220V / 230V / 240V</td>
</tr>
<tr>
<td>Mechanical (knead balls)</td>
<td>Massage speed</td>
</tr>
<tr>
<td>Knead</td>
<td>3-step adjustment (approx. 20-30 cycles/min)</td>
</tr>
<tr>
<td>Tapping</td>
<td>3-step adjustment (approx. 270-650 cycles/min)</td>
</tr>
<tr>
<td>Up and down</td>
<td>Approx. 4.9 cm/sec.</td>
</tr>
<tr>
<td>Air pressure for air-massage</td>
<td>Approx. 36kPa</td>
</tr>
<tr>
<td>Air-massage strength</td>
<td>5-step adjustment</td>
</tr>
<tr>
<td>Arm air-massage strength</td>
<td>3-step adjustment</td>
</tr>
<tr>
<td>Shoulder air-massage strength</td>
<td>5-step adjustment</td>
</tr>
<tr>
<td>Auto-timer</td>
<td>Approx. 15 min</td>
</tr>
<tr>
<td>Reclining angle</td>
<td>Backrest Approx. 120 - 170°</td>
</tr>
<tr>
<td></td>
<td>Footrest Approx. 0 - 75°</td>
</tr>
<tr>
<td>Dimensions</td>
<td>Backrest not reclined 750 W × 1,240 D × 1,210 H (mm)</td>
</tr>
<tr>
<td></td>
<td>Backrest reclined 750 W × 2,010 D × 780 H (mm)</td>
</tr>
<tr>
<td>Weight</td>
<td>Approx. 86 kg</td>
</tr>
<tr>
<td>Cover cloth</td>
<td>PVC leather</td>
</tr>
</tbody>
</table>

* Do not use the massager on other than the designated voltage.

### Voltage Table

<table>
<thead>
<tr>
<th>Nation</th>
<th>Voltage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taiwan</td>
<td>110V</td>
</tr>
<tr>
<td>Canada</td>
<td>120V</td>
</tr>
<tr>
<td>USA</td>
<td>120V</td>
</tr>
<tr>
<td>Hong Kong</td>
<td>220V</td>
</tr>
<tr>
<td>India</td>
<td>220V</td>
</tr>
<tr>
<td>Italy</td>
<td>220V</td>
</tr>
<tr>
<td>Russia</td>
<td>220V</td>
</tr>
<tr>
<td>Sweden</td>
<td>220V</td>
</tr>
<tr>
<td>Thailand</td>
<td>220V</td>
</tr>
<tr>
<td>Turkey</td>
<td>220V</td>
</tr>
<tr>
<td>Czech</td>
<td>230V</td>
</tr>
<tr>
<td>UK</td>
<td>230V</td>
</tr>
<tr>
<td>Finland</td>
<td>230V</td>
</tr>
<tr>
<td>France</td>
<td>230V</td>
</tr>
<tr>
<td>Germany</td>
<td>230V</td>
</tr>
<tr>
<td>Greece</td>
<td>230V</td>
</tr>
<tr>
<td>New Zealand</td>
<td>230V</td>
</tr>
<tr>
<td>Singapore</td>
<td>230V</td>
</tr>
<tr>
<td>Malaysia</td>
<td>240V</td>
</tr>
</tbody>
</table>