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vidaXL 110099

vidaXL Black Foldable 4-Zone Massage Table Instruction Manual

PRODUCT OVERVIEW

This manual provides instructions for the setup, operation, and maintenance of your vidaXL Black Foldable 4-Zone Massage Table. Designed for portability and comfort, this massage table features a durable aluminum frame, adjustable components, and comfortable cushioning.

- **Foldable Design:** Easily folds into a compact suitcase shape for transport and storage.
- **4-Zone Adjustability:** Offers multiple adjustable sections for varied client positioning.
- **Adjustable Headrest and Height:** Customize the table to suit both client and therapist needs.
- **Comfortable Cushioning:** Padded with 1.2-inch thick foam, resistant to disinfectants and massage oils.
- **Sturdy Construction:** Features 4 diagonal supports and a weight capacity of 330.7 lb (150 kg) for stability.

SETUP INSTRUCTIONS

Follow these steps to correctly set up your massage table.

1. **Unfolding the Table:**

Place the folded table on its side on a flat, stable surface. Release any latches or clips securing the table in its folded position. Gently open the table halves until the legs begin to unfold. Ensure the table is fully extended and flat before proceeding.



Image: The massage table fully extended, showing overall dimensions including length (186 cm / 73.2"), width (68 cm / 26.8"), and adjustable height (59-81 cm / 23.2"-31.9").

2. Securing the Legs:

Once unfolded, ensure all four legs are securely locked into place. The diagonal support cables should be taut, providing maximum stability. Do not use the table if the legs are not fully extended and locked.



Image: A close-up view of one of the massage table legs, highlighting the multiple holes for height adjustment and the locking mechanism.

3. **Adjusting Table Height:**

Each leg features multiple adjustment points. To adjust the height, locate the adjustment knobs or pins on each leg. Press the pin or loosen the knob, slide the inner leg section to the desired height, and then re-secure the pin or tighten the knob. Ensure all legs are adjusted to the same height for a level and stable surface.

4. **Attaching and Adjusting the Headrest:**

Insert the headrest support bars into the designated slots at one end of the table. Secure the headrest in place. The angle of the headrest can be adjusted using the lever mechanism located beneath it. Position it for optimal client comfort.



Image: A close-up view of the black padded face cradle, designed for client comfort during face-down treatments.

OPERATING INSTRUCTIONS

Proper use of the massage table ensures client comfort and product longevity.

1. **Client Positioning:**

Guide the client to lie down on the table. Ensure they are centered and comfortable. The table's 4-zone design allows for various adjustments to support different body positions.

2. **Adjusting the Headrest Angle:**

Use the lever beneath the headrest to adjust its angle. This allows for precise positioning to support the client's head and neck, whether they are lying face up or face down.



Image: A close-up of the adjustable headrest, showing its range of motion with an arrow indicating upward adjustment.

3. Utilizing 4-Zone Adjustments:

The table features multiple adjustable sections for the back and leg areas. These can be independently raised or lowered to create different positions, such as a reclined sitting position or elevated legs, enhancing the versatility of the table for various treatments.



Image: A side view of the massage table demonstrating how different sections (back and leg) can be independently adjusted to various angles.

4. **Weight Capacity:**

The table is designed to safely support a maximum weight of 330.7 lb (150 kg). Do not exceed this weight limit to ensure safety and prevent damage to the table.

MAINTENANCE

Regular maintenance will extend the life and appearance of your massage table.

- **Cleaning the Upholstery:**

The 1.2-inch thick foam padding is resistant to disinfectants and massage oils. Wipe down the surface with a mild, non-abrasive cleaner or disinfectant after each use. Avoid harsh chemicals that may damage the material. Ensure the surface is dry before folding or storing.

- **Frame Care:**

Periodically check the aluminum frame for any signs of wear or damage. Wipe the frame with a damp cloth to remove dust or debris. Ensure all bolts and fasteners are tight. Do not use abrasive cleaners on the frame.

- **Storage:**

When not in use, fold the table into its suitcase shape and store it in a dry, cool place, away from direct sunlight and extreme temperatures. Use the included bag for convenient carrying and storage.



Image: The massage table folded into a compact suitcase shape, ready for transport or storage.

TROUBLESHOOTING

If you encounter issues with your massage table, refer to the following common solutions:

- **Table Instability:**

Ensure all legs are fully extended and the height adjustment pins are securely locked in place. Verify that the diagonal support cables are taut and not damaged. The table should be placed on a flat, even surface.

- **Difficulty Folding/Unfolding:**

Check for any obstructions or misaligned parts. Ensure all adjustable sections (headrest, back, legs) are in their flat or neutral position before attempting to fold the table. Do not force the mechanism.

- **Headrest Not Holding Position:**

Ensure the adjustment lever or knob for the headrest is fully tightened after setting the desired angle. Check for any debris or damage to the locking mechanism.

SPECIFICATIONS

Feature	Detail
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Feature	Detail
Brand	vidaXL
Model Number	110099
Color	Black
Item Weight	39.7 pounds (18.05 kg)
Assembled Height	Adjustable, up to 31.9 inches
Assembled Width	73.2 inches
Assembly Required	Yes
Weight Capacity	330.7 lb (150 kg)
Cushioning Thickness	1.2 inches
Frame Material	Aluminum

WARRANTY AND SUPPORT

For warranty information, technical support, or assistance with parts, please contact vidaXL customer service directly. Refer to your purchase documentation for specific warranty terms and contact details.

You can typically find support contact information on the vidaXL official website or through the retailer where the product was purchased.