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› YITAHOME FTLFMC-1000 Full Body Massage Chair Instruction Manual

YITAHOME FTLFMC-1000

YITAHOME FTLFMC-1000 Full Body Massage Chair Instruction Manual

Model: FTLFMC-1000

1. SAFETY INFORMATION

Please read all safety warnings carefully before operating the massage chair.

- This massage chair has a maximum user weight limit of 200 lbs (90.7 kg) and a maximum user height of 5.9 ft (180 cm).
- Ensure proper assembly of the chair for stability and safe operation.
- Always follow the manufacturer's instructions for use and maintenance.
- Do not insert hands or fingers into any gaps or openings of the chair during operation.
- Keep children and pets away from the chair during operation.
- Unplug the power cord before cleaning or maintenance.

2. SETUP AND ASSEMBLY

The YITAHOME FTLFMC-1000 massage chair is largely pre-assembled for convenience. Some minor assembly and preparation are required before first use.

2.1 Unboxing and Initial Placement

Upon delivery, carefully remove the packaging. The chair is heavy; it is recommended to have at least two people for moving and positioning.



Image: YITAHOME Massage Chair in plastic wrapping being unboxed.

Ensure your doorway is at least 27.5 inches wide for easy passage of the chair. The chair's width without detachable armrests is 26.8 inches.



Image: Diagram illustrating the minimum doorway size required for the massage chair.

2.2 Legrest Attachment

If the legrest is detached for transport, follow these steps to reattach it:

Your browser does not support the video tag.

Video: Step-by-step guide on how to replace or reattach the legrest of the YITAHOME massage chair.

3. OPERATING INSTRUCTIONS

The YITAHOME FTLFMC-1000 massage chair offers a variety of massage programs and customizable settings via its remote control.

3.1 Initial Power On and Body Scan

After plugging in the chair, power it on using the remote control. The chair will perform an automatic shoulder detection scan to customize the massage experience to your body shape.



Image: Illustration of the body scan technology used by the massage chair to detect shoulder position.

3.2 Automatic Massage Modes

The chair features 6 pre-programmed automatic massage modes:

- **Whole Body:** A comprehensive massage covering the entire body.
- **Neck:** Focuses on the neck and upper shoulder area.
- **Extension:** Designed for stretching and lengthening muscles.
- **Sleep:** A gentle, relaxing massage to promote rest.
- **Sport Rejuvenation:** A more intense massage for post-exercise recovery.
- **Elderly:** A mild and comfortable massage suitable for seniors.

3.3 Manual Massage Modes and Customization

For a personalized experience, select from 6 manual massage techniques:

- **Kneading:** Circular motions to relieve muscle tension.
- **Tapping:** Rhythmic tapping to stimulate circulation.
- **Kneading + Tapping:** A combination of both techniques.
- **Knocking:** Strong, percussive movements.
- **Kneading + Knocking:** A blend of kneading and knocking.
- **Shiatsu:** Pressure point massage to relax muscles.

You can adjust massage speed, width, range (overall, partial, fixed), air intensity, airbag on/off for specific areas (shoulders, arms, buttocks, legs), roller intensity, and turn heat on/off.



Image: Visual representation of the six massage techniques and the function of the 3D robot hands.

3.4 Zero Gravity Feature

The chair offers 2 levels of zero gravity recline, positioning your body to minimize pressure on the spine and improve blood circulation. This feature also requires the chair to be placed only 2 inches from a wall due to its space-saving design.



Automatic 15cm of calf retraction
Convenient for all leg lengths



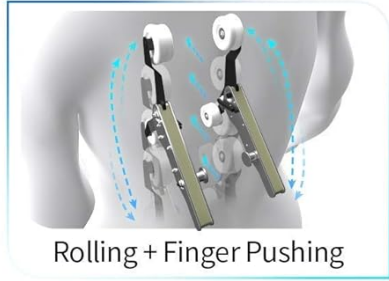
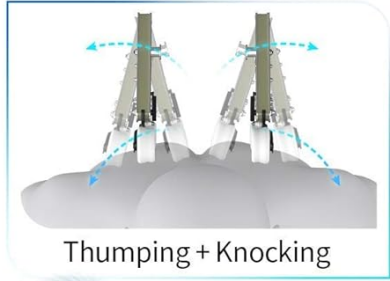
Double linear actuators allow for separate leg and back adjustments to achieve a luxury massage experience.



Image: Illustration of the two zero gravity recline positions and the minimal wall clearance required for the chair.

3.5 Additional Features

- **SL Track System:** The 145cm SL track system provides massage from the neck down to the upper thigh.
- **Dual Electric Linear Actuators:** Allows for separate adjustments of the leg and back sections.
- **3D Robot Hands:** Soft rollers mimic human thumb touch for deep tissue massage.
- **Full Body Air Massage:** Airbags provide varying strengths of massage for shoulders, arms, waist, buttocks, calves, hamstrings, and feet.
- **Waist Heater:** Two heating parts near the waist help alleviate lumbar discomfort.
- **Automatic Calf Retraction:** 15cm automatic calf retraction for various leg lengths.



6 Massage Techniques



Double 3D Robot Hands

Image: Diagram illustrating the extensive 145cm SL track system that massages from neck to upper thigh.



Simply plug in to begin
lumbar heating function

Waist Heater

Image: Illustration highlighting the full body air massage areas, including shoulders, arms, waist, buttocks, calves, hamstrings, and feet.



Initial

Comfort

Deep



- ▶ Three levels of the zero gravity feature: initial; comfort; deep
- ▶ Adjustment Angle: $126^{\circ} \pm 7^{\circ}$
- ▶ Distance to Wall: 1.97"

Image: Close-up view of the massage chair's waist area, indicating the lumbar heating function.



Image: Diagram illustrating the dual electric linear actuators that enable separate leg and back adjustments.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your massage chair.

4.1 General Cleaning

Wipe clean with a soft, damp cloth. Avoid harsh chemicals or abrasive cleaners.

4.2 Component Replacement Guides

For specific component replacements, refer to the following video guides:

4.2.1 Replacing the Legrest

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Video: Detailed instructions on how to replace the legrest of the massage chair.

4.2.2 Replacing the Heating Pad

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Video: Step-by-step guide for replacing the heating pad within the massage chair.

4.2.3 Replacing the Air Pump

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Video: Instructions on how to replace the air pump component of the massage chair.

4.2.4 Replacing the Motherboard

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Video: Guide for replacing the main motherboard of the massage chair.

4.2.5 Replacing the Speaker

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Video: Instructions on how to replace the built-in speaker of the massage chair.

4.2.6 Changing the Controller

Your browser does not support the video tag.

Video: Guide for changing or replacing the remote controller for the massage chair.

4.2.7 Replacing the Armrest

Your browser does not support the video tag.

Video: Instructions on how to replace the armrest of the massage chair.

4.2.8 Changing the Shoulder Airbag

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Video: Guide for changing or replacing the shoulder airbag component of the massage chair.

5. TROUBLESHOOTING

If you encounter any issues with your YITAHOME massage chair, please refer to the following common troubleshooting tips:

- **Chair not powering on:** Ensure the power cord is securely plugged into both the chair and a working electrical outlet. Check the power switch on the chair's base.
- **Massage rollers not moving:** Verify that a massage program is selected and the chair has completed its initial body scan. Check for any obstructions.
- **Airbags not inflating:** Ensure the air intensity is set to an active level and the airbag function is turned on for the desired areas via the remote control.
- **Remote control not responding:** Check the remote's battery. Ensure there are no obstructions between the remote and the chair's receiver.
- **Unusual noises:** Discontinue use and inspect the chair for any loose components or foreign objects. If the noise persists, contact customer support.

For issues not covered here, please contact YITAHOME customer support.

6. SPECIFICATIONS

Feature	Detail
Brand	YITAHOME
Model Name	FTLFMC-1000
Color	Black
Material	Faux Leather, Foam (Fill Material)
Product Dimensions (D x W x H)	49.61"D x 29.91"W x 45.28"H (126cm D x 76cm W x 115cm H)
Item Weight	230 Pounds (104.3 kg)
Maximum Weight Recommendation	200 Pounds (90.7 kg)
Recommended Uses	Office, Home Relaxation
Massage Track	145cm SL Track
Zero Gravity Positions	2 Levels
Heating Function	Waist Heater
Assembly Required	Yes (Minor)
Power Source	Electric

7. WARRANTY AND SUPPORT

YITAHOME is dedicated to providing a delightful shopping experience and quality products. For any inquiries regarding warranty, product support, or service, please contact YITAHOME customer service directly.

You can often find contact information on the manufacturer's official website or through your purchase platform.