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> [iRest A303 Full Body Massage Chair User Manual](#)

iRest A303

iRest A303 Full Body Massage Chair User Manual

Model: A303

1. INTRODUCTION

Welcome

Thank you for choosing the iRest A303 Full Body Massage Chair. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your new massage chair. Please read this manual thoroughly before using the product and retain it for future reference.

Important Safety Instructions

To reduce the risk of electric shock, burns, fire, or injury, always follow basic precautions when using an electrical appliance.

- Always unplug the appliance from the electrical outlet immediately after using and before cleaning.
- Do not use while bathing or in a shower.
- Do not place or store appliance where it can fall or be pulled into a tub or sink.
- Do not place in or drop into water or other liquid.
- Never use pins or other metallic fasteners with this appliance.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water.
- Keep the cord away from heated surfaces.
- Never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the OFF position, then remove plug from outlet.

2. PRODUCT OVERVIEW

Key Features

The iRest A303 massage chair is designed to provide a comprehensive and relaxing massage experience with advanced features:

- **SL Track Rollers:** Rollers follow the natural curve of the spine from the neck to the hips, providing a deep and extensive massage.
- **Full-Body Air Compression Massage:** Equipped with multiple airbags for effective compression massage throughout the body.
- **Targeted Airbag Zones:** Airbags are strategically placed in the shoulder, arm, waist, calf, and foot areas.
- **Improved Circulation:** Compression massage aids in promoting blood circulation and relieving muscle pain and tension.
- **3D Massage Hands:** Advanced robotic hands provide multi-dimensional massage movements.
- **Zero Gravity Recline:** Positions the body to minimize spinal pressure and enhance relaxation.
- **Bluetooth Connectivity & HD Speakers:** Allows for audio streaming during massage sessions.
- **Multiple Automatic Programs:** Offers a variety of pre-set massage programs to suit different needs.

Visual Guide to Components



Figure 2.1: iRest A303 Full Body Massage Chair. This image displays the iRest A303 Full Body Massage Chair, showcasing its ergonomic design and black finish. A person is seated in the chair, demonstrating its size and user position.

Newly Added Quick Access Buttons for Easier Massage Control



Figure 2.2: Quick Access Buttons. This image highlights the quick access buttons located on the armrest of the iRest A303 massage chair, designed for convenient control of massage functions.

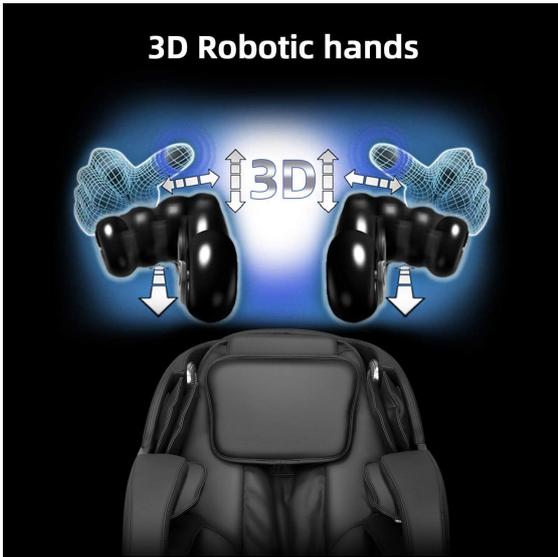


Figure 2.3: 3D Robotic Hands. This diagram visually explains the operation of the 3D robotic massage hands, showing their multi-directional movement for a more comprehensive massage.

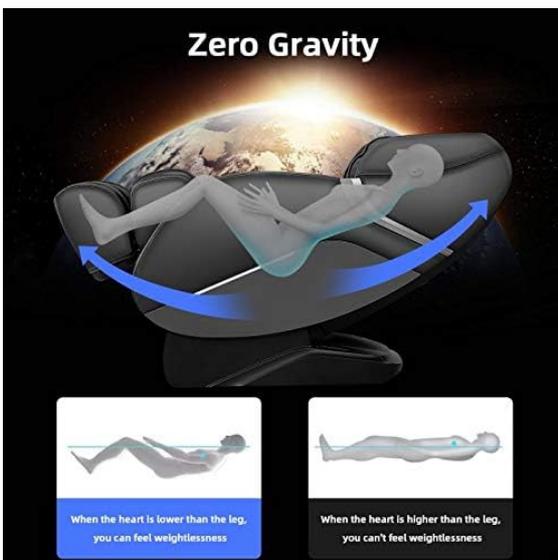


Figure 2.4: Zero Gravity Recline. This illustration demonstrates the Zero Gravity recline feature, where the user's legs are elevated above the heart, promoting a feeling of weightlessness and reducing spinal pressure.



Figure 2.5: Foot, Calf, and Leg Airbag Massage. This image details the lower body massage features, including airbag compression for the feet, shaping massage for the calves, and overall leg airbag massage to enhance circulation and relieve tension.

NEWLY ADDED WAIST AIRBAGS



WAIST AIRBAGS



SHOULDER AIRBAGS



ARM AIRBAGS



FOOT AIRBAGS



CALF AIRBAGS



Figure 2.6: Comprehensive Airbag System. This diagram illustrates the comprehensive airbag system of the chair, highlighting the new waist airbags along with existing airbags in the shoulder, arm, foot, and calf areas for full-body compression massage.

NEW UPGRADE

AUTOMATIC MASSAGE PROGRAM FROM 6 TO 8

Meet the Different Needs of Family Members



Figure 2.7: Automatic Massage Programs. This graphic showcases the expanded selection of automatic massage programs, now offering eight distinct options such as Full Body, Relax, Neck & Shoulder, Stretch, Back & Waist, Comfort, Fatigue Recovery, and Hip Care.

Bluetooth & HD Speaker



Figure 2.8: Bluetooth & HD Speakers. This image highlights the integrated Bluetooth connectivity and HD speakers, allowing users to enjoy music or audio during their massage sessions.

3. SETUP

Unpacking

Carefully remove all components from the packaging. Inspect all parts for any signs of damage. If any damage is found, do not proceed with assembly and contact customer support immediately.

Assembly Steps

While specific assembly instructions are not provided in this manual, generally, massage chairs require minimal assembly. This may include attaching the footrest, armrests, or connecting power cables. Refer to the separate assembly guide included in your product packaging for detailed, step-by-step instructions. Ensure all connections are secure before plugging in the chair.

Placement

Place the massage chair on a flat, stable surface. Ensure there is sufficient space around the chair, especially behind and in front, to allow for full recline and extension of the footrest without obstruction. Keep the chair away from direct sunlight, heat sources, and areas with high humidity.

4. OPERATING INSTRUCTIONS

Powering On/Off

Connect the power cord to a grounded electrical outlet. Locate the main power switch, usually at the back or side of the chair, and turn it to the 'ON' position. To turn off the chair, switch the main power to 'OFF' and unplug the chair from the outlet when not in use for extended periods.

Basic Controls

The iRest A303 features a remote control and quick access buttons on the armrest (refer to Figure 2.2). Use these controls to:

- Start and stop massage programs.
- Adjust recline angle, including Zero Gravity.
- Select automatic massage programs.
- Control intensity of air compression.
- Adjust roller positions (if manual adjustment is available).

Automatic Massage Programs

The chair offers 8 pre-set automatic massage programs (refer to Figure 2.7), each designed for specific needs:

- **Full Body:** A comprehensive massage covering the entire body.
- **Relax:** Gentle massage for overall relaxation.
- **Neck & Shoulder:** Focuses on relieving tension in the upper body.
- **Stretch:** Incorporates stretching movements for flexibility.
- **Back & Waist:** Targets the lumbar and mid-back regions.
- **Comfort:** A balanced program for general comfort.
- **Fatigue Recovery:** Designed to alleviate fatigue and revitalize the body.
- **Hip Care:** Focuses on the hip area for targeted relief.

Select your desired program using the remote control or quick access buttons.

Zero Gravity Function

Activate the Zero Gravity function (refer to Figure 2.4) to recline the chair into a position where your legs are elevated above your heart. This posture evenly distributes body weight, reduces pressure on the spine, and enhances the effectiveness of the massage.

Air Compression Massage

The chair utilizes airbags in various regions (shoulders, arms, waist, calves, feet) to provide compression massage (refer to Figures 2.5 and 2.6). This feature helps to improve blood circulation and relieve muscle soreness. Adjust the intensity of the air compression via the remote control.

3D Massage Rollers

The 3D robotic massage hands (refer to Figure 2.3) move not only up and down but also in and out, providing a more realistic and customizable massage experience. The SL track ensures these rollers cover the entire back from neck to glutes.

Bluetooth Connectivity

To connect your device via Bluetooth (refer to Figure 2.8):

1. Ensure the massage chair is powered on.
2. Enable Bluetooth on your smartphone or other audio device.
3. Search for available devices and select "iRest A303" (or similar name).
4. Once paired, audio from your device will play through the chair's HD speakers.

5. MAINTENANCE

Cleaning

- Always unplug the chair before cleaning.
- Wipe the surface of the chair with a soft, damp cloth. Do not use abrasive cleaners, solvents, or harsh chemicals.
- For stubborn stains, use a mild soap solution on a cloth and then wipe with a clean, damp cloth. Dry thoroughly.
- Do not allow water or liquids to enter the internal components of the chair.

Storage

When not in use for extended periods, store the massage chair in a cool, dry place, away from direct sunlight and extreme temperatures. Cover the chair to protect it from dust.

6. TROUBLESHOOTING

If you encounter any issues with your iRest A303 massage chair, please refer to the table below for common problems and their solutions. If the problem persists, contact customer support.

Problem	Possible Cause / Solution
Chair does not power on.	Ensure the power cord is securely plugged into a working electrical outlet. Check if the main power switch on the chair is in the 'ON' position. Verify the wall outlet is functional by plugging in another appliance.
Massage functions are not working.	Ensure the chair is powered on and not in standby mode. Check the remote control batteries if applicable. Some programs have specific recline requirements; ensure the chair is in a suitable position.
Airbags are not inflating.	Verify that the air compression function is activated on the remote. Check the intensity setting; increase it if it's too low.

Problem	Possible Cause / Solution
Bluetooth connection issues.	Ensure Bluetooth is enabled on your device and the chair. Move your device closer to the chair. Try unpairing and re-pairing the device.

7. SPECIFICATIONS

The following are the technical specifications for the iRest A303 Full Body Massage Chair:

Property	Value
Brand	WAWINDS (Manufacturer: iRest)
Model Number	iRest A303
Color	Black
Product Dimensions (L x W x H)	144.78 x 76.2 x 116.84 cm (57 x 30 x 46 inches)
Item Weight	102 Kilograms (225 lbs)
Material	Carbon Fiber
Max Weight Recommendation	120 Kilograms (265 lbs)
Special Feature	Rolling (Massage Rollers)
Back Style	Full Back

8. WARRANTY AND CUSTOMER SUPPORT

Warranty Information

The iRest A303 Full Body Massage Chair comes with a standard manufacturer's warranty. Please refer to the warranty card included with your product for specific terms, conditions, and duration of coverage. Keep your proof of purchase for warranty claims.

Customer Support

For any questions, technical assistance, or warranty claims, please contact iRest customer support. Contact details can typically be found on the manufacturer's website or on the warranty card provided with your product. When contacting support, please have your model number (A303) and purchase date ready.

Note: Specific contact information is not provided in this manual. Please refer to your product packaging or the manufacturer's official website for the most current support details.

