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MASSAGE MEDIK M5

MASSAGE MEDIK M5 Massage Chair Instruction Manual

Shiatsu Full Body Zero Gravity Recliner with Heat and Air Massage System

1. Introduction

Welcome to the MASSAGE MEDIK M5 Massage Chair instruction manual. This guide provides comprehensive information to help you set up, operate, and maintain your new massage chair. The M5 is designed to offer a full-body massage experience, featuring zero gravity reclining, built-in heat, and an advanced air massage system to promote relaxation and well-being.

2. Important Safety Information

WARNING: To reduce the risk of injury, always follow these safety precautions.

- Always follow the assembly instructions carefully. Do not attempt to use the chair until it is fully assembled.
- Be cautious when adjusting the height, lumbar, and arm rest features to avoid injury.
- Keep the chair on a stable, level surface to prevent tipping.
- Do not exceed the maximum weight capacity of the chair.
- Unplug the chair from the power outlet when not in use or before cleaning.
- Do not operate the chair if it has a damaged cord or plug, or if it is not working properly.
- Keep children and pets away from the chair, especially during operation.

3. Setup and Assembly

The MASSAGE MEDIK M5 Massage Chair arrives largely pre-assembled in a single, large box. Due to its size and weight (approximately 200 pounds), professional delivery and placement are recommended. The chair is designed for easy setup once positioned in your desired location.

3.1 Unpacking and Placement

1. Carefully remove the chair from its packaging. It is recommended to have at least two people for this process due to the chair's weight.
2. Place the chair on a stable, level surface. Ensure there is sufficient space around the chair, particularly behind it, to allow for full recline. A minimum of 2 feet clearance behind the chair is suggested for full recline functionality.
3. Connect the power cord to a suitable electrical outlet.

3.2 Moving the Chair

The M5 massage chair is equipped with wheels on the back for easier relocation. To move the chair, gently tilt it backward to engage the wheels, then carefully push or pull it to the new position. Always ensure the power cord is unplugged before moving.



Figure 1: MASSAGE MEDIK M5 Massage Chair with indicated dimensions (Depth: 47.24", Width: 30.9", Height: 53.9").

4. Product Features and Components

The M5 massage chair offers a range of features for a comprehensive massage experience:

- **Adjustable Headrest:** The headrest can be adjusted to accommodate users of various heights, from approximately 5 feet to 6 feet 4 inches.
- **Forearm and Hand Pressure Points:** Integrated airbags provide compression massage for the forearms and hands. Users with watches or jewelry on their wrists may find it more comfortable to remove them before use.
- **Foot and Calf Massage:** The footrest includes airbags and rollers to massage the feet and calves.
- **Zero Gravity Recline:** The chair reclines to a zero-gravity position, distributing body weight evenly to reduce pressure on the spine and joints.
- **Built-in Heat:** Heating elements provide soothing warmth to enhance muscle relaxation.
- **Air Massage System:** Multiple airbags located throughout the chair inflate and deflate to provide compression massage to various body parts.
- **6-Roller Back Massage Mechanism:** An advanced roller system provides deep tissue massage along the back, offering 8cm deep massage, point massage, and three-speed adjustment.



Figure 2: Airbag locations for shoulder, arm, seat, side of legs, and footrest massage.



Figure 3: Illustration of the 6-roller back massage mechanism, highlighting 8cm deep massage, point massage, and three-speed adjustment.

5. Operating Instructions

The M5 massage chair is controlled via a wired remote control, allowing you to customize your massage experience.

5.1 Remote Control Overview



Figure 4: The wired remote control for the M5 massage chair, showing the display and control buttons.

5.2 Basic Operation

1. **Power On/Off:** Press the "On/Off" button to power the chair on or off.
2. **Auto Programs:** Select from various pre-programmed massage modes (e.g., Recovery, Pain Relief, Stretch, Experience, Concentrate) for a full-body massage.
3. **Manual Mode:** Customize your massage by selecting specific massage techniques (e.g., Kneading, Tapping, Knocking, Shiatsu), adjusting position (Upper, Middle, Lower, Seat), width, and speed.
4. **Air Massage:** Activate or adjust the intensity of the air compression massage for different body areas.
5. **Heating Function:** Turn on or off the built-in heating elements.
6. **Timing:** Set the duration of your massage session.
7. **Recline/Incline:** Use the dedicated buttons to adjust the chair's recline angle and leg rest position.

When a massage session concludes, the chair will turn off. To return the chair to its upright position, you will need to power it back on and use the recline/incline controls.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your MASSAGE MEDIK M5 Massage Chair.

- **Cleaning:** Wipe the chair's surface with a soft, damp cloth. Do not use abrasive cleaners, solvents, or harsh

chemicals, as these can damage the upholstery.

- **Storage:** If storing the chair for an extended period, ensure it is unplugged and covered to protect it from dust and moisture.
- **Power Cord:** Regularly inspect the power cord for any signs of damage. If damaged, contact customer support for assistance.
- **Moving:** When moving the chair, use the integrated wheels and lift carefully to avoid straining the frame or internal components.

7. Troubleshooting

If you encounter any issues with your M5 massage chair, refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
Chair does not power on	Power cord not properly connected; Power outlet not working; Main power switch off.	Ensure power cord is securely plugged in. Test the outlet with another device. Check the main power switch on the chair.
Massage rollers stop during operation	Overload protection activated; Program completed.	Turn off the chair, wait a few minutes, then restart. Select a new program if the previous one finished.
Airbags are too intense	Airbag intensity set too high.	Adjust the air massage intensity using the remote control.
Chair makes unusual noises	Loose components; Internal mechanism issue.	Ensure all visible components are secure. If the noise persists, discontinue use and contact customer support.

If these steps do not resolve the issue, please contact MASSAGE MEDIK customer support for further assistance.

8. Specifications

Feature	Detail
Brand	MASSAGE MEDIK
Model Name	M5
Product Dimensions (D x W x H)	47.24" x 30.9" x 53.9"
Item Weight	200 pounds
Color	Black
Material	Synthetic (Foam Fill)
Back Style	Cushion Back
Special Features	Adjustable Height, Adjustable Lumbar, Arm Rest
Recommended Uses	Relaxing
Reclining Position Count	2

Feature	Detail
Indoor/Outdoor Usage	Indoor

9. Warranty and Support

The MASSAGE MEDIK M5 Massage Chair comes with a**5-Year Warranty**, ensuring peace of mind regarding your investment. For warranty claims, technical support, or any product-related inquiries, please contact MASSAGE MEDIK customer service.
You can also visit the official MASSAGE MEDIK store for more information and support:

Visit the MASSAGE MEDIK Store

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