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› [iRest](#) /

› iRest A710 4D Massage Chair Instruction Manual

iRest SL-A710

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Model: SL-A710

IMPORTANT SAFETY INSTRUCTIONS

Please read the instruction manual carefully before using the product. Always follow basic safety precautions when operating electrical appliances to reduce the risk of electric shock, burns, fire, or injury to persons.

- Ensure the chair is placed on a hard, level surface.
- Keep children and pets away from the chair during operation.
- Do not use the chair if you have any medical conditions that may be aggravated by massage. Consult a physician before use.
- Unplug the chair from the power outlet when not in use or before cleaning.
- Do not attempt to repair the chair yourself. Contact qualified service personnel.

PRODUCT OVERVIEW

The iRest A710 4D Massage Chair, named Alfine, offers an advanced full-body shiatsu massage experience with innovative features designed for ultimate relaxation and therapeutic benefits. This chair incorporates advanced 4D technology, Zero Gravity positioning, an SL Track design, and automatic calfrest extension for a personalized massage.





Figure 1: Front view of the iRest A710 4D Massage Chair. This image shows the chair in its upright position, highlighting its sleek design and comfortable seating.

SETUP & INSTALLATION

Proper setup and installation are crucial for the safe and optimal operation of your iRest A710 Massage Chair. Please follow these steps carefully.

Unboxing and Initial Setup

1. **Prepare the Area:** Ensure you have enough space around the chair for assembly and full recline.
2. **Cut Straps:** Carefully cut the five straps on the packaging box using scissors.
3. **Remove Outer Box:** Lift the main body of the packaging box and remove the protective packaging material.
4. **Remove Internal Packaging:** Take out any foam, plastic bags, and cardboard inserts protecting the chair components.
5. **Position the Main Unit:** Carefully lift the main unit of the massage chair and place it in its desired location. Pay attention to the front armrests and the groove of the back cover when moving.

Footrest Installation

6. **Retrieve Footrest:** Take out the footrest from the abdomen of the main body.
7. **Remove Pearl Cotton:** Remove the pearl cotton from the bottom of the footrest.
8. **Flip Seat Cushion:** Flip the seat cushion down to the horizontal position.
9. **Connect Air Hose:** Locate the calf air hose and the anti-fold spring. Place the spring on the calf air hose. Remove the screw from the upper part of the air hose connector on the main unit. Connect the footrest air hose with the spring to the air hose connector on the main unit according to the color coding. Adjust the spring mounting hole and secure it with two screws.
10. **Connect Harness Terminals:** Plug the footrest harness terminals into the main body's terminal socket.
11. **Tidy Fabric Cover:** Tidy up the fabric cover around the connections.
12. **Cut Cable Ties:** Cut off the cable ties on both sides of the calf and remove the protective cover.
13. **Flip Plastic Cover:** Flip the plastic cover on the ear hook to the open position.
14. **Lift Legs & Place Hooks:** Lift the legs and place both ear hooks on the arc groove of the main unit.
15. **Close Hanger Cover:** Close the hanger cover and secure it tightly with two M5x10 screws.
16. **Lift Footrest:** Lift the footrest, insert the connecting tubes and wiring into the gap between the main body and the footrest.
17. **Open Seat Cushion & Zip:** Open the seat cushion, pull up the zipper on both sides to connect it with the backrest cushion. Then pull up the zippers on the footrest and backrest cushions. Neatly arrange the seat cushion.

Hand Controller Setup

14. **Remove Hand Control Bracket:** Remove the hand control bracket, install the rubber sleeve on the base, then place the washer on the screw of the bracket base.
15. **Rotate Bracket:** Rotate the hand control bracket clockwise to secure it to the base.
16. **Unpack Hand Controller:** Unpack the hand controller and attach it to the bracket securely.

Power Connection

17. **Unfasten Power Cord:** Unfasten the bundled power cord from the accessory bag.
18. **Plug in Power Cord:** Plug one end of the power cord into the socket on the main control box of the host, plug the other end into a household power outlet.
19. **Turn On Power:** Turn on the power switch and press the power button on the control panel to start the massage chair.

Installation Videos

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Video 1: MassaMAX MT339 Quick Tutorial - A Video Manual. This video provides a quick tutorial on various functions of a similar massage chair model, including starting a massage, body shape detection, shoulder position adjustment, and more. While for a different model, many operational aspects are generic.

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Video 2: MassaMAX MT398 Installation Video. This video demonstrates the installation process for a similar massage chair model, including unboxing, component identification, and assembly steps. The general procedure can be applied to the iRest A710.

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Video 3: MassaMAX MT398 Video Manual. This video provides a detailed manual for a similar massage chair model, covering various functions and settings through its touchscreen interface. Many operational aspects are generic and applicable to the iRest A710.

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Video 4: iRest A710 4D Health Cloud Massage Chair. This video showcases the iRest A710 model, demonstrating its features and functionality, providing a visual guide to its operation.

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Video 5: iRest A710 4D Massage Chair. This video provides an overview of the iRest A710 4D Massage Chair, highlighting its key features and benefits.

OPERATING INSTRUCTIONS

Your iRest A710 4D Massage Chair is equipped with an intuitive control panel and various features for a personalized massage experience. Familiarize yourself with the controls and functions below.

Control Panel Overview



Figure 2: The TFT touch screen and quick access buttons on the iRest A710 massage chair. This image illustrates the user-friendly interface for controlling massage functions.

Starting a Massage

1. **Power On:** Press the power button on the control panel to turn on the massage chair.
2. **Select Auto Mode:** From the main screen, choose an automatic massage mode (e.g., 4D Massage, Comfort, Good-night Sleep, Relax, Neck & Shoulder).
3. **Automatic Recline:** The chair will automatically recline, adjusting the backrest and footrest to the preset angles for the selected mode.

Automatic Body Scanning System



Figure 3: Diagram illustrating the automatic body scanning system. The chair detects shoulder width, weight, and height to customize the massage experience.

After the initial recline, the massage chair will perform an automatic body shape detection. During this process, lean your neck against the rollers. Once your shoulder position is detected, a confirmation dialog will appear. You can adjust the shoulder position using the up/down arrows if needed.

Massage Modes and Techniques



Figure 4: Illustration of the 'S' + 'L' Shaped Long Track massage rollers. These rollers extend from the neck to the thighs, providing comprehensive coverage.

The iRest A710 offers 15 automatic massage programs and various manual techniques:

- **Automatic Modes:** Comfort Massage, Quick Massage, Stretch Massage, Good-night Sleep, Shoulder & Neck Massage, Airbag Massage, Sport Recovery, Stress Relieving, Thai Massage, Waist & Hip Massage, Spine Care, Energy, Shiatsu Massage, Office Regimen, and TV Mode.
- **Manual Techniques:** Kneading, Tapping, Simultaneous Kneading & Tapping, Shiatsu, 4D, and Knocking. The speed and width of these techniques can be adjusted.

Adjusting Massage Intensity and Area

Advanced 4D Technology Massage Rollers

- 5 Massage Intensities Adjustable +

weak

strong



53.15"

"S+L"Shape Long Rail

0.59-8.27"

Width

4.72"

Depth

Figure 5: Detailed view of the Advanced 4D Technology Massage Rollers. This image shows the adjustable width and depth of the rollers, offering 5 massage intensities.

- **4D Massage Intensity:** Use the '+' or '-' buttons next to the 4D icon to adjust the massage roller intensity (5 levels).
- **Customize Back Massage Area:** In manual mode, you can select specific areas for massage, including fixed point, partial, full back, upper back, and lower back. Use the up/down buttons to adjust the back roller to the desired area.

Airbag and Foot Roller Massage



Figure 6: Diagram showing the various airbag and heating zones on the iRest A710 massage chair, including shoulder airbags, arm and palm airbags, calf airbags, and foot roller massager.

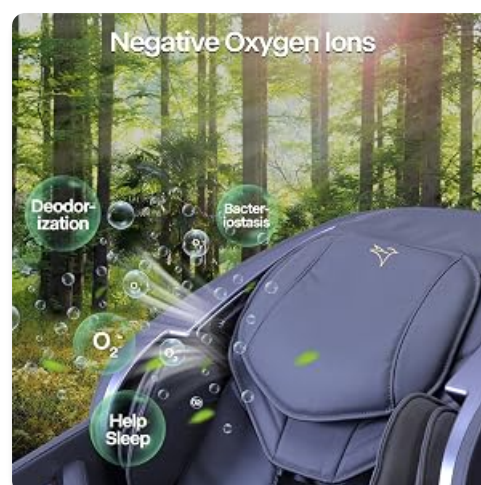


Figure 7: Illustration of the legs drainage massage function, indicating how airbags compress and release to promote circulation in the legs.



Figure 8: Close-up view of the calves rollers massage, showing the 7.87-inch footrest stretch range and the rollers providing kneading massage.

- **Airbag Massage:** Upper and lower body airbag functions can be controlled separately. Airbag intensity is adjustable in 3 levels.
- **Foot Rollers:** Foot roller intensity is also adjustable in 3 levels.

Voice Control Function



Figure 9: Visual guide to the intelligent voice control feature. The image shows various voice commands like "Hi Alice", "Massage on", "Good-night Sleep", and "Full-body stretch".

Click the voice key on the control panel to enable or disable the voice function. Use commands like "Hi Alice" to activate the system, then issue commands such as "Massage on" or "Full-body stretch".

Heating Function



Figure 10: Diagram illustrating the back and shawl heating zones. The image highlights areas where heating therapy is applied for enhanced comfort.

Click the heat button to turn on or off the heating function. The heating shawl provides therapeutic warmth to the shoulders, back, waist, and abdomen.

Program Customization and Memory Function

Click the 'Customize' icon to access storage and recall functions. You can save your personal massage programs and recall them later using the memory button.

Zero Gravity and Recline Adjustment



Figure 11: Image depicting the Space Capsule Zero Gravity feature. The chair reclines to a position that minimizes pressure on the spine, simulating weightlessness.



Figure 12: Illustration of the full-body stretch function. The chair gently extends the body to relieve tension and improve flexibility.

Click the 'Angle' icon to access the angle adjustment interface. Here you can:

- **Zero Gravity:** Select from multiple Zero Gravity positions to achieve a weightless sensation.
- **Footrest Adjustment:** Adjust the footrest position.
- **Seat Up/Down:** Adjust the seat's vertical position.
- **Calf Up/Down:** Adjust the calfrest's vertical position.

Connectivity and Convenience

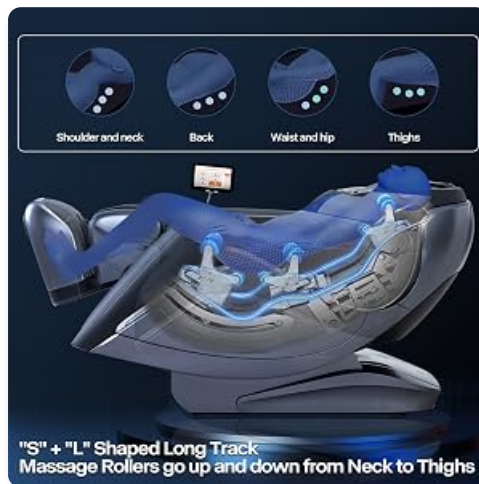


Figure 13: Image highlighting the 3D Surrounded HIFI Speaker and mobile Bluetooth connection. Enjoy immersive audio during your massage.

- **Bluetooth:** Click the Bluetooth icon to enable or disable the Bluetooth function. Connect your audio device to enjoy music through the chair's 3D HIFI speakers.
- **Time Adjustment:** Click the time icon to adjust the massage duration. Each press increases the duration by 5 minutes, up to a maximum of 30 minutes.
- **USB Charging:** The chair includes a USB charging port to keep your devices powered during your massage.
- **Wireless Charging:** A wireless charging pad is integrated for compatible devices.

MAINTENANCE

To ensure the longevity and optimal performance of your iRest A710 Massage Chair, regular maintenance is recommended.

- **Cleaning:** Wipe clean with a soft, damp cloth. Avoid harsh chemicals or abrasive cleaners.
- **Storage:** Store the chair in a cool, dry place away from direct sunlight and extreme temperatures.
- **Power Off:** Always turn off the power switch and unplug the chair when not in use.

TROUBLESHOOTING

If you encounter any issues with your iRest A710 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 main control box.
- **Massage Rollers Not Moving:** Verify that an automatic program is selected or that manual mode settings are correctly configured. Ensure the body scanning process completed successfully.
- **Airbags Not Inflating:** Check airbag intensity settings in the control panel.
- **No Heat:** Ensure the heating function is turned on via the control panel.

- **Remote Control Unresponsive:** Check the remote's connection and ensure the chair is powered on.

For persistent issues or complex problems, please contact customer support.

SPECIFICATIONS

PRODUCT DIMENSIONS



Figure 14: Product dimensions in reclined and upright status. The image provides measurements for depth, width, and height in different chair positions.

Feature	Detail
Brand	iRest
Model Name	iRest A710 (SL-A710)
Color	Black
Product Dimensions	58.27"D x 48.03"W x 33.07"H
Item Weight	338 pounds
Maximum Weight Recommendation	330 Pounds
Material	Faux Leather, Foam
Special Features	4D Technology, Zero Gravity, SL Track, Yoga Stretching, Automatic Calfrest Extension, Calf Kneading, Foot Roller Scraping, AI Voice Control, TFT Touch Screen, Quick Button Access, Full Body Heating, Bluetooth Speaker, Wireless Charging, USB Charging
UPC	850037299188

WARRANTY & SUPPORT

Your iRest A710 4D Massage Chair is backed by a 3-year coverage with expert support. For any inquiries or assistance, please contact our 24/7 customer support team. You can also visit one of our 50+ showrooms across the states for in-person support.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question