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› HealthRelife 4D Full Body Massage Chair (Model HR337) Instruction Manual

## HealthRelife HR337

# HealthRelife 4D Full Body Massage Chair (Model HR337) Instruction Manual

Your guide to assembly, operation, and maintenance.

## 1. PRODUCT OVERVIEW

The HealthRelife 4D Full Body Massage Chair (Model HR337) is designed to provide a comprehensive massage experience. It features a 55-inch SL-Track, 4D massage hands, 15 auto modes, 11 massage techniques, 40 airbags, zero gravity recline, yoga stretch, app control, Shiatsu foot massage, and heating functions.



*Image: The HealthRelife 4D Full Body Massage Chair in black, showcasing its sleek design and integrated control panel.*

## **Product Dimensions and Capacity**

# PRODUCT DIMENSIONS

**Weight Capacity**  
330 pounds/150kg

**Suitable Height**  
150cm-189cm/4.9ft-6.2ft



Image: Diagram illustrating the dimensions of the massage chair, including height, width, and depth, along with its weight capacity of 330 pounds (150 kg) and suitable height range of 4.9ft-6.2ft (150cm-189cm).

## 2. SETUP INSTRUCTIONS

Follow these steps to safely unpack and set up your HealthRelife massage chair.

*Video: A step-by-step tutorial demonstrating the unpacking and assembly process for the HealthRelife massage chair.*

1. **Cut Packing Tape:** Carefully cut off all packing tape securing the outer box using scissors.
2. **Remove Outer Box:** Fasten the dismantling port or the lower end of the outer box and lift to remove it. This will expose the chair protected by foam and plastic.
3. **Remove Board and Foam:** Take out the protective board and foam inserts surrounding the chair.
4. **Remove Calf and Calf Plastic Bag:** Carefully remove the plastic bag covering the calf massage unit.
5. **Retrieve Accessory Bag:** Locate and take out the accessory bag from within the packaging. Ensure it is stored properly to avoid obstructing handling when lifting the chair.
6. **Position the Massage Chair:** With assistance, lift the massage chair to its intended position. Pay attention to the front armrests and the groove of the back cover for proper handling.

7. **Unpack Accessories:** Open the accessory bag and retrieve the hand controller bracket, power cord, and instruction manual.
8. **Connect Power:** Plug in the power cord to the chair and a suitable power outlet. Turn on the main power switch located on the chair's base. The massage chair will automatically reset.
9. **Install Hand Controller Bracket:** Securely install the hand controller bracket into its designated slot on the armrest.
10. **Attach Hand Controller:** Remove the protective cover from the hand controller. Carefully place the hand controller onto the installed bracket.
11. **Remove Calf Fixing Screws:** Locate and remove the left and right screws of the calf fixing cover. Remove the protective cover.
12. **Insert Air Tube:** Insert the plug-in air tube into its corresponding port.
13. **Secure Calf Unit:** Hang the calf unit onto the calf holder. Reinstall the left and right screws to secure it.
14. **Install Leg Attachment Cloth:** Install the leg attachment cloth over the calf unit. Your chair is now ready for use.

### 3. OPERATING INSTRUCTIONS

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Your HealthRelife massage chair offers a variety of features and control options for a personalized massage experience.

#### Control Methods

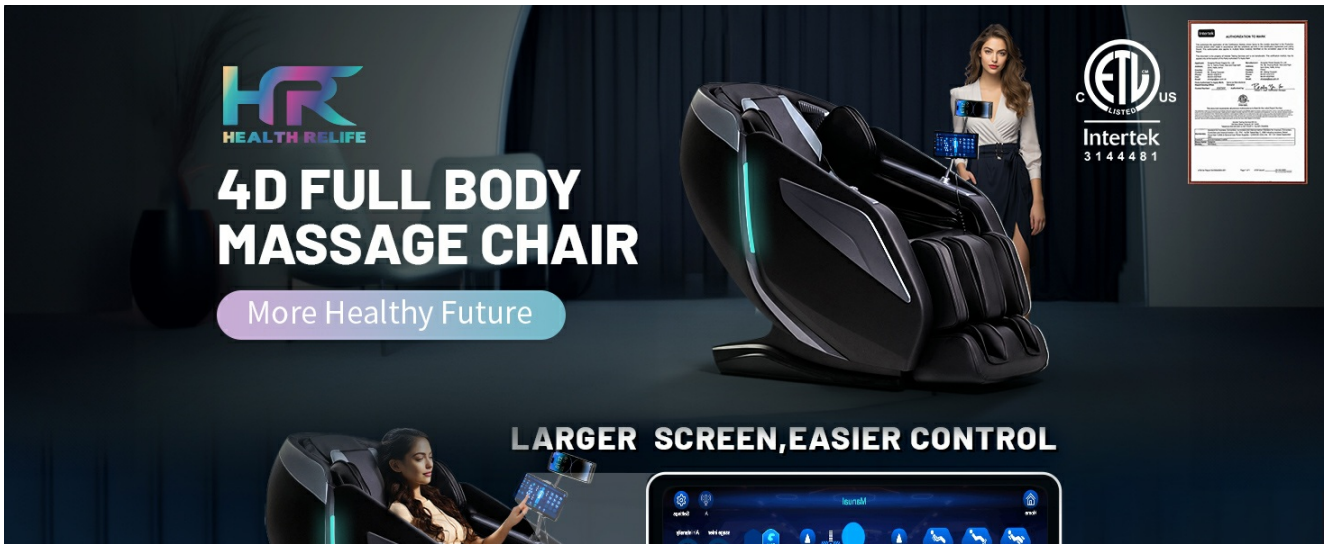
# CONTROLLED BY 4 METHODS



Image: Visual representation of the four control methods available for the massage chair: APP Control, AI Voice Control, Hand Controller (touchscreen), and Shortcut Buttons on the armrest.

- **LCD Touch Screen Controller:** A versatile remote control with an LCD screen is located on the left armrest, providing easy access to all functions.
- **App Control:** Connect your device via Bluetooth and use the dedicated app for convenient control.
- **AI Voice Control:** Use voice commands to activate and adjust massage functions.
- **Shortcut Buttons:** A user-friendly control panel is conveniently placed on the right armrest for quick adjustments.

## Massage Features

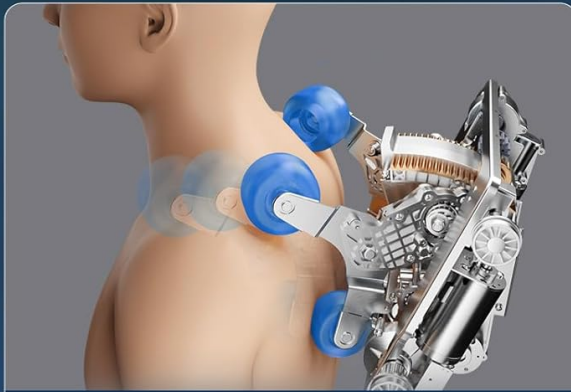


*Image: A comprehensive graphic highlighting the key features of the massage chair, such as 4D massage, SL-track, zero gravity, and various massage techniques.*

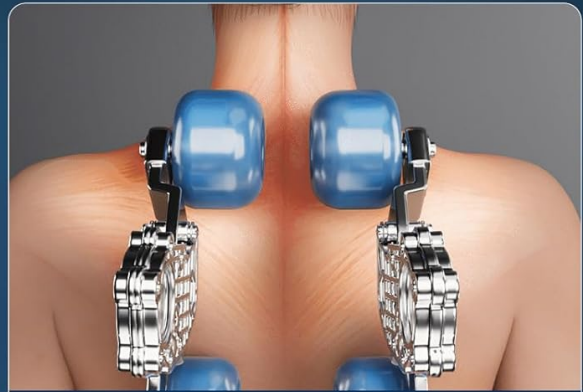
- **Intelligent Human Scanning System:** The chair uses an intelligent scanning system to automatically customize the massage to your body's specific points (shoulder width and height).
- **Long SL Track:** The massage system glides along a 55-inch SL guide rail, ensuring proper alignment with your back's natural curvature for spinal relaxation and muscle tension relief.
- **4D Massage Hands:** Experience 9 massage techniques including Kneading, Knocking, Shiatsu, Kneading & Tapping, and Tapping, providing relaxation from neck to toes.

# 4D INTELLIGENT MASSAGE HAND

9 MASSAGE TECHNIQUES - RELAXATION FROM NECK TO TOES



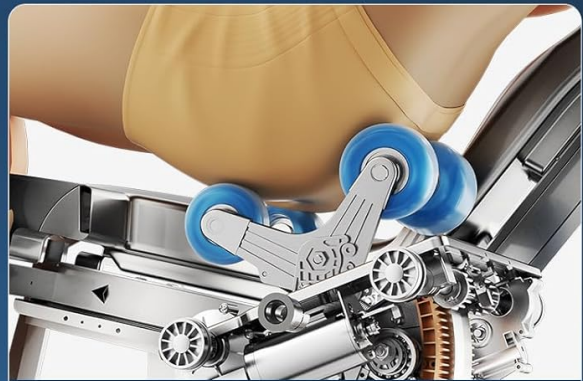
**NECK AND SHOULDER MASSAGE**



**BACK MASSAGE**



**WAIST MASSAGE**



**HIP AND THIGH MASSAGE**

Image: Close-up illustrations of the 4D intelligent massage hands targeting different body areas like the neck, shoulders, back, waist, hips, and thighs.

- **Full Body Airbags Massage:** 40 airbags are strategically positioned from shoulder to foot, applying rhythmic pressure to relieve muscle tension and improve blood circulation.

5 SPEEDS

3 WIDTH

3 INTENSITY

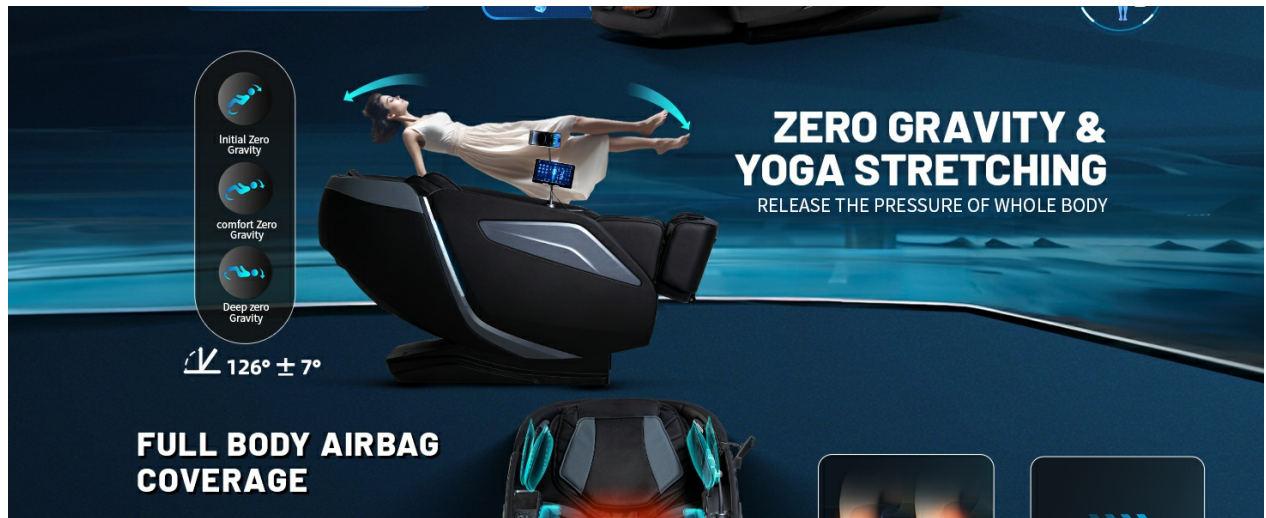
15 MODES

**15 AUTOMATIC MASSAGE MODES TO MEET YOUR DIFFERENT NEEDS**

Relax	Comfort	Stretch	Back & waist	Shoulder & neck massage
Full body massage	Spine massage	Fatigue recovery	Bottom Toning	Beautiful buttocks shaping
Good night sleep	Leisure Health	Sport Recovery	Superior Fatigue	Body Balance

Image: A visual breakdown of the full body airbag system, indicating airbag locations for upper arms, back, arms, palms, and legs, along with heating zones.

- **Shiatsu Foot Massage:** The foot and calf massage features air compression and rotating finger pressure massage heads to target and relax these areas.
- **Zero Gravity & Stretching Mode:** The chair offers two zero gravity recline positions, aligning your heart and knees to reduce heart pressure and enhance blood circulation. The yoga stretch mode provides full body stretching.



*Image: Visual explanation of the Zero Gravity and Yoga Stretching modes, showing different recline angles and the benefits of each position.*

- **Heating Function:** Enjoy soothing heat therapy for your back and calves.
- **Bluetooth Connectivity:** Connect your device via Bluetooth to enjoy your favorite music through the built-in speakers.
- **Wireless Charging:** The chair includes a wireless charging function for compatible devices.

## Automatic Massage Modes

The chair comes with 15 automatic massage modes to suit various needs:

- Relax
- Comfort
- Stretch
- Back & Waist
- Shoulder & Neck Massage
- Full Body Massage
- Spine Protection
- Fatigue Recovery
- Meridian Activation
- Prolonged Sitting Stretch
- Sleep Aid
- Leisure Health
- Sport Recovery
- Superior Enjoyable
- Body Balance

## 4. MAINTENANCE

To ensure the longevity and optimal performance of your HealthRelife massage chair, follow these maintenance guidelines:

- **Cleaning:** Wipe clean the chair's surfaces with a soft, damp cloth. Avoid using harsh chemicals or abrasive cleaners.
- **Storage:** When not in use for extended periods, ensure the chair is powered off and unplugged.
- **Inspection:** Periodically check the power cord for any damage. Ensure all connections are secure.

## 5. TROUBLESHOOTING

If you encounter any issues with your massage chair, refer to the following common problems and solutions. For persistent issues, please contact customer support.

- **Chair Not Powering On:** Ensure the power cord is securely plugged into both the chair and a working electrical outlet. Check that the main power switch on the chair's base is in the 'On' position.
- **Massage Rollers Not Moving:** After powering on, the chair performs an automatic body scan. Ensure you are seated correctly and allow the scan to complete. If the issue persists, try restarting the chair.
- **Airbag Intensity Too High:** Adjust the airbag intensity using the hand controller or app. If a programmed massage has high intensity, you may need to switch to manual mode to fine-tune the pressure.
- **Voice Control Not Responding:** Ensure the voice control feature is activated. Speak clearly and directly to the chair. If the chair responds randomly, you may need to adjust its sensitivity or temporarily disable the feature via the controller.
- **Music Not Playing or Stopping:** Verify Bluetooth connection to your device. Some programs or manual adjustments may interrupt music playback. Check the settings on your hand controller or app.
- **Leg Extension Issues:** For taller users, the leg extension may require manual adjustment or pressure to maintain desired length. Ensure no obstructions are present.
- **Hand Controller Navigation Difficulties:** Familiarize yourself with the controller's layout. While some functions may require multiple selections, most settings can be adjusted through the main menu.

## 6. SPECIFICATIONS

Feature	Detail
Brand	HealthRelife
Model Name	Charles (HR337)
Color	Black
Product Dimensions	35"D x 22"W x 35"H
Item Weight	189 pounds
Maximum Weight Recommendation	300 Pounds
Special Features	Adjustable Height, Arm Rest, Heated, Rolling, Space Saving
Reclining Position Count	2 (Zero Gravity)
Assembly Required	Yes

## 7. WARRANTY AND SUPPORT

HealthRelife provides a 3-year guarantee for this massage chair, ensuring confidence in your purchase. We are committed to solving any problems to your satisfaction.

- **Warranty Period:** 3 years from the date of purchase.
- **Contact Support:** If you have any questions about your massage chair, require assistance with troubleshooting, or need to claim warranty service, please contact the HealthRelife customer support team. Refer to the contact information provided in your product packaging or visit the official HealthRelife website for details.