Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

Alfine A688

Alfine A688 Heaven Duet Massage Chair Instruction Manual

Important Safety Information

Please read this instruction manual carefully before using the product. Your safety is paramount. Pay close attention to all warnings and instructions.
Safety Warning Screen: Upon powering on the control tablet, a safety warning screen will appear. It outlines important precautions:

- Individuals suffering from osteoporosis, spine fracture, sprain, or acute pain should not use the product.
- Individuals with a pacemaker, defibrillator, or other personal medical devices prone to electronic interference should not use the product.
- Pregnant women and women who have just given birth should not use the product.
- Individuals with symptoms of acute low back pain, herniated disk, spondylolisthesis, spinal stenosis, or degenerative lumbar spondylosis should not use the product.
- Individuals who have abnormalities or curvature of the spine should not use the product.
- Children under 14 years of age should not use the product.
- Please refer to the instruction manual for other individuals who are not suitable for massage.
- **Emergency Stop:** In case of emergency, press the stop button on the remote to stop the operation.
- The areas under the footrest and behind the backrest are potentially dangerous for a child or pet. To avoid serious injury or death, keep children and pets away from the chair while in use and check these areas carefully before reclining, lowering legrest, or returning chair to upright position.

Tap 'Tap here to confirm' to proceed after reading.

Product Overview

The Alfine A688 Heaven Duet Massage Chair offers an advanced dual-core 4D + 3D massage system, zero gravity recline, and comprehensive body relaxation features. It is designed for personalized comfort and effortless control.



Image Description: A side view of the Alfine A688 Heaven Duet Massage Chair in black, with key dimensions labeled. The chair measures 64.96 inches deep, 32.28 inches wide, and 45.87 inches high.

Unboxing and Setup

Follow these steps to safely unbox and set up your Alfine A688 Massage Chair.

Your browser does not support the video tag.

Video Description: An official installation video for the Alfine A688 Massage Chair, demonstrating each step of the assembly process.

1. **Unpacking the Boxes:**
    - Carefully cut the packaging straps around the cardboard boxes.
    - Slit open the sealing tape and remove any installation accessories found inside the cardboard box.
    - Remove the top box and then the side foam packaging to reveal the main chair unit.
2. **Installing the Control Tablet Stand:**
    - Locate the threaded socket on the right armrest of the main chair unit.
    - Align the threaded rod of the tablet stand with this socket.

- Tighten the stand securely in place by twisting it clockwise until firm.

3. **Connecting the Control Panel:**
    - Undo the cable ties on the control tablet's wiring harness.
    - Align the notch on the aviation plug with the protrusion in the socket on the chair.
    - Firmly connect the plug by twisting the threads until secure.
    - Securely place the control tablet onto the stand tray.
4. **Connecting the Power Cord:**
    - Connect one end of the power cord to the rear socket of the control box located at the back of the chair.
    - Plug the other end into a standard household power outlet.
5. **Turning On the Power Switch:**
    - Locate the ON/OFF power switch near the power cord socket at the rear of the chair.
    - Flip the switch to the 'ON' position to energize the massage chair.
6. **Returning Chair to Upright Position:**
    - Press the power button on the control tablet to power it on.
    - Confirm the safety warning screen by tapping the designated area.
    - The massage chair will automatically return to an upright position.
7. **Installing the Footrest:**
    - Remove the packaging bag from the calf supports and take off the protective sponge.
    - Connect the footrest's air tubes and plug terminals to the corresponding air connectors and terminal sockets on the main unit, ensuring a secure and snug fit.
    - Loosen the two screws on the main body that secure the calf supports.
    - Flip the cover plate over and place the hanging axis of the calf support into the circular groove on the main body.
    - Secure the cover plate with the screws.
    - Lift the cushion, place the calf support, and attach the Velcro straps to it, ensuring they are neatly arranged.
8. **Installing the Right Armrest Decoration Piece:**
    - Unwrap the plastic packaging bag from the right armrest decoration piece.
    - Unwrap the Velcro-wrapped plug terminals on the right side of the armrest attached to the main unit.
    - Connect the plug terminals of the red LED lights on the armrest decoration piece securely to the corresponding terminals on the main body. Then wrap the terminals with Velcro.
    - Align the cylindrical protrusion in the upper left corner of the armrest cover plate with the stepped hole on the armrest.
    - Align the metal buckle position on the armrest cover with the armrest buckle position and tap it.
    - Align the fasteners one by one following the video sequence, and firmly snap them into place by tapping as shown.
9. **Installing the Left Armrest Decoration Cover Plate:**
    - Complete the installation of the left armrest decoration cover plate using the same assembly method as the right side armrest decoration piece.

Operating Instructions

Familiarize yourself with the various functions and controls of your massage chair.

Your browser does not support the video tag.

Video Description: A quick tutorial video demonstrating the various operating functions and adjustments of the Alfine A688 Massage Chair.

Starting a Massage

- Press the power button on the control tablet.
- Confirm the safety warning.
- Select your desired massage level: **Gentle**, **Soothing**, or **Strong**.

Automatic Body Scanning System

The massage chair automatically scans the curve of your back to confirm your body shape and shoulder position. The red dot on the screen represents the movement from neck, back, waist, buttocks, and back to the neck/shoulder, ensuring a complete scanning process. You can skip this process if desired.

Whole Body Zero Gravity

The chair will automatically recline to a comfortable zero-gravity angle, distributing your body weight evenly to reduce pressure on the spine.

Choosing Auto Modes

In the automatic mode interface, there are four main massage categories, each with five sub-programs:

- **AI Intelligent:** Total Relax, Stress Release, Full Airbag, Chinese Mass, Thai Massage.
- **Relaxing and Activating:** Meridian Treat, Neck & Shoulder, Waist Care, Waist & Buttock, Leg & Foot Relief.
- **Exclusive for Family:** President Cosy, Keep Fit, Superior Enjoy, Office Regimen, Health Recharge.
- **Overall Relaxation:** Energy Boost, Lunch Break, Sweet Dream, Brain Refresh, Rejuvenate.

Choose the massage program that suits your needs.

Adjusting 4D Massage Intensity

In automatic mode, the strength of the 4D massage can be increased or decreased, divided into 5 gears.

Adjusting Air Position & Air Pressure Intensity

In automatic mode, you can adjust the strength of the air pressure and the position of the airbag. Air pressure strength is divided into 5 levels. The airbag position is divided into upper body and lower body.

Adjusting Backrest Heat

The back heating switch controls the back heating function (on/off).

Adjusting Foot Rollers

The foot roller key controls the switch of the foot roller and the speed of the roller, which is divided into 3 levels.

Adjusting Calf Kneading

The calf kneading button controls the kneading function (on/off).

Intelligent Voice Control

Voice activation is effective only when the voice control function has been turned on in the settings. After enabling the voice function, you can control the massage chair by voice according to the content of the voice entry. Refer to the voice control command list for available commands.

Selecting Massage Level in Auto Modes

In automatic mode, the overall massage force can also be adjusted, including the massage force of the manipulator and the strength of the airbag, with **Gentle**, **Soothing**, and **Strong** options.

Adjusting Massage Duration

Massage duration can be increased or decreased. The longest is 40 minutes, the shortest is 5 minutes, with 5-minute increments.

Adjusting Shoulder Position in Auto Modes

In the automatic program, the height of the shoulder position can be adjusted at any time by pressing the up and down arrows, with a total of 10 gears.

How to Pause the Programs

In the automatic program, you can press the pause button to pause the massage program and press it again to resume.

Massage Techniques (Manual Mode)

In manual mode, massage techniques can be selected, including: Stop, Knead, Tap I, Tap II, Knead & Tap, Shiatsu I, Shiatsu II, Grasp, 4D I, 4D II, 4D III, and 4D IV. The massage roller movement will change the massage action each time the manipulation is switched.

Customizing Massage Area (Manual Mode)

Massage area can be divided into: Spot, Partial, Full, Upper, and Lower.

Adjusting 4D Intensity (Manual Mode)

The 4D massage intensity can be adjusted by adjusting the height of the telescopic foot and depth of the manipulator, which is divided into 5 levels and adjusted by pressing the plus or minus key.

Adjusting Massage Speed (Manual Mode)

The massage speed is adjusted by adding and subtracting keys, which are divided into 5 levels.

Adjusting Massage Width (Manual Mode)

The width of the movement massage roller is divided into 5 levels, which can be switched by pressing the plus or minus key. Note that it cannot be adjusted under Knead, Tap I, Tap II, Knead & Tap, Grasp, 4D I, and 4D II.

Adjusting Rollers Up and Down (Manual Mode)

When setting fixed point massage, you can adjust the fixed point massage position by pressing the up and down button.

Adjusting Manipulator (Manual Mode)

The manipulator down includes 6 techniques: Stop, Knead, Tap I, Tap II, Knead & Tap, Shiatsu I. Like the manipulator up, it can also adjust the massage area, speed, and width, as well as the position. Since the manipulator down has no 4D function, it cannot adjust the 4D strength.

Adjusting Air Position & Air Pressure Intensity (Manual Mode)

The position and strength of the airbag can be adjusted under the air sub-menu. The massage position of the airbag is divided into full body, upper body, and lower body. The strength of the airbag is divided into 5 levels, which can be adjusted by pressing the plus or minus key.

Adjusting Leg Shorten and Extend

Under the angle sub-menu, long press the 'Leg Shorten' key to shorten the leg, and long press the 'Leg Extend' key to stretch the leg. Releasing the button will stop the stretch at the current position.

Adjusting Foot Shorten and Extend

Under the angle sub-menu, long press the 'Foot Shorten' key to shorten the foot, and long press the 'Foot Extend' key to stretch the foot. Releasing the button will stop the stretch at the current position.

Adjusting Leg Angle Up and Down

Under the angle sub-menu, long press the 'Leg Up' key to raise the calf, and long press the 'Leg Down' key to lower the calf.

Adjusting Backrest & Calfrest Together

Long press the 'Whole Up' key to raise the backrest and lower the calf. Long press the 'Whole Down' key to lower the backrest and lower the calf. Releasing the button will stop the machine at the current angle.

Adjusting Backrest Independently

Long press the 'Back Up' key to raise the backrest, and long press the 'Back Down' key to lower the backrest. Releasing the key will stop the backrest at the current angle.

Adjusting Zero Gravity 1 and Zero Gravity 2

Press 'Zero 1' or 'Zero 2' to automatically adjust the massage chair to the first or second zero-gravity state.

Setting the Language of the UI

Under the settings sub-menu, you can adjust the interface language type, which can be switched to Chinese, English, Vietnamese, and Korean respectively.

Manually Customize Your Own Massage

Click 'Customise' in the menu bar on the left side of the display to enter the custom setting interface. Then select the

preferred massage technique whose icon will be highlighted after selection. Select the massage area, 4D intensity, air massage, massage width, massage speed, air intensity, back heating, calf kneading, and roller functions. Then click 'Save' to save the current settings as 'Custom 1' and 'Custom 2'. After the settings are saved successfully, the custom program will be immediately available and can be used for the next massage by clicking the saved custom program.

Program Memory Function

Click the 'Memory' key in the menu bar on the left side of the display to enter the massage function storage selection interface. Two categories are included: 'Massage Save' (Save I, Save II, Save III) and 'Massage Use' (Use I, Use II, Use III).

How to Close the Programs with the Control Panel

Press the control panel power key to turn off the machine. This will immediately turn off all massage functions. The backrest mechanism and leg mechanism will reset.

How to Starting a Massage with the Shortcut Key

Press the power button on the shortcut button of the right armrest. The massage chair opens the massage function. The backrest tilts back and the calf rises.

Adjusting 4D Massage Intensity with the Shortcut Key

Press the '4D+' or '4D-' keys on the shortcut button of the right armrest to adjust the telescopic height of the manipulator, that is, to increase or decrease the massage force.

Adjusting The Leg Angle Up and Down with the Shortcut Key

Long press the 'Leg Up' and 'Leg Down' keys on the shortcut button to adjust the angle of the leg. Releasing the button will keep the leg at the current angle.

Adjusting Leg Shorten and Extend with the Shortcut Key

Pulling up or down the swing button will extend or shorten the leg length. Releasing the button will stay at the current length.

Adjusting Foot Shorten and Extend with the Shortcut Key

Pulling up or down the swing button will extend or shorten the foot length. Releasing the button will stay at the current length.

Choosing Auto Modes with the Shortcut Key

The 'Auto' key on the shortcut button can switch the automatic mode. Every time you press the auto mode, there are 8 automatic modes to choose from.

How to Pause the Programs with the Shortcut Key

Short press the power button on the shortcut button to pause the massage program and press again to resume the massage program.

How to Close the Programs with the Shortcut Key

Press and hold the power button for 3 seconds to close the massage chair. Then backrest and footrest return to the

upright position.

USB Mobile Phone Charger

Plug one end of the USB charging cable into the USB charging port on the right armrest and plug the other end into the phone charging port to charge the phone.

Bluetooth Speaker Function

First, turn on the Bluetooth switch in the settings menu. Then turn on the Bluetooth function in the mobile phone or other electronic devices and then find the 'Alfine' Bluetooth connected device. After the connection is successful, the speaker of the massage chair can play the music on the mobile phone.

Intelligent Voice Control

Click the voice control switch to turn on or off the voice control function. After enabling the voice function, you can control the massage chair by voice according to the content of the voice entry. Voice control can be done by saying 'Hi Alice' or by pressing the voice button.

Maintenance

To maintain your Alfine A688 Massage Chair, simply wipe it clean with a soft, damp cloth. Avoid using harsh chemicals or abrasive cleaners.

Specifications

Feature	Detail
Brand	Alfine
Model Name	A688
Color	Black
Product Dimensions	64.96"D x 32.28"W x 49.01"H
Item Weight	291 pounds
Material	Faux Leather
Maximum Weight Recommendation	300 Pounds
Special Feature	Arm Rest, Cushion Availability, Ergonomic, Heated, Reclining
Reclining Position Count	3
Assembly Instructions	Require Assembly

Warranty

The Alfine A688 Heaven Duet Massage Chair is backed by a**3-year coverage**, ensuring peace of mind for your

investment.

Support

For any questions, assistance, or troubleshooting, Alfine provides professional expert assistance and 24/7 customer service.



Image Description: Three customer service representatives wearing headsets, indicating 24-hour online support availability.

You can reach customer support through the contact information provided with your purchase or by visiting the Alfine store on Amazon.

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

Open the live page

https://manuals.plus/asin/B0CJRDKXDL

More documents and user manuals: **https://manuals.plus/**