

A-1

Generic A-1 Zero Gravity Massage Chair User Manual

Model: A-1

1. INTRODUCTION

Thank you for choosing the Generic A-1 Zero Gravity Massage Chair. This manual provides essential information for the safe and effective use of your new massage chair. Please read it thoroughly before operation and retain it for future reference.

The Generic A-1 massage chair is designed to enhance your relaxation experience with advanced features such as 3D massage technology, Thai yoga stretches, acupressure, heating functions, and Bluetooth connectivity. It targets various body parts including the head, waist, buttocks, legs, back, and feet, offering a comprehensive massage experience.

2. SAFETY INFORMATION

WARNING:

- Verify voltage compatibility and use an appropriate power source.
- Ensure safe usage by adhering to the chair's load capacity.
- Do not use the chair if you have any medical conditions that may be aggravated by massage. Consult a physician before use.
- Keep children and pets away from the chair during operation.
- Do not insert any objects into the chair's openings.
- Unplug the chair from the power outlet when not in use or before cleaning.

3. PRODUCT FEATURES

- **S-Track Design with 3D Manipulator Rollers:** Provides a full-body massage from neck to hips.
- **Multiple Massage Methods:** Includes Shiatsu, kneading, knocking, tapping, beating, stretching, and air pressure.
- **Automatic Massage Programs:** Offers 5 automatic options for various needs, plus manual control for specific zones.
- **Zero Gravity Position:** Inspired by NASA technology, distributing body weight evenly for reduced spinal pressure.
- **Airbag Massage:** Integrated airbags in arms, shoulders, hips, legs, and feet for comprehensive compression massage.
- **Heating Function:** Waist heater and calf heating for improved circulation and muscle pain relief.
- **Foot Roller Massage:** Stimulates reflexology points on the soles of the feet.
- **Bluetooth Connectivity:** Connect your device to enjoy music through Hi-Fi speakers during your massage.
- **LCD AI Touch Remote Control:** Easy-to-use interface for customizing massage settings.
- **Adjustable Speed and Force:** Customize massage intensity to your preference.
- **Integrated Timer:** 15-minute default timer for convenience.

4. SETUP

The Generic A-1 massage chair is designed for easy setup. Follow these steps for initial assembly and placement:

4.1 Unpacking and Placement

- Carefully remove all packaging materials.
- Place the massage chair on a flat, stable surface.
- Ensure there is at least 15 cm (6 inches) of space between the chair and any wall to allow for reclining.

4.2 Armrest Removal (if necessary for narrow doorways)

If you need to move the chair through a narrow doorway, the armrests can be temporarily removed. Refer to the video below for detailed instructions.

Video: Armrest Removal Guide

This video demonstrates the process of removing the armrests from the massage chair. It shows how to lift the seat cushion, fold the leg rest, use a 5mm hexagonal key to remove screws from the front of the armrest and the backrest cover, disconnect air hoses and connectors, and finally detach the armrest. This is useful for moving the chair through narrow spaces.

5. OPERATING INSTRUCTIONS

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

5.1 Remote Control Overview

LCD AI Touch Remote Control

HD LCD Screen ,One Button to Start

Easy to Operate Suitable All Ages

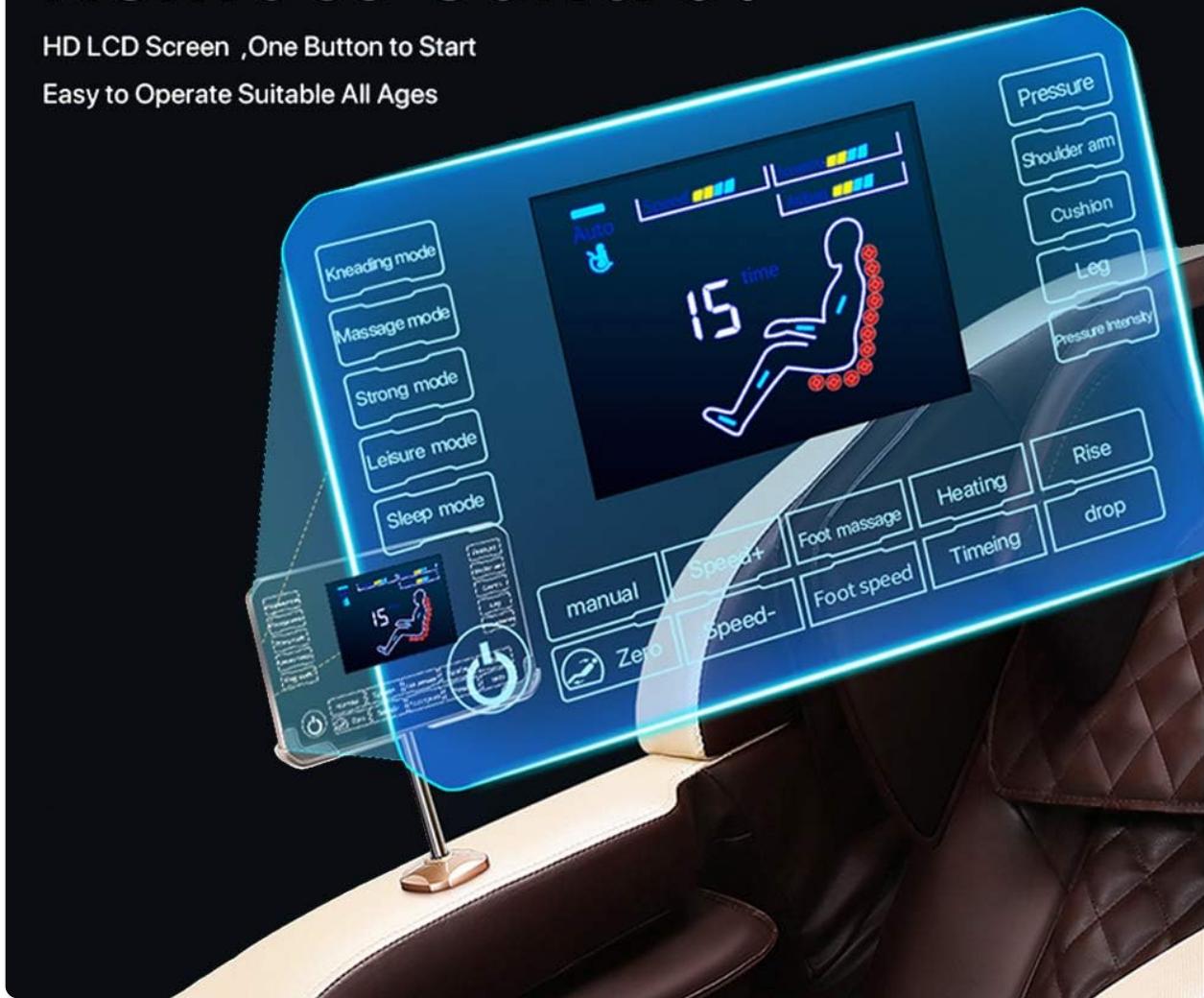


Image: LCD AI Touch Remote Control

This image displays the intuitive LCD AI Touch Remote Control, showing various massage modes, intensity settings, and body zone selections for personalized massage.

The LCD AI Touch Remote Control allows you to select automatic programs, adjust massage techniques, intensity, speed, and activate heating or zero gravity functions.

5.2 Automatic Body Scanning and Shoulder Position Adjustment

The chair features intelligent detection systems that automatically scan your body to measure your morphology, size, and weight. This allows for precise mapping of your back's curvature, ensuring a targeted massage. You can also manually adjust the shoulder position for optimal comfort.

Video: A68Pro Massage Chair Overview

This video highlights the intelligent detection systems, manual shoulder position adjustment, shoulder and calf heating, and various automatic massage programs available on the massage chair. It also demonstrates the air pressure system and 4D massage techniques.

5.3 Zero Gravity Function

Activate the Zero Gravity mode for an experience inspired by NASA technology. This position evenly distributes your body weight, reducing pressure on your spine and enhancing relaxation.



Image: Zero Gravity Design

This image illustrates the zero gravity recline position, designed to provide a pressure-free massage experience for the cervical spine.

5.4 Full Body Massage and Airbags

The chair's S-track design ensures a massage from your neck to your buttocks. Multiple airbags located at the head, shoulders, arms, hands, hips, legs, and feet provide a comprehensive compression massage.



Image: Airbag Locations

This diagram highlights the various airbag zones across the body, including head, shoulder, arm, hand, hip, leg, and foot, for a full-body compression massage.

Untie your back

Let vitality into your body and mind



Image: Full Body Massage Points

This image illustrates the full range of massage points covered by the chair, from head to foot, ensuring comprehensive relief.

5.5 Heating and Foot Massage

Engage the waist heating function and calf heating for soothing warmth. The foot rollers provide a stimulating massage to the soles of your feet.

Waist massage

Simulated Thai-style live SPA open back massage



Image: Waist Massage

This image shows the simulated Thai-style live SPA open back massage mechanism focusing on the waist area with 360-degree rotation.

5.6 Bluetooth Connectivity

Connect your smartphone or other Bluetooth-enabled device to the massage chair to enjoy your favorite music through the integrated Hi-Fi speakers.

Video: HealthRelife Massage Chair Features

This video demonstrates various features including automatic body scanning, zero-gravity mode, Thai stretch, 3D massage hands, full body airbag massage, leg airbags, foot roller massage, shoulder airbags, back heating, and Bluetooth music function.

6. MAINTENANCE

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

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

- **Storage:** Store the chair in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Regularly check for any loose connections, frayed wires, or damaged parts. If any issues are found, discontinue use and contact customer support.

7. TROUBLESHOOTING

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

- **Chair not powering on:** Ensure the power cord is securely plugged into a working outlet. Check the power switch on the chair.
- **Massage rollers not moving:** Verify that an automatic program is selected or manual mode is activated. Check for any obstructions.
- **Airbags not inflating:** Ensure the air pressure function is enabled on the remote control.
- **Heating not working:** Confirm the heating function is activated. Allow a few minutes for the heating elements to warm up.
- **Bluetooth connectivity issues:** Ensure Bluetooth is enabled on your device and the chair. Try restarting both devices.

If the problem persists, please contact customer support.

8. SPECIFICATIONS

Specification	Detail
Brand	Generic
Model Number	A-1
Color	Yellow
Product Dimensions (L x W x H)	145 x 73 x 102 cm (57 x 28.7 x 40 inches)
Weight	68 kg (149.9 lbs)
Material	Alloy Steel
Special Features	Ergonomic, Reclining, USB Rechargeable
Voltage	110 V
Power Consumption	100 W



Maximum door size 74CM-minimum door size 63CM

Image: Product Dimensions

This image provides a visual representation of the massage chair's dimensions in both upright and reclined positions, including minimum door size requirements.

9. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation provided with your purchase. If you require technical assistance, have questions about operation, or need to report a defect, please contact the retailer or manufacturer's customer support. Keep your purchase receipt and model number (A-1) handy for faster service.