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HealthRelife HR337

HealthRelife 4D Massage Chair HR337 User Manual

Model: HR337

1. Introduction

Thank you for choosing the HealthRelife 4D Massage Chair. This advanced massage chair is designed to provide a comprehensive and relaxing massage experience with its 4D massage technology, zero gravity recline, full-body airbags, and intelligent features. This manual will guide you through the setup, operation, maintenance, and troubleshooting of your new massage chair to ensure optimal performance and longevity.



Image 1.1: The HealthRelife 4D Massage Chair in a home environment.

2. Safety Information

Please read all instructions carefully before using the massage chair. Keep this manual for future reference. Failure to follow safety warnings and instructions may result in electric shock, fire, or serious injury.

- Always unplug the massage chair from the electrical outlet immediately after use and before cleaning.
- Do not use the chair in a wet or damp environment.
- Keep children and pets away from the chair, especially during operation.
- Do not use the chair if you have any medical conditions that may be aggravated by massage, such as heart disease, pregnancy, or severe osteoporosis. Consult a physician before use.
- Avoid placing heavy objects on the chair or standing on it.
- Do not attempt to repair or disassemble the chair yourself. Contact qualified service personnel.
- Ensure the power cord is not damaged or pinched.

Safety alerts are included throughout this manual where applicable.

3. Product Features

The HealthRelife 4D Massage Chair is equipped with a range of features designed for ultimate relaxation and therapeutic benefits:

- **4D Massage Technology:** Advanced rollers move not only up-down, left-right, and in-out, but also vary in speed and rhythm to mimic human hands.
- **55-inch SL-Track System:** The massage rollers follow the natural curvature of your spine from neck to glutes, ensuring comprehensive coverage.
- **Intelligent Body Scanning:** Automatically detects your shoulder height and body shape to customize the massage experience.
- **Zero Gravity Recline:** Two positions elevate your legs above your heart, reducing pressure on the spine and improving circulation.
- **Full Body Airbag Massage:** 40 strategically placed airbags provide compression massage to shoulders, arms, calves, and feet.
- **Yoga Stretching Mode:** Gently stretches your body to relieve tension and improve flexibility.
- **Heating Function:** Lumbar and calf heating elements provide soothing warmth to enhance muscle relaxation.
- **Multiple Control Methods:** Control via a user-friendly LCD remote, armrest shortcut buttons, voice control, or a dedicated mobile app.
- **Bluetooth Audio:** Connect your device to the built-in speakers for an immersive audio experience.
- **Shiatsu Foot Massage:** Rollers and airbags specifically target the feet for deep relaxation.

3.1. Detailed Feature Overview



Image 3.1: Visual representation of the chair's key features.

3.2. Full Body Airbag System

The chair features 40 airbags strategically placed to provide a comprehensive compression massage from your shoulders to your feet. This helps to relieve muscle tension and improve blood circulation.

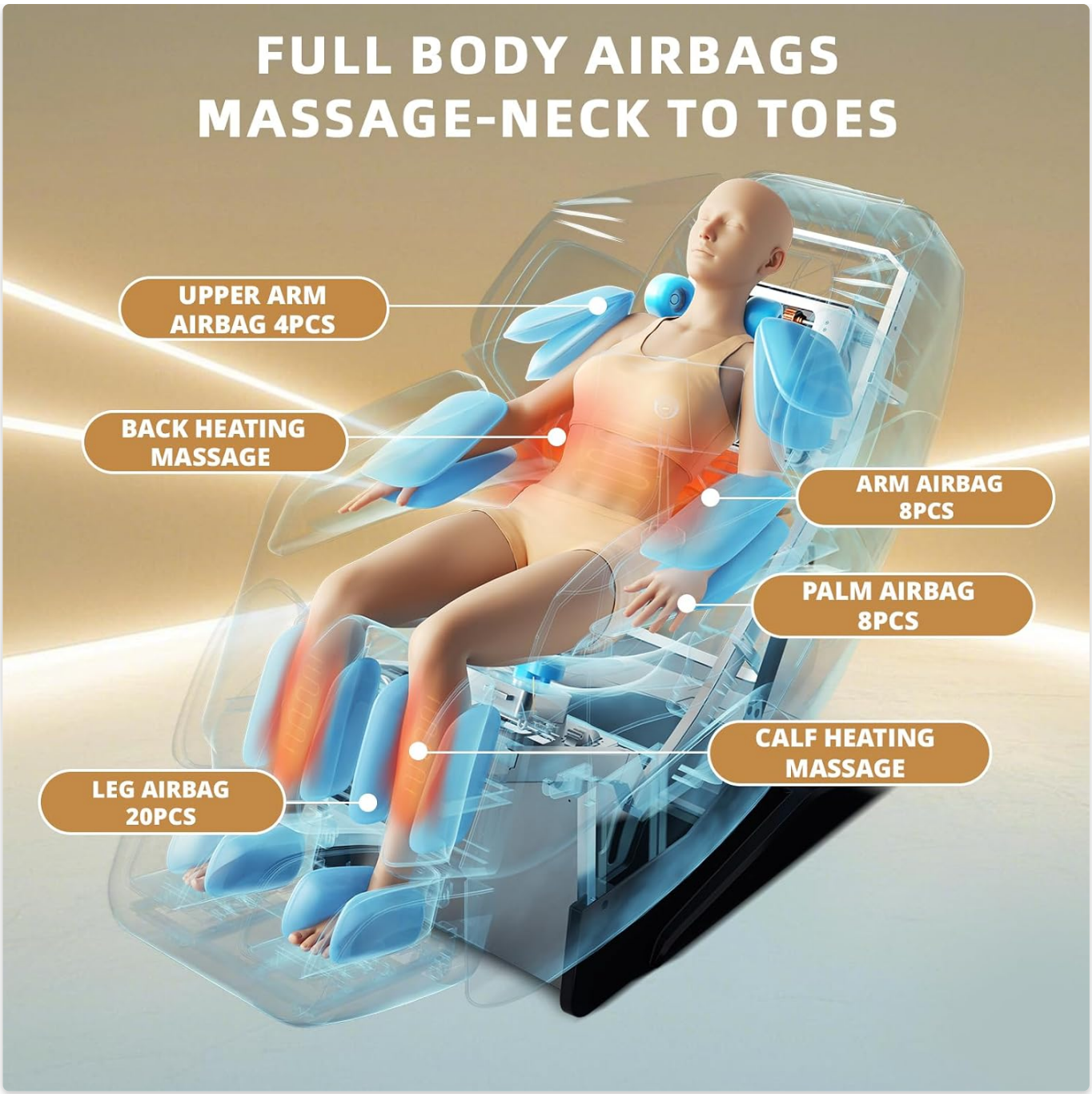

Image 3.2: Airbag placement for full body compression massage.

3.3. 4D Intelligent Massage Hand

The 4D massage rollers are designed to mimic the intricate movements of human hands, offering a deep and precise massage experience across various body regions.



Image 3.3: 4D massage hand targeting different body areas.

3.4. Intelligent Human Scanning System

The chair performs an automatic body scan to detect your unique body contours, ensuring the massage rollers target the correct points for an optimized massage.

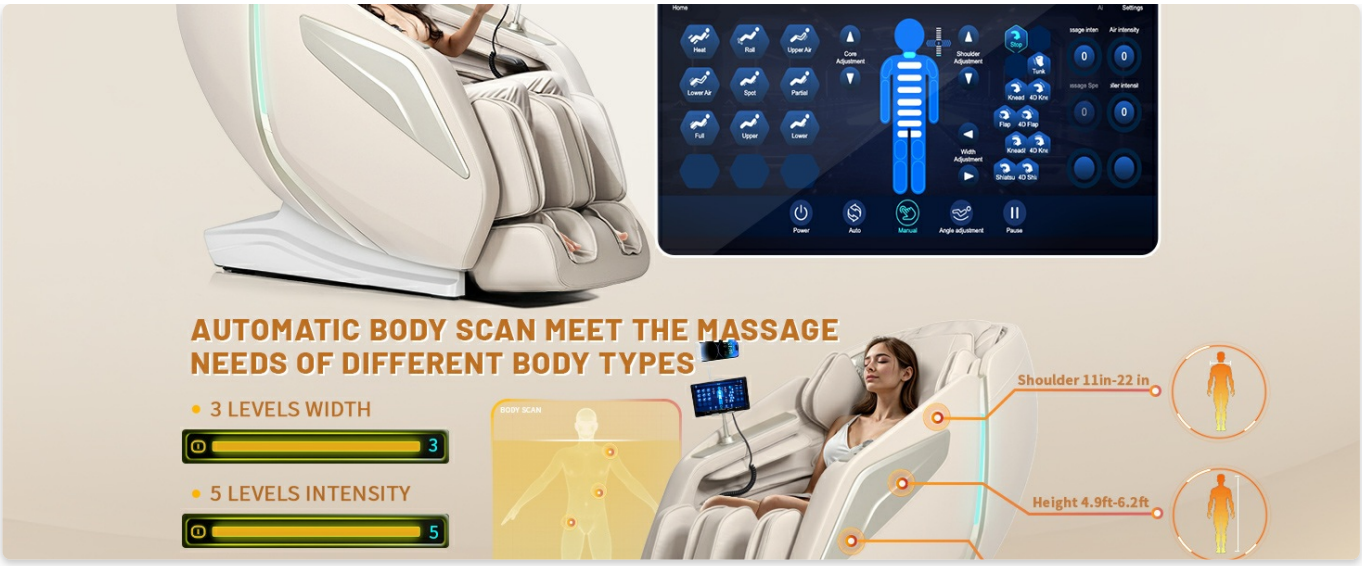

Image 3.4: Automatic body scanning for personalized massage.

3.5. Zero Gravity & Yoga Stretching

Experience deep relaxation with the zero gravity recline, which positions your body to minimize spinal pressure. The yoga stretching mode gently extends your body to relieve stiffness.



Image 3.5: Zero Gravity and Yoga Stretching functions.

4. Setup

This section outlines the general steps for setting up your HealthRelife 4D Massage Chair. For detailed assembly instructions, please refer to the separate assembly guide included with your product.

1. **Unpacking:** Carefully remove all components from the packaging. Retain packaging materials for potential future transport or returns.
2. **Placement:** Position the chair on a flat, stable surface. Ensure there is sufficient space around the chair for reclining and extending functions (approximately 10 inches from the wall).
3. **Assembly:** Follow the step-by-step instructions in the assembly guide to connect the backrest, leg rest, and any other components. Ensure all connections are secure.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet. Ensure the power switch on the chair is in the OFF position before plugging in.

5. **Initial Check:** Before first use, ensure all parts are correctly assembled and the chair is stable.

5. Operating Instructions

Your massage chair offers various control methods and massage programs. Familiarize yourself with these options for a personalized experience.

5.1. Control Methods

The chair can be controlled using the following methods:

- **LCD Remote Control:** A comprehensive remote with an LCD screen for detailed program selection and adjustments.
- **Armrest Shortcut Buttons:** Convenient buttons on the armrest for quick access to common functions like power, recline, and auto programs.
- **Voice Control System:** Use simple voice commands to operate the chair.
- **Mobile App Control:** Download the dedicated app to control the chair from your smartphone.



Image 5.1: Overview of the four control methods.



Image 5.2: Close-up of the hand controller, shortcut keys, and wireless charging.

5.2. Basic Operation

1. **Power On/Off:** Press the power button on the remote or armrest to turn the chair on or off.
2. **Automatic Programs:** Select from 15 pre-programmed auto modes (e.g., Relax, Comfort, Stretch, Fatigue Recovery) via the remote or app. The chair will automatically adjust massage techniques, intensity, and recline.
3. **Manual Adjustments:** Customize your massage by selecting specific techniques (Kneading, Knocking, Shiatsu, Tapping, 4D Massage), adjusting intensity, speed, and roller width.
4. **Zero Gravity:** Activate the zero gravity function to recline the chair into a position that minimizes pressure on your spine. There are typically two zero gravity positions.
5. **Heating:** Turn on the lumbar and calf heating functions for added comfort and muscle relaxation.
6. **Bluetooth Audio:** Pair your smartphone or other Bluetooth device with the chair to play music through the built-in speakers.
7. **Voice Control:** Use voice commands such as "Hi Alice, Massage On" to initiate or adjust massage functions.

5.3. Official Product Videos

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Video 5.3.1: An official product video from HealthRelife demonstrating the full body massage chair in operation, highlighting its various features and recline functions.

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Video 5.3.2: An official product video from HealthRelife showcasing the full body massage capabilities and design of the chair.

6. Maintenance

Proper maintenance ensures the longevity and optimal performance of your massage chair.

- **Cleaning:** Wipe the chair with a soft, damp cloth. Do not use abrasive cleaners, solvents, or harsh chemicals. For stubborn stains, use a mild soap solution and wipe dry immediately.
- **Storage:** If not in use for an extended period, unplug the chair and cover it to protect from dust. Store in a cool, dry place.
- **Inspection:** Periodically check the power cord for any damage. Ensure all moving parts operate smoothly.
- **Avoid Direct Sunlight:** Prolonged exposure to direct sunlight can cause the upholstery to fade or crack.

7. Troubleshooting

If you encounter any issues with your HealthRelife 4D Massage Chair, refer to the following common troubleshooting steps. If the problem persists, contact customer support.

Problem	Possible Cause	Solution
Chair does not power on.	Power cord unplugged, power switch off, circuit breaker tripped.	Ensure power cord is securely plugged in. Turn power switch ON. Check household circuit breaker.

Problem	Possible Cause	Solution
Massage function stops unexpectedly.	Overheating protection activated, loose connection.	Turn off the chair and let it cool down for 30 minutes. Check all connections.
Remote control not responding.	Low batteries (if applicable), remote out of range, interference.	Replace batteries. Ensure remote is pointed at the chair's receiver. Reduce interference.
Abnormal noise during operation.	Loose parts, foreign object, normal operational sound.	Inspect for loose parts or obstructions. Some operational sounds are normal. If noise is excessive, contact support.

8. Specifications

Below are the technical specifications for the HealthRelife 4D Massage Chair HR337:



Image 8.1: Product dimensions and key parameters.

Feature	Detail
Brand	HealthRelife
Model Number	HR337-Beige
Product Dimensions (D x W x H)	35"D x 22"W x 35"H
Item Weight	126.55 kg (approx. 279 lbs)
Maximum Weight Recommendation	300 pounds
Material	Stainless Steel (Frame), Foam (Seat/Fill)
SL Track Length	55 inches
Reclining Position Count	3

Feature	Detail
Additional Features	Adjustable Height, Arm Rest, Heated, Rolling, Space Saving
Indoor/Outdoor Usage	Indoor

9. Warranty and Support

HealthRelife is committed to the quality and durability of our massage chair. We stand behind our product with a comprehensive coverage plan that addresses any manufacturing-related issues.

- **Warranty Coverage:** The product comes with a comprehensive coverage plan for manufacturing-related issues. Specific terms and duration may vary; please refer to your purchase documentation for details.
- **Protection Plans:** Extended protection plans are available for purchase, such as a 3-Year Protection Plan or a monthly Complete Protect plan. These plans offer additional coverage beyond the standard warranty.
- **Quality Assurance:** All units undergo rigorous performance and reliability checks prior to dispatch.
- **Customer Support:** If you have any concerns regarding the use of this chair, please refer to this product manual or use the Amazon "Contact Seller" feature. Our support team will respond as quickly as possible to assist you.

For further assistance, please visit the HealthRelife Store on Amazon.

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