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> LIULINREST HM001 4D Full Body Massage Chair User Manual

## LIULINREST HM001

# LIULINREST HM001 4D Full Body Massage Chair User Manual

Model: HM001 | Brand: LIULINREST

[Safety Information](#) [Product Overview](#) [Setup](#) [Operating Instructions](#) [Maintenance](#) [Troubleshooting](#) [Specifications](#) [Warranty & Support](#)

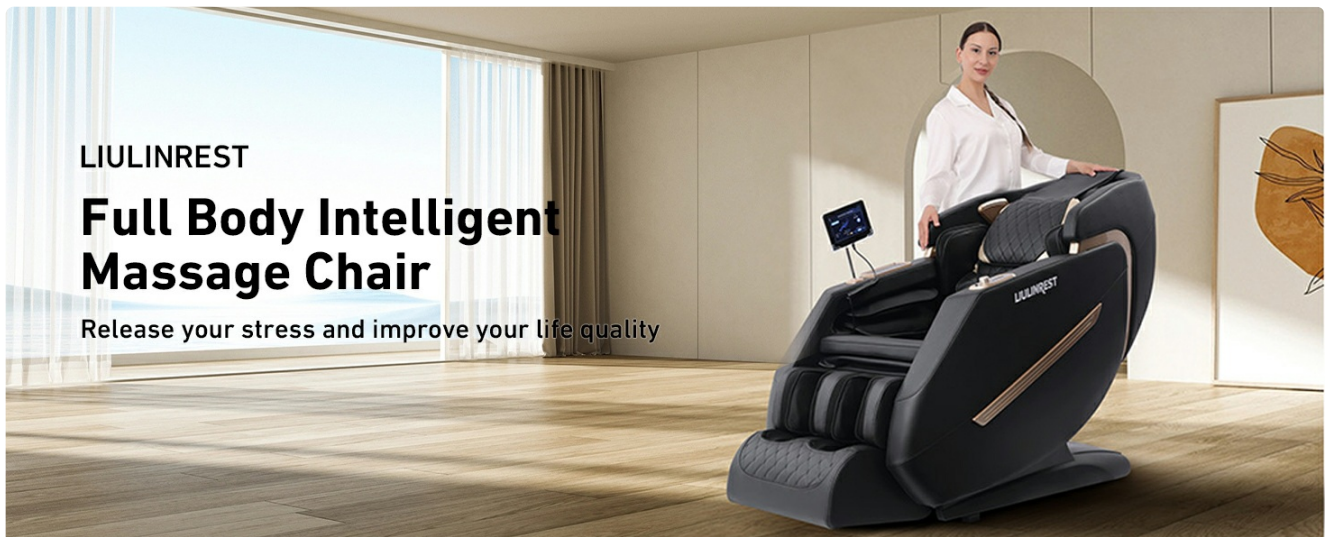
## 1. SAFETY INFORMATION

**WARNING: Do not exceed the maximum weight recommendation of 203 pounds. Always use the recline function carefully and ensure the chair is stable before use.**

Read all instructions before using this massage chair. Keep this manual for future reference.

## 2. PRODUCT OVERVIEW

The LIULINREST HM001 4D Full Body Massage Chair is designed to provide a comprehensive massage experience. It features an extended SL-Track, multiple zero gravity positions, full-body airbags, foot rollers, and smart control options.



*Image: The LIULINREST Full Body Intelligent Massage Chair in a modern living room setting.*

## Key Features:

- **50" SL-Track:** Curves from neck to glutes, accommodating users from 5'1" to 6'3" for full body coverage.
- **Full Body Airbags:** Airbags from shoulders to feet inflate in sequence for comprehensive relief.
- **3 Zero Gravity Angles:** Initial, Comfort, and Deep stages for optimal relaxation and pressure relief.
- **18 Customizable Modes:** Includes 6 manual techniques and 12 auto programs targeting various body areas.
- **Foot Massage & Leg Extension:** Features foot rollers and calf airbags, with a 3-stage leg extension.
- **AI Voice & 7" Touch Screen:** Hands-free operation via voice commands or intuitive touch screen control.
- **Bluetooth Music:** Integrated Bluetooth for audio streaming during massage sessions.

## 3. SETUP

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### 3.1 Unboxing and Initial Placement

The massage chair is delivered in one box. Carefully open the box and remove all packaging materials. The chair is equipped with wheels for easy movement.

*Video: LIULINREST Massage Chair - Unboxing and initial setup showing the chair being moved on its wheels.*

### 3.2 Assembly

The chair features tool-free assembly, typically taking 3-5 minutes. The main assembly step involves attaching the footrest.

*Video: MYTHIA A303C Massage Chair Footrest Installation - Demonstrates the process of attaching the footrest to the main unit.*

### 3.3 Power Connection

Connect the power cord to the chair and then to a suitable power outlet. Ensure the power switch on the chair is in the 'ON' position.

## 4. OPERATING INSTRUCTIONS

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### 4.1 Control Panel & Touch Screen

The chair can be controlled via a 7-inch touch screen or a side control panel with shortcut keys.

# AI Voice Control

Hello lily

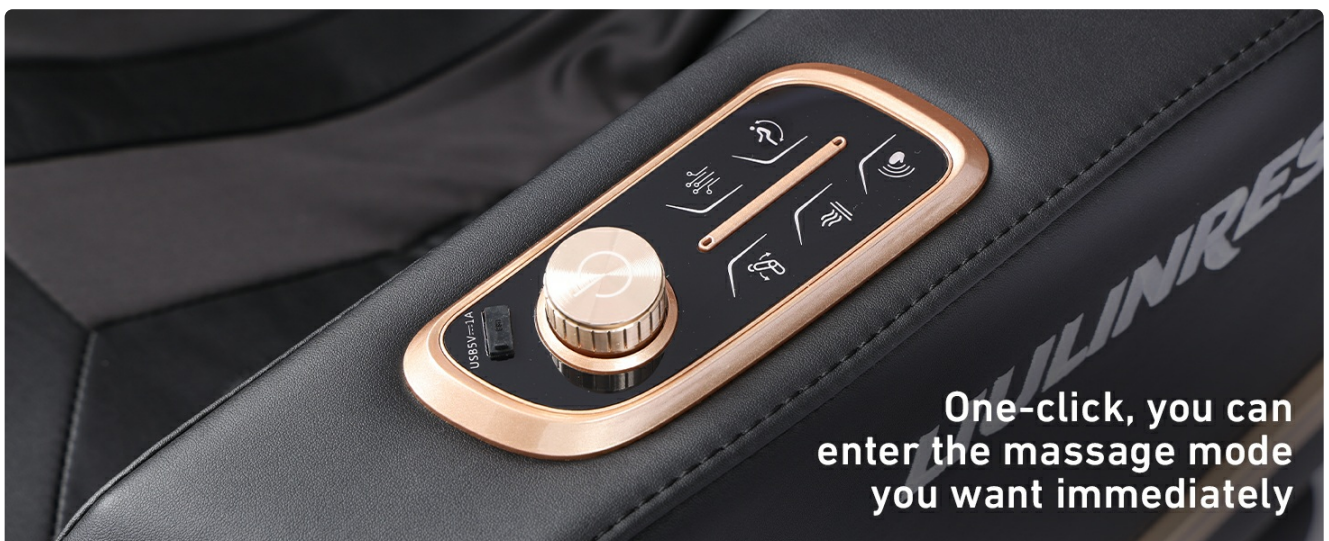
Dear master

Turn on massage

Ok, open the massage, I am happy to serve



Image: Close-up of the smart touch screen interface showing various massage program options and settings.



One-click, you can enter the massage mode you want immediately

Image: Side control panel with a rotary knob and shortcut buttons for quick access to massage modes.

## 4.2 Intelligent Body Detection

Upon activation, the chair performs an intelligent body scan to recognize your shoulder position and adjust the massage rollers for optimal coverage.



Image: Diagram illustrating the intelligent body detection feature, showing how the chair scans the user's body for a customized massage.

### 4.3 Massage Modes & Techniques

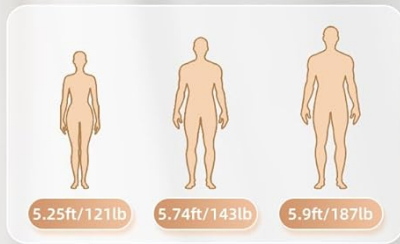
Choose from 12 automatic programs or 6 manual techniques for a personalized massage experience.

# 12 Auto Massage Modes Better Massage Experience



Image: Visual representation of 6 manual massage techniques: Shiatsu, Tapping, Guasha, Kneading, Clapping, and Knocking.

# Intelligent Body Detection



Suitable height for  
massage chair :

4.9ft to 6.38ft

Weight limit :

330 lbs

Chair seat width :

20.4inches



The legs can be  
extended and retracted.

*Image: Diagram showing 12 auto massage modes including Elderly Care, Lady Slimming, Gentleman Relaxing, Back Care, Full Body Stretch, and more.*

## 4.4 Zero Gravity Positions

Select from three zero gravity angles (Initial, Comfort, Deep) to elevate your legs above your heart, reducing pressure on your spine and enhancing the massage.



*Image: Illustrations of the three zero gravity positions: Initial, Comfort, and Deep Zero Gravity.*

*Video: LIULINREST Massage Chair Full Body - Demonstrates the chair reclining into a zero gravity position.*

#### 4.5 Heating Function

The chair provides lumbar and calf heating to soothe muscles and enhance relaxation.

#### 4.6 Airbag Massage

Full body airbags located in the shoulders, arms, calves, and feet provide compression massage to relieve tension and improve circulation.

## Full Body Airbags

Airbags from head to legs provide comfort and safety



Image: Diagram highlighting the full body airbag massage zones, including shoulders, arms, and legs.

### 4.7 Foot Rollers & Leg Extension

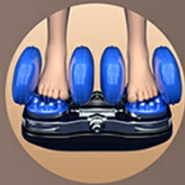
Foot rollers target the soles of your feet, while calf airbags provide additional massage. The leg rest can extend up to 3 stages to accommodate different user heights.

## Leg & Foot Massage

Leg airbag massage, which can flexibly expand and contract  
The foot bottom roller can perform scraping and kneading to relax



The legs can be extended and retracted.



Foot sole roller massage and kneading

There are 8 sets of airbag massage on the lower legs.

The feet have 12 sets of airbag massage units.

Foot massage using two sets of rollers.

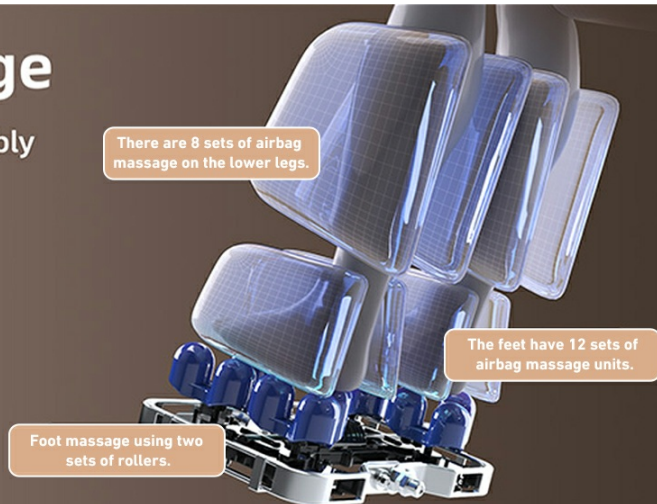


Image: Detailed view of the leg and foot massage mechanisms, showing foot rollers and calf airbags.

### 4.8 AI Voice Control

Use simple voice commands for hands-free operation. Activate massage modes, adjust intensity, or control recline positions.

# Zero Gravity



Initial Zero Gravity



Comfort Zero Gravity



DeepZero Gravity



Image: User interacting with the AI voice control, showing example commands like "Hello Lily" and "Turn on massage."

## All Instructions for the Massage Chair

- |                          |                           |                  |
|--------------------------|---------------------------|------------------|
| Hello lily               | Turn off the foot massage | Reduce intensity |
| Turn on massage          | Extended timing           | Backrest up      |
| Turn off massage         | Shorten timing            | Backrest down    |
| Turn on the airbag       | Turn on the heat          | Zero gravity     |
| Turn off the airbag      | Turn off the heat         | Switch mode      |
| Turn on the foot massage | Increase intensity        | connect to radio |

Image: A comprehensive list of voice commands for controlling various massage chair functions.

Video: LIULINREST 2025 4D Massage Chair Full Body, Zero Gravity Massage Chair - Quick demonstration of voice control functionality.

## 4.9 Bluetooth Music

Connect your device via Bluetooth (Bluetooth Name: RH168, Password: 8888) to enjoy music through the chair's built-in speakers during your massage.



**NOTICE: Remember to connect with the bluetooth**

Bluetooth Name: **RH168**

Passaword: **8888**

Image: Instructions for connecting to Bluetooth, showing the Bluetooth name and password.

## 4.10 Wireless Charging & Phone Holder

Place your compatible smartphone on the wireless charging pad located on the armrest. A flexible phone holder is also provided for convenience.



**Free your hands at any time and give your phone a place to stay**

Image: The integrated phone holder and wireless charging area on the armrest.

## 5. MAINTENANCE

- Wipe with a dry cloth after each use.
- Keep away from sharp objects to prevent damage to the upholstery.
- Unplug the chair before cleaning.
- Do not use alcohol-based cleaners or harsh chemicals.
- Store in a dry place when not in use for extended periods.

## 6. TROUBLESHOOTING

If you encounter any issues with your massage chair, please refer to the following general advice:

- **No Power:** Ensure the power cord is securely plugged into both the chair and the wall outlet, and the power switch is on. Check the circuit breaker.
- **Massage Rollers Not Moving:** Verify that a massage program is selected and the chair has completed its body scan.
- **Voice Control Not Responding:** Speak clearly and ensure the room is not excessively noisy. Refer to the list of voice commands.
- **Unusual Noises:** Turn off the chair and unplug it. Inspect for any obstructions or loose parts. If the noise persists, contact customer service.

For further assistance, please contact customer service as detailed in the Warranty & Support section.

## 7. SPECIFICATIONS



Image: Detailed product size parameters and dimensions.

Designed for universal sizing accommodating a wider range of body types and sizes



Image: Visual guide to the chair's sizing, showing shoulder width, seat width, and suitable height/weight ranges.

Product Parameter



Image: Key product parameters including brand, model number, rated voltage, power, and net weight.

Feature	Detail
Brand	LIULINREST
Model Name	HM001
Color	Black
Product Dimensions	30.11"D x 58.85"W x 33.46"H
Item Weight	187.6 pounds
Material	Acrylonitrile Butadiene Styrene, Alloy Steel, Polyurethane
Special Features	7" Touch Screen Control, 160° Zero-Gravity, 50" SL-Track, 3-stage Foot Extension, Bluetooth Surround Speakers
Reclining Positions	3 Position (Zero Gravity)
Assembly	Tool-free assembly (under 5 minutes)

Feature	Detail
UPC	762849210117

## 8. WARRANTY & SUPPORT

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The LIULINREST HM001 Massage Chair comes with a **3-year warranty**. For any inquiries, technical support, or warranty claims, please contact our **24-hour customer service**.

Contact information for customer service can typically be found on the product packaging or the official LIULINREST website.