USING THE VOICE CONTROL FEATURE
To activate the voice control feature, select MENU > SETTING > VOICE > ON. Then, touch the button on the left speaker, or say “Switch to voice mode” to complete voice control activation.

Use the voice control commands below. (Once you’ve activated voice control, give a command within 5 seconds, or you will have to re-activate the voice function.)

► Switch to voice mode
► Power On
► Switch Off
► Activate Massage
► Sports Refresh
► Extension
► Rest & Sleep
► Working Relief
► Neck & Shoulder
► Waist & Spine
► Airbag Massage
► Deep Shiatsu
► Healthy Breath
► Massage Extend
► Zero Gravity
► Start Heat
► Heat Off
MULTI-FUNCTION SCREEN: Menu options and massages appear on this screen.

ON/OFF: Use this button to turn the chair on and off.

MENU: Press this button in the main interface to switch to the menu to set functions of the massage chair. Press again when in menu to return to main screen.

SHOULDER POSITION: Use this option to adjust the position of the massage in manual and point mode.

AUTO: Use this button to switch auto programs. Each time you click this button, you will select a new auto program. Adjust your massage time by selecting MENU > SETTING > TIME (options are 10, 20, or 30 minutes).

- **Sports Refresh**: Recover after a physically-demanding day with this strenuous and invigorating full-body massage.
- **Extension**: Revive and revitalize your system with a gentle full-body massage.
- **Rest & Sleep**: Enjoy this gently soothing full-body massage created to relieve stress, decompress your body, and prepare you for sleep.
- **Working Relief**: Relieve sore muscles with a soothing moderate rub-down featuring air pressure massage for the neck and shoulders.
- **Neck & Shoulder**: Relax with a full-body massage focusing on stress and tension relief in your upper body.
- **Waist & Spine**: Realign and correct your spine to reduce pressure and improve posture.
- **MyMassage**: To save customized massages, simply choose your settings under the MANUAL menu, and then run the massage. Next, under the AUTO menu, scroll down and select either MyMassage 1 or MyMassage 2. Here, you have the option to Save the current manual massage, or Run a saved custom massage.

DIRECTIONAL BUTTON: In the menu, select Auto mode, then click the up, down, left, and right buttons to choose the function, and click “OK” to confirm.

FEET ADJUST: Use these buttons to raise and lower the legs.

BACK ADJUST: Use these buttons to recline and raise the seat back.

3D BUTTON: Push this button to adjust the 3D intensity. See 3D on multi-function screen to adjust.

FEET EXTEND: Press this button to extend the foot rest. Release button to stop.

FEET RETRACT: Press this button to retract the foot rest to the original position. Release button to stop.

3D MASSAGE
Press MENU, then choose 3D Massage. Select from 3D MODE options:

- **Deep Shiatsu**: Deep shiatsu on the back for 10 mins.
- **Healthy Breath**: 5 mins. of healthy breath massage with rhythm to assist with breathing in and out.
- **Massage Extend**: 5 mins. of massage and extension

MANUAL MASSAGE
Press MENU, then select MANUAL to select from one of the following massage styles: Kneading, Tapping, Knocking, Shiatsu, or Sync.

ADDITIONAL MANUAL MASSAGE TIPS

- Activate the foot rollers by pressing MENU > MANUAL > ROLLER. You can choose from 3 speeds in this menu.
- Select MENU > HEAT to activate the lumbar heat. Allow a few minutes to feel the full benefits.
- Select MENU > LANGUAGE to set the preferred language for the menus.
- Select MENU > AIRBAG to adjust functioning airbag zones. Options are Full, Arm & Shoulder, Back & Waist, Leg & Foot and Buttok.