1. **MULTI FUNCTION SCREEN** – Menu options and massages appear on this screen.

2. **On/Off** – Use this button to turn the chair on and off. Remember to power off. The chair at the back of the chair to fully power off the device.

3. **HOT ROCKS** – Press this button to go into a short but sweet demo program that incorporates all massage and heat functions. Press again to increase time.

4. **AIR INTENSITY** – Press this button to choose between 4 levels of air intensity in the airbag massage. Check the multi-function screen to see the adjustment.

5. **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.

6. **AUTO** – Use this button to switch auto programs. Each time you click this button you will select a new auto program.

7. **DIRECTIONAL BUTTON** – This button has 4 directions, up, down, left and right. In menu it is a navigator button. Use up and down to browse menu and left and right to go to previous or next menu. Left and right also control the 3D adjustment.

8. **LEGREST UP** – Press this button to lift up the legrest. Let go to stop and hold legrest in position.

9. **LEGREST DOWN** – Press this button to lower the legrest. Let go to stop and hold legrest in position.

10. **BACKREST UP** – Press this button to move the backrest up and the legrest goes down. Release it and the backrest and legrest hold in position.

11. **BACKREST DOWN** – Press this button to move the backrest down and the legrest up. Release it and the backrest and legrest hold in position.

12. **ZERO GRAVITY** – Use this button to engage the Zero Gravity positions. This chair uses the NASA zero gravity principle, keeping the legs higher than the heart, imitating weightlessness. These positions are known to increase comfort and release stress.
Once your chair is plugged in and the power button on the rear lower panel is in the on position, you can begin using your massage chair. Start by pressing the power button on the lower section of your remote.

**Auto Programs** - You can choose one of the auto programs by selecting the Auto button. The programs take you through a fully automated massage each addressing your specific needs. The massage time can be adjusted by selecting the desired time on the remote. Timer options are 10, 20, and 30 minutes.

**Manual Massage** - After pressing the power button you can press “menu” and select “manual”. You may then select from one of the five massages styles 1) Shiatsu 2) Kneading and tapping 3) Tapping 4) Knocking 5) Kneading

To enjoy a foot massage, activate the foot rollers in the menu. The three speeds can be changed in this menu.

Select “Heat” from the menu to activate the Lumbar Heat. Allow a few minutes for the heat benefits to be felt.

**Timing** – Select timing from the menu to select the massage time you like.

**Language** – Select language through the menu and select the preferred language for the menus.

**Air** – Select Air from the menu and you can select where you want the airbag massage to concentrate. You may select from Full Body, Upper Body, Arms & Seat, and legs & feet. There are 4 levels of intensity available as well.