

## ***Instructions for 3D massage chair HM-5200***

### Remote control



**On/Off:** Press the on/off button to start the massage chair; the massage chair will now place itself in standby mode. Select an automatic or manual massage program from the menu; the massage device will first detect the shoulder height and then start the massage. To turn the chair off, press the on/off button again, the massage chair will now turn off and return to its original position. The control panel will shut down in 3-5 seconds.



**Automatic mode:** Press this button to switch to automatic mode. One of the five automatic massage functions will start; the chosen function will be displayed at the top left. Pressing this button again will cause one of the five other massage functions to start. Keep pressing the button until the desired automatic massage function appears at the top left of the start screen. You can choose between five automatic programs: "Recovery 1", "Recovery 2", "Stretching", "Pulse massage", and "3Dexperience". There is also the "Special" that has five extra massage functions, namely "Strong course", "Healing", "Sleeping", "Neck and shoulders" and "Back and waist".



**Menu:** It is possible to set and view all the massages using this menu button. Some settings can be adjusted here, namely the time of the desired massage, the language, and there is a stop function to stop the chosen massage. The user can choose between all the different massage functions here. Press this button again to return to the home page.



**Pause:** Press this button to pause the massage function. Press the button again to restart the massage function.



**OK:** Press the OK button to confirm the menu selection and move to the next menu.



**Navigation:** The direction button has four options: up, down, left and right. The menu button allows the user to press up or down to choose a massage. The user presses left or right to access the previous or next menu. The up and down button can also be used to adjust the massage position in acupuncture point tracking. When being used as music controls, the left and right buttons skip to the previous and next track. The up and down buttons adjust the volume. The volume increases by one bar every two times the button is pressed.



**Message width:** The message width can be adjusted using this button. The width can only be adjusted when choosing some specific manual massages. First of all, choose “Manual” on the basis of the navigation, then press “Mode”, then choose between “Tap”, “Knock” or “Shiatsu”. The width can be adjusted with these three massage positions. The button does not work with “Knead” or “Knead & tap”.



**Air massage intensity:** After choosing a massage, press this button to set the intensity of the air massage. It is possible to choose between level one, two or three. Pushing this button 3 times will make 3 bars coloured on the screen. Pushing a fourth time will cause only the first bar to be coloured, this means the intensity of the massage is at the lowest level.



**Massage ball intensity:** The intensity of the massage ball can be adjusted with this button. The bars of the “3D” function on the home screen will become coloured for the number of times this button is pressed.



**Leg massage:** The leg massage can be switched on or off using this button. Switching off the leg massage stops it kneading.



**Lifting the leg support:** Pressing this button will lift the leg support. The leg support will stop moving when the button is no longer being pressed. The text, “Chair posture adjusting...” will appear on the controller display while the massage chair position is adjusting. The massage must be in progress before this function can be used.



**Lowering the leg support:** Pressing this button will lower the leg support. The leg support will stop moving when the button is no longer being pressed. The text, “Chair posture adjusting...” will appear on the controller display while the massage chair position is adjusting. The massage must be in progress before this function can be used.



**Weightless position:** The 3D massage chair has two phases in the weightless position. Press this button to place the massage chair in the level 1 weightlessness position. Press again for weightlessness position level 2; finally, press one last time to return to the default position.



**Backrest angle <:** Pressing this button will increase the angle of the backrest. Releasing the button will stop both the backrest and the leg support moving. The text, “Chair posture adjusting...” will appear on the controller display while the massage chair position is adjusting. The massage must be in progress before this function can be used.



**Backrest angle >:** Pressing this button will decrease the angle of the backrest. When the button is released, both the backrest and the leg support will stop moving. The text, “Chair posture adjusting...” will appear on the controller display while the massage chair position is adjusting. The massage must be in progress before this function can be used.

## Extra information

After the power has been applied, press the power button, a buzzer will beep once shortly. The LCD screen will now appear, after 2-3 seconds it will show the home screen and enter standby mode.

Pressing the menu button will enable management of all possible massage functions and the settings. To return to the home screen, press menu again.

**Automatic massage:** press the menu button, the cursor will default to the “Automatic massage” function. Press the OK button to go to the automatic mode. There are five automatic programs: “Recovery 1”, “Recovery 2”, “Stretching”, “Pulse Massage”, “3DExperience” and “Special”. The “Special” function consists of five additional automatic massage programs.

After the power has been applied, the massage chair will detect the acupuncture point position the first time the automatic program is used. “Acupuncture point tracking...” will be displayed on the screen at this time. After acupuncture point tracking is complete, the buzzer will sound five times (once per second); meanwhile, the massage chair will be detecting the shoulder position. If the user thinks the position is incorrect, the up/down navigation button can be used to adjust it. “Acupuncture point adjusting...” will be displayed on the screen at this time. Note: this can only be adjusted for automatic massages.

**Manual massage:** press the menu button, select “Manual” using the navigation button, press the OK button. There are five options: “Mode”, “Position”, “Width”, “Speed” and “3D”. Select the desired function, then press the OK button to open the next menu. Select the desired massage or go back to the overview using the left arrow of the navigation button. If the user starts a manual massage, pressing the menu button will return the user to the home screen. The user can now use the up/down button to adjust the massage position. Information such as “Massage position adjusting...” will be displayed on the display screen.

Note:

1. Overall: When choosing a full massage, the shoulder height detection process will only be performed once.
2. Partial or fixed point: The “Partial” and “Fixed point” massages do not require shoulder height detection, choosing a different massage will cause a shoulder height detection to be performed.

**Air:** press the menu button, select “Air” via the navigation, then press the OK button. You can choose between two types of air pressure functions: “Position” and “Intensity”. Select the desired function, press the OK button to see the next menu, and select the desired function again.

**Roller:** press the menu button on the remote control, choose “Roller”. There are three options to choose from: “Level 2”, “Level 1” and “Stop”.

**Warmth:** press the menu button, select “Heating” using the navigation, and then press start. When the heat is activated, a heat signal will appear on the home screen.

**Settings:** press the menu button, select “Settings” and then choose the time (timer), language (language) or stop button (stop button) to stop the massage.

Timer: choose the desired duration of the massage: 10 min, 20 min, 30 min or 50 min, when the time is up, the power will turn off automatically

Language: Simplified Chinese, English and Korean are available

Stop: this button can be used to turn off all massage functions