

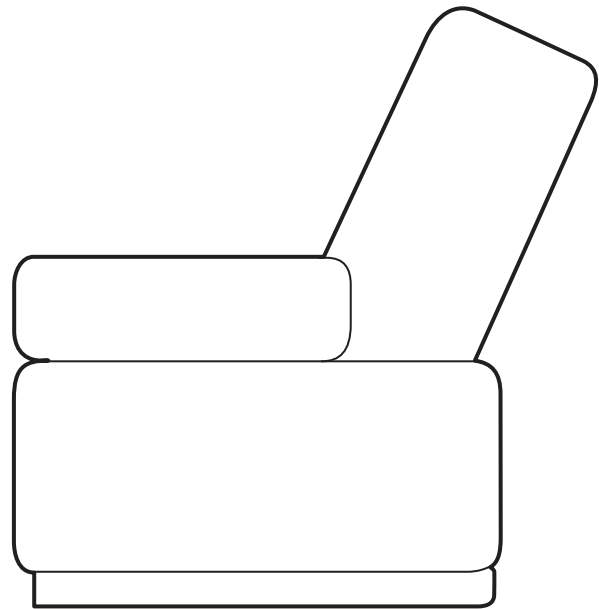
**Panasonic<sup>®</sup>**

# Operating Instructions 使用說明書

## (Household) Massage Lounger (家用) 電動按摩椅

Model No. EP-MAL2  
型號

|         |     |
|---------|-----|
| English | EN2 |
| 繁體中文    | TC2 |



Thank you for purchasing this Panasonic product.

**Before operating this unit, please read these instructions completely and save them for future use.**

感謝您購買本Panasonic產品。

使用本產品之前，請仔細閱讀本說明書，並妥善保存以供未來使用。



S

**Check interesting items immediately!**

## **EN10** Precautions for moving and installing the unit

- Dimensions of main unit (EN46)

## **EN16** Basic use of the massage lounger

- I want a massage (EN16)
- I want to relax without a massage (EN34)

**The touch panel makes it easy to perform your favorite massage.**

- About user selection / user registration (EN19)
- When you want a complete massage (EN20)
- When you want a massage with your favorite action (EN22)
- Adjusting the intensity (EN25)
- Adjust the massage time (EN32)

## **EN25** About "Heat" massage

## **EN45** The sound is irritating!

- Operating sound, perception, etc.

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# Safety Precautions

Always follow these instructions

This section contains instructions that you must follow to prevent personal injury or damage to property.

■ The instructions are classified according to the level of injury or damage that may occur due to the mistaken use of this unit.

|                                                                                                  |                                                                          |
|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
|  <b>WARNING</b> | Denotes a potential hazard that could result in serious injury or death. |
|  <b>CAUTION</b> | Denotes a hazard that could result in minor injury or property damage.   |

## WARNING

### Symptoms

-  • The following persons should not use this unit:
  - (1) Persons who are prohibited from receiving massages by a physician (e.g.: due to thrombosis, deep vein thrombosis of the lower limbs, pulmonary embolism, severe aneurism, acute varicose veins, phlebitis, any type of dermatitis or skin infection [including inflammation of the hypodermis], etc.)
  - (2) Persons suffering from osteoporosis, spine fracture, sprain or acute pain such as a pulled or torn muscle
  - (3) Persons who have a pacemaker, defibrillator, or other personal medical devices prone to electronic interference
  - (4) Pregnant women and women who have just given birth
  - (5) Persons with symptoms of acute low back pain, herniated disk, spondylolisthesis, spinal stenosis, degenerative lumbar spondylosis
  - (6) Persons who have abnormalities or curvature of the spine
- The following persons should not use the thigh massage, lower back/hip massage or pelvis stretch.
  - (1) Those with symptoms of acute inflammation around the hip area, acute hip pain, piriformis muscle syndrome or sciatic neuralgia
  - (2) Those suffering from osteoarthritis of the hip and bad hip joint
  - (3) Those who feel pain, numbness, lethargy in the buttocks and thighs during use  
(Otherwise it may worsen symptoms.)
- This unit is not intended for use by persons (including children) with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the unit by a person responsible for their safety. Children should be supervised to ensure that they do not play with the unit.  
(Otherwise it may lead to accident or injury.)
-  • Persons with any of the conditions listed below or who are undergoing medical treatment should consult with their physicians before using the unit.
  - (1) Persons who have a malignant tumor
  - (2) Persons suffering from heart disease
  - (3) Persons who have a loss of heat sensation
  - (4) Persons who have sensory abnormalities due to a severe peripheral circulatory disturbance such as diabetes mellitus
  - (5) Persons undergoing anticoagulation therapy
  - (6) Persons suffering from tenosynovitis
  - (7) Persons who have a wound where the massager operates
  - (8) Persons whose body temperature is over 38 °C (who have a fever)  
(E.g.: When a person has acute inflammation symptoms (fatigued, chills, blood pressure fluctuations, etc.) or when debilitated)
  - (9) Persons who require bed rest or who are in poor physical shape
  - (10) Persons other than those listed above who feel unwell
- If you begin to feel unwell during use or if you do not feel effects of the massage lounger, stop use immediately and consult a physician.
- The unit has a heated surface. Persons insensitive to heat must be careful when using the unit.  
(Otherwise this could cause an accident, injury, physical problems, or numbness in the affected area)

### Take note of the following points as well

-  • Absolutely do not modify, disassemble or repair the unit.  
(Otherwise it may lead to fire, or cause the unit to function abnormally resulting in injury.)

■ Instructions that you must follow are indicated using the following symbols. (The following symbols are examples.)



Denotes a specific operating procedure that must not be performed.



Denotes a specific operating procedure that must be performed.

## ⚠ WARNING

### When in use



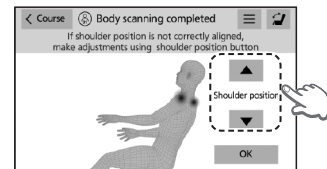
- When massaging the neck area, be careful of the movement of the massage rollers and avoid massaging the throat area and excessively strong massage action.
- Do not use the massage rollers on your head.
- Do not use the unit on any body part where a medical device is implanted or worn and the area around it.
- Do not sit on the legrest, backrest or armrests.
- This unit should not be used by children. Also, do not allow children to play on the unit, or to climb on the legrest, seat, backrest or armrests.
- Do not use the massage lounger while holding children.
- Do not push your hands, elbows, arms or feet against the fabric covering the moving parts of the backrest during use.

(Otherwise it may lead to accident or injury.)

- When "HEAT" are used, do not let the massage rollers touch the same place for a long time. (Low temperature burns may occur.)
- ※ Burns may occur at relatively low temperatures (40 °C to 60 °C) when in contact with the same area of skin for long periods of time, even if you do not feel heat or pain.



- Always check the fabric covering the backrest or seat movable parts has not been ripped before using the unit. Please also check other areas to ensure the fabric has not been ripped. No matter how small the rip, if you find one then immediately stop using the unit, unplug the power plug and have the unit repaired at an authorized service center. (Otherwise it may lead to injury or electric shock.)
- Select a gentle massage when using for the first time.
- Do not massage for more than 30 minutes a day.
- Do not massage any one part of your body for more than 5 minutes at a time. (Otherwise it may lead to injury, adverse effect or numbness.)
- Use the massage lounger correctly by following instructions for use provided in the Operating Instructions.
- Keep an eye on your children to make sure that they do not play with the unit.
- Use buttons to adjust the position of shoulder height, if it is not properly aligned when body scanning (EN18).



- Make sure there are no persons or pets around the unit (front, back, underneath or sides of the unit) before using it for massaging or moving the backrest or legrest.
- When using the unit as a chair, attach the comfort cushion.

(Otherwise it may lead to accident or injury.)

- After each massage, push the power switch on the unit backside to the "O" (Off) position and unplug the power plug. (To prevent breakage or injury from misuse by children.)

## Safety Precautions (continued)



### WARNING

#### Power plug, power cord etc.



- Do not do anything that may damage the power cord or power plug.

Do not scratch, modify, use near a heater, excessively bend, twist, pull, place heavy objects on top of, or bundle the cord or plug.

(Otherwise it may lead to electric shock, ignition, or fire due to a short circuit.)

→Contact the nearest authorized service center for repairs to the power cord or power plug.

- Do not insert or unplug the power plug with wet hands.  
(Otherwise it may lead to electric shock.)



- Use AC 220 V.  
(Cannot be used overseas, nor with a transformer.)

- Always insert the power plug fully into the socket.

(Otherwise it may lead to electric shock or fire due to overheating.)

- Dust the power plug on a regular basis.
  - Remove dust using a dry cloth.  
(Otherwise it may lead to fire, due to damp shorting the insulation.)

- When unplugging the power plug, hold the plug itself and do not pull on the power cord.

(Otherwise it may lead to electric shock, ignition, or fire due to a short circuit.)

#### If a malfunction or breakdown occurs



- If a malfunction or breakdown occurs, stop using the chair immediately and unplug the power plug from the wall socket.  
(Otherwise it may lead to smoke/ fire or electric shock.)

<Examples of malfunctions/breakdowns>

- Does not start when pressing



- The power supply goes on and off when the power cord is moved.
- Burning smells or abnormal sounds occurring during operation.
- The unit becomes deformed or unusually hot.

→Contact an authorized service center immediately for inspection/repairs.



### CAUTION

#### Symptoms



- Persons who are otherwise healthy but have any of the conditions listed below should consult with their physicians before using the unit.
  - Persons whose muscles have deteriorated due to age or weight loss
  - Persons with symptoms of lower back and hip pain caused by the bones and muscles, organs and nerves
  - Persons who suffer bruises or sprains easily
  - Persons who suffer from severe motion sickness
  - Persons who have undergone heart or internal surgery in the past(Otherwise it may lead to adversely affected health.)
- If symptoms such as rashes, reddening, itching, etc. occur as a result of using this unit, stop using the unit and consult a physician.  
(Otherwise it may lead to accident or deteriorated health.)

#### Installation and movement



- The unit should not be used on top of heating appliances, such as electric carpets, etc.  
(Otherwise it may lead to fire.)
- Do not drag or push the unit in an installed state.  
(Otherwise it may damage flooring.)
- Do not use in damp or humid places such as a bathroom.  
(Otherwise it may lead to electric shock.)



- Place a mat or other such covering on the floor when moving the unit using the castors.  
(Otherwise it may damage flooring.)
- When moving the unit on its castors, remove any obstacles in the surroundings of the unit, lift up the backrest to the fully upright position, lift the legrest to a position below the waist (less than 80 cm from the floor), and move the unit slowly.
  - The controller should be placed in the controller pocket.
  - Take care with your feet when lowering the body of the unit, and support the legrest with your hand until finished.(Otherwise the unit may fall and cause injury.)

## CAUTION

### Power supply



- For safety reasons, the unit must be grounded.  
(Otherwise this could cause an electric shock due to malfunction or electrical leakage)
- Always unplug the power plug from the wall socket when not using.  
(Since dust and humidity deteriorates insulation, which may result in fire due to electrical fault.)
- Make sure the power cord is not twisted before stowing  
(Otherwise it may lead to electric shock, ignition, or fire due to a short circuit.)

### Before and during use



- Do not use the massage rollers on your stomach or bare skin. Also, do not put your hands or legs in the massage rollers (this may cause an accident or injury).
- Do not insert your hands, fingers, feet or head into the following spaces:
  - (1) Between the backrest and seat or armrest
  - (2) Between the legrest and seat or armrest
  - (3) Between the seat and armrest
  - (4) Between the back cover and leg cover
  - (5) Back of the legrest
- Do not unplug the power plug or turn the power switch "O" (Off) during massage.  
(Otherwise it may lead to injury.)
- Do not sit on, stand on, or place objects on the legrest when the legrest is not completely lowered.  
(The main unit could tilt, causing an accident or injury)
- Do not use at the same time as another medical device.
- Do not fall asleep while using the unit. Do not use the unit after drinking alcohol.  
(Otherwise it may lead to accident or deteriorated health.)



- Check that the massage rollers are in the retracted position.
- Be sure that all operations have stopped before getting off the unit during a massage.
- Check that there is no foreign matter between the parts of the unit before sitting down.
  - Check that there are no foreign objects stuck in the backrest, seat or legrest.  
(Otherwise it may lead to accident or injury.)
- Remove the accessories (hair ornaments, necklaces, watches, rings, artificial nails, etc.) on the massage parts.  
(Otherwise it may lead to injury.)
- Do not drop anything from your pockets, etc. into the gaps of the device.  
(Otherwise it may lead to loss.)
- Precautions for using Bluetooth audio function
  - (1) Excessive sound pressure of audio can cause hearing loss.
  - (2) Hearing experts recommend that audio should not be used at a high volume for a long period of time.
  - (3) If you have suffered from tinnitus, reduce the volume or stop using it.  
(Otherwise it may lead to injury.)

### Take note of the following points as well

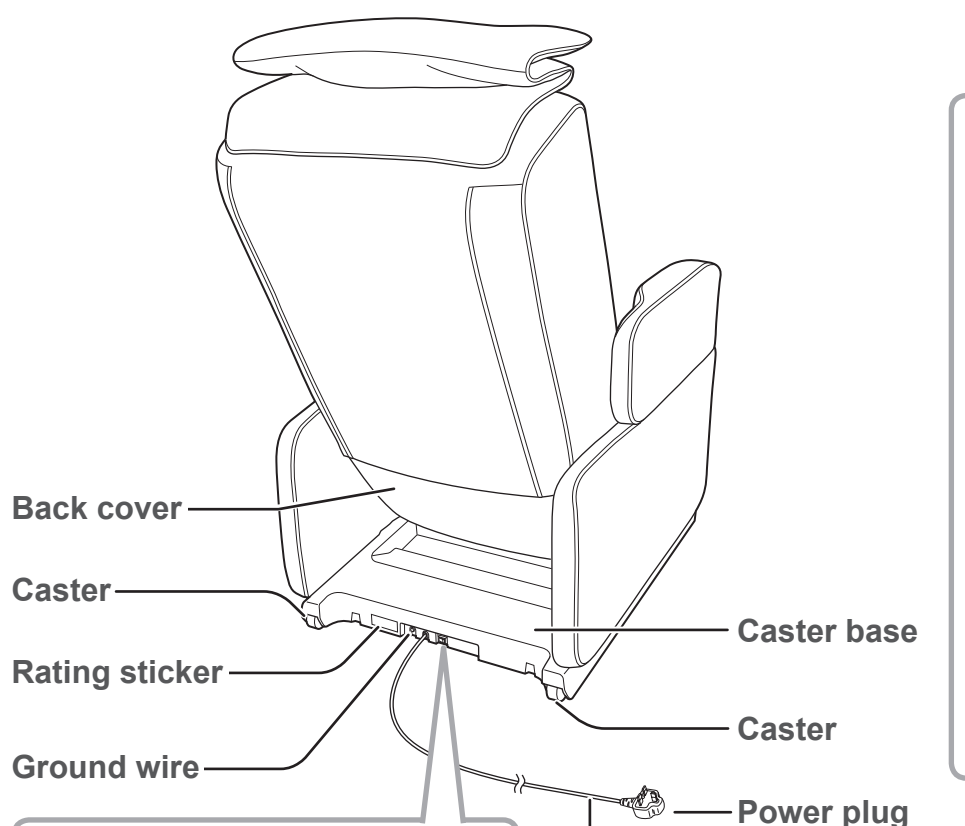
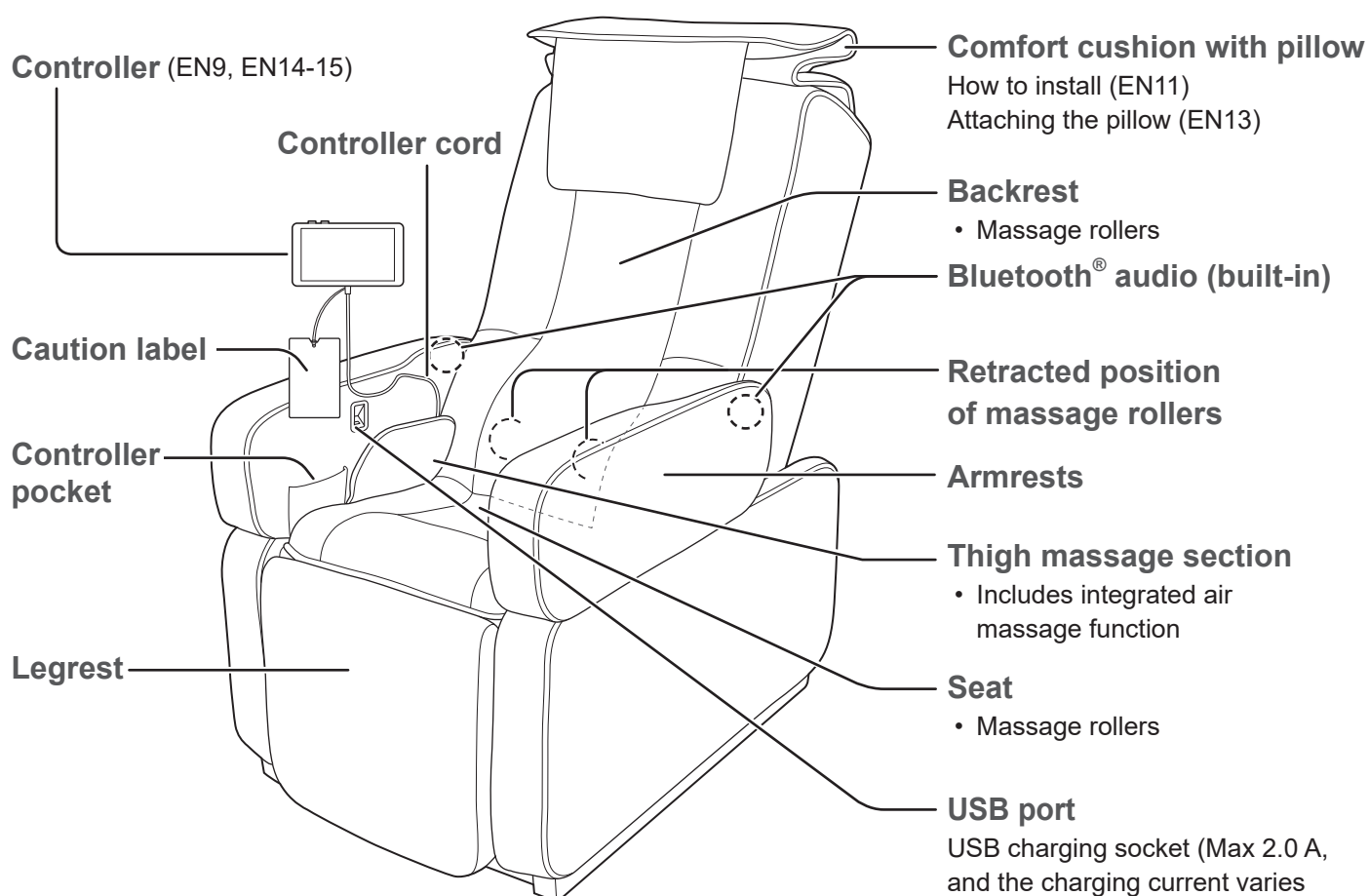


- Do not spill water on the unit or controller.  
(Otherwise it may lead to electric shock, ignition, or fire due to a short circuit.)



- In the event of a power outage, unplug the power plug immediately  
(Otherwise it may lead to accident or injury when the power supply returns.)
- If you have not used the unit for a while, carefully read the operating instructions again and check that the unit is operating normally before use.  
(Otherwise it may lead to accident or injury.)

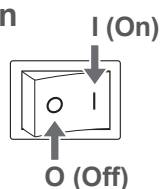
# Part names and functions of the main unit



## Power switch section

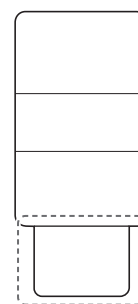
Condition of chair at time of purchase

- Power switch "I" (On)

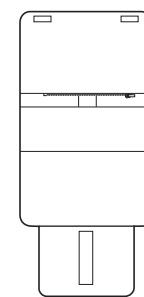


## Accessories

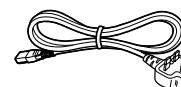
Comfort cushion with pillow



Pillow



Reverse side

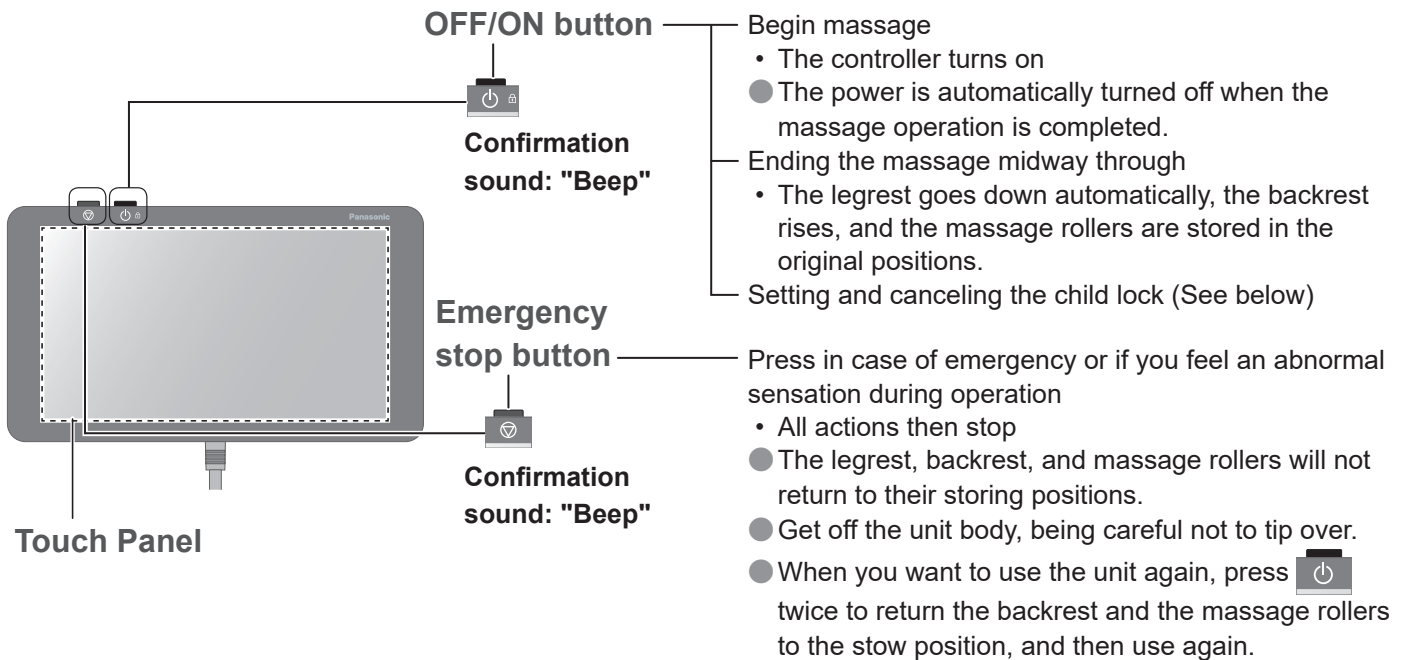


Power cord

# Part names and functions of the controller

## Controller

The illustrations on the operation screen are explained in a black-and-white inverted display.



Part names and functions of the main unit  
Part names and functions of the controller

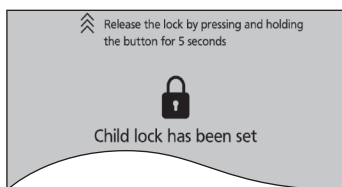
## Setting and canceling the child lock

If this setting is made, the operations are no longer accepted.

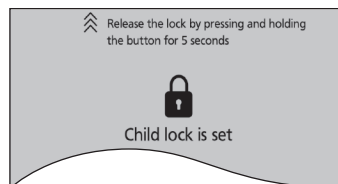
### ■ How to set

Long press  for about 5 seconds when the power supply of the controller is OFF or when the user selection / registration screen is being displayed.

- The following screen is displayed, and about 10 seconds later the power is switched OFF automatically.



- When  is pressed after making the setting, the following screen is displayed, and after about 10 seconds, the power supply to the controller is switched OFF automatically.



### ■ How to cancel

Press and hold down  for about 5 seconds when the screen display described above is shown or when the power of the controller is turned off, in the set condition.

# Installation

## 1 Where to use the unit

Ensure there is adequate space to recline.

Unit body dimensions 

|                                                                      |
|----------------------------------------------------------------------|
| Height approx. 122 cm × Width* approx. 68 cm × Depth* approx. 177 cm |
|----------------------------------------------------------------------|

(See EN46 for detailed unit dimensions.)

\* When installing near a wall, etc.

In the reclining state, make sure that the backrest and the legrest are separated from walls, etc., by 10 cm or more, and the armrest is separated from walls, etc., by 5 cm or more.

- Do not expose the massage lounge to direct sunlight or high temperatures, such as in front of heating sources.

This can cause discoloration or hardening of the surface material.

## 2 Carrying the unit

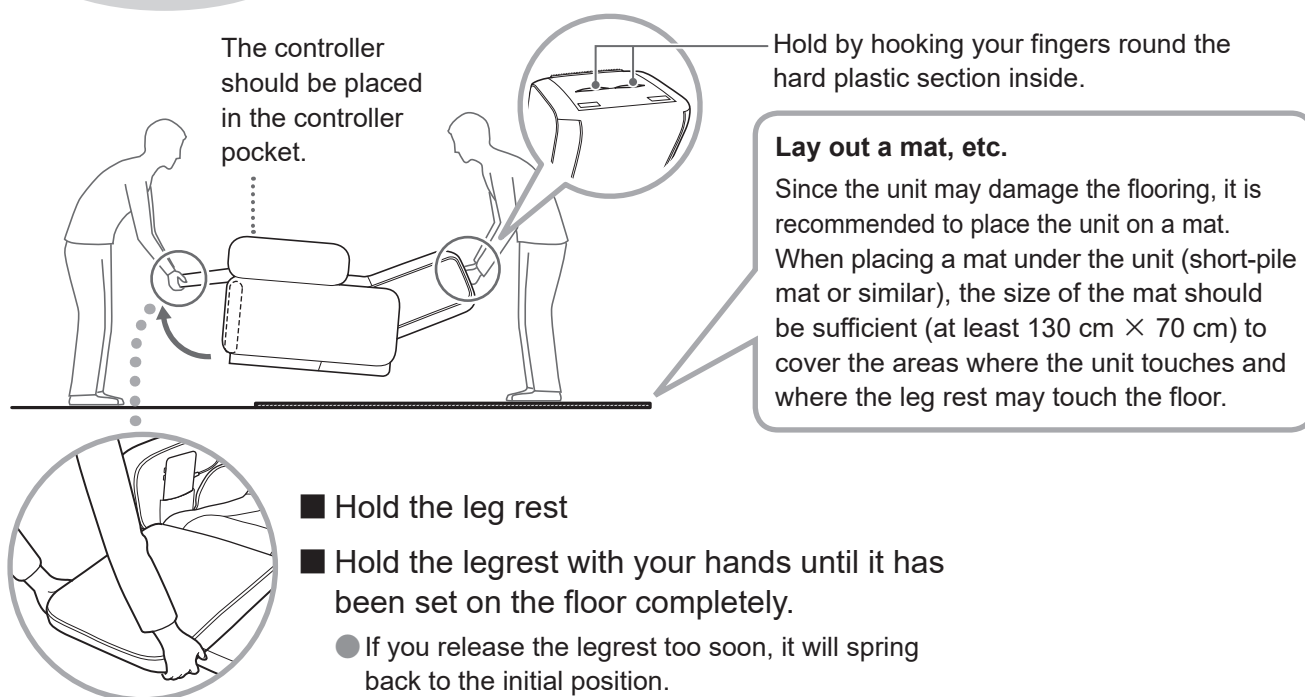
- ① The unit must be carried by two or more persons.

- Since the unit is heavy, be careful to avoid back injuries.

- ② Watch your step carefully and put down the unit slowly.

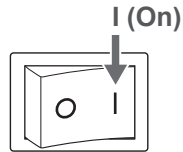
|                    |               |
|--------------------|---------------|
| <b>Unit weight</b> | Approx. 65 kg |
|--------------------|---------------|

**Always carry the lounge with at least two people!**



### 3 Turn on the power and raise the backrest to the upright position

- ① Insert the power plug into the power outlet.  
● Always be sure to insert into an AC 220 V plug.
- ② Confirm the power switch is set to the "I" (On) position.

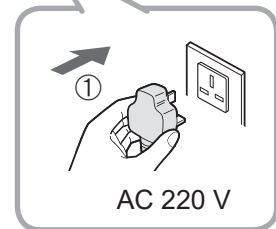
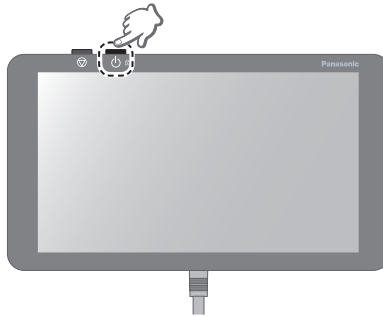


Unit Body  
Rear Side

Watch your step to  
prevent tripping on  
power cord or the like.

- ③ Press  on the controller twice.

- Press it once, and then press it again after the screen appears. Backrest will rise automatically.



### 4 Switch OFF the power

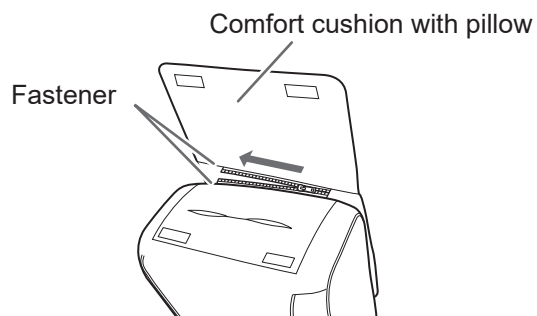
- ① Set the power switch to the "O" (Off) position on the back of the main unit.
- ② Unplug the power plug from the wall socket.



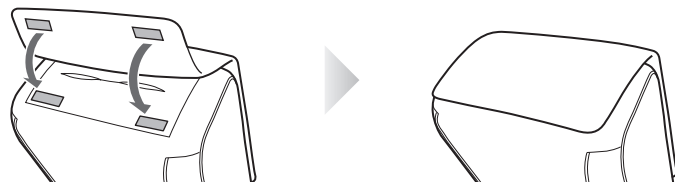
#### WARNING

- After each massage, push the power switch on the unit backside to the "O" (Off) position and unplug the power plug.  
(To prevent breakage or injury from misuse by children.)

### 5 Attaching the comfort cushion with pillow



- ① Attach the cushion using the fastener.



- ② Fasten with velcro fastener

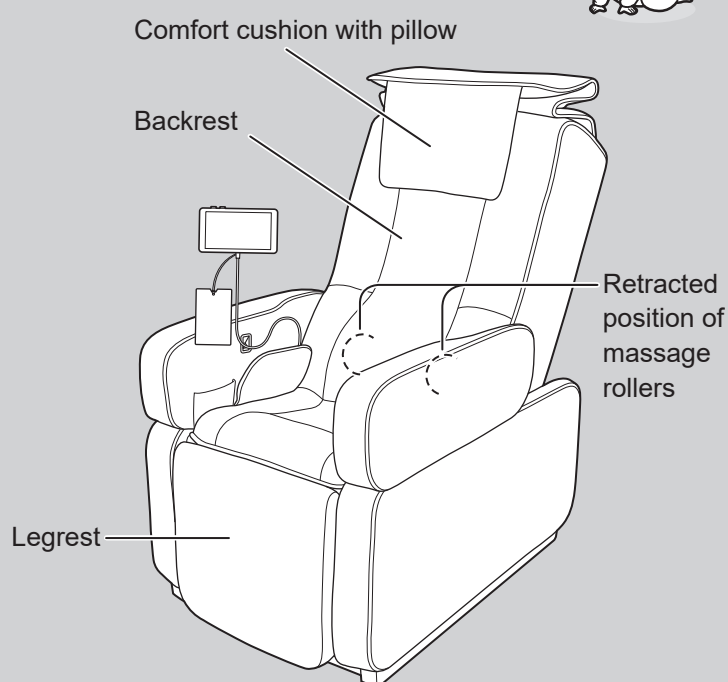
# Before using the product

## WARNING

- Always check the fabric covering the backrest or seat movable parts has not been ripped before using the unit. Please also check other areas to ensure the fabric has not been ripped. No matter how small the rip, if you find one then immediately stop using the unit, unplug the power plug and have the unit repaired at an authorized service center (Otherwise it may lead to injury or electric shock).

## Check the surrounding area

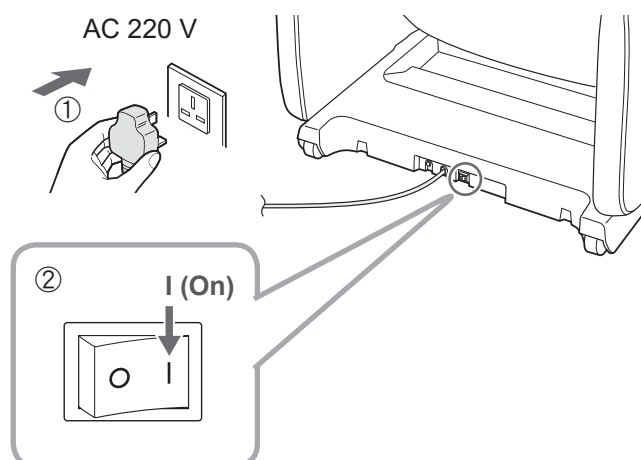
- Make sure there are no objects, persons, or pets in the vicinity of the unit.  
The massage lounger may not work when pets such as dogs and cats chew on or trip over the controller cord.  
(This may result in a breakdown.)
- Are there any tears in the fabric of the main unit?
- Are there foreign objects sandwiched in the main unit?
- Are the massage rollers in their stowed positions?
  - When the massage rollers are not in the retracted position  
Press twice  to return the massage rollers to the retracted position.
- Is the legrest fully lowered?
  - When the legrest is not fully lowered  
The legrest will lower by pressing  twice.



- The fabric may emit a characteristic odor. It will fade with use.

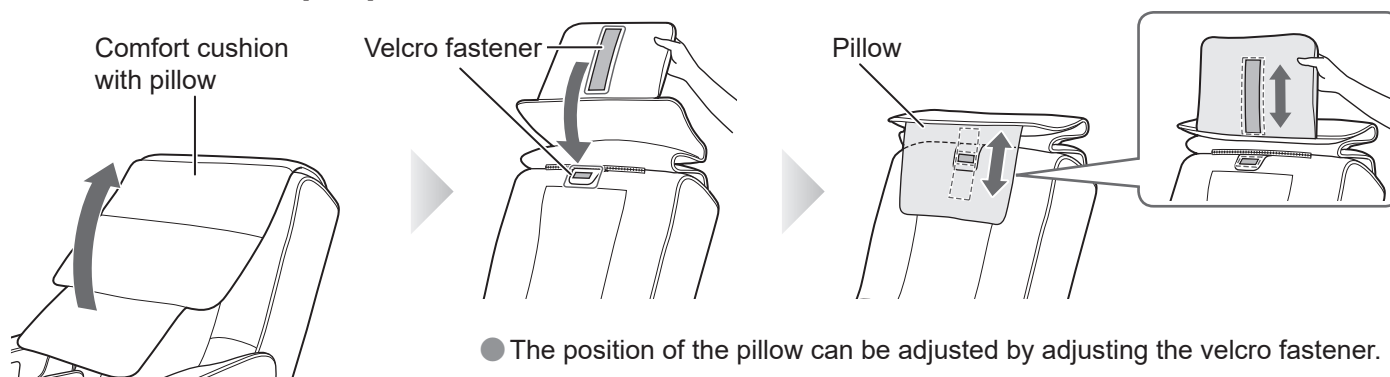
## Turn on the power

- ① Insert the power plug into the power outlet.
    - Always be sure to insert into an AC 220 V plug.
  - ② Set the power switch on the back of the main unit to the "I" (On) position
- Using as a massage lounger (Refer to following page)
- I want to relax without a massage (Refer to EN34)



# Using as a massage lounger

Flip up the comfort cushion with pillow and fasten with the velcro fastener to turn it into a simple pillow.



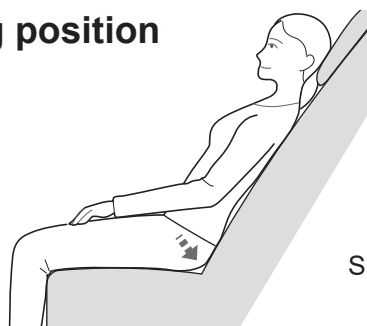
Before using the product

Using as a massage lounger

Do not massage with the comfort cushion with pillow over the backrest.

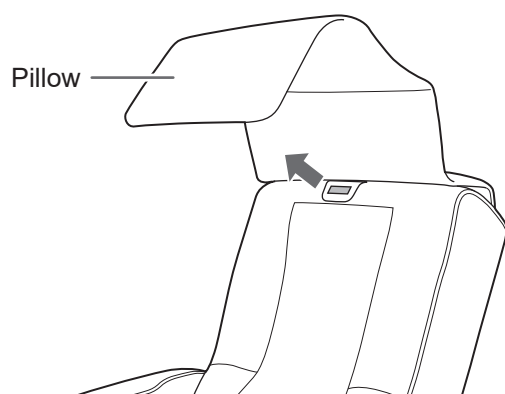
- The fabric may wear faster.
- **U10** may be displayed when the body is not detected. (EN39)

## Check your sitting position



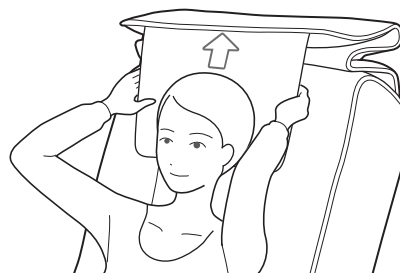
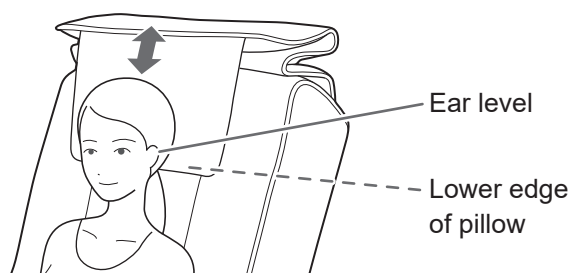
Sit back so that your hips are resting on the backrest.

## Adjust the pillow position



Peel off the pillow and adjust it so that the bottom edge of the pillow is at the ear level.

- The strength with which the massage roller presses the neck differs depending on the pillow position.
- When the reclining angle changes, the position of the pillow may shift. In that case, adjust the position again.
- As the pillow is easily soiled, it is recommended to spread a towel over it.



- You can make slight adjustments with your hand without having to remove the pillow.

Continued on the next page EN13

# Using as a massage lounger (Continued)

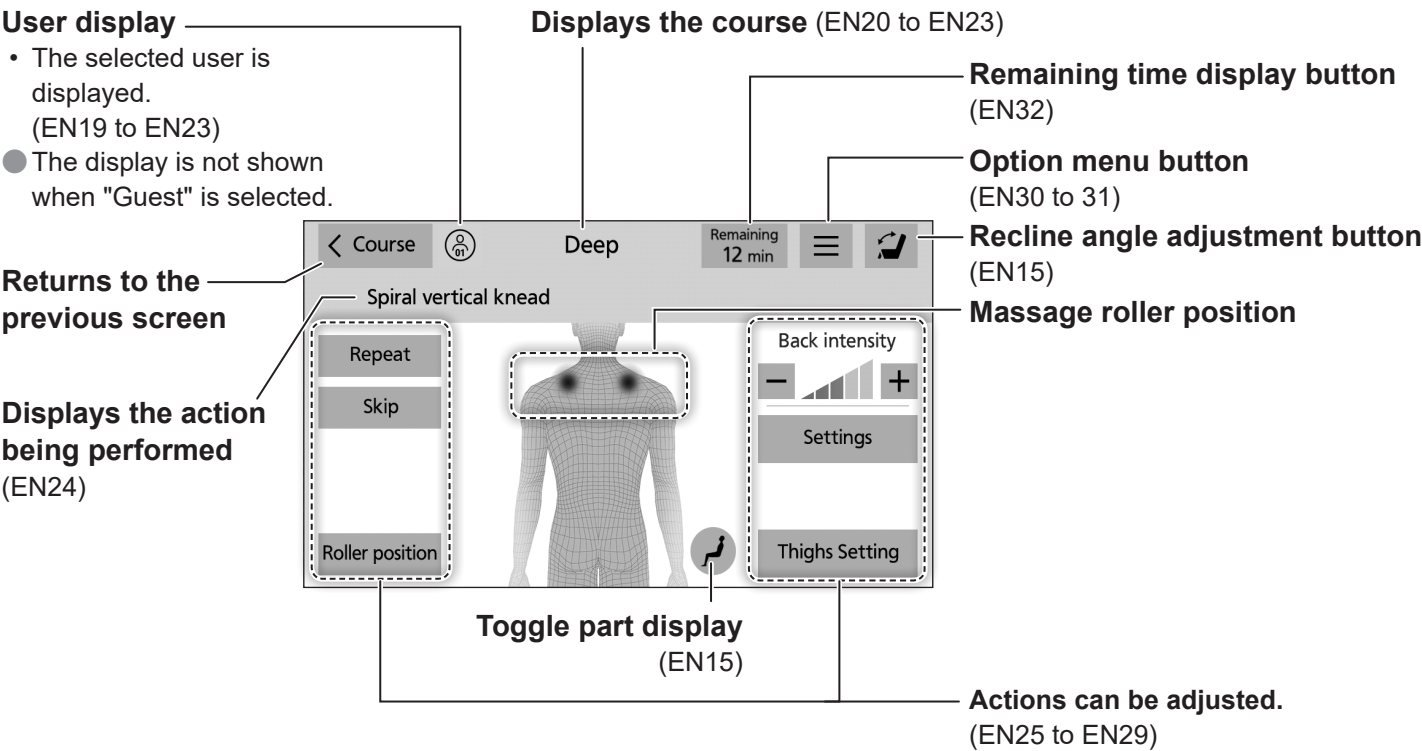
## Screen displays during massaging operations

Press the indicated button to operate.

- The power is turned OFF automatically if massage is not started and no operation is performed for about 3 minutes.

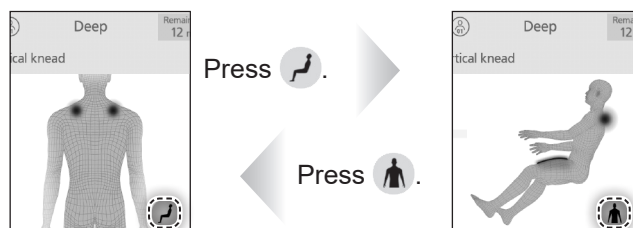
### <Viewing screens>

The "Full body auto massage" course is used as an example for the screen displays shown below.  
Buttons and status displays vary, depending on the selected course.



## Toggle part display

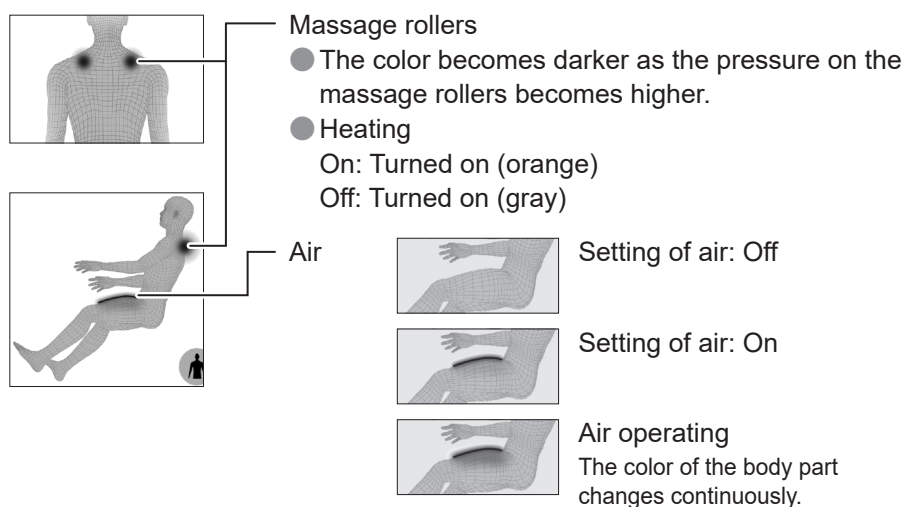
The display of part can be toggled between upper body and whole body.



## Display of the operation, position, pressure and temperature

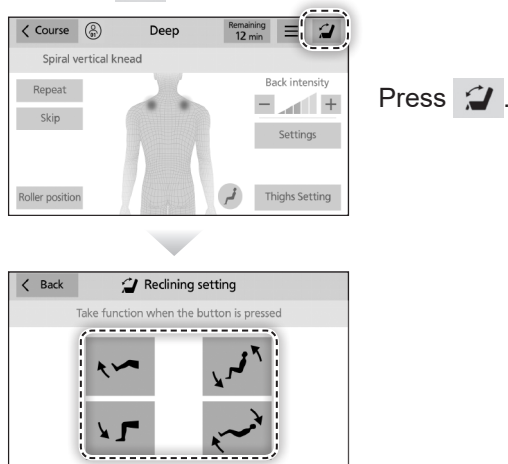
The statuses of massage rollers and air are displayed during operation.

(The display shows rough movements. Actual movements or sensations may vary)



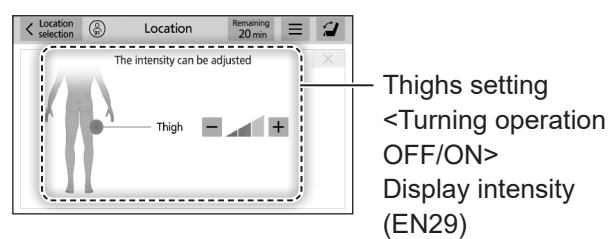
## Display reclining angle adjustment screen

The angle of the backrest and legrest can be adjusted at any time by pressing .



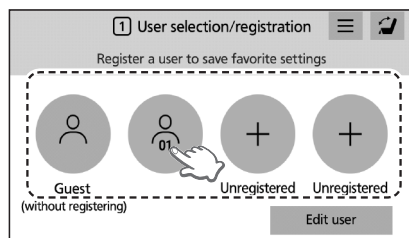
- When the button is pressed, a "Beep" confirmation sound is heard.
- Press and hold to keep it moving until you hear a "Beep-beep-beep" sound.

- If you select only those areas where only air operates, the screen below will be displayed. (See EN24 for air massage operation.)



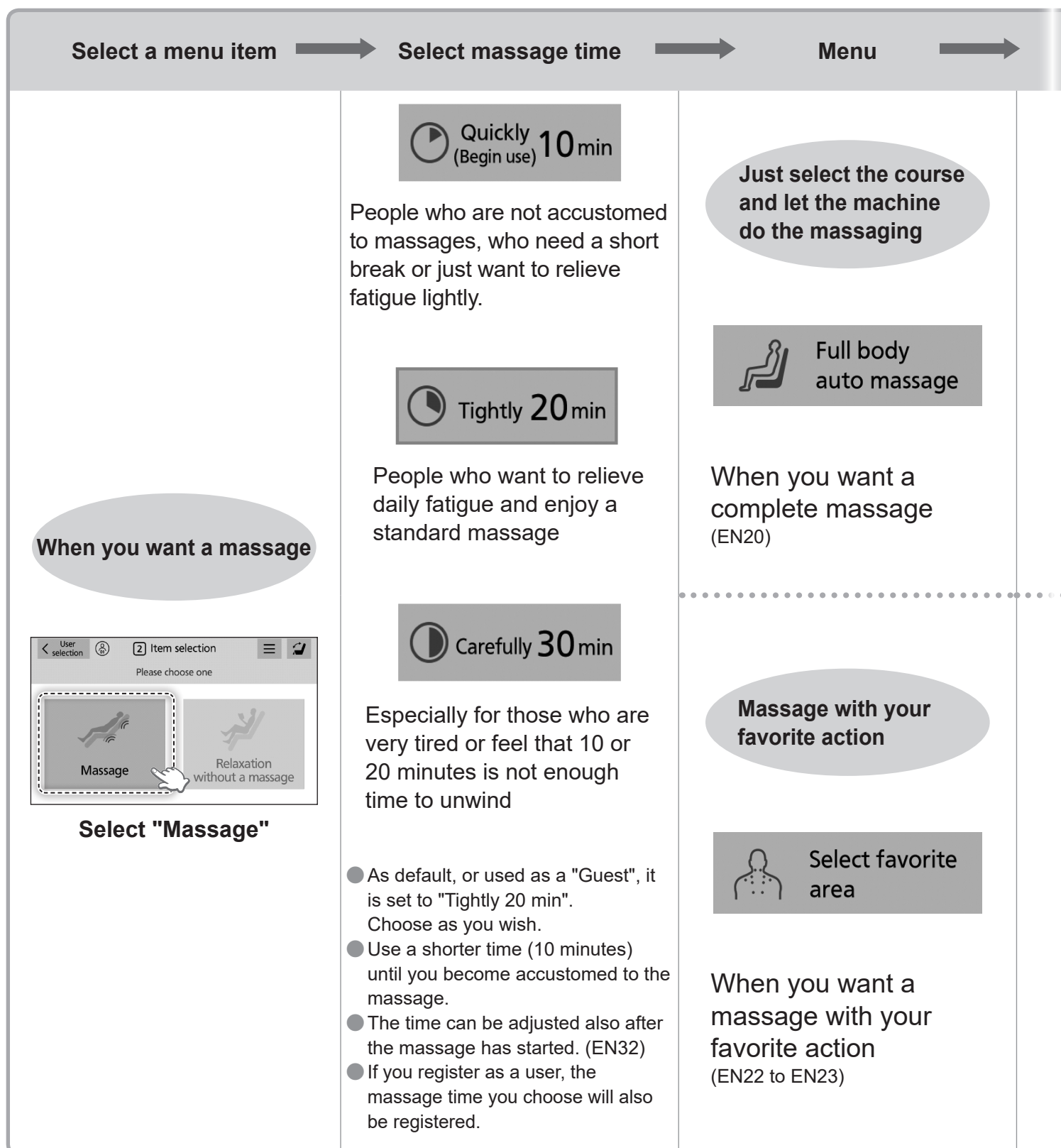
# Basic use of the massage lounge

First, select the user and follow the sequence as follows.



## Select the user

- If the user is registered, the settings made will be stored in memory. This eliminates the need to make the same settings every time.
- Select "Guest" when you wish to use without registering as a user. (EN19)

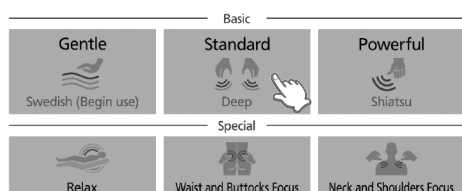


I want to relax without a massage (EN34)

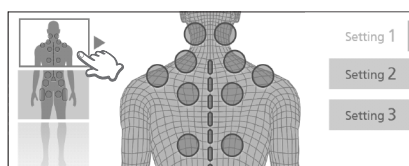
## Course & body part selection

## Body scanning

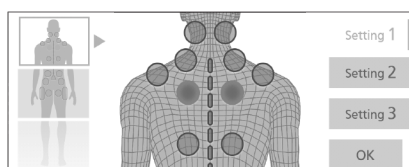
## Start the massage and adjust to suit your desire



### Select one course



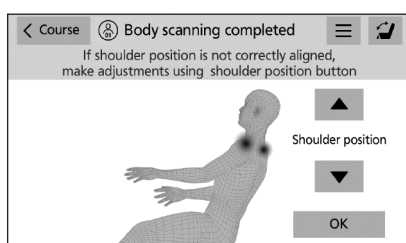
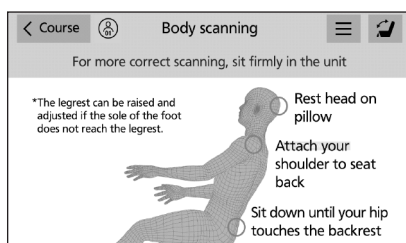
### Select screen of desired body parts for massaging



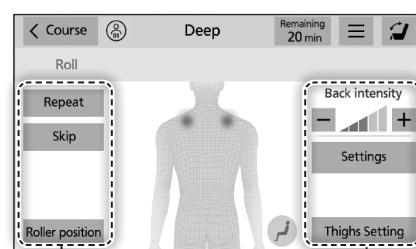
### Select a body part

- As many body parts as desired can be selected for massaging. (EN22 to EN23)

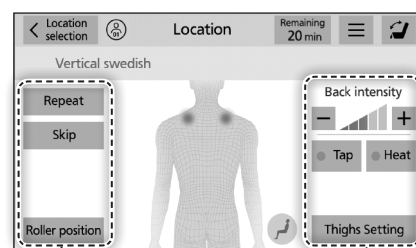
- See EN18 for details.



- Shoulder position is not sensed when the part that operates with air only is selected. (EN23)



Actions can be adjusted.  
(EN25 to EN29)



Actions can be adjusted.  
(EN25 to EN29)

# Scanning of shoulder roller position

Scanning of shoulder roller position is the operation of estimating the shoulder position in order to ensure that massaging is done matching with the body shape. (Height range of scanning of shoulder roller position is about 140 cm to 185 cm.)

## Scanning of shoulder roller position flow

### Select a course or select a body part and press "OK"

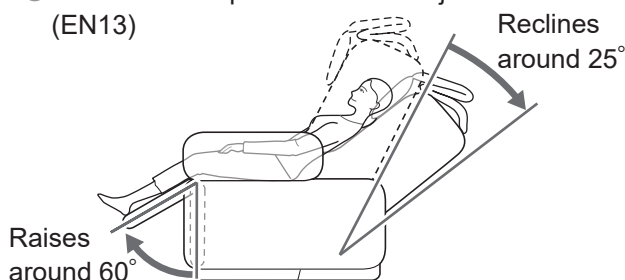
- No scanning is made if operation with only air is selected.  
(See EN24 for air massage operation.)

### The unit body moves automatically and becomes reclined to an angle suitable for scanning.

- If you have adjusted the reclining before use, the angle will not change.

**Sit back so that your hips are on the backrest and lean back with your head on the pillow**

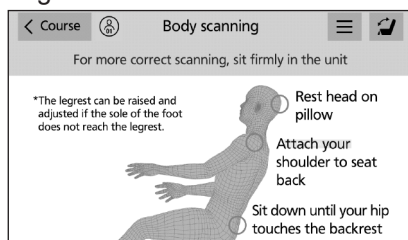
- Shoulders should also be on the backrest.
- Pillows can be positioned and adjusted.  
(EN13)



### Massage roller moves automatically and senses shoulder position.

While a beeping sound is being made, the massage roller rises along the spine to the vicinity of the neck, and the massage roller protrudes.

- If the shoulder position is not correct, repeat the action of raising the massage roller again and adjusting the shoulder position. The massage roller then slowly lowers to the shoulder position and the tapping action begins.



- Press to adjust the reclining angle while sensing is in progress.

### Fine-tune the shoulder position during the tapping action

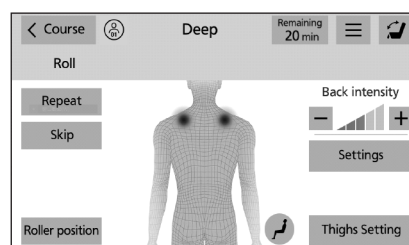
Perform tapping action to easily confirm that the massage roller is in the correct position.

- If the shoulder position is not correct, use "▲" and "▼" to make fine adjustments then press "OK". (See details on the right)

- If the shoulder position is correct, press "OK" to confirm.  
(If "OK" is not pressed, it will be automatically OK after about 12 seconds.)
- If you press "Course" or "Select favorite area" button without pressing "OK", the shoulder position is automatically determined and you will return to the "Course" or "Select favorite area" screen.  
• Shoulder sensing is not performed after re-selection.

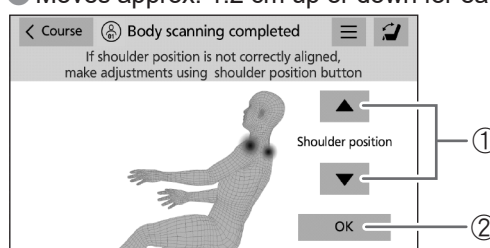
## Complete

After the shoulder position is OK, the display switches to the massage screen and massage begins.



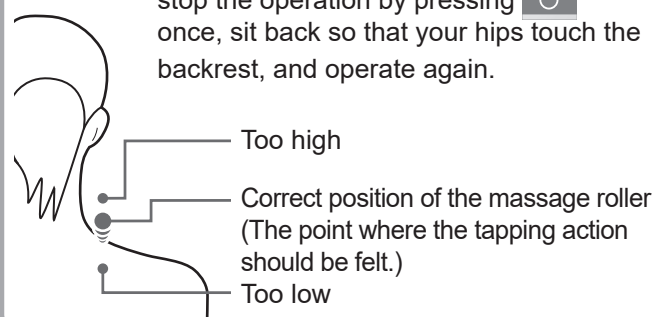
## ■ Shoulder tapping position is not aligned

- ① Press "▲" or "▼" during the tapping action (about 12 seconds) to adjust the shoulder height position.  
● Moves approx. 1.2 cm up or down for each press.



- ② Press "OK" (the scanning of shoulder roller position is completed)

- If the shoulder position shifts significantly, stop the operation by pressing once, sit back so that your hips touch the backrest, and operate again.



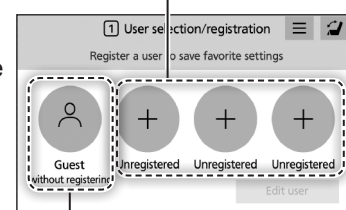
# About user selection / user registration

If you register as a user, the system automatically remembers and updates the adjustments and settings you made during the massage, allowing you to perform a massage to your liking at any time.

If "Relaxation without a massage" is selected, the information you register will be stored.

- Shoulder position sensing is done every time even if the user is registered, because shoulder position changes with sitting posture.
- Even when terminated in the middle of massaging, the settings made until then are stored in memory. (Settings will not be stored if the power is interrupted, the power switch on the back of the main unit is turned off, or the power plug is unplugged.)
- The contents of "Skip" will not be stored.
- Select "Guest" wish to use straightaway without registering as a user.

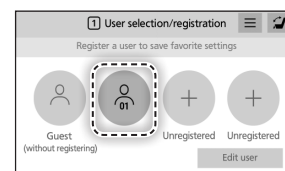
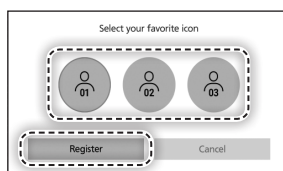
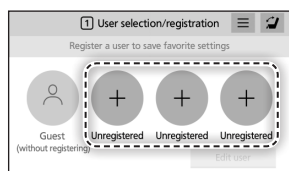
Register as a user and store the adjustments and settings in memory



Use straightaway

Example: If user 01 is selected

- 1 Press "Unregistered" user button once
- 2 Select an icon and press "Register"



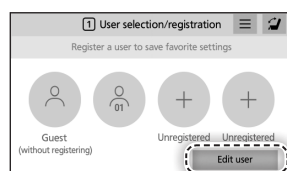
Displays the registered icons.

- From the next time onward, simply select the registered user, and the massage will be performed with the previously memorized content.

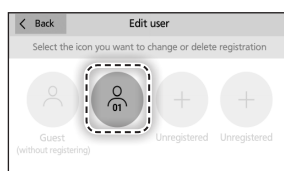
## <Edit User (change/delete user buttons)>

- Once a user is registered, the user's icon can be changed and the registration itself can be deleted.

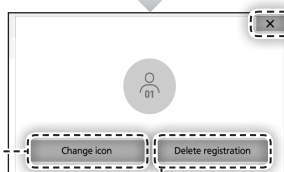
Example: Changing from user 01 to 03



Press "Edit user"



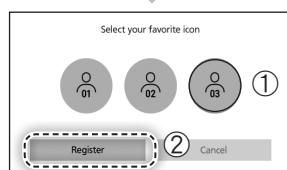
Select the user to be edited  
(If 01 is selected)



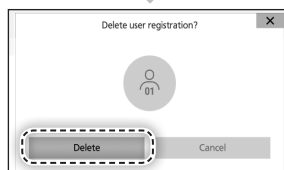
Press "Change icon"

Press "Delete registration"

Press "X" (Close)



- 1 Choose a new icon
  - 2 Press "Register"
- The icon will be outlined in color

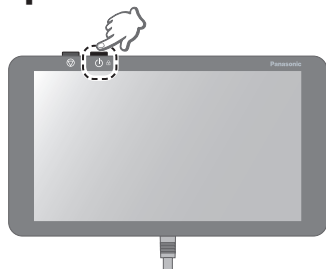


Press "Delete"

# When you want a complete massage

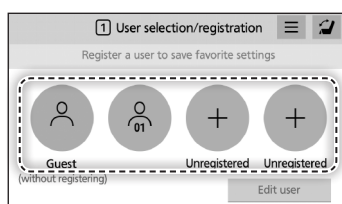
Example: If you choose "Standard" or "Deep course"

## 1 Turn on the power



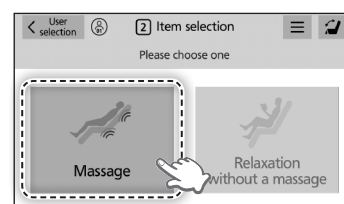
- The power is turned OFF automatically if massage is not started and no operation is performed for about 3 minutes.

## 2 Press the user icon (EN19)



(The registered user is just an example)

## 3 Select "Massage"

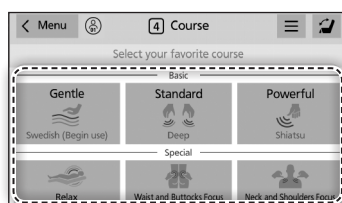


## 4 Select the massage time and "Full body auto massage"



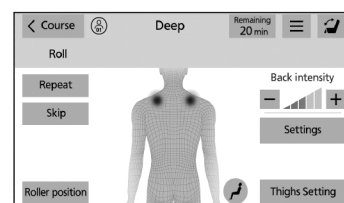
- The outline of the selected time glows blue.

## 5 Select a course



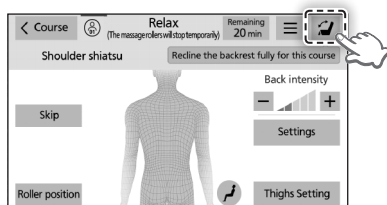
- Sensing operation starts. (EN18)

## After scanning ends, massage starts

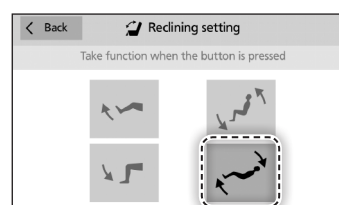


- Displays for massage action.
- During the massage, you can create favorite settings. (EN25 to EN29)
- Massage ends automatically after a maximum of approximately 30 minutes from the start of the massage.
- Details of massage do not change even when Guest is selected.
- If you select a registered user, the next time the program starts, it will start with the previously memorized information.

■ If you select a "Relax" course, the following screen is displayed after you have entered your shoulder position.



- A message will be displayed recommending that you recline the backrest as far back as it will go.
- The frame will flash for about 10 seconds. Press to adjust the reclining angle.



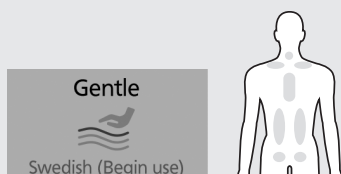
- The frame will flash for about 10 seconds.
- When the button is pressed, a "Beep" confirmation sound is heard.
- Press and hold to keep it moving until you hear a "Beep-beep-beep" sound.

## ■ Features of "Full body auto massage"

Combining massage roller and air massage, the whole body is comfortably relaxed.

- If you want a massage only with the massage rollers or only with air, select "Select favorite area".
- Use a gentle "Swedish" course until you are accustomed to the massage.

### <Recommended courses>

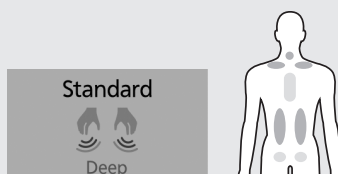


#### **Swedish course**

##### **When you want to gently loosen your body**

Gently loosens tension primarily with a spreading operation on the surface of the body.

Air operation is used to apply pressure on fingertips and toe tips.



#### **Deep course**

##### **When you want to firmly loosen your body**

Muscles are properly loosened, primarily with deeply loosening operations.

Finely circling "Ultra knead" operation is applied to loosen knotted points.

Arms, soles and calves are thoroughly loosened to release fatigue from the whole body.



#### **Shiatsu course**

##### **When you want to strongly loosen your body**

Knotted points are powerfully loosened, primarily with shiatsu pressure operations.

Shiatsu pressure is applied in a perpendicular angle to the body, from the top of shoulders and by squeezing lower back from sides. Arms, soles and calves are thoroughly loosened to release fatigue from the whole body.

### <Specialty courses>



#### **"Relax" course**

##### **When you want to relax**

This is a relaxing course that involves slow rubbing and gentle pressing on the upper body. (The air function does not operate)

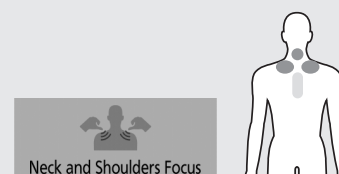
It includes multiple "Pressing" movements where the massage rollers press against the skin and temporarily stop.



#### **"Waist and Buttocks Focus" course**

##### **When you want to concentrate on loosening your lower back and buttocks**

The massage focuses on loosening the muscles in your lower back and buttocks. Air bags hold the area around the pelvis firmly in place to prevent your waist from slipping, effectively relieving stiffness around the waist.



#### **"Neck and Shoulders Focus" course**

##### **When you want to concentrate on relaxing your neck and shoulders**

The massage focuses on massaging the neck and shoulders to relieve stiffness.

When you want a complete massage

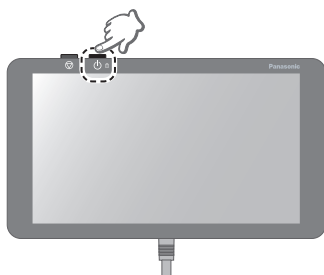
# When you want a massage with your favorite action

With "Select favorite area" you can select your favorite part of the body and adjust the massage action, eliminating the need to select and adjust it again next time.

- Settings such as the part of the body chosen by the user, adjusted massage movements, etc. can be stored in three patterns for each selected time.
- From the next time onward, when "Select favorite area" is selected, the previously set "Settings 1 to 3" screen will be displayed and the program will start with the memorized settings.
- If "Guest" is selected, it will not be remembered.

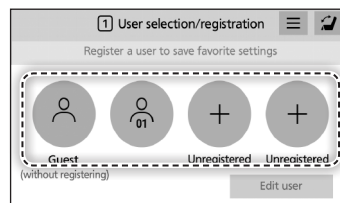
Example: If "Setting 1" is selected

## 1 Turn on the power



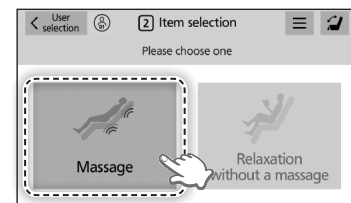
- The power is turned OFF automatically if massage is not started and no operation is performed for about 3 minutes.

## 2 Press the user icon (EN19)

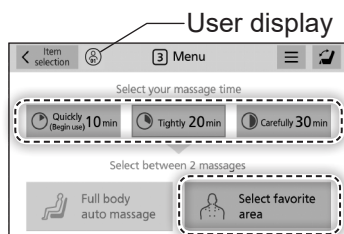


(The registered user is just an example)

## 3 Select "Massage"

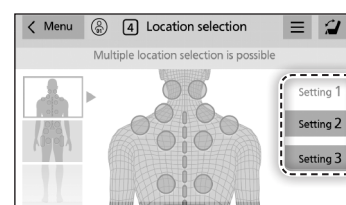


## 4 Select massage time and "Select favorite area"



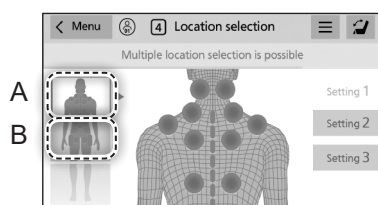
- The outline of the selected time glows blue.

## 5 Select the setting number you want to register



- The currently selected setting number is displayed in blue.
- If you chose "Guest", go to step 5.

## 6 Select screen of desired body parts for massaging

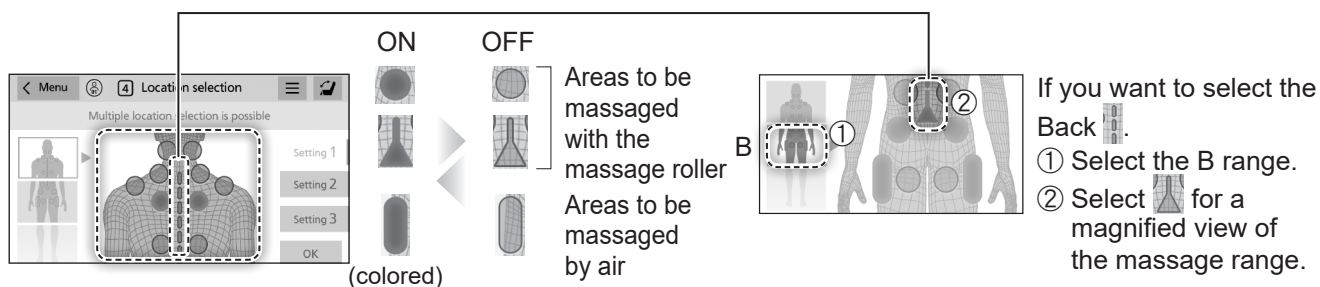


Three massage ranges (A B ranges) can be selected.

- An enlarged view of the selected massage range is displayed in the center of the screen.
- When the massage range is re-selected, the magnified view switches.

## 7 Select the area to be massaged

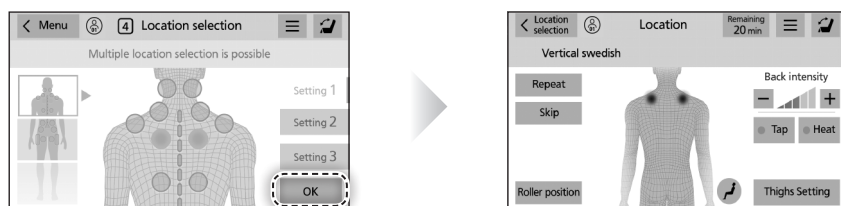
Repeat steps 6 and 7 to select multiple parts.



- The thighs are massaged with air.  
If only this part of the body is selected, the massage rollers will not move and only air will be used for massage.

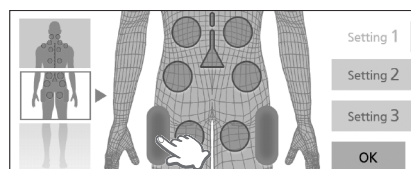
## 8 Press "OK".

After the shoulder position is set, massage begins according to the settings

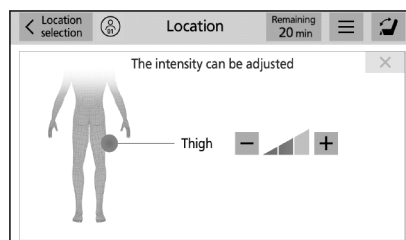


- Sensing operation starts. (EN18)
- Sensing may not be performed depending on the selected area.
- Displays for massage action.
- During the massage, you can create favorite settings. (EN25 to EN29)
- Massage ends automatically after a maximum of approximately 30 minutes from the start of the massage.
- If you select an air-only part, the display screen will be different.

■ Shoulder position is not sensed when the part that operates with air only is selected.



Thighs



Example: Screen display during massage

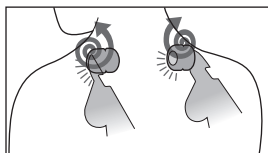
# The contents of the action

## Massage operation by massage rollers

- When "Full body auto massage" is selected, massaging operations that are suitable for the course are performed automatically.
- When "Select favorite area" is selected, the action will vary depending on the body part selected.

### Ultra knead

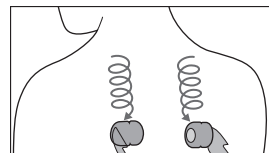
#### Small kneading action at points.



- 3D Ultra knead
- Ultra knead
- Hip ultra knead
- Shoulder ultra knead
- Squeeze ultra knead
- Pat knead

### Spiral ultra knead

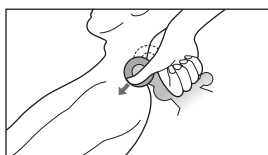
#### Kneading action while moving up and down.



- Spiral vertical knead
- Spiral lateral knead
- Spiral hip knead
- 3D spiral knead

### Shiatsu

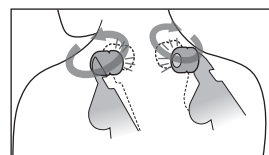
#### Action compressing muscle knots vertically.



- Neck shiatsu
- Squeeze shiatsu
- Spiral vertical shiatsu
- Hip shiatsu
- Shoulder shiatsu
- Triple shiatsu

### Knead

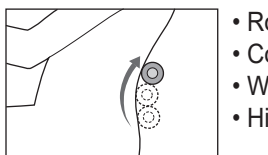
#### Deep kneading action.



- Neck squeeze-knead
- Compress upwards
- Squeeze-Knead
- Deep tissue
- Shoulder knead
- Compress downwards
- Hip knead
- Triple compress

### Roll

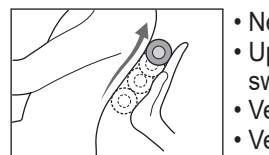
#### Action to stretch an area.



- Roll upwards
- Compress roll
- Waist compress
- Hip roll
- Lower hip roll
- Compress roll upwards

### Swedish

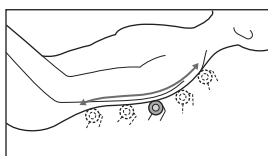
#### Action of rubbing gently across a wide area.



- Neck swedish
- Upper shoulder swedish
- Vertical swedish
- Vertical spread swedish
- Hip swedish
- Lower hip swedish
- Shoulder swedish
- Swedish downwards
- Pat swedish

### Roll

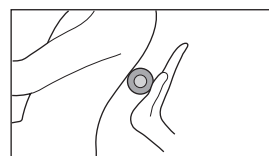
#### Action stretching the body along the backbone.



- Roll
- Swedish roll
- Knead roll

### Press

#### Gentle pressing action



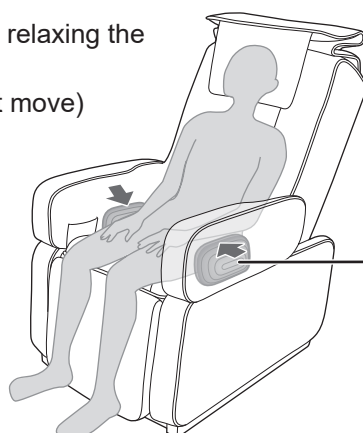
- Press
- Slow press

- The respective actions are suitable for specific body parts. (Actions of Shiatsu for the "Neck" are different from of the actions for the "Shoulder".)

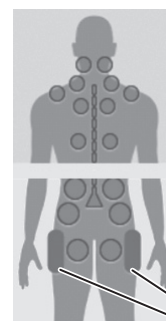
## About air massage operation

Air operation is that of softly relaxing the body with only air.

(The massage rollers do not move)



Thighs  
Squeezes the thighs from the side and applies pressure.

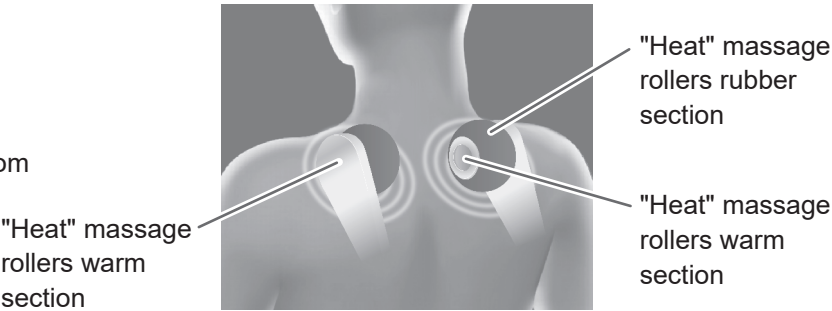


Thighs

About "Heat" massage

The warm section in the "Heat" massage rollers will warm up the fabric of the massage areas.

- Temperature adjustment cannot be made.
- Sense of warmth differs depending on the room temperature, clothing, body shape, action, position, and course.



Adjusting the intensity

Details on available adjustments

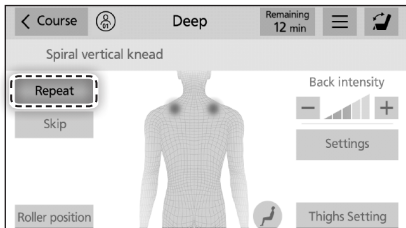
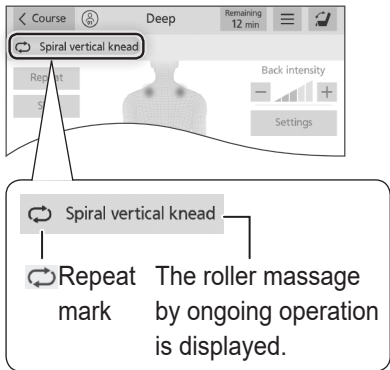
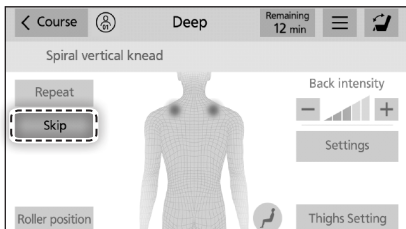
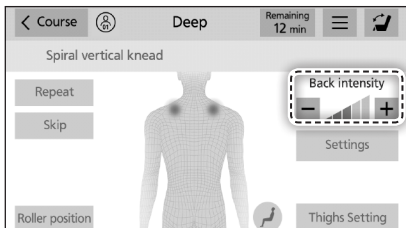
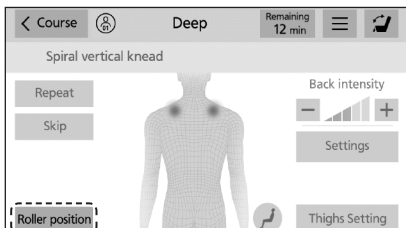
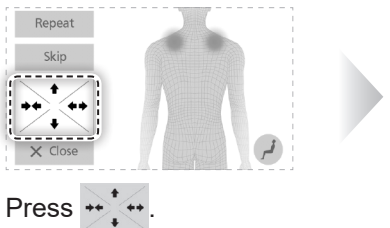
- Details on available adjustments vary depending on the type.
  - If you have registered as a user, your adjustments will be stored in the memory. (Excluding skips)
- : Adjustments available — : Adjustments not available

| Adjustment function        | Full body auto massage | Select favorite area                            | Air operation only |
|----------------------------|------------------------|-------------------------------------------------|--------------------|
| Repeat                     | ○                      | ○                                               | —                  |
|                            | —<br>"Relax" course    |                                                 |                    |
| Skip                       | ○                      | ○                                               | —                  |
| Back intensity             | ○                      | ○                                               | —                  |
| Roller position adjustment | ○                      | ○                                               | —                  |
| Thighs setting             | ○                      | ○                                               | ○                  |
| Tap action                 | ○                      | ○<br>Individual operations can be turned OFF/ON | —                  |
| Heat                       | ○                      | ○                                               | —                  |
| Hip Massage                | ○                      | ○                                               | —                  |

Continued on the next page

# Adjusting the intensity (continued)

- It is possible to adjust to your liking the adjustments and settings, etc., during massaging.
- The overall operation time does not change even if "Repeat", "Skip" or other adjustments are made during massage.
  - When "Repeat" is pressed: The course may not reach the last operation due to the time required by the adjustment.
  - When "Skip" is pressed: The operation may be completed and then resumed from the beginning, depending on the remaining time.
- Details on available adjustments vary depending on the type. See EN25 for details.

| Function name              | Description                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           |        |     |   |                        |                                                                                       |                                                                                       |  |
|----------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|--------|-----|---|------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--|
| Repeat                     | The currently operating roller message is repeated about twice the number of operations. | <div></div> <div>Press "Repeat".</div> <div></div>                                                                                                                                                                                                                                              |           |        |     |   |                        |                                                                                       |                                                                                       |  |
| Skip                       | Suspend ongoing roller massage and move onto the next operation.                         | <div></div> <div>Press "Skip".</div>                                                                                                                                                                                                                                                                                                                                             |           |        |     |   |                        |                                                                                       |                                                                                       |  |
| Back intensity             | Back intensity can be adjusted in 5 stages.                                              | <div></div> <div>Press "-" or "+".</div> <div><table><tr><td>Intensity</td><td>Lowest</td><td>Low</td><td>M</td></tr><tr><td>Back intensity display</td><td></td><td></td><td></td></tr></table></div> | Intensity | Lowest | Low | M | Back intensity display |  |  |  |
| Intensity                  | Lowest                                                                                   | Low                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | M         |        |     |   |                        |                                                                                       |                                                                                       |  |
| Back intensity display     |     |                                                                                                                                                                                                                                                                                                                                                                                 |           |        |     |   |                        |                                                                                       |                                                                                       |  |
| Roller position adjustment | Roller positions in vertical and horizontal directions can be adjusted.                  | <div></div> <div>Press "Roller position".</div> <div></div>                                                                                                                                                                                                                                 |           |        |     |   |                        |                                                                                       |                                                                                       |  |

## Settings & adjusting method

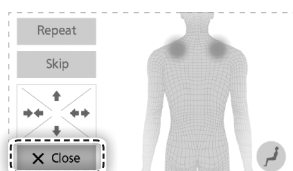
- This may not be accepted if selected when an operation is switching to another operation.
-  is displayed during repeat.
- The number of repetitions is the same whether pressed once or pressed twice or more times.
- If you press Repeat and continue massaging the same area for about 5 minutes, a "beep" will sound and the massage rollers will automatically move upward about 3 cm. (May move downward, depending on the part)
- You cannot repeat an operation on the "Relax" course.

Adjusting the intensity

- This may not be accepted if selected when an operation is switching to another operation.

| Medium                                                                              | High                                                                                | Highest                                                                             |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |  |

- Adjustments cannot be made by pressing "-" or "+" while strength display is blinking.
- Refer to descriptions provided on EN41 for instructions when the highest intensity setting is not strong enough or when the lowest intensity setting is too strong.
- The adjustment may not be accepted if selected when an operation is switching to another operation.

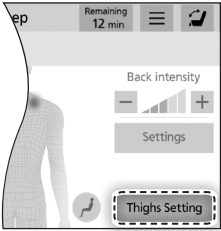
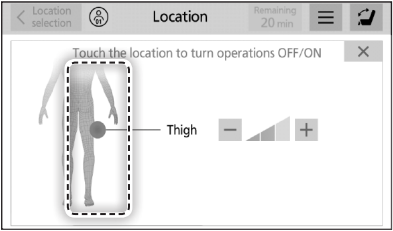
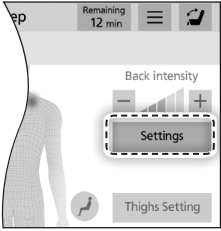
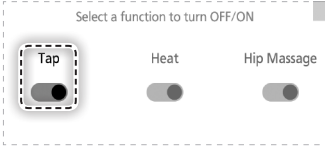
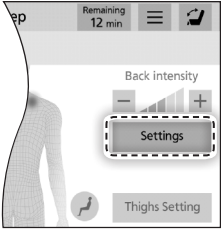
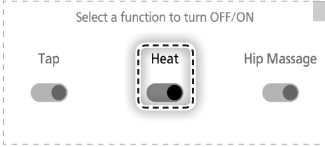
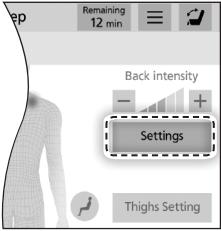
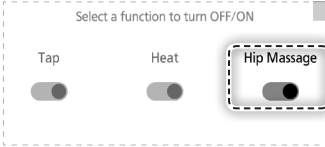


Press "X" (Close)

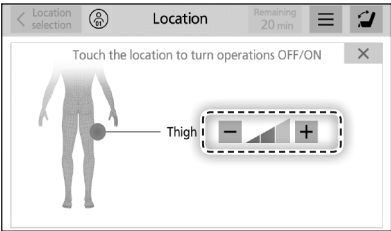
Press  to perform adjustments when adjusting positions of rollers for an ongoing motion.

- The maximum number of adjustments per operation is 3 per direction.
- When "Beep-beep-beep" is heard, no further adjustment is possible.
- Adjustment may not be possible depending on the place where the massaging is being made.

# Adjusting the intensity (continued)

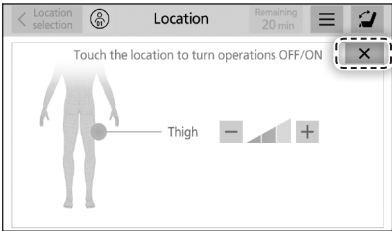
| Function name  | Description                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|----------------|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Thighs setting | <p>Thighs setting is turned OFF/ON</p> <p>The operating intensity can be adjusted in 3 stages.</p> | <div><div></div><div>Press "Thighs setting"</div><div></div><div>Motions are turned OFF/ON by pressing the body parts.</div><div><div> Turned on: ON</div><div> Turned off: OFF</div></div></div>                                                                                                                                                                                                                                                                                            |
| Tap action     | <p>Tapping operation is turned OFF/ON.</p>                                                         | <div><div></div><div>Press "Settings"</div><div><div>When "Full body auto massage" is selected</div><div><div></div><div><div> Turned on (blue): ON</div><div> Turned off (black): OFF</div></div></div><div>Press  for "Tap"</div></div></div>                                                                                                                                                 |
| Heat           | <p>Heat is turned OFF/ON.</p>                                                                      | <div><div></div><div>Press "Settings"</div><div><div><div></div><div><div> Turned on (blue): ON</div><div> Turned off (black): OFF</div></div></div><div>Press  for "Heat"</div></div></div>                                                                                                                                                                                                    |
| Hip Massage    | <p>Hip Massage is turned OFF/ON.</p>                                                               | <div><div></div><div>Press "Settings"</div><div><div><div></div><div><div> Turned on (blue): ON</div><div> Turned off (black): OFF</div></div></div><div>Press  for "Hip Massage"</div><div><p> When turned "OFF" and then "ON" again, it immediately moves to the hips for massage.</p></div></div></div> |

Settings & adjusting method



Intensity of motions can be adjusted in 3 stages by pressing "-" or "+" for desired body parts.

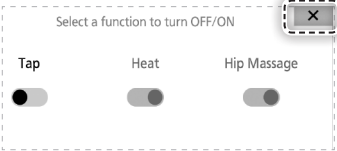
| Intensity               | Low | Medium | High |
|-------------------------|-----|--------|------|
| Thigh intensity display |     |        |      |



Press "X" (Close)

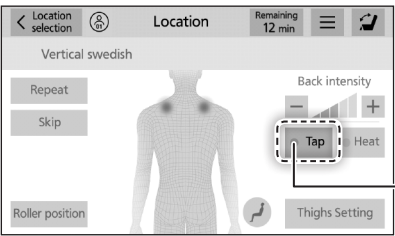
Adjusting the intensity

(Example of setting to "OFF")



Press "X" (Close)

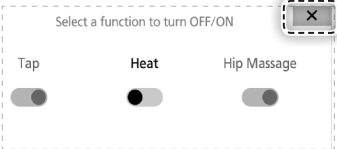
When "Select favorite area" is selected (Example of setting to "OFF")



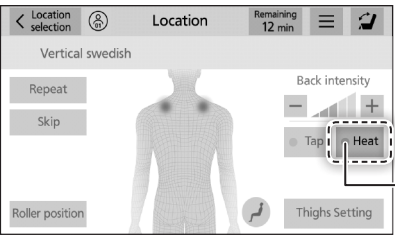
● Individual operations can be turned OFF/ON.

Press "Tap"

- Turned on (blue): ON
- Turned off (black): OFF

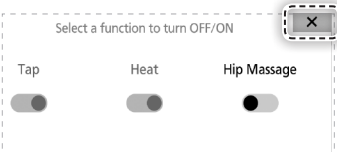


Press "X" (Close)

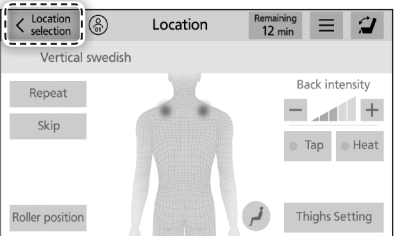


Press "Heat"

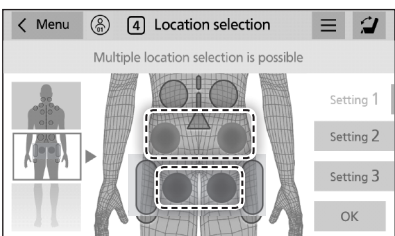
- Turned on (blue): ON
- Turned off (black): OFF



Press "X" (Close)



Press "Location selection".

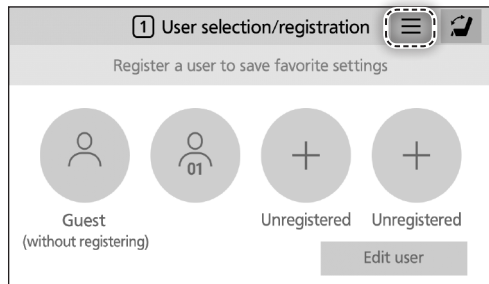


● Buttock massage can be turned OFF/ON. (EN22 to EN23)

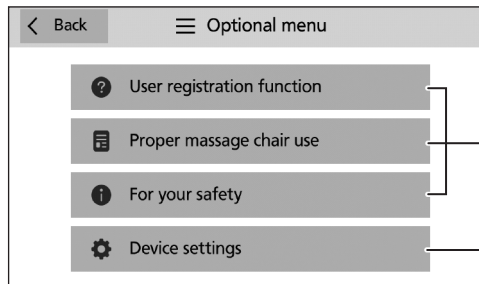
# Option menu screen

Press  to display the Options Menu (Help Menu and Device Settings Menu) screen.

Example: If the option menu is selected from the user selection/registration screen



Press .



Select a menu item from the options menu screen

## Help menu

Detailed instructions on how to operate the screen, the massage function, and how to use it.

## Device settings menu

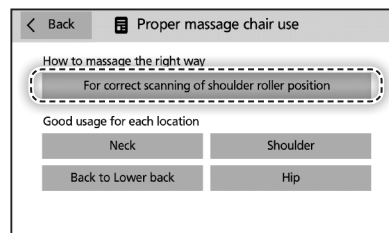
Detailed settings can be made for the controller, backrest and legrest

## Help menu

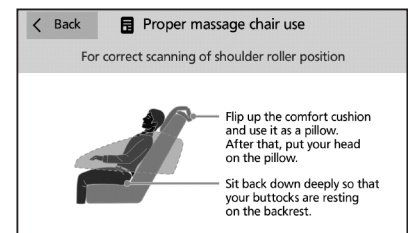
Example: If you choose "Proper message chair use" → "For correct scanning of shoulder roller position"



Select the help menu you want to see



Select the item you want to see



## Bluetooth audio playback instructions

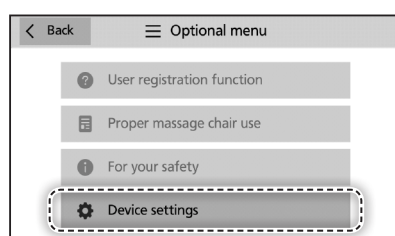
The massage lounger has built-in Bluetooth receiving module, which can be connected with Bluetooth mobile phones, tablet computers and other devices to play music, so that you can enjoy music while having massage.

To ensure the security of Bluetooth connection, the password should be put in as follows. (EN41)

Bluetooth ID: EP-MAL2-XXXXXX

Bluetooth password: 1126

## Device Settings Menu

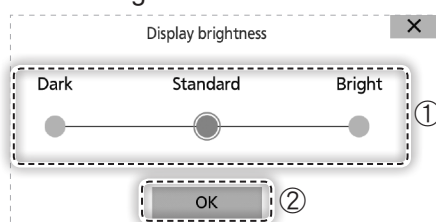


### Select "Device settings"

After selecting an item, follow the steps below to set it up.

- ① Select what you want to set.
- ② Press "OK".

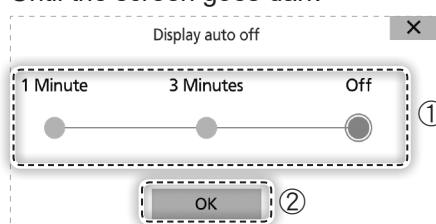
#### • Screen brightness



### Set the brightness of the touch panel

Select from "Dark", "Standard" and "Bright"

#### • Until the screen goes dark

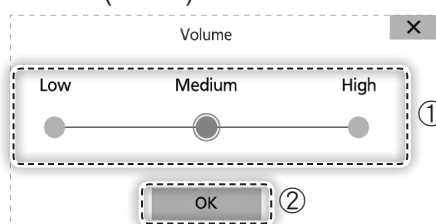


### Set the time before the screen goes dark

Select from "1 Minute", "3 Minutes" or "Off"

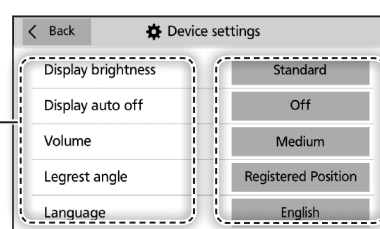
- If no operation is performed within the set time, the screen will go dark. Touch the screen to return to the original brightness. The screen can be operated in bright conditions.
- If "Relaxation without a massage" is selected, the screen will go dark if no operation is performed for about 3 minutes, even if the time is set.
- Even if the time is set, the power will automatically turn off if the machine is not operated for approximately 3 minutes without starting massage.

#### • volume (sound)



### Set operation sound volume

Select from "Low", "Medium" and "High"

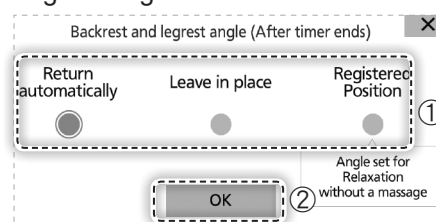


Items that can be set

### Select the item you want to set.

Setting button for each item

#### • Legrest angle



### Set the legrest angle after the timer ends

"Return automatically": Returns to the original angle.

"Leave in place": The angle remains unchanged

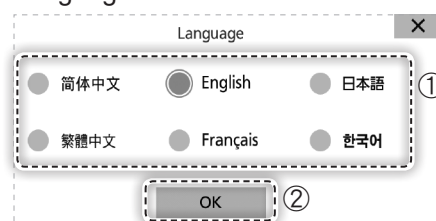
"Registered position": Select "Relaxation without a massage" to return to the registered angle.

- For guests: Returns to the original angle.

- If the angle is not registered: Returns to the original angle.

- The factory default setting is "Return automatically".

#### • Language



### Select controller language

Select from "Simplified Chinese", "English", "Japanese", "Traditional Chinese", "French", or "Korean"

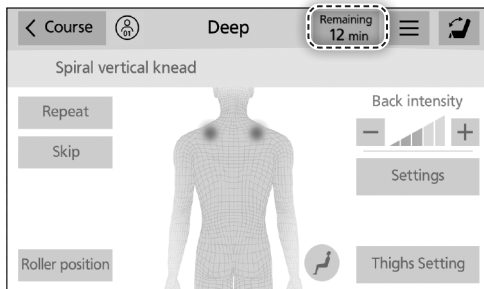
# Adjust the massage time

The time from when shoulder position sensing starts to when the massage roller is retracted and automatically stops can be adjusted.

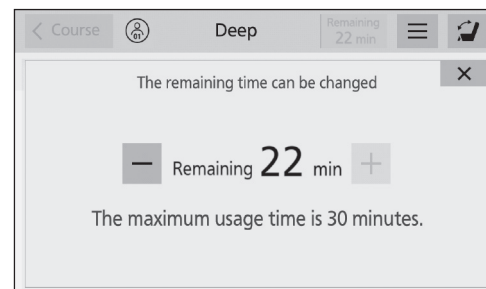
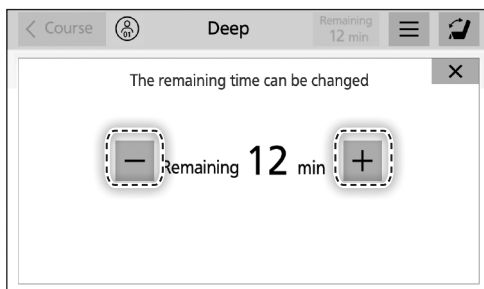
A timer is activated when shoulder position sensing begins and automatically stops at the selected time.

- Displays the remaining massage time on the screen.

## 1 Press the remaining time display button during massage

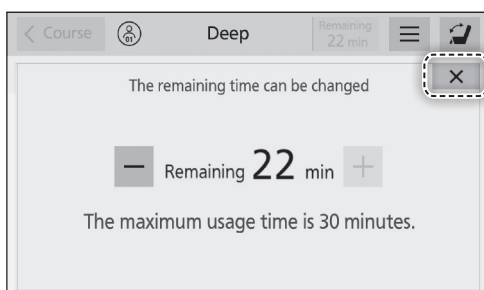


## 2 Use "-" and "+" to adjust.



- The time from the start of the massage can be increased up to 30 minutes. It can also be reduced to one minute remaining.
- If you select a massage time of 30 minutes (EN20 and EN22), the time cannot be increased.
- The remaining time is increased, and when the total of the massage elapsed time and remaining time reaches 30 minutes, "The maximum usage time is 30 minutes" is displayed and "+" cannot be pressed.

## 3 Press "X" (Close)



# After completing the massage

## 1 Return backrest and legrest

- The leg rest automatically returns to its original position and the massage rollers move to the stow position so that you can stand up safely.  
In the following cases, the return will not be automatic; you must return it yourself.

- When the legrest angle is set to "Leave in place"

→ Press **Return backrest and legrest** on the controller screen

→ If the controller screen is switched off, press  twice

- When returning the backrest

→ Press **Return backrest** or **Return backrest and legrest** on the controller screen

→ If the controller screen is switched off, press  twice

- When the massage is terminated with an abrupt press of the Stop button in the middle of the massage

→ Press  twice

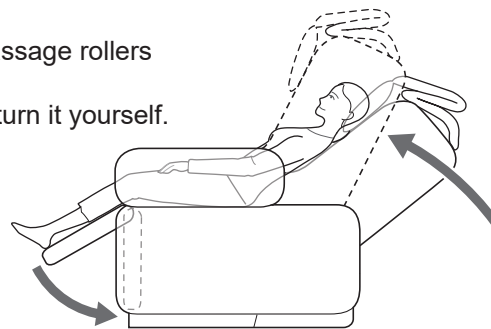
The legrest is lowered automatically, the backrest moves up and the massage rollers are stored in the original position.

When storage is complete, you will hear a confirmation sound "Beep".

- When the legrest angle is set to the "Registration Location" (EN31)

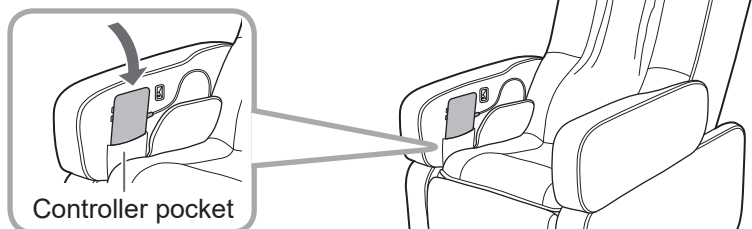
- When returning the backrest and legrest to their registered position

→ Press and hold **Return the backrest and legrest to the registered position (Press and hold)** on the controller screen

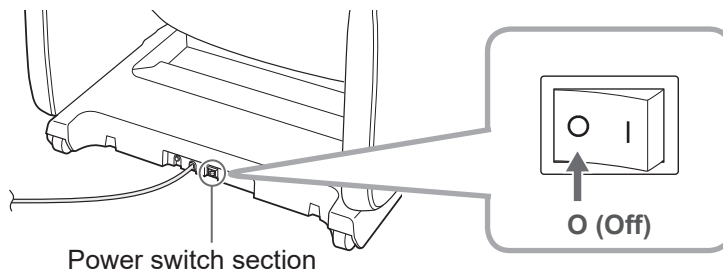


Adjust the massage time  
After completing the massage

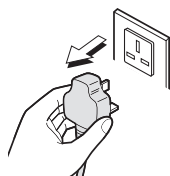
## 2 Store the controller in the controller pocket



## 3 Set the power switch on the back of the main unit to the "O" (Off) position



## 4 Unplug the power plug from the wall socket

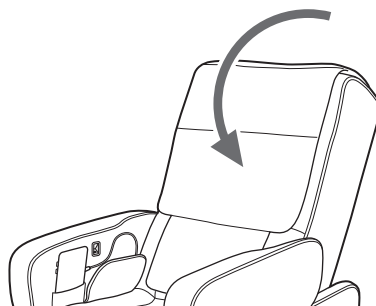


### **WARNING**

- After each massage, push the power switch on the unit backside to the "O" (Off) position and unplug the power plug. (To prevent breakage or injury from misuse by children.)

## 5 Hang the comfort cushion with pillow on the backrest

- When the comfort cushion is attached, the unit can be used as a chair.



# I want to relax without a massage

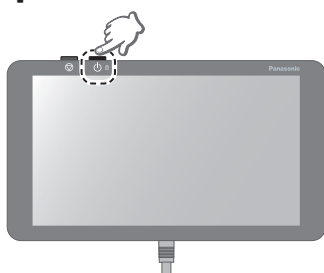
Hang the comfort cushion on the backrest and sit back in the unit.

- By selecting a user, you can register the set reclining angle.

The next time you use it, simply select "Registered Location" and the stored reclining angle will be restored.

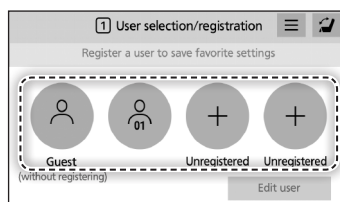
If "Guest" is selected, you will not be able to store the settings.

## 1 Turn on the power



- The power is turned OFF automatically after about 3 minutes if no operation is performed after the unit is switched on.

## 2 Press the user icon (EN19)



(The registered user is just an example)

## 3 Select "Relaxation without a massage"

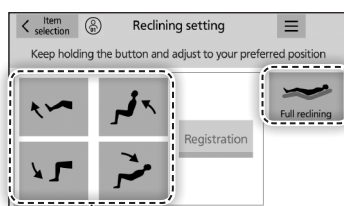


### Reclining settings

#### ■ If you want to adjust and register your favorite position

## 4 Set the angle

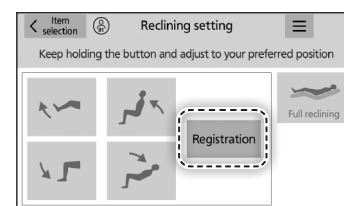
- When the button is pressed, a "Beep" confirmation sound is heard.



Press and hold to keep it moving until you hear a "Beep-beep-beep" sound.

Press and hold to move the backrest and legrest simultaneously to the fully reclined position.

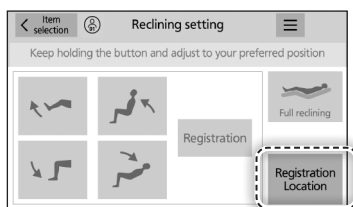
Example: If user is selected



- Click "Registration" to register the angle that you have set.
- The Register button is not shown when "Guest" is selected.

#### ■ When selecting the registered reclining position

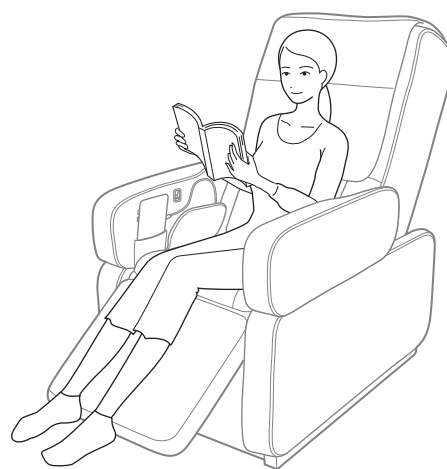
## 4 Press and hold "Registration Location"



- If you press and hold until you hear a beeping sound, the unit will move to the last registered position.
- If you are setting the angle for the first time after registering a user, "Registration Location" will not be shown.
- If you change the angle and press "Registration" again, the previous setting will be overwritten.

## 5 Let's relax

- Store the controller in the controller pocket.
- The controller screen will go dark after about 3 minutes of inactivity.\*1  
Touch the screen to return to the original brightness and start operation.  
\*1: The screen will go dark even if you select "Off" when setting time until the screen goes dark.
- The power will turn off after about 3 hours.  
If the power is turned off, the controller screen will not function even when touched.  
To operate, press .



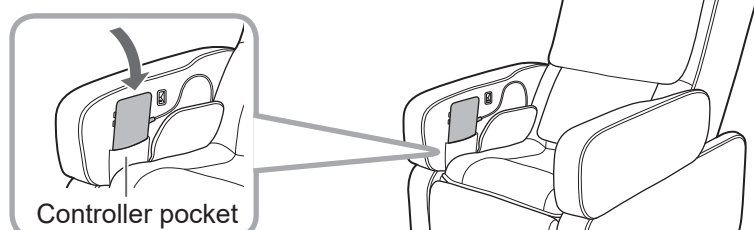
I want to relax without a massage

## After completing the massage

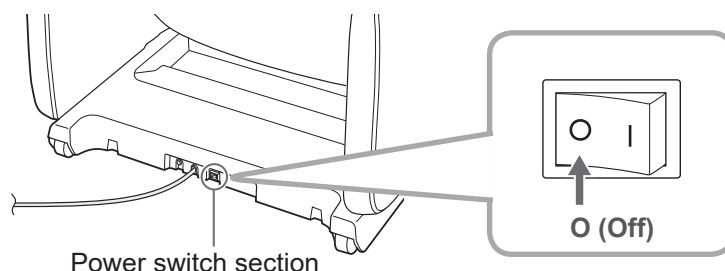
### 1 Make sure the power is off

- Check to ensure you cannot operate the controller by touching the screen.

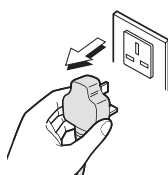
### 2 Store the controller in the controller pocket



### 3 Set the power switch on the back of the main unit to the "O" (Off) position



### 4 Unplug the power plug from the wall socket



#### **WARNING**

- After each massage, push the power switch on the back of the unit to the "O" (Off) position and unplug the power plug  
(To prevent breakage or injury from misuse by children)

# Moving the unit

## Lift the main unit when moving

Lift and move with one person holding the sides of the legrest and one person holding the backrest cover groove. (EN10)

**Always carry the lounge with at least two people!**

## Moving the unit on its casters

- Remove the obstacles in the vicinity
- Move with the backrest fully upright.

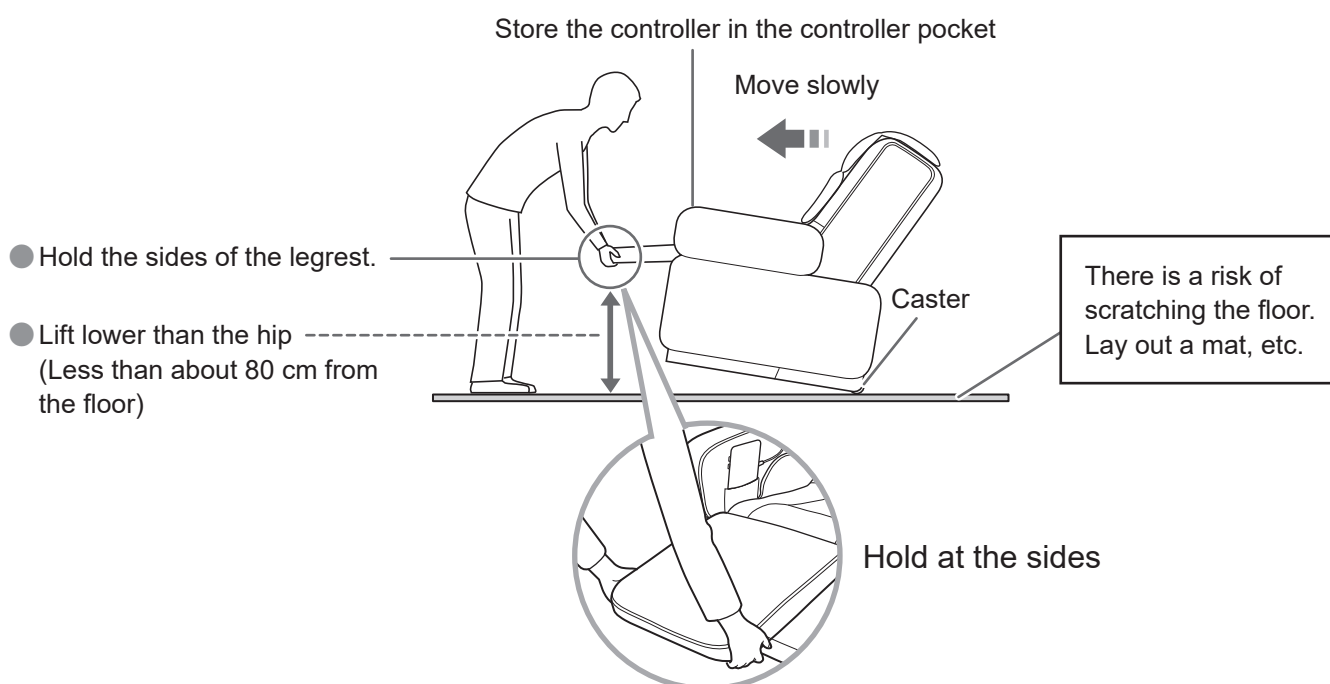
The backrest rises up if  is pressed twice.

Since the unit is heavy, be careful to avoid back injuries.

|                                       |
|---------------------------------------|
| Lifting weight when moving on casters |
|---------------------------------------|

|               |
|---------------|
| Approx. 21 kg |
|---------------|

Hold the legrest at the sides and move the unit on its casters.



### ■ When you lower the unit

- Put the unit down slowly and watch your step carefully.
- Hold the legrest with your hands until it has been set on the floor completely. If you release the legrest too soon, it will spring back to the initial position.  
If you release it too soon, it will spring back

# Cleaning and maintenance

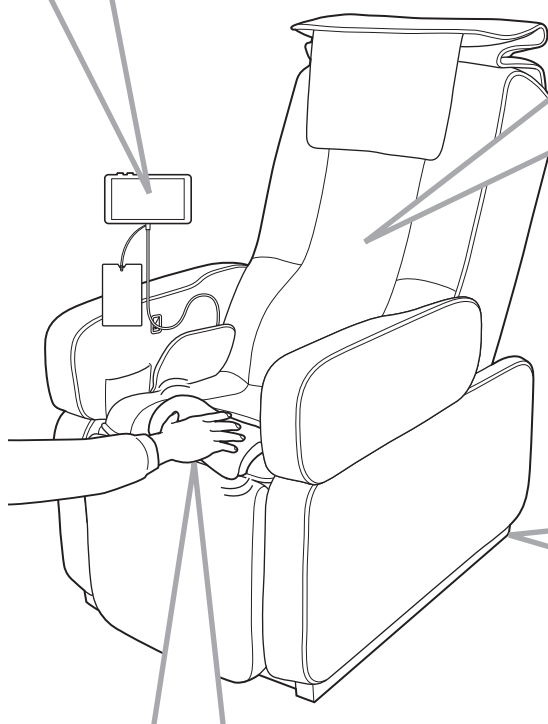
- Never use chemicals such as thinner, benzene, alcohol, etc.  
(Otherwise it may lead to cracking and discoloration of parts, discoloration, deterioration and cracking of synthetic leather)
- Be careful when using the unit with clothing such as jeans or colored clothes. (Cause of color transfer to the synthetic leather and fabric portions)
- Please avoid long time contact with plastic products etc. (Cause of discoloration)

## Touch panel section

**Wipe lightly with a soft, dry cloth such as gauze**

**<When the dirt is severe>**

Wring out a cloth soaked in water and then wipe off the stain, followed by a light wipe with a soft, dry cloth such as gauze.



## Fabric parts

- ① Soak a soft cloth in water or a 3 % - 5 % solution of neutral kitchen detergent with warm water and squeeze well and wipe.
- ② Use water or a neutral kitchen detergent and brush on areas where the seat fabric is particularly soiled.
  - Be careful not to brush the fabric too much to avoid damage.
- ③ Finally, rinse the cloth in water and wring it out, then wipe off all the detergent.
- ④ Allow the unit to dry naturally.



## Plastic area

- ① Soak a soft cloth in water or a 3 % - 5 % solution of neutral kitchen detergent with warm water and squeeze well and wipe.
- ② Finally, rinse the cloth in water and wring it out, then wipe off all the detergent.
  - When cleaning the controller (other than the touch panel area), be sure to wring out the cloth especially well before wiping.
- ③ Allow the unit to dry naturally.



## Synthetic leather part

**Wipe with a soft, dry cloth.**

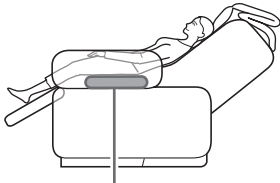
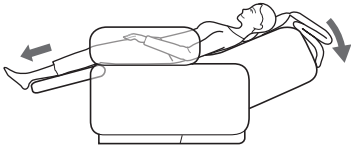
- Never use cleaners available on the market that contain ethanol ingredients. (Cause of discoloration, change of properties)
- Do not rapidly dry off with a dryer, etc. (Cracking may occur)

**<When the dirt is severe>**

- ① Soak a soft cloth in water or a 3 % - 5 % solution of neutral kitchen detergent with warm water and squeeze well.
  - ② Briskly rub the surfaces.
  - ③ Finally, rinse the cloth in water and wring it out, then wipe off all the detergent.
  - ④ Wipe with a soft, dry cloth.
  - ⑤ Allow the unit to dry naturally.
- For hard-to-clean soiling, wipe with the same neutral kitchen detergent solution, etc. but using a commercially available "Sponge of melamine foam material".



# Q&A

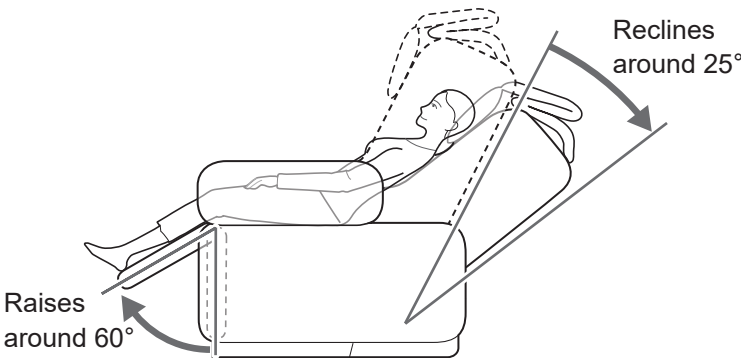
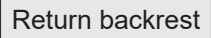
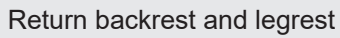
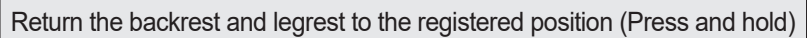
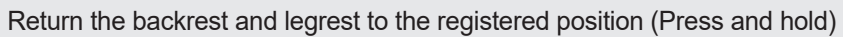
| Question            |                                                                                  | Answer                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|---------------------|----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Before use          |                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Doctor Consultation | Can I use the unit if I have an illness that requires regular medical attention? | <p><b>Consult your doctor before using this unit.</b></p> <p>Massage is a form of stimulation by tactile pressure in which pressure is applied to the muscles to relax them. This may exacerbate some illnesses. Be sure to consult a doctor if you have an illness. (EN4)</p>                                                                                                                                                                                                                                                                 |
|                     | Can people shorter than 140 cm or taller than 185 cm still use it?               | <p><b>Yes.</b></p> <p>The shoulder position may not be adjustable; in that case it is recommended that the following methods be used.</p> <div><div>&lt;If shorter than 140 cm&gt;</div><div><p>Place a cushion on the seat and sit firmly.</p></div><div>&lt;If taller than 185 cm&gt;</div><div><p>Recline the backrest and slide your body forward.</p></div></div> |
| How to use          | How many times can this be used in one day?                                      | <p><b>Use for less than about 30 minutes in one day.</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

| Question | Answer |
|----------|--------|
|----------|--------|

## During operation

|                          |                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|--------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Controller (U10 display) | During body scanning or a massage, 7 short beeps sounded (U10 was displayed) and the action stopped. What happened? | <p><b>Massages stop for safety if the body cannot be detected for one of the following reasons.</b></p> <ul style="list-style-type: none"> <li>• The user is not sitting.</li> <li>• The head and/or back is not touching the backrest.</li> <li>• A cushion is placed against the backrest or the user is wearing thick clothing.</li> <li>• The comfort cushion with pillow is not raised.</li> </ul> <p>● Sit firmly, lean gently back so that your head touches the pillow, press  and then press  to start again.</p> |
|                          | The mechanical intensity adjustment button for the upper half of the body does not work sometimes.                  | <p><b>The upper body massage roller intensity button is ineffective in following instances. The intensity display flashes during adjustment. No adjustments will be accepted while it is flashing.</b></p> <p>This is an intentional condition to prevent suddenly intensifying strength and is not a malfunction.</p>                                                                                                                                                                                                                                                                                                                                                                        |
| Upper body               | There is a delay in movement when adjusting the position.                                                           | <p><b>The message rollers may not move immediately depending on when the position button is pushed. (There may be a small time lag. This is not an abnormality.)</b></p> <p>If you hear the limit sound (beep-beep-beep) when the button is pushed, this means that it is at the furthest position and cannot move any further.</p>                                                                                                                                                                                                                                                                                                                                                           |
|                          | The height (intensity) on the left feels different to that on the right.                                            | <p><b>It is designed to differ in some cases.</b></p> <p>An alternating tapping mechanism is used to create a more natural sensation. The message rollers therefore do not move in unison in some massages. The message roller height (intensity) on the left differs from that on the right in these massages. This is not a malfunction.</p>                                                                                                                                                                                                                                                                                                                                                |
|                          | The message rollers sometimes move bit by bit in a twitching manner.                                                | <p><b>The chair is detecting the pressure acting on the message rollers and changing the message strength.</b></p> <p>The message rollers may move bit by bit depending on the pressure but this is not an abnormality.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|                          | The message rollers sometimes stop working temporarily...                                                           | <p>Depending on the operation, the message rollers may stop temporarily during the slow press, but this is not a malfunction. In particular, the "Relax" course includes multiple "Pressing" movements where the message rollers press against the skin and temporarily stop.</p>                                                                                                                                                                                                                                                                                                                                                                                                             |

Q&A (continued)

| Question                     |                                                                                              | Answer                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| During operation (continued) |                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Reclining                    | The angle of the backrest and legrest automatically changes at times...                      | <p>The angle automatically changes in the following cases.</p> <ul style="list-style-type: none"><li>While scanning the shoulder roller position<ul style="list-style-type: none"><li>The unit body moves automatically, and gets inclined to the angle that makes scanning easy.</li><li>If you have adjusted the reclining before use, the angle will not change.</li></ul></li></ul>  <ul style="list-style-type: none"><li>When  is pressed to end the massage.<ul style="list-style-type: none"><li>It will automatically return to standby.</li></ul></li><li>Set the legrest angle when finished by timer (EN31)<ul style="list-style-type: none"><li>Automatic return: The backrest and legrest will return automatically.</li></ul></li></ul> |
|                              | You do not want to return the legrest after the timer ends                                   | If the legrest angle is set to "Leave in place", the legrest will not return automatically after the timer ends. (EN31)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|                              | The backrest does not return to its original position after the timer ends                   | <ul style="list-style-type: none"><li>After the timer ends, the display on the controller is shown<br/>Press ,  or .</li><li>If the controller is turned off, press  twice.</li></ul>                                                                                                                                                                                                                                                                                                                                                                                      |
|                              | I want to return the backrest and legrest to the "Registered position" after the timer ends. | <p>When the legrest angle is set to "Registered position" in the settings</p> <p>After the timer ends, press  displayed on the controller.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|                              | It displayed as not being able to finish correctly last time...                              | <p>It is displayed in the following cases</p> <ul style="list-style-type: none"><li>Previously shut down due to power outage</li><li>Stopped by turning the power switch on the back of the main unit to "O" (Off) or unplugging the power plug from the outlet before normal termination operation</li></ul> <p>Press "OK"</p> <p>After stowing the backrest or legrest in its original position, resume the operation.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

| Question | Answer |
|----------|--------|
|----------|--------|

## How to adjust the <Position>

|                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|--------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Scanning of shoulder roller position | <p>The correct shoulder position cannot be found during scanning of shoulder roller position... (The shoulder position slips each time)</p> <p>Adjust with the shoulder position "▲" and "▼" button. (EN18)</p> <p>Correct scanning of shoulder roller position may not be possible for some sitting positions (such as leaning forward).</p> <p>If your shoulder position does not match even if you are within the recommended height range for sensing (approx. 140cm to 185cm), try the following method.</p> <p>For shorter persons: Please use by raising the backrest and lifting the legrest.</p> <p>For taller persons: Recline the backrest and slide your body forward.</p> |
|--------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## How to adjust the <Intensity>

|            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Upper body | <p>The auto course is "Not strong enough even at the strongest setting..." or is "Too strong even at the weakest setting..."</p> <p>Try the following methods.</p> <ul style="list-style-type: none"> <li>Maximum intensity is set for a course but the intensity is insufficient. Leaning back the backrest results in more body weight pressing against the main unit for stronger massaging.</li> <li>Minimum intensity is set for a course by the intensity is excessive. If you place a cloth or blanket over the backrest, the massage rollers will feel softer.</li> </ul> |
| Hip        | <p>The hip massage is weak ...</p> <p>It is easier to work on the hips when the backrest is down. Also, if you raise the legrest and sit back so that your hips are on the backrest, the massage roller will be more firmly against the backrest.</p>                                                                                                                                                                                                                                                                                                                             |

## Other

|                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Controller      | <p>The displays of the operation or position seem to be different ...</p> <p>The actions shown represent rough movements. Actual movements or sensations may vary.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Noise           | <p>The noise grows louder after using the chair for a long time.</p> <p>This may be a malfunction. Contact the nearest authorized service center for an inspection and repair.</p>                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Timer function  | <p>Is there a timer function?</p> <p>Yes.</p> <p>To prevent overuse, the massage automatically ends at a maximum of 30 minutes after starting. (EN32)</p> <p>If "Relaxation without a massage" is selected, the setting will last for about 3 hours.</p>                                                                                                                                                                                                                                                                                                                                                    |
| Bluetooth audio | <p>How to connect and use Bluetooth audio of the massage lounger?</p> <p>When using the massage lounger for the first time, turn on the mobile phone and open the Bluetooth to search for the massage lounger model [EP-MAL2-XXXXXX], and correctly enter the Bluetooth password: 1126 Select the music playing.</p> <ul style="list-style-type: none"> <li>If you have used the Bluetooth audio playback function of the massage lounger, turn on the Bluetooth of the mobile phone. It will automatically connect to the Bluetooth audio of the massage lounger, and select the music playing.</li> </ul> |

# Troubleshooting

**Investigate the "Problem" and apply the "Cause and Remedy" below.**

If the problem still exists after following the remedy, contact an authorized service center.

Refer to EN47 for details when requesting repair.

| Problem                                                                  | Cause and Remedy                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|--------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The action stops mid-way.                                                | <p>If excessive force is applied to the massage rollers during operation, in the interests of safety the action may stop.</p> <p>→ Turn off the power switch on the back of the main unit once, and then turn it "I" (On) again after about 10 seconds before operating it.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|                                                                          | <p>If the operation returns to the menu selection screen while a course was ongoing, the operation stops.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|                                                                          | <p>There was a power outage.</p> <p>→ Since the operation would have stopped, press  twice to return the backrest and the massage rollers to the storage position, and then start to use again.<br/>(The operation does not restart even if the unit has recovered from a power failure.)</p> <p>→ Press  and when the screen on the right appears, press "OK".</p> <div data-bbox="1281 1035 1603 1188"> <p>Since the operation was not finished correctly last time, return the backrest and legrest to the original positions before start.</p> <p>OK</p> </div> |
| The massage rollers do not come up to the shoulder or neck.              | <p>If your head does not contact the pillow or your back does not contact the backrest, the shoulder position may be detected as lower than the actual position during the scanning of shoulder roller position.</p> <p>→ Sit on the seat in the deepest position and put your head on the pillow, and then repeat the operations again from the start.</p> <p>(EN18)</p>                                                                                                                                                                                                                                                                                                                                                                 |
| The height of the left and right massage rollers is different.           | <p>An alternating tapping method is employed, which means that this phenomenon will naturally occur. There is nothing wrong with the unit.<br/>(EN39)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| "Heat" massage rollers do not get warm.                                  | <p>"Heat" is set to Off.</p> <p>Sense of warmth from the massage rollers differs depending on your body shape, the massage body part, massage action, clothing, and room temperature.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| The "Heat" massage rollers do not cool down even after being turned off. | <p>Because of the structure of the heater, the "Heat" massage rollers will feel warm for a while after heating due to the residual heat.</p> <p>Continuing to massage the same area even after turning off the "Heat" switch may increase the temperature felt.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| The seat cannot be reclined and the legrest cannot be lowered.           | <p>If the unit encounters an obstacle or if excessive force is exerted on it during operation, in the interests of safety the unit will come to a stop.</p> <p>→ If the backrest or legrest stops, turn off the power switch on the back of the main unit once, turn it "I" (On) again after about 10 seconds and operate.</p>                                                                                                                                                                                                                                                                                                                                                                                                            |

| Problem                                                                                                                                                                  | Cause and Remedy                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Reclining does not take place even though a massage is started.<br>(The seat does not automatically recline.)                                                            | If you have adjusted the reclining before use, it will not recline automatically. (EN40)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| The backrest does not return to the upright position.                                                                                                                    | <p>For safety reasons, when the timer has finished working or when you press  to stop it, the backrest does not return to its original position automatically.</p> <p>→ If the controller is turned off, press  twice.</p> <p>If the legrest angle is set to "Leave in place" in the settings, it will not return to its original position automatically.</p> <p>→ If the following screen is displayed on the controller, press it.</p> <div>Return backrest</div> <div>Return backrest and legrest</div> <div>Return the backrest and legrest to the registered position (Press and hold)</div> <p>→ If the controller is turned off, press  twice.</p> |
| The unit will not operate at all.                                                                                                                                        | <p>The power plug has been disconnected (EN11 and EN12)</p> <p>Power switch on the back of the unit is set to "O" (Off) (EN11 and EN12)</p> <p>The child lock has been applied. (EN9)</p> <p>Course selection or body part selection has not been made (EN20 to 23)</p> <p>There is a power failure.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Touch panel is inoperable                                                                                                                                                | <p>Touch panel may become inoperable due to interference from other electronic devices in the vicinity.</p> <p>→ Press , turn off the power switch on the back of the main unit, then turn it back on "I" (On) after about 10 seconds to operate it.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Sometimes the power won't turn on when  is pressed again when a massage has finished. | <p>Due to shutdown (approx. 5 seconds)  may not be accepted.</p> <p>→ Wait at least 5 seconds once all movement has stopped before pressing .</p> <p>The child lock has been applied. (EN9)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Red, blue, or green pixels are visible on the touch panel                                                                                                                | Defective pixels that do not light, remain continuously lit, appear non-uniform, or experience color shifts are characteristic of touch screens and considered normal.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| The unit has been damaged.                                                                                                                                               | → To prevent accidents, be sure to contact an authorized service center. (EN47)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| The power cord or power plug is abnormally hot.                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

# Error display

<Example of error display>

## U10

For safety reasons, the chair will automatically stop if it cannot detect if someone is seated. If this error occurs even though you are sitting down, press the emergency stop switch, then sit back down deeply so that your buttocks are resting on the backrest and try operating the machine again.

| Error display | Contents                                                                                                                                                                                                                                                                                                                                       |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| U10           | For safety reasons, action will automatically stop when it cannot detect if someone is seated.<br>If this error occurs while you are seated, press  , sit further back in the chair pressing your buttocks against the seat back, and repeat the operation. |
| F03 ~ F39     | There is malfunction inside the massage device.<br>Stop using and ask your dealer to inspect and repair the chair.<br>(Service and maintenance will be carried out smoother if the error number is communicated when contacting.)                                                                                                              |

# Software

This product incorporates the following software:

- (1) The software developed independently by or for Panasonic Corporation
- (2) Open source software licensed under prescribed terms and conditions

The software categorized as (2) are distributed in the hope that it will be useful, but WITHOUT ANY WARRANTY, without even the implied warranty of MERCHANTABILITY or FITNESS FOR A PARTICULAR PURPOSE. At least three (3) years from delivery of products, Panasonic will give to any third party who contact us at the contact information provided below, for a charge no more than our cost of physically performing source code distribution, a complete machine-readable copy of the corresponding source code covered under GPL V2.0.

Contact information:

oss-cd-request@gg.jp.panasonic.com

To check the latest license terms of the software, you can check directly via the QR code below.



# Sounds and sensations of the unit

The following sounds and sensations occur while using the unit. However, they occur due to the construction of the unit and are perfectly normal.

From each air massage unit (see EN8 and EN24 for the position of each air massage unit)

## **"Snapping", hollow, bending and thrusting sounds**

Inflating sound of air bag as well as sounds and sensations of air bag as they rub against each other during air operations.

## **"Popping", "Clunking" sounds**

Sounds and feels like the massage rollers are straining to get over wrinkles in the cloth

## **"Rattle", "Squeak", "Rustle" sounds**

Operating sounds of the kneading or tapping actions

## **"Creaking" sound**

Creaking sound when the massage rollers are in operation

## **"Rattle", "Jerk" sounds**

Operating sounds when the massage rollers move up or down

## **"Rumble" sound**

Sound of the belt rotating

## **Motor sounds**

Motor sounds when air pressure is applied

## **"Clunking", "Jerking" sounds**

Sounds when the massage rollers change from "push" to "pull"

## **"Rubbing" sound**

Rubbing sound of the massage rollers on the seat fabric

## **"Grating" sound**

Sound when sitting down

## **"Grating" sound**

Sound of the comfort cushion with pillow moving over the armrest when the seat is reclining

## **"Grating" sound**

Grating sound in the backrest and armrest

## **Motor sounds**

Motor sound

## **"Whoosh", "Hiss" sounds**

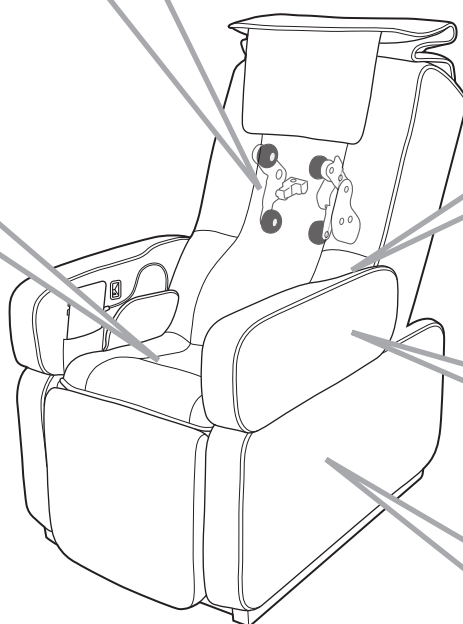
Sound of discharging air

## **Pump sounds**

Sounds of the pump beneath the seat

## **"Thudding", "Jerking" sounds**

Sounds of the valve beneath the seat



Error display/Software  
Sounds and sensations of the unit

**If these sounds have grown louder, there may be a malfunction.**

● Contact the nearest authorized service center for inspection and repair.

# Specifications

|                               |                                |                                                                                                                                                                                                                                                                                                                               |
|-------------------------------|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Trade name                    |                                | Massage Lounger EP-MAL2                                                                                                                                                                                                                                                                                                       |
| Power supply                  |                                | AC 220 V 50 Hz                                                                                                                                                                                                                                                                                                                |
| Power consumption             |                                | 135 W                                                                                                                                                                                                                                                                                                                         |
| Heater unit power consumption |                                | 23 W                                                                                                                                                                                                                                                                                                                          |
| Upper body massage            | Massage area (Up-Down)         | Approx. 93 cm (The massage rollers move a total of approx. 77 cm)                                                                                                                                                                                                                                                             |
|                               | Massage area (Left-Right)      | Massage roller spacing during massage operation (including width of massage roller)<br>Neck, shoulders, back approx. 5 cm to 21 cm<br>Hips and buttocks approx. 5 cm to 25 cm<br>Massage roller spacing (including the width of the massage roller) when stretching the back and moving up and down:<br>Approx. 5 cm to 17 cm |
|                               | Massage area (Front-Back)      | Massage roller protrusion (strength adjustment) approx. 10 cm                                                                                                                                                                                                                                                                 |
|                               | Massage speed                  | Kneaded: Approx. 4 sets per minute to 75 sets per minute<br>Tap: Approx. 190 sets per minute to 520 sets per minute (one side)<br>Moving speed: Approx. 1 cm per second to 5 cm per second                                                                                                                                    |
| Air massage                   | Air pressure (Thighs)          | 3: Approx. 33 kPa<br>2: Approx. 29 kPa<br>1: Approx. 16 kPa<br>(there are slight variations between body parts)                                                                                                                                                                                                               |
| Reclining angle               |                                | Backrest: Approx. 130 degrees to 170 degrees<br>Legrest: Approx. 0 degrees to 80 degrees                                                                                                                                                                                                                                      |
| Timer                         |                                | When you want a massage: Up to 30 minutes<br>I want to relax without a massage: About 3 hours                                                                                                                                                                                                                                 |
| Dimensions                    | When not reclining (H × W × D) | Approx. 122 cm × 68 cm × 118 cm                                                                                                                                                                                                                                                                                               |
|                               | When reclining (H × W × D)     | Approx. 74 cm × 68 cm × 177 cm                                                                                                                                                                                                                                                                                                |
| Mass                          |                                | Approx. 65 kg                                                                                                                                                                                                                                                                                                                 |
| Upholstery                    |                                | Synthetic leather                                                                                                                                                                                                                                                                                                             |
| Bluetooth Version             |                                | Bluetooth 5.3                                                                                                                                                                                                                                                                                                                 |

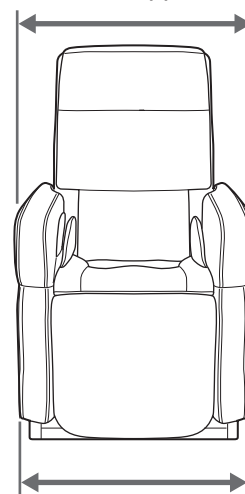
The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Panasonic Corporation is under license. Other trademarks and trade names are those of their respective owners.

If this product is used by a person weighing 100 kg or more, or by several people, the operating noise may become louder and the cloth cover may wear out more quickly.

## Unit dimensions

### Front

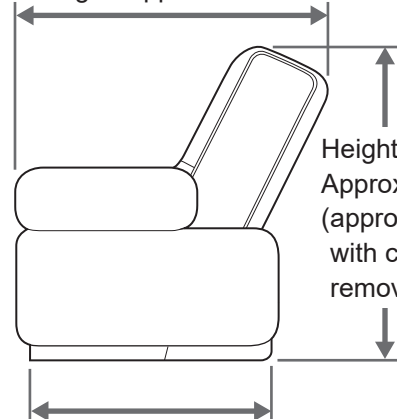
Elbow width: Approx. 68 cm



Width of floor section: Approx. 65 cm

### Side

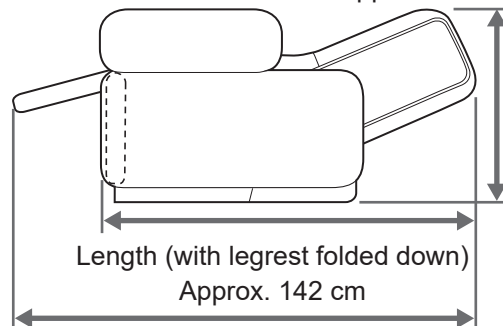
Length: Approx. 118 cm



Height:  
Approx. 122 cm  
(approx. 117 cm  
with cushion  
removed)

Length of floor section: Approx. 90 cm

Height:  
Approx. 74 cm



Length (with legrest folded down)  
Approx. 142 cm

Length (with legrest raised)  
Approx. 177 cm

**MEMO**

Specifications

# 列出各種常見問題以方便尋找

## **TC10 移動及安裝本機須知**

- 本機的尺寸（TC46）

## **TC16 按摩椅的基本使用方法**

- 想要按摩（TC16）
- 想放鬆但不進行按摩（TC34）

### **觸控面板讓您可輕鬆執行最喜愛的按摩功能。**

- 關於使用者選擇／使用者登記（TC19）
- 要全身按摩時（TC20）
- 希望以最喜愛的動作按摩時（TC22）
- 調整強度（TC25）
- 調整按摩時間（TC32）

## **TC25 關於溫熱按摩**

## **TC45 聲音有點奇怪！**

- 操作聲音、感覺等…

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# 安全須知

## 請務必遵守

以下將說明使用規範，請務必遵守，以防止危害人體或發生財物損失。

■ 以下將依據各種嚴重程度說明當用法錯誤時，會發生的危害與損害程度。

|                                                                                             |                           |
|---------------------------------------------------------------------------------------------|---------------------------|
|  <b>警告</b> | 若不遵守可能導致人員死亡或重傷。          |
|  <b>注意</b> | 若不遵守可能導致人員受到輕傷、或發生財物上的損失。 |

## 警告

### 症狀



- 具有下列任何狀況或正在接受治療的人請勿使用。
  - 被醫生告知禁止按摩者（例如由於血栓症、下肢深層靜脈栓塞、肺栓塞、重度動脈瘤、急性靜脈曲張、靜脈炎、任何類型的皮膚炎或皮膚感染 [包括皮下組織炎症] 等）
  - 骨質疏鬆症、脊椎骨折、扭傷、肌肉拉傷等患有急性疼痛性疾病的患者
  - 安裝心律調整器或其他易受電子干擾的體內植入型醫療用器材者
  - 孕婦，或剛生產過後的婦女
  - 急性腰痛、椎間盤突出、腰椎滑脫症、脊柱管狹窄症、腰椎退化性疾病的患者
  - 脊椎骨異常或彎曲者
- 有以下症狀者請勿使用大腿按摩、腰部、臀部按摩。
  - 臀部周邊急性發炎、急性臀部痛、梨狀肌症候群或坐骨神經痛患者
  - 有髖關節變形等髖關節較脆弱者
  - 使用時有臀部或大腿部疼痛、麻痺、倦怠感者（否則可能會加劇症狀。）
- 本產品不適合身體感應下降或心智能力低，或缺乏經驗和知識的人（包括兒童）使用，除非由負責其安全的人監督或指導他們使用本產品。應監督兒童以阻止兒童玩弄產品。  
（否則可能會導致意外或受傷。）



- 具有下列任何狀況或正在接受治療的人，在使用本機前請務必諮詢醫生。
  - 惡性腫瘤患者
  - 心臟病患者
  - 熱覺喪失者
  - 糖尿病等高度末梢循環障礙之知覺障礙者
  - 接受抗凝血治療者
  - 腱鞘炎患者
  - 按摩部位有傷口者
  - 體溫超過 38 °C（發燒）者（例如：有急性發炎症狀（倦怠感、畏寒、血壓波動等）或體力衰弱時）
  - 需靜養或身體狀態不佳者
  - 上述以外的身體不適者
- 使用中若出現身體異常或使用後仍未出現效果時，請立即停用並諮詢醫生。
- 主機體具有加熱表面。對熱不敏感的人必須小心使用。  
（否則可能導致意外、受傷、身體不適，或受影響部位出現麻痺）

### 並請注意以下事項



- 嚴禁改造、拆解或維修。  
（否則可能會導致起火，或者因主機體運作異常而造成受傷。）

■ 你必須遵從的指示，會以下列符號分類說明。（以下符號為有關示例。）



禁止事項。



強制執行事項。



## 警告

### 使用須知



- 按摩頸部時請注意按摩輪的移動，並避免按摩喉部和過強的按摩力度。
  - 請勿將按摩輪用於頭部。
  - 任何身體部位（或周圍）如已植入或佩戴醫療儀器，切勿將主機體用於該個部位。
  - 請勿坐在腿置台、靠背或扶手上。
  - 切勿讓兒童使用。此外，請勿讓兒童在主機體上玩耍或爬到腿置台、椅座、靠背或扶手上。
  - 請勿在抱小孩時使用按摩椅。
  - 使用時請勿將手、手肘、手臂或腳靠在覆蓋靠背移動部分的布料上。  
（否則可能會導致意外或受傷。）
  - 使用「溫熱」按摩輪時，請勿讓按摩輪長時間接觸相同部位。  
（以防發生低溫燙傷\*）
- ※ 若長時間接觸皮膚相同部位，即使未感覺到熱或疼痛，也有可能在較低溫度（40 °C 至 60 °C）下造成灼傷。



- 使用前，請務必檢查覆蓋靠背或座位可動部位的布料是否破損。也請檢查其他區域以確保布料未破損。即使是微小的破損也請立即停用，拔除電源插頭後委託維修。  
（否則可能會導致受傷或觸電。）
- 剛開始時請用輕柔按摩。
- 一天內切勿使用超過 30 分鐘。
- 按摩同部位的時間為 5 分鐘以內。  
（否則可能會導致受傷、反效果或麻痺。）
- 請依照使用說明書中提供的正確使用說明來使用按摩椅。
- 注意兒童，確保兒童不會把玩主機體。
- 如體型偵測時肩部高度未正確對齊，請使用按鈕調整肩部高度的位置（TC18）。



- 按摩中或移動靠背、腿置台時，務必確認周圍（主機體後方、下方、前方、側方）沒有其他人或寵物。
- 使用本機作為椅子時，請安裝舒適墊。  
（否則可能會導致意外或受傷。）
- 每次按摩後，請將主機體背面的電源切換鈕按到「O」（關）位置，並拔除電源插頭。  
（防止兒童誤用導致故障或受傷。）

## 安全須知（接續）

### 警告

#### 電源插頭、電源線等。



- 切勿破壞電源線及電源插頭。  
請勿刮傷、修改、在加熱器附近使用、過度彎曲、扭曲、拉扯、捆綁電線或插頭，或在其上放置重物。  
（否則可能會因短路而導致觸電、火災或起火。）
- 若要維修電源線或電源插頭，請聯繫 Panasonic 服務中心。
- 切勿以濕手插拔電源插頭。  
（否則可能會導致觸電。）



- 請使用 AC 220 V。  
（無法在海外搭配變壓器使用。）
- 將電源插頭確實插到底。  
（否則可能會因過熱而導致觸電或起火。）
- 請定期清潔電源插頭。
  - 用乾布清理灰塵。  
（否則可能會因濕氣而造成絕緣不良，而導致起火。）
- 拔下電源插頭時請握住插頭，勿拉扯電源線。  
（否則可能會因短路而導致觸電、火災或起火。）

#### 若發生故障



- 如發生異常與故障時，請立即停用，並拔除插頭。  
（否則可能會導致冒煙／起火或觸電。）
- <異常、故障例>
  - 按  時未啟動。
  - 移動電源線時，電源開啟再關閉。
  - 使用時出現焦味或異音。
  - 主機體變形或過熱。
- 立即聯繫 Panasonic 服務中心進行檢查／維修。

### 注意

#### 症狀



- 即使是身體健康者，若符合以下情況，請務必諮詢醫生後再使用。
  - 隨著年齡增長而出現肌肉衰退者或身體瘦弱者
  - 因骨骼、肌肉、器官、神經造成之腰部或臀部疼痛症狀者
  - 容易挫傷或扭傷者
  - 容易嚴重暈車者
  - 過去曾接受心臟或內臟手術者  
（否則可能會導致健康惡化。）
- 若因使用本產品而出現皮疹、發紅、發癢等症狀，請停止使用並就醫。  
（否則可能會導致意外或影響身體健康。）

#### 關於設置、移動



- 請勿在電熱毯等加熱電器上使用本產品。  
（否則可能會導致起火。）
- 切勿在已設置狀態下拖曳或移動主機體。  
（否則可能會損壞地板。）
- 勿用於浴室等潮濕場所。  
（否則可能會導致觸電。）



- 用腳輪移動時，請事先鋪上護墊等物品。  
（否則可能會損壞地板。）
- 用腳輪移動主機體時請移除周圍障礙物，將靠背完全立起，將腿置台抬起至低於腰部的位置（離地不到 80 cm），並緩慢移動主機體。
  - 請將操作器放入操作器收納袋內。
  - 放下主機體時請小心雙腳，並用手支撐腿置台直到完成。  
（否則主機體可能會掉落並導致受傷。）

## 注意

### 關於電源



- 為安全起見，本機必須接地。  
（否則可能因故障或漏電而引致觸電）
- 不使用時，從插座上拔除電源插頭。  
（因為灰塵與濕氣會使絕緣劣化，這可能會因漏電而導致起火。）
- 保存前請先確保電源線沒有扭曲。  
（否則可能會因短路而導致觸電、火災或起火。）

### 使用前和使用時



- 請勿讓腹部或皮膚接觸按摩輪。此外，請勿將手或腿放入按摩輪內（可能會導致意外或受傷）。
- 請勿將手、手指、腳或頭伸入下列空間：
  - (1) 靠背與椅座、扶手間隙
  - (2) 腿置台與椅座、扶手間隙
  - (3) 椅座與扶手間隙
  - (4) 背面外罩與小腿蓋間隙
  - (5) 腿置台內側
- 按摩時請勿拔除電源插頭或將電源切換鈕轉到「O」（關）位置。  
（否則可能會導致受傷。）
- 腿置台未完全降下時，切勿坐、站在腿置台上，或在上方放置物品。  
（主機可能傾斜，導致意外或受傷。）
- 切勿同時使用其他治療器。
- 使用中請勿睡著。飲酒後切勿使用。  
（否則可能會導致意外或影響身體健康。）



- 檢查按摩輪是否處於收納位置。
- 按摩中若要離開主機體，務必停止運行動作後再離開。
- 確認主機體上未有夾入異物後再坐入。
  - 檢查是否有異物卡在靠背、座位或腿置台中。  
（否則可能會導致意外或受傷。）
- 卸除按摩部位的配飾（髮飾、項鏈、腕錶、戒指、人造指甲等）。  
（否則可能會導致受傷。）
- 請勿讓口袋中的物品掉落在裝置的縫隙中。  
（否則可能會導致損失。）
- 使用藍牙音頻功能注意事項
  - (1) 音頻的聲壓過大會導致聽力下降。
  - (2) 聽力專家建議不要持續長時間地以大音量使用音頻。
  - (3) 如果您出現耳鳴，請降低音量或停止使用。  
（否則可能會導致受傷。）

### 並請注意以下事項

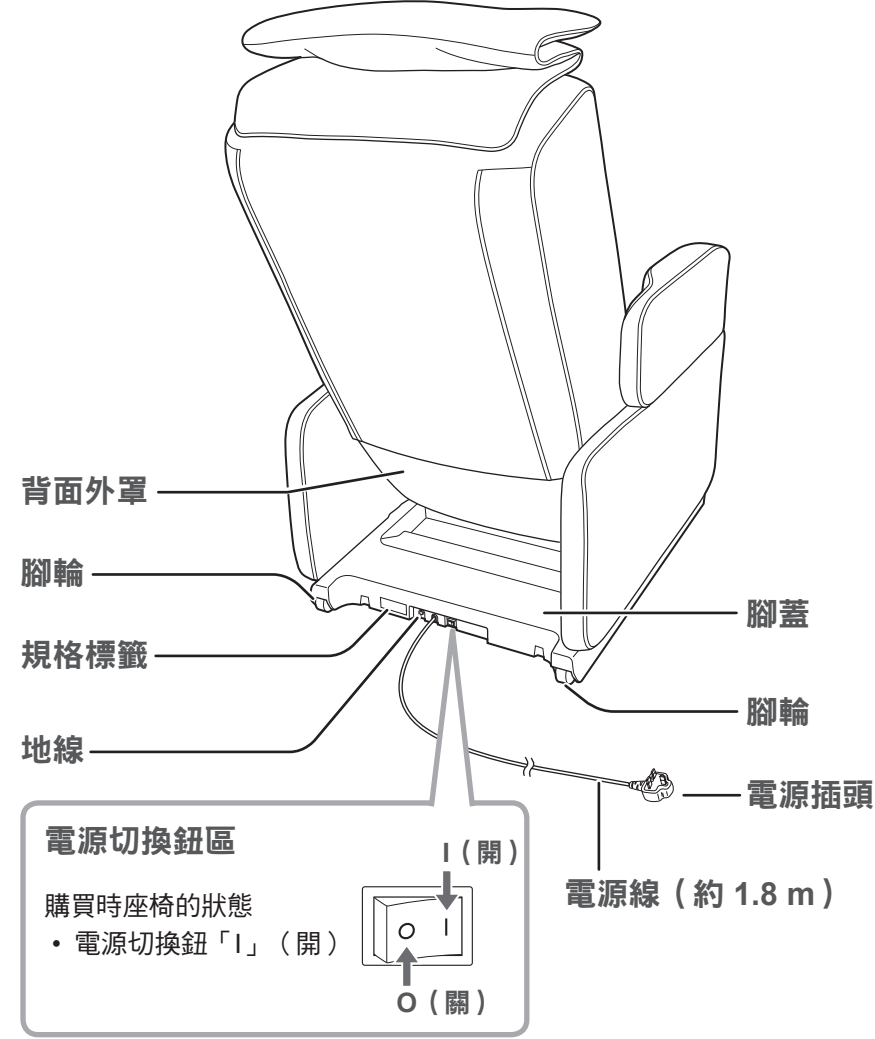
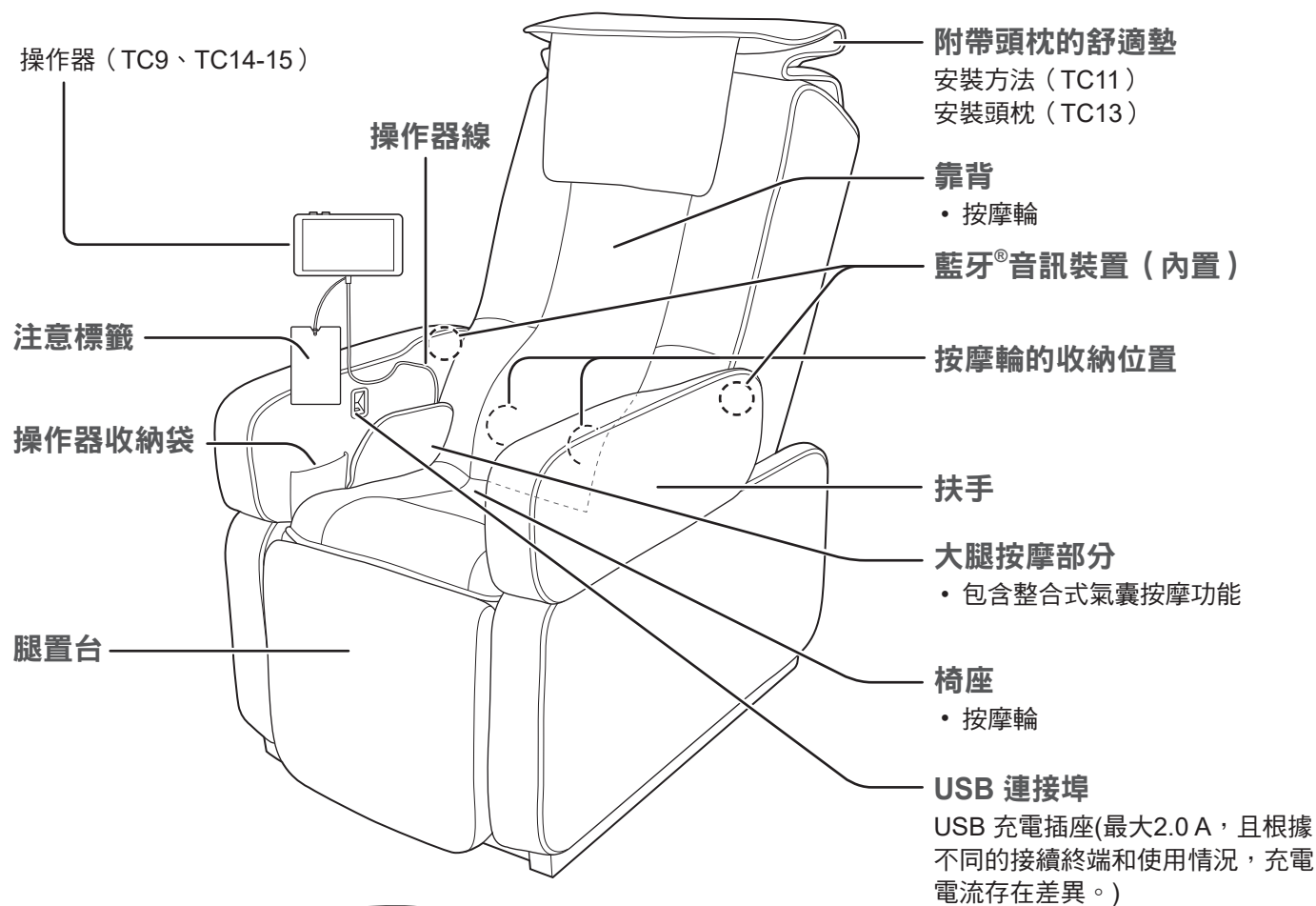


- 請勿將水灑在主機體或操作器上。  
（否則可能會因短路而導致觸電、火災或起火。）



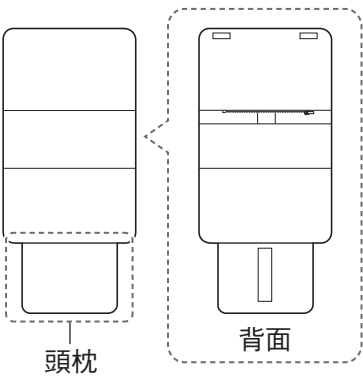
- 停電時請立即拔下電源插頭。  
（否則復電時可能會導致意外或受傷。）
- 如果已有一段時間未使用，使用前請再次詳閱使用說明書並檢查主機體是否正常運作。  
（否則可能會導致意外或受傷。）

# 主機各部位名稱和功能



## 配件

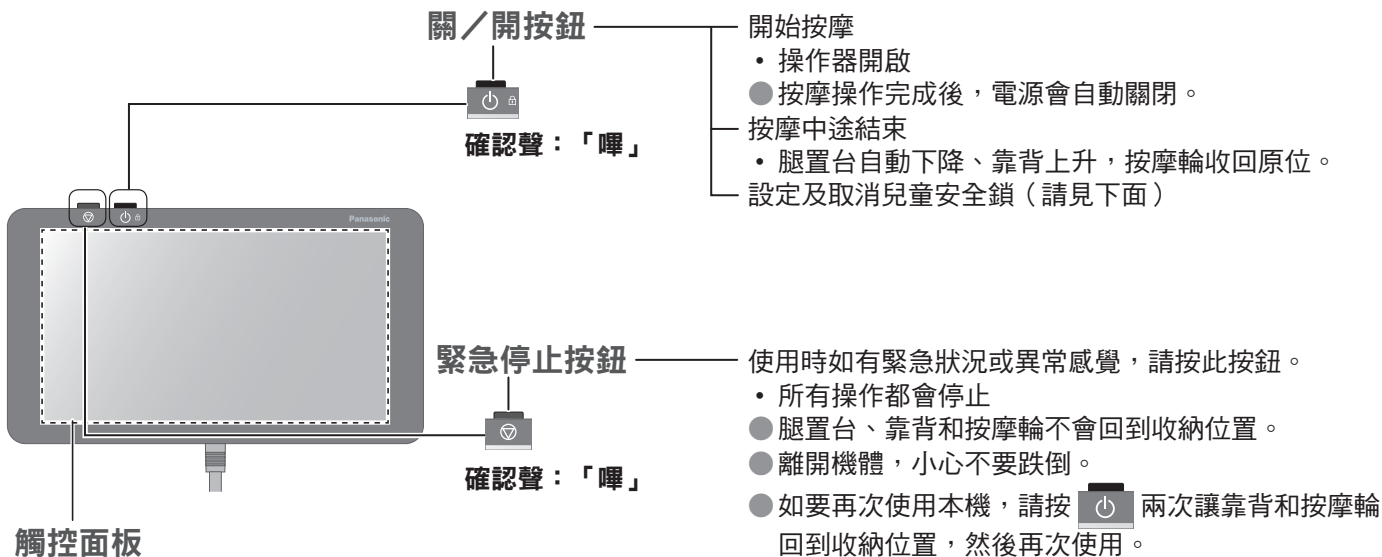
### 附帶頭枕的舒適墊



# 操作器各部位名稱和功能

## 操作器

操作畫面上的插圖以黑白反轉的方式顯示說明。



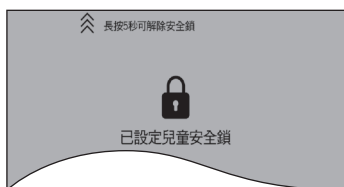
主機各部位名稱和功能  
操作器各部位名稱和功能

## 設定及取消兒童安全鎖

如開啟此設定，則不再接受操作。

### ■ 設定方法

- ① 當操作器的電源供應為關閉或正在顯示使用者選擇／登記畫面時，長按 **關／開按鈕** 約 5 秒。
- 本機會顯示以下畫面，同時電源會在約 10 秒後自動關閉。
- 完成設定後按下 **關／開按鈕**，系統將顯示以下畫面，約 10 秒後操作器電源將自動關閉。



### ■ 取消方法

- ① 在已設定的情況下，當顯示上述畫面或操作器的電源為關閉時，長按 **關／開按鈕** 約 5 秒。

# 安裝

## 1 使用主機體的場所

確保預留足夠的傾斜空間。

機身尺寸 高度約 122 cm × 寬度\* 約 68 cm × 深度\* 約 177 cm

(如需機身尺寸的詳細資訊，請參閱 TC46)

\*安裝在牆壁等地點附近時

在傾斜狀態下，確保靠背和腿置台與牆壁等相距 10 cm 或以上，扶手與牆壁等則相距 5 cm 或以上。

- 請勿讓按摩椅曝露於陽光直射或高溫下，例如熱源前面。  
否則可能會導致表面材料褪色或變硬。

## 2 搬運主機體

- ① 必須由 2 人以上搬運主機體。

- 由於主機體較重，請小心搬運避免背部受傷。

- ② 留意腳下，慢慢放下主機體。

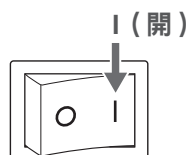
主機體重量 約 65 kg

務必至少由兩人  
搬運按摩椅！

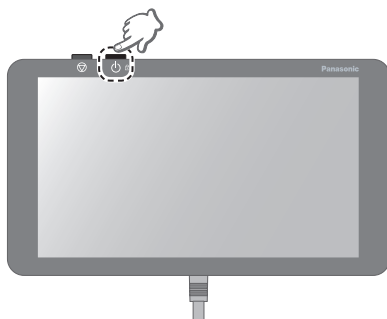


### 3 開啟電源，立起靠背

- ① 將電源插頭插入電源插座。
  - 務必插入 AC 220 V 插座。
- ② 確認電源切換鈕設定在「On」（開）位置。

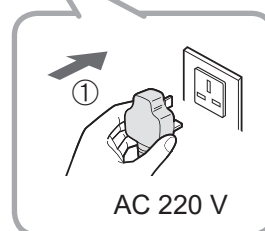


- ③ 按操作器的  兩次。
  - 按一下，然後在畫面出現時再按一下。
  - 靠背將自動升高。



機體後側

留意腳下以免絆到  
電源線或類似物品



安裝

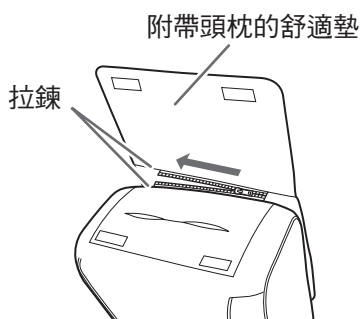
### 4 關閉電源

- ① 在主機體背面，將電源切換鈕設定到「O」（關）位置。
- ② 從電源插座上拔下電源插頭。

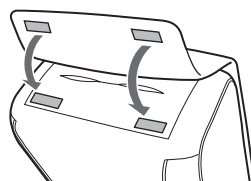
#### ! 警告

- 每次按摩後，請將主機體背面的電源切換鈕按到「O」（關）位置，並拔除電源插頭。（防止兒童誤用導致故障或受傷。）

### 5 安裝附頭枕的舒適墊



- ① 使用拉鍊安裝舒適墊。



- ② 使用魔術貼固定



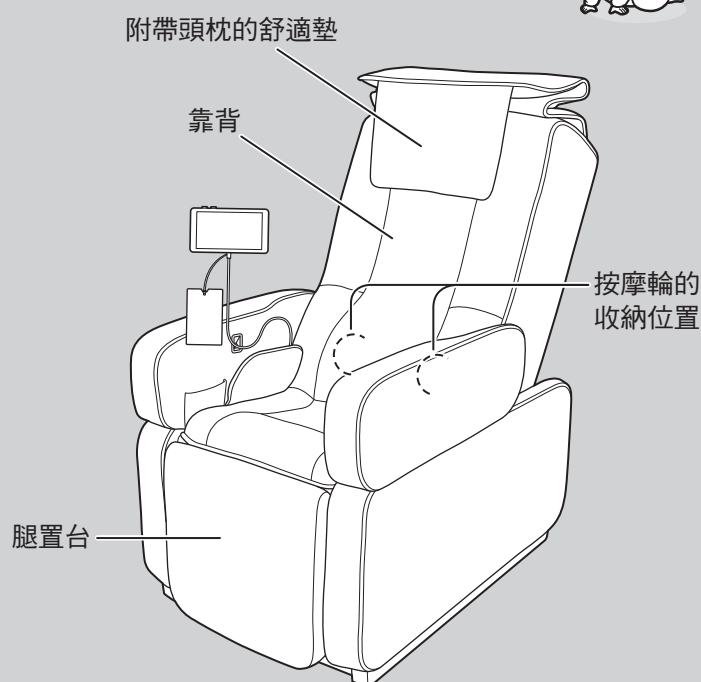
# 使用前

## ⚠ 警告

- 使用前，請務必檢查覆蓋靠背或座位可動部位的布料是否破損。也請檢查其他區域以確保布料未破損。即使是微小的破損也請立即停用，拔除電源插頭後委託維修。（否則可能會導致受傷或觸電。）

## 檢查周圍區域

- 確保主機體附近沒有物體、人或寵物。  
狗、貓等寵物咬住或絆到操作器線時，按摩椅可能無法運作。  
（可能會導致故障。）
- 主機的布料是否有撕裂？
- 是否有異物夾在主機中？
- 按摩輪是否處於收納位置？
  - 按摩輪不在收納位置時  
按  兩次，讓按摩輪回到收納位置。
- 腿置台是否已完全降低？
  - 腿置台未完全降低時  
按  兩次，即可降低腿置台。

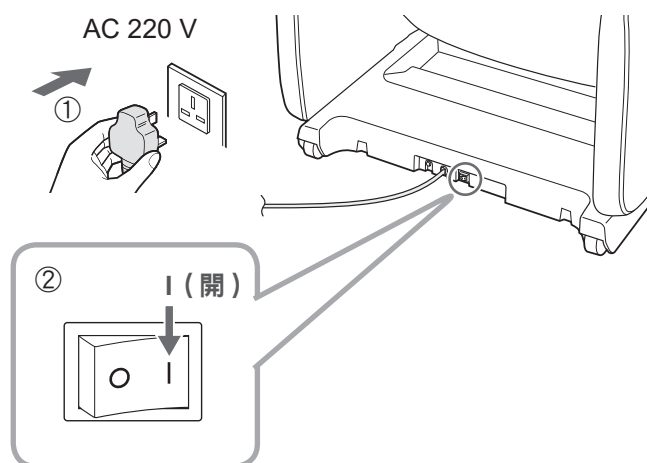


- 布料可能會散發特殊氣味。  
氣味會隨著使用而變淡。

## 開啟電源

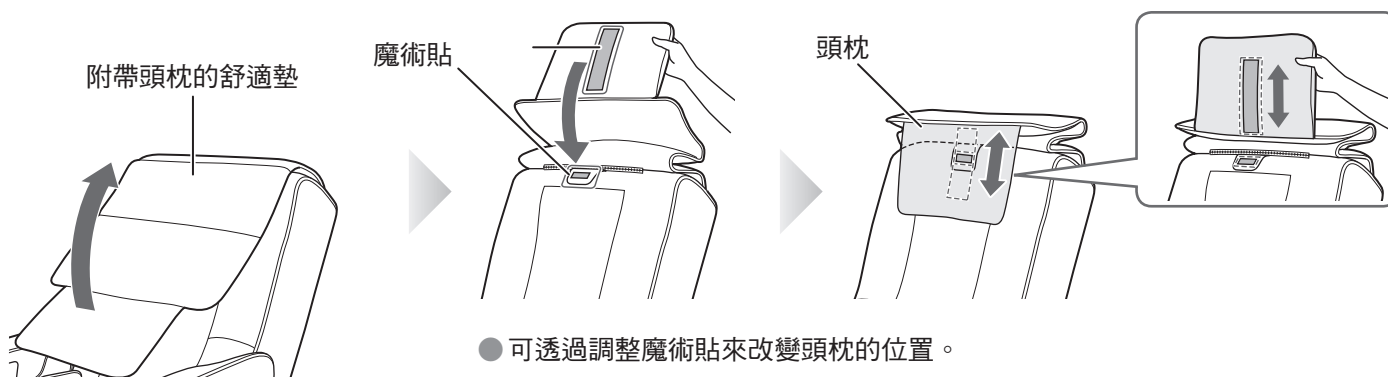
- ① 將電源插頭插入電源插座。
  - 務必插入 AC 220 V 插座。
- ② 將主機體背面的電源切換鈕設定為「I」（開）。

- 作為按摩椅使用（參閱下頁）
- 想放鬆但不進行按摩（參閱 TC34）



# 作為按摩椅使用

翻起附帶頭枕的舒適墊，並用魔術貼固定，將其轉變為簡易頭枕。



請勿在附帶頭枕的舒適墊仍在靠背上的情況下按摩。

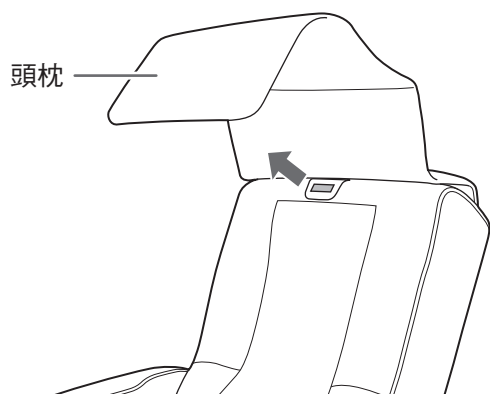
- 布料可能會更快磨損。
- 未偵測到身體時，系統可能會顯示 **U10**。（TC39）

## 檢查坐姿



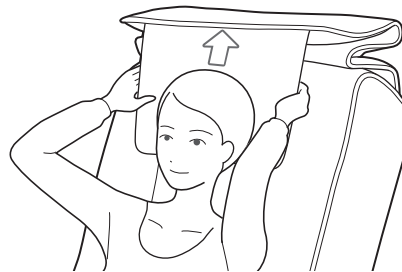
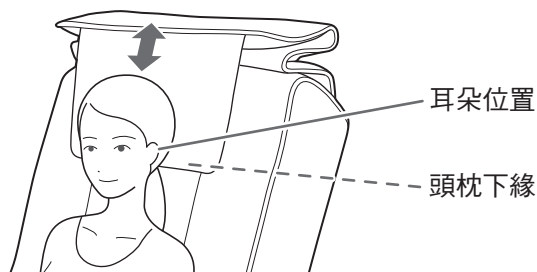
完全坐進椅內，讓臀部接觸靠背。

## 調整頭枕位置



拆下並調整頭枕，以使頭枕下緣與耳朵位置對齊。

- 按摩輪按壓頸部的強度因頭枕位置而異。
- 傾斜角度改變時，頭枕可能會移位。  
在此情況下請再次調整位置。
- 頭枕容易沾污，因此建議在上面鋪上毛巾。



- 無需移除頭枕，您可以直接用手進行微調。

使用前

作為按摩椅使用

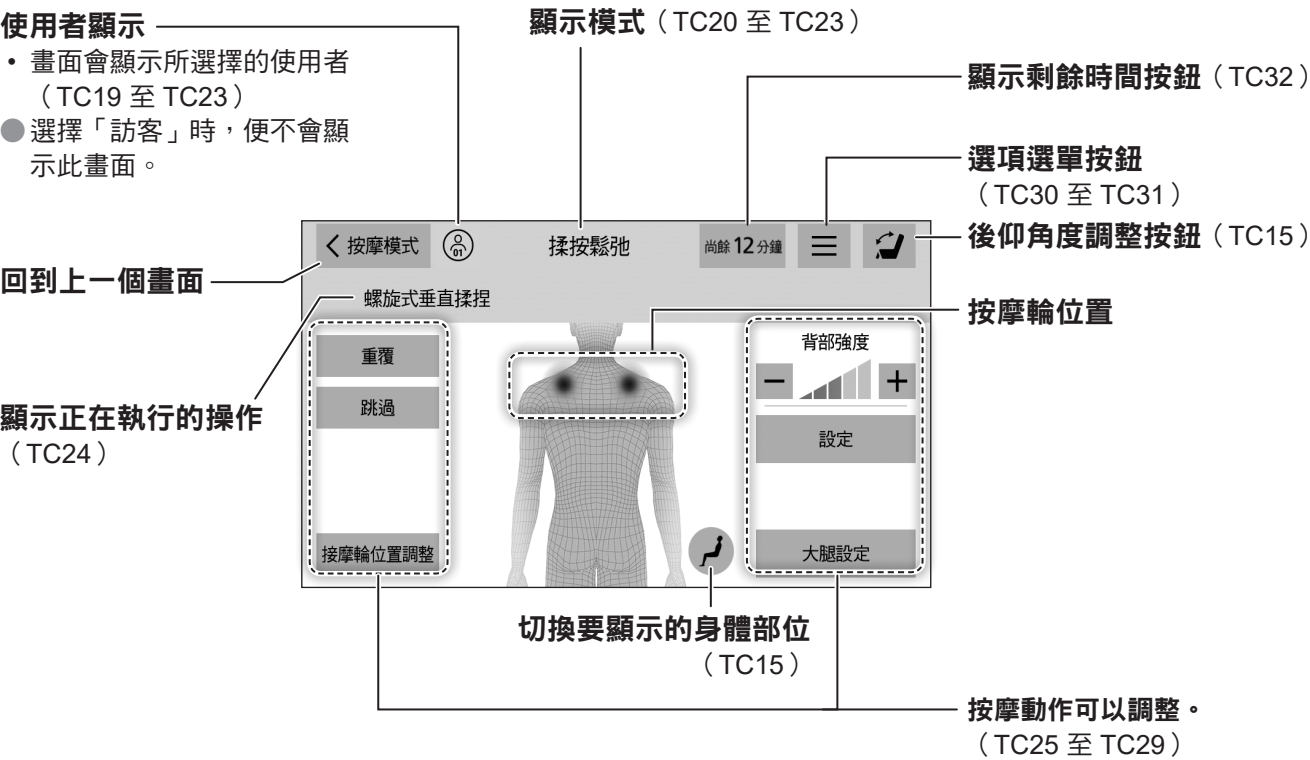
# 作為按摩椅使用（接續）

## 按摩操作期間的畫面顯示

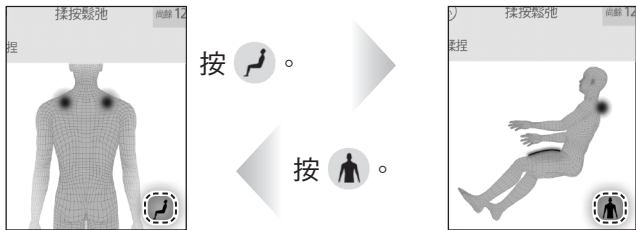
按下指示按鈕進行操作。  
●若未開始按摩且約 3 分鐘內未進行操作，電源會自動關閉。

### <檢視畫面>

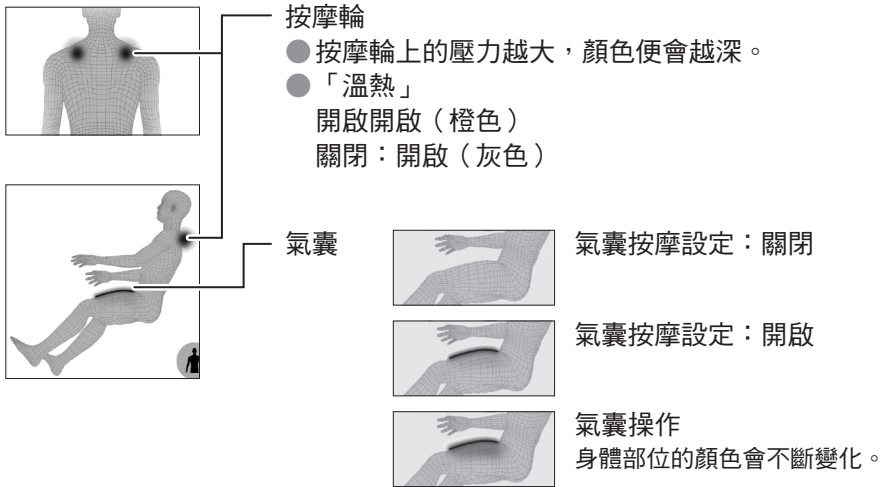
以下顯示的畫面會以「全身自動按摩」模式為例。  
顯示的按鈕和狀態將會有所不同，視乎選擇的模式而定。



切換要顯示的身體部位  
您可切換以只顯示身體上半部或全身。

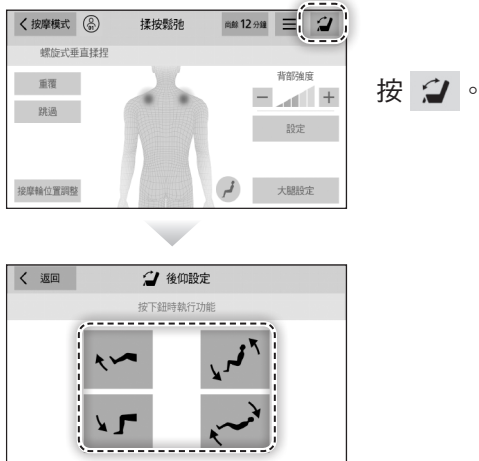


操作、位置、壓力和溫度顯示  
在使用時，會顯示按摩輪和氣囊的工作狀態。  
(顯示屏僅顯示大致的移動過程。實際移動或感覺可能不同。)



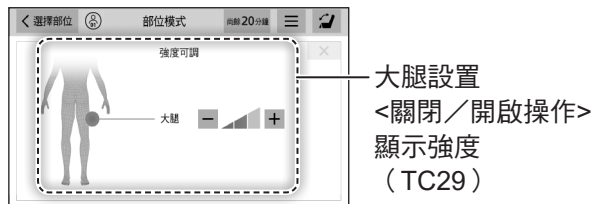
作為按摩椅使用

顯示後仰角度調整畫面  
按 ，可隨時調整靠背和腿置台的角度。



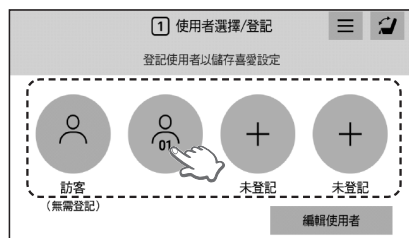
- 按下按鈕後，會發出「嗶」的確認聲音。
- 長按可保持本機移動，直至聽到「嗶嗶嗶」的聲音。

- 如您只選擇僅以氣囊操作的部位，  
便會顯示以下畫面。  
(氣囊按摩操作參閱 TC24。)



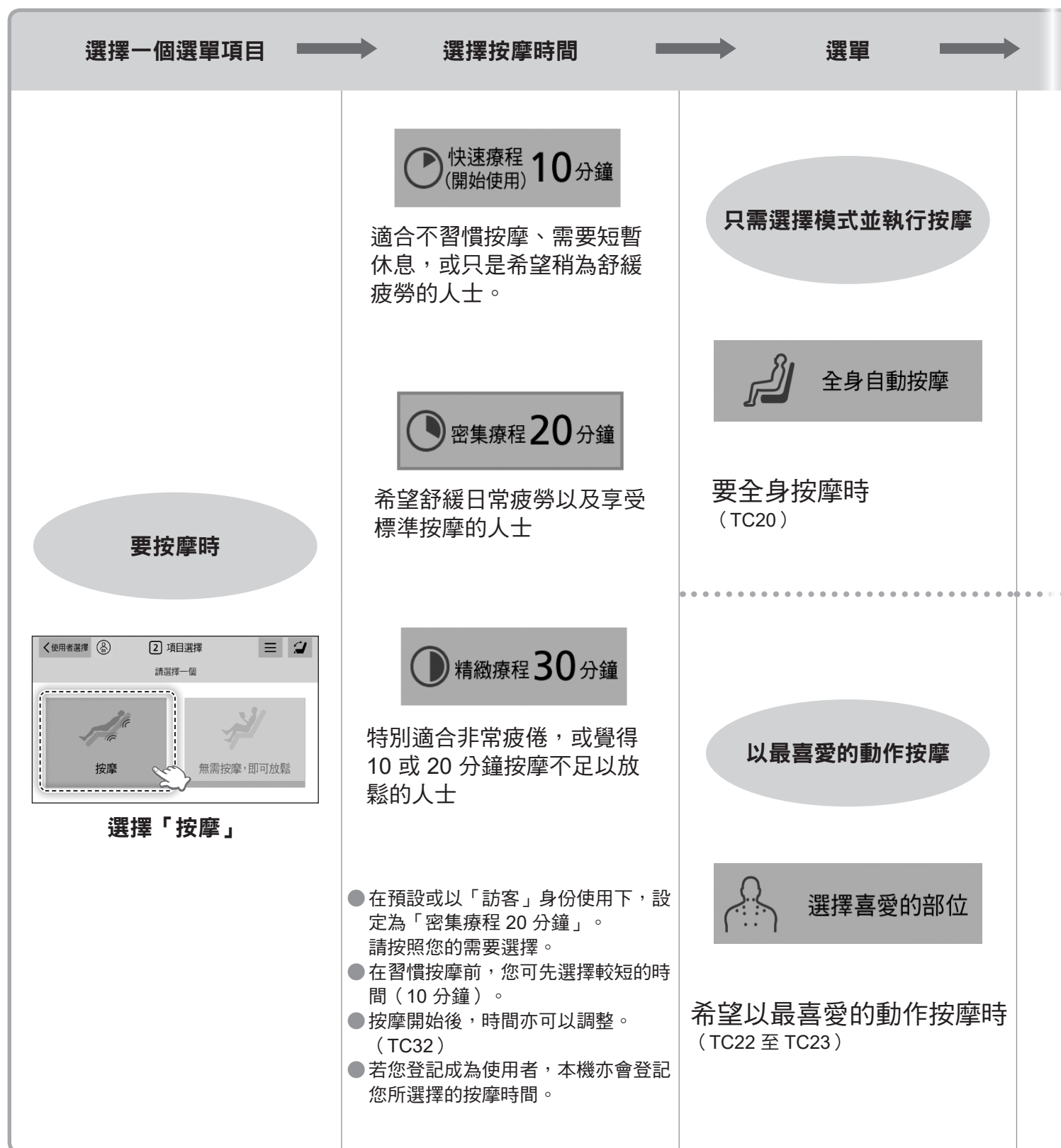
# 按摩椅的基本使用方法

首先，選擇使用者，然後按照以下步驟操作。



## 選擇使用者

- 如果使用者已登記，其設定便會儲存在本機的記憶體中。這樣便無需每次都進行相同的設定。
- 如果您想在不登記成為使用者的情況下使用本機，請選擇「訪客」。(TC19)



想放鬆但不進行按摩 (TC34)

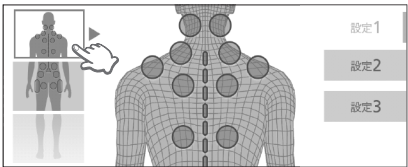
模式身體掃描及身體部位選擇

身體偵測

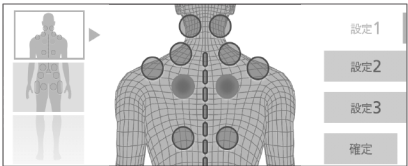
開始按摩並依個人喜好調整



選擇一個模式



在畫面上選擇需要按摩的身體部位



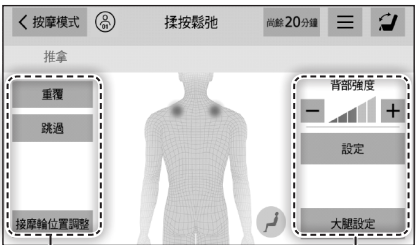
選擇一個身體部位

● 您可以根據需要，選擇多個身體部位以進行按摩。（TC22 至 TC23）

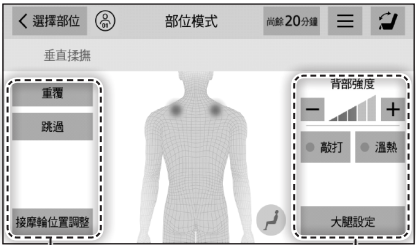
● 如需詳細資訊，請參閱 TC18。



● 當身體部位只選擇使用氣囊按摩時，本機便不會偵測肩部的位置。（TC23）



按摩動作可以調整。  
（TC25 至 TC29）



按摩動作可以調整。  
（TC25 至 TC29）

按摩椅的基本使用方法

# 偵測肩部按摩輪位置

偵測肩部按摩輪位置能判斷肩部位置，以確保配合體形執行按摩的操作。  
(偵測肩部按摩輪位置的高度範圍大約為 140 cm 至 185 cm。)

## 偵測肩部按摩輪位置的流程

選擇一個模式或選擇一個身體部位，然後按「確定」

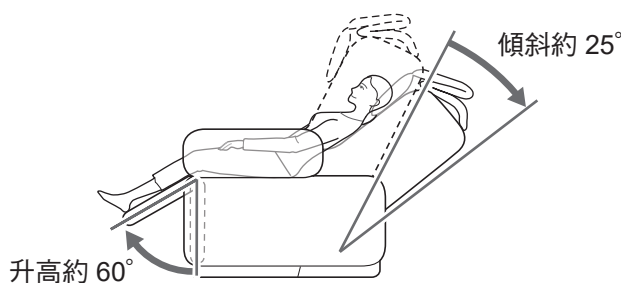
- 假如選擇只使用氣囊操作，則不會進行偵測。  
(氣囊按摩操作參閱 TC24。)

主機體會自動移動，並傾斜至適合偵測的角度。

- 若您在使用前調整了後仰角度，則角度不會改變。

靠後坐下，使臀部在靠背上，然後向後靠倚，讓頭部接觸頭枕

- 肩部亦應該在靠背上。
- 您可以調整頭枕位置。(TC13)



升高約 60°

按摩輪會自動移動，並感應肩部位置。

在發出嗶聲時，按摩輪會沿著背部上移到頸部附近，同時按摩輪會伸出。

- 若肩部位置不正確，請重複上述程序以再次升起按摩輪，以及調整肩部的位罝。接著，按摩輪會慢慢下降至肩部位置，並開始敲打動作。



- 在偵測過程中，按下 按鈕可調整椅背傾斜角度。

## 敲打動作期間微調肩部的位置

執行敲打動作，以輕鬆地確認按摩輪處於正確位置。

- 若肩部位置不正確，請使用「▲」及「▼」進行微調，然後按「確定」。(詳情參閱右面)

- 如果肩部位置正確，請按「確定」以確定。  
(如果沒有按「確定」，本機會在約 12 秒後自動確定。)

- 未按「確定」時，按下「按摩模式」或「選擇喜愛的部位」按鈕，會自動確定肩部位置並返回「按摩模式」或「選擇喜愛的部位」畫面。
  - 重新選擇後，將不再進行肩部偵測。

## 完成

確定肩部的位罝後，便會切換至按摩畫面並開始按摩。



## ■ 肩部敲打位置未對齊

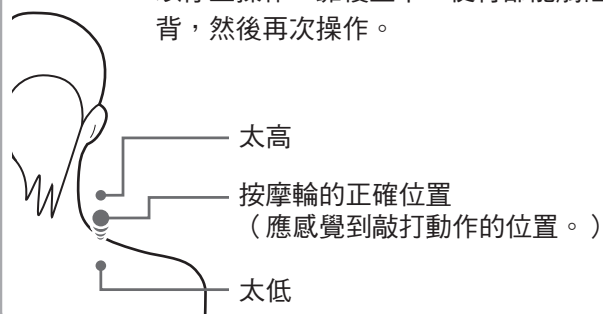
- ① 在敲打動作期間(約 12 秒)按「▲」或「▼」調整肩部高度位置。

- 每按一次則往上或往下移動約 1.2 cm。



- ② 按下「確定」(肩部按摩輪位置偵測便會完成)

- 如果肩部位置明顯移位，請按 一次以停止操作，靠後坐下，使臀部能觸碰靠背，然後再次操作。

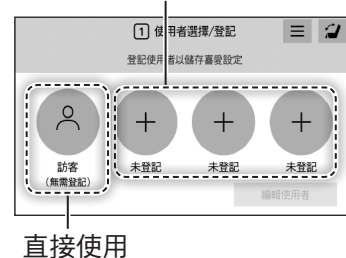


# 關於使用者選擇／使用者登記

如果您登記成為使用者，系統便會自動保存及更新您在按摩期間所作出的調整和設定，讓您可隨時執行您所需的按摩操作。  
選擇「無需按摩，即可放鬆」後，您登記的資料將會被儲存。

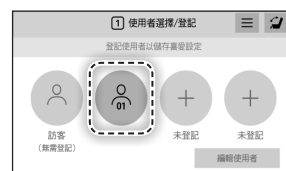
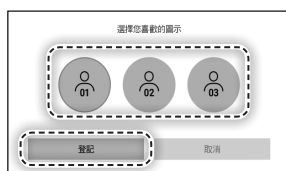
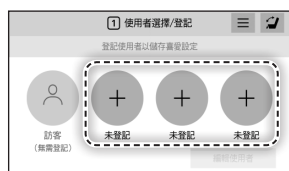
- 由於肩部位置會隨著坐姿而改變，因此即使使用者已經登記，本機每次都會偵測肩部位置。
- 即使按摩期間中止操作，之前所作的設定亦會儲存在本機的記憶體中。（當電源中斷、主機體背面的電源關閉，或電源插頭被拔掉時，本機將不會儲存設定。）
- 「跳過」的內容將不會儲存。
- 如果您想在不登記的情況下直接使用本機，請選擇「訪客」。

登記成為使用者，並將調整和設定儲存在記憶體中



例子：若已選擇使用者 01

- 1 按「未登記」使用者按鈕一次
- 2 選擇圖示，並按「登記」



顯示登記圖示。

- 從下次開始，您只需要選擇已登記的使用者，本機便會按照之前已保存的內容進行按摩操作。

## <編輯使用者（更改／刪除使用者按鈕）>

- 使用者登記後，可以更改使用者圖示以及取消登記。

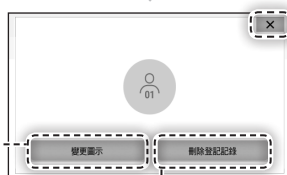
例子：從使用者 01 更改成 03



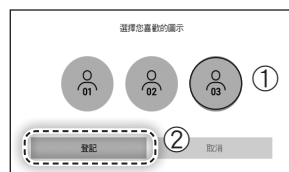
按「編輯使用者」



選擇需要編輯的使用者（若選擇了 01）」



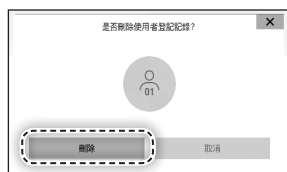
按「變更圖示」



① 選擇一個新的圖示

② 按「登記」

- 圖示的外圍將會呈現顏色



按「刪除」

停止編輯

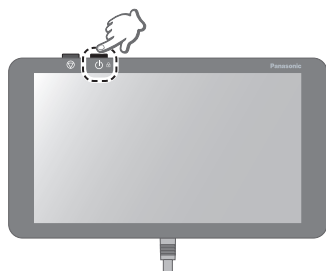
按「X」（關閉）

偵測肩部按摩輪位置  
關於使用者選擇／使用者登記

# 要全身按摩時

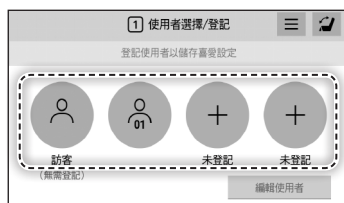
例子：若選擇「標準」或「揉按鬆弛模式」

## 1 開啟電源



- 若未開始按摩且約 3 分鐘內未進行操作，電源會自動關閉。

## 2 按下使用者圖示 (TC19)

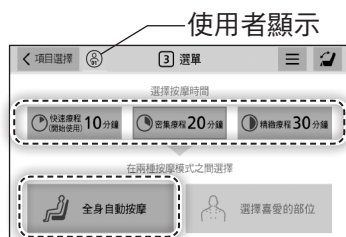


(登記使用者僅用作例子)

## 3 選擇「按摩」



## 4 選擇按摩時間及「全身自動按摩」



- 所選時間的外圍會發出藍光。

## 5 選擇一個模式



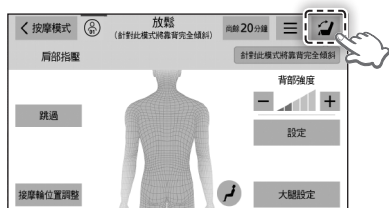
- 開始偵測操作。(TC18)

偵測結束之後，  
即會開始按摩

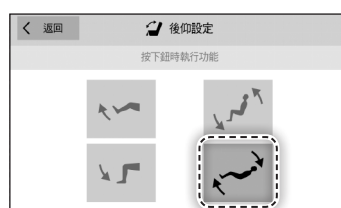


- 顯示按摩動作。
- 按摩期間您可建立喜愛的設定。(TC25 至 TC29)
- 從按摩開始起計，最多約 30 分鐘後按摩便會自動結束。
- 即使選擇了訪客，按摩的詳情亦不會變更。
- 如果選擇已登記的使用者，下次啟動按摩模式時，本機將會按照之前已保存的資料開始操作。

■ 如果選擇「放鬆」模式，在輸入肩部位置後，將顯示以下畫面。



- 系統會顯示建議您將椅背傾斜至最遠的位置的資料。
- 框架會閃爍約 10 秒鐘。按下 按鈕以調整傾斜角度。



- 框架會閃爍約 10 秒鐘。
- 按下按鈕後，會發出「嗶」的確認聲音。
- 長按可保持本機移動，直至聽到「嗶嗶嗶」的聲音。

■ 全身按摩的特色

結合了按摩輪和氣囊按摩，令全身舒適地放鬆。

- 如果您只希望使用按摩輪或氣囊按摩，請選擇「選擇喜愛的部位」。
- 使用溫和的「揉撫放鬆」模式，直至您習慣按摩為止。

<推薦模式>



**揉撫放鬆模式**  
**如您希望輕柔地鬆弛身體時**

主要以輕柔鬆弛的張力，在身體表面進行擴散操作。  
期間會使用氣囊按摩，以將壓力施加至手指和腳趾上。



**揉按鬆弛模式**  
**如您希望適度鬆弛身體時**

肌肉將主要透過深層放鬆操作來有效鬆弛。  
透過仔細的繞圈式「深度揉捏」操作來放鬆節結位置。  
徹底鬆弛手臂、腳掌和小腿，以釋放全身的疲勞。



**深層指壓模式**  
**如您希望有效地鬆弛身體時**

主要透過深層指壓操作，有效地放鬆節結位置。  
深層指壓會從肩部頂部開始，以與身體垂直的角度施加壓力，並從側面按壓下背部。  
徹底鬆弛手臂、腳掌和小腿，以釋放全身的疲勞。

要全身按摩時

<特殊模式>



**「放鬆」模式**  
**如您希望放鬆**

這是放鬆模式，透過緩慢揉捏和溫和按壓上半身來達到放鬆效果。  
(氣囊功能不會啟動)

它包含多次「按壓」動作，即按摩輪按壓皮膚後短暫停止。



**「聚焦腰部和臀部」模式**  
**您希望專注放鬆腰部及臀部時使用**

按摩重點放在舒緩腰部和臀部的肌肉。  
氣囊會穩固地固定骨盆周圍位置，防止腰部移位，有效舒緩腰部僵硬。



**「聚焦頸部和肩部」模式**  
**您希望專注放鬆頸部及肩部時使用**

按摩重點針對頸部及肩膀部位，舒緩繃緊感。

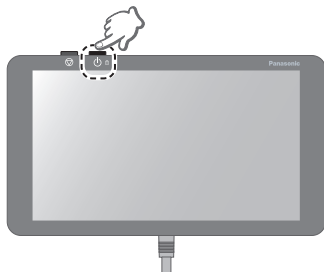
# 希望以最喜愛的動作按摩時

使用「選擇喜愛的部位」功能，您可以選擇您最想按摩的部位並調整按摩動作，令下次使用時無需再次選擇及調整。

- 在每個選定的時間，使用者所選擇的身體部位、調整的按摩動作等設定，可以儲存成三種模式。
- 從下一次開始，選擇「選擇喜愛的部位」時，本機將會顯示之前已設定的「設定 1 至 3」畫面，同時按摩模式將會以已保存的設定啟動。
- 如選擇了「訪客」，本機便不會保存有關設定。

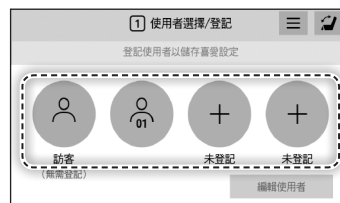
例子：若已選擇「設置 1」

## 1 開啟電源



- 若未開始按摩且約 3 分鐘內未進行操作，電源會自動關閉。

## 2 按下使用者圖示 (TC19)

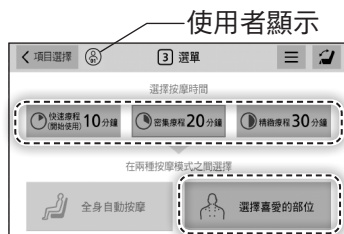


(登記使用者僅用作例子)

## 3 選擇「按摩」



## 4 選擇按摩時間及「選擇喜愛的部位」



- 所選時間的外圍會發出藍光。

## 5 選擇您希望登記的設定編號



- 當前選擇的設定編號會以藍色顯示。
- 如選擇「訪客」，請前往步驟 5。

## 6 在畫面上選擇需要按摩的身體部位

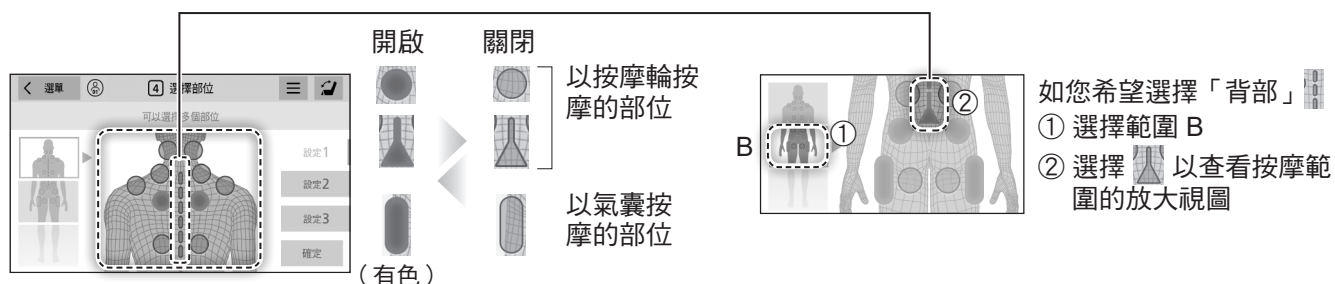


您可選擇按摩範圍（範圍 A B）。

- 您所選定的按摩範圍，其放大視圖會在畫面中間顯示。
- 當重新選擇按摩範圍時，畫面便會切換放大視圖。

## 7 選擇需要按摩的部位

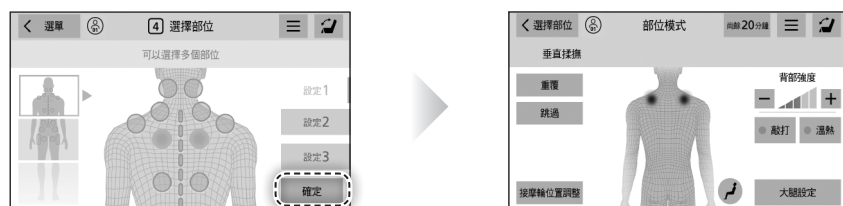
重複第 6 及第 7 步以選擇多個部位。



- 透過氣囊對大腿部位進行按摩。  
如果只選擇這個身體部位，則按摩輪不會移動，並只會使用氣囊按摩。

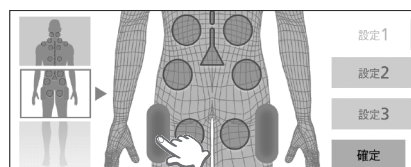
## 8 按「確定」。

設定肩部位置後，本機便會按照設定開始按摩

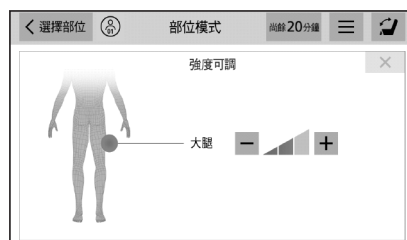


- 開始偵測操作。(TC18)
- 本機可能不會執行偵測操作，視乎所選的部位而定。
- 顯示按摩動作。
- 按摩期間您可建立喜愛的設定。(TC25 至 TC29)
- 從按摩開始起計，最多約 30 分鐘後按摩便會自動結束。
- 如果選擇僅氣囊按摩部位，則顯示畫面將會所有不同。

■ 當身體部位只選擇使用氣囊按摩時，本機便不會偵測肩部的位置。



大腿



例子：按摩期間的畫面顯示

希望以最喜愛的動作按摩時

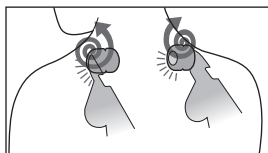
# 動作內容

## 按摩輪的按摩操作

- 選擇「全身自動按摩」時，系統會自動執行適合此按摩模式的按摩操作。
- 當選擇「選擇喜愛的部位」時，按摩動作會因應所選的身體部位而有所不同。

### 深度揉捏

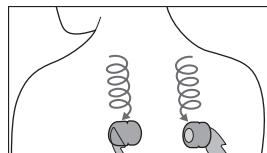
在不同位置進行微細的揉捏動作。



- 3D 深度揉捏
- 深度揉捏
- 臀部深度揉捏
- 肩部深度揉捏
- 按壓深度揉捏
- 輕拍揉捏

### 螺旋式深度揉捏

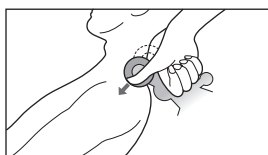
上下移動期間同時進行揉捏動作。



- 螺旋式垂直揉捏
- 螺旋式橫向揉捏
- 螺旋式臀部揉捏
- 3D螺旋式揉捏

### 深層指壓

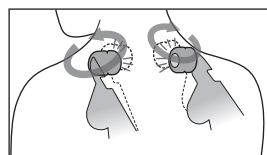
垂直地推壓肌肉繃緊的動作。



- 頸部指壓
- 按壓式指壓
- 螺旋式垂直指壓
- 臀部指壓
- 肩部指壓
- 三重指壓

### 揉捏

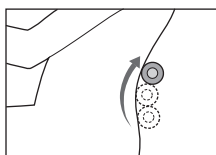
深度揉按動作。



- 頸部按壓揉捏
- 向上推壓
- 按壓揉捏
- 揉按鬆弛
- 肩部揉捏
- 向下推壓
- 臀部揉捏
- 三重推壓

### 推拿

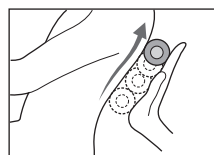
伸展一個部位的動作。



- 向上推拿
- 推壓滾動
- 腰部推壓
- 臀部滾動
- 下臀滾動
- 向上推壓滾動

### 揉撫放鬆

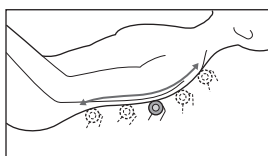
在大範圍上輕柔摩擦的動作。



- 頸部揉撫
- 上肩揉撫
- 垂直揉撫
- 垂直擴散揉撫
- 臀部揉撫
- 下臀揉撫
- 肩部揉撫
- 向下揉撫
- 輕拍式揉撫

### 推拿

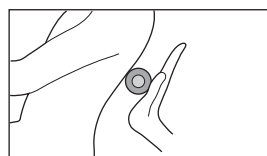
沿著脊椎伸展身體的動作。



- 推拿
- 揉撫推拿
- 揉捏推拿

### 按

溫和按壓動作

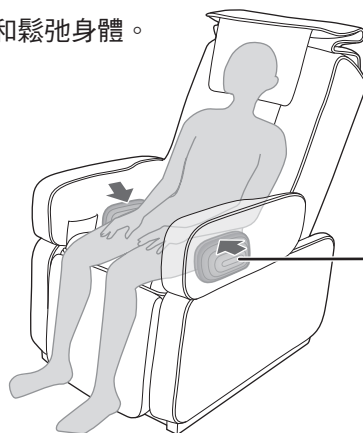


- 按壓
- 緩慢按壓

- 各個不同的動作適合按摩特定的身體部位。（「頸部」的深層指壓動作有別於「肩部」的深層指壓動作。）

## 關於氣囊按摩操作

氣囊按摩操作只會用氣囊柔和鬆弛身體。  
(按摩輪未有移動)



大腿  
從側面擠壓大腿並施加壓力。

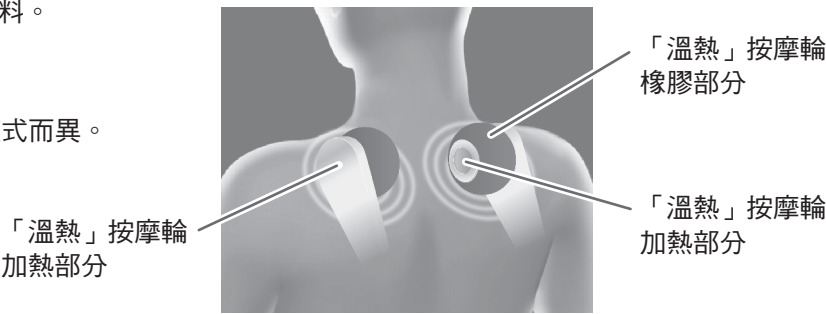


大腿

關於溫熱按摩

「溫熱」按摩輪的加熱部分將加熱按摩區域的布料。

- 無法進行溫度調整。
- 溫熱感因室溫、衣服、體形、動作、位置和模式而異。



調整強度

動作內容  
調整強度

可調整的模式

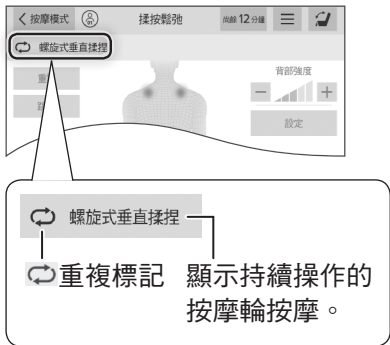
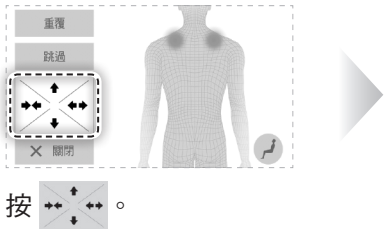
- 視乎類型而定，可調整的功能詳情將會有所不同。
- 若您已登記為使用者，本機便會將您的調整儲存在記憶體中。（不包括跳過）

○：可調整的功能 —：不可調整的功能

| 調整功能    | 全身按摩           | 選擇身體部位          | 僅氣囊操作 |
|---------|----------------|-----------------|-------|
| 重複      | ○<br>放鬆模式<br>— | ○               | —     |
| 跳過      | ○              | ○               | —     |
| 背部強度    | ○              | ○               | —     |
| 按摩輪位置調整 | ○              | ○               | —     |
| 大腿設置    | ○              | ○               | ○     |
| 敲打動作    | ○              | ○<br>個別操作可關閉／開啟 | —     |
| 溫熱      | ○              | ○               | —     |
| 臀部按摩    | ○              | ○               | —     |

調整強度（接續）

- 您可以在按摩期間依個人喜好調整和設定。
- 即使在按摩過程中執行「重複」、「跳過」或其他調整，整體操作時間亦不會改變。
  - 當按「重複」時：由於調整需要時間，因此按摩模式可能無法完成最後一次操作。
  - 當按「跳過」時：操作可能會完成並且重新開始，視乎剩餘時間而定。
- 視乎類型而定，可調整的功能詳情將會有所不同。如需詳細資訊，請參閱 TC25。

| 功能名稱    | 說明                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                |    |    |   |  |        |                                                                                       |                                                                                       |  |
|---------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|---|--|--------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--|
| 重複      | 當前操作的按摩輪按摩，其重複次數大約是操作次數兩倍。                                                            | <div><p>按「重複」。</p></div> <div><p>螺旋式垂直揉捏<br/>重複標記 顯示持續操作的按摩輪按摩。</p></div>                                                                                                                                                                 |    |    |   |  |        |                                                                                       |                                                                                       |  |
| 跳過      | 暫停目前執行的按摩輪按摩，並進行下一個操作。                                                                | <div><p>按「跳過」。</p></div>                                                                                                                                                                                                                                                                                                   |    |    |   |  |        |                                                                                       |                                                                                       |  |
| 背部強度    | 背部強度有 5 個等級可供調節。                                                                      | <div><p>按「-」或「+」。</p></div> <table><tr><td>強度</td><td>最低</td><td>低</td><td></td></tr><tr><td>背部強度顯示</td><td></td><td></td><td></td></tr></table> | 強度 | 最低 | 低 |  | 背部強度顯示 |  |  |  |
| 強度      | 最低                                                                                    | 低                                                                                                                                                                                                                                                                                                                                                                                                              |    |    |   |  |        |                                                                                       |                                                                                       |  |
| 背部強度顯示  |  |                                                                                                                                                                                                                                                                                                                           |    |    |   |  |        |                                                                                       |                                                                                       |  |
| 按摩輪位置調整 | 可調整垂直和水平方向的按摩輪位置。                                                                     | <div><p>按  。</p></div>                                                                                                                                                                                                               |    |    |   |  |        |                                                                                       |                                                                                       |  |

## 設定和調整方法

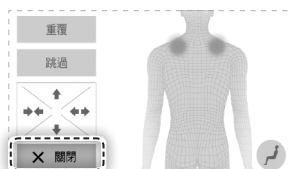
- 如果從某個操作切換到另一個操作時選擇重複，則選擇可能無效。
- 重複時，畫面會顯示 .
- 無論按多少次，重複次數都是相同。
- 如按下「重複」鍵並持續在同一部位按摩約 5 分鐘，會發出「嗶」聲提示，然後按摩輪會自動向上移動約 3 cm。（視乎部位，亦有可能向下移動）
- 「放鬆」模式不能重複操作。

調整強度

- 如果從某個操作切換到另一個操作時選擇重複，則選擇可能無效。

| 中                                                                                   | 高                                                                                   | 最高                                                                                  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |  |

- 當強度顯示閃爍時，無法透過按「-」或「+」進行調整。
- 當最高強度設定力度不夠，或最低強度設定的力度過大時，請參閱 TC41 所提供的說明。
- 如果從某個操作切換到另一個操作時選擇調整等級，則選擇可能無效。

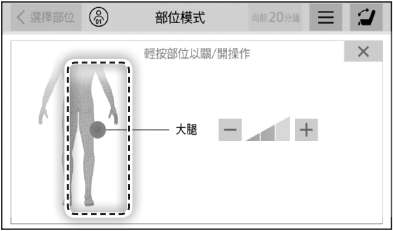


按「X」（關閉）

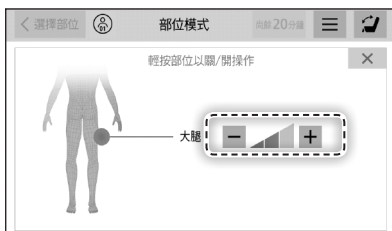
當調整滾輪位置以進行持續移動時，按  以執行調整。

- 每次操作的最大調整次數為每個方向 3 次。
- 當聽到「嗶嗶嗶」聲時，便無法作進一步的調整。
- 您可能無法進行調整，視乎目前正在按摩哪個部位而定。

調整強度（接續）

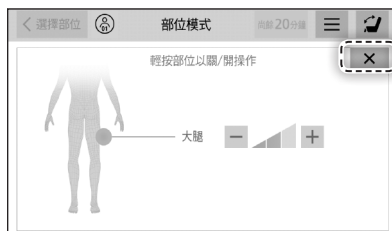
| 功能名稱 | 說明                             |                                                                                     |                                                                                                                                                                                                                                                                                      |
|------|--------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 大腿設定 | 大腿設置已關閉／開啟<br>操作強度有 3 個等級可供調節。 |    |                                                                                                                                                                                                   |
| 敲打動作 | 敲打動作已關閉／開啟。                    |  | <div>選擇「全身按摩」時</div>  <div>按  進行「敲打」</div> <div>開啟（藍色）：開啟<br/>關閉（黑色）：關閉</div>                              |
| 溫熱   | 溫熱功能已關閉／開啟。                    |  |  <div>按  進行「溫熱」</div> <div>開啟（藍色）：開啟<br/>關閉（黑色）：關閉</div>                                                   |
| 臀部按摩 | 臀部按摩已關閉／開啟。                    |  |  <div>按  以執行「臀部按摩」</div> <div>● 「關閉」後再次「開啟」時，<br/>便會立即移動至臀部以執行按摩。</div> <div>開啟（藍色）：開啟<br/>關閉（黑色）：關閉</div> |

## 設定和調整方法



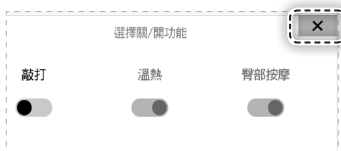
在需要按摩的身體部位按「-」或「+」，  
便可分 3 個等級調整動作強度。

| 強度     | 低 | 中 | 高 |
|--------|---|---|---|
| 大腿強度顯示 |   |   |   |



按「X」（關閉）

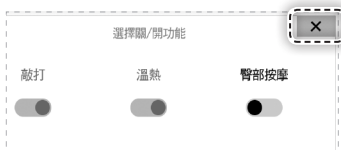
### （設定成「關閉」的例子）



按「X」（關閉）



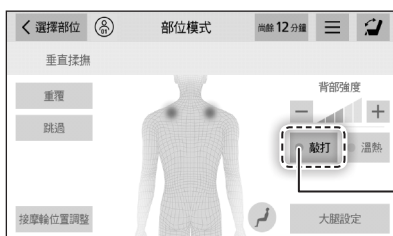
按「X」（關閉）



按「X」（關閉）

### 當選擇「選擇部位」時（設定成「關閉」的例子）

● 個別操作可關閉／開啟。



按「敲打」

- 開啟（藍色）：開啟
- 關閉（黑色）：關閉

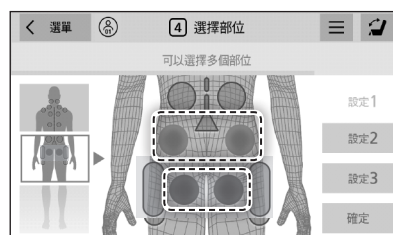


按「溫熱」

- 開啟（藍色）：開啟
- 關閉（黑色）：關閉



「選擇部位」



● 臀部按摩可關閉／開啟。（TC22 至 TC23）

調整強度

# 選項選單畫面

按  以顯示選項選單（幫助選單及裝置設定選單）畫面。

例子：如果是從使用者選擇／登記畫面中選擇選項選單



按  。



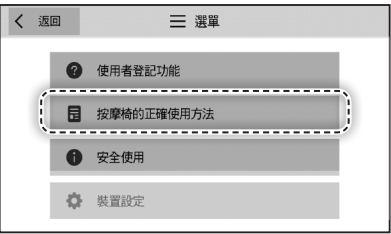
在選項選單畫面中選擇一個選單項目

**幫助選單**  
有關如何操作畫面、按摩功能，以及使用方法的詳細說明

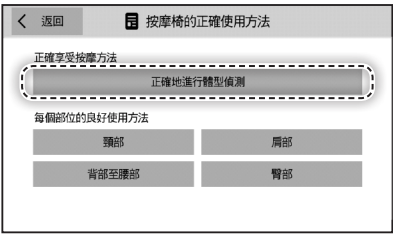
**裝置設定選單**  
在此您可詳細設定操作器、靠背及腿置台

## 幫助選單

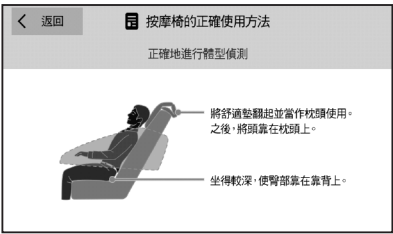
例子：如果您選擇「按摩椅的正確使用方法」→「正確地進行體型偵測」



選擇您希望檢視的幫助選單



選擇您希望檢視的項目



## 藍牙音頻播放說明

按摩椅內置藍牙接收裝置，可與藍牙手機、平板電腦等設備連接播放音樂，讓您在盡情按摩的同時享受音樂。

為確保藍牙連接的安全性，密碼應按以下方式輸入。(TC41)  
藍牙ID：EP-MAL2-XXXXXX  
藍牙密碼：1126

## 裝置設定選單



### 選擇「裝置設定」

選擇項目後，請按照以下步驟完成設定。

- ① 選擇您希望設定的事項。
- ② 按「確定」。

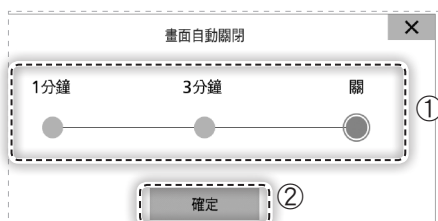
#### ● 畫面亮度



### 設定觸控面板的亮度

選擇「暗淡」、「標準」或「明亮」

#### ● 直至畫面變暗為止

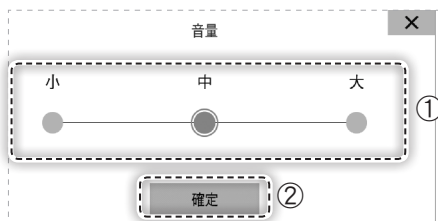


### 設定畫面變暗前的時間

選擇「1 分鐘」、「3 分鐘」或「關」

- 如在設定的時間內未有進行任何操作，畫面將會變暗。  
觸摸畫面以恢復原本的亮度。  
畫面可在明亮的情況下操作。
- 如選擇「無需按摩，即可放鬆」，即使已設定時間，若約 3 分鐘內沒有任何操作，畫面亦會自動變暗。
- 即使設定了時間，但如果本機在約 3 分鐘內仍未有操作及未有開始按摩，電源亦會自動關閉。

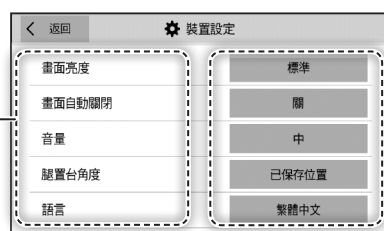
#### ● 音量（聲音）



### 設定操作音量

選擇「小」、「中」或「大」

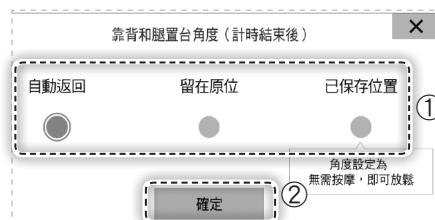
可供設定的項目



每個項目的設定按鈕

選擇您希望設定的項目。

#### ● 腿置台角度



### 計時結束後設定腿置台角度。

「自動返回」：返回原來的角度。

「留在原位」：角度維持不變

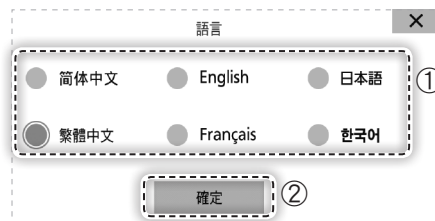
「已保存位置」：選擇「無需按摩，即可放鬆」時，會返回至已登記的角度。

• 遊客使用時：返回原來的角度。

• 若角度未登記：返回原來的角度。

● 出廠預設為「自動返回」。

#### ● 語言



### 選擇操作器語言

選擇「簡體中文」、「英文」、「日文」、「繁體中文」、「法文」或「韓文」

# 調整按摩時間

您可以調整從開始感測肩部位置，直至按摩輪收納並自動停止之間的時間。  
當開始感測肩部位置時，計時器便會啟動，並在選定的時間自動停止。

- 在畫面上顯示剩餘的按摩時間。

## 1 按摩時按下顯示剩餘時間按鈕



## 2 使用「-」及「+」調整



- 從按摩開始起的剩餘時間，最多可以增加至 30 分鐘。  
亦可以縮減至尚餘 1 分鐘。
- 如選擇 30 分鐘按摩時間（TC20 及 TC22），則無法再延長時間。
- 增加剩餘時間時，當已按摩的時間和剩餘時間合共為 30 分鐘時，畫面便會顯示「最長使用時間為 30 分鐘」，同時無法按「+」。

## 3 按「X」（關閉）



# 完成按摩後

## 1 升起靠背和腿置台

- 腿置台會自動返回原位，按摩輪會移至收納位置，以便您安全起身。  
以下情況靠背和腿置台不會自動返回，您必須自行完成。

- 將腿置台角度設定為「留在原位」時

→ 在操作器畫面上按 **升起靠背和腿置台**

→ 如果操作器已關閉，則按 **開** 兩次

- 當靠背回位時

→ 在操作器畫面上按 **升起靠背** 或 **升起靠背和腿置台**

→ 如果操作器已關閉，則按 **開** 兩次

- 當按摩期間突然按下停止按鈕而中止按摩時

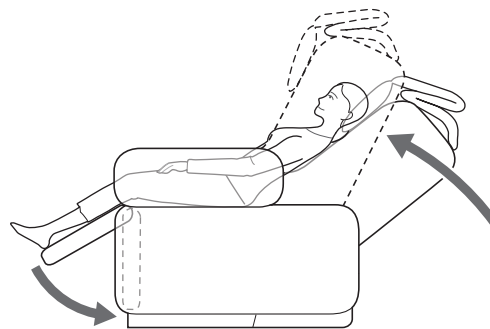
→ 按 **開** 兩次

腿置台自動下降、靠背上升，按摩輪收回原位。  
收納完畢後，你會聽到確認的「嗶」聲。

- 將腿置台角度設定為「登錄位置」時（TC31）

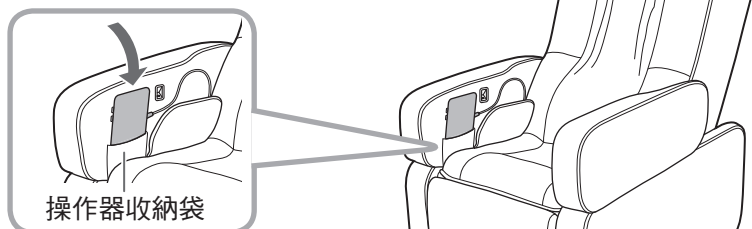
- 將靠背和腿置台返回登錄位置時

→ 操作器畫面上長按 **將靠背和腿置台返回已登記位置（長按）**。



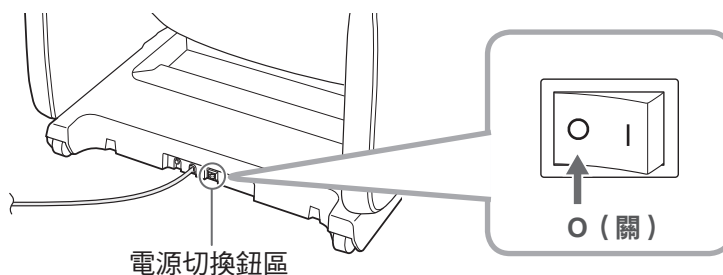
調整按摩時間  
完成按摩後

## 2 將操作器存放於操作器收納袋中



操作器收納袋

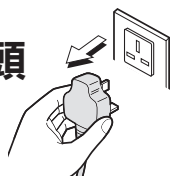
## 3 將主機體背面的電源切換鈕設定為「O」（開）。



電源切換鈕區

O (開)

## 4 從插座上拔除電源插頭

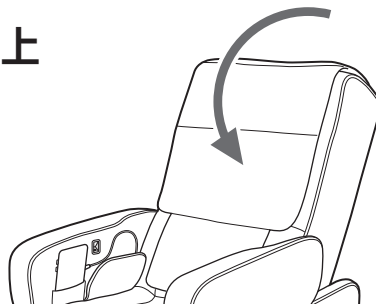


### 警告

- 每次按摩後，請將主機體背面的電源切換鈕按到「O」（關）位置，並拔除電源插頭。  
（防止兒童誤用導致故障或受傷。）

## 5 將附帶頭枕的舒適墊掛在靠背上

- 安裝舒適墊後，本機即可用作普通座椅。

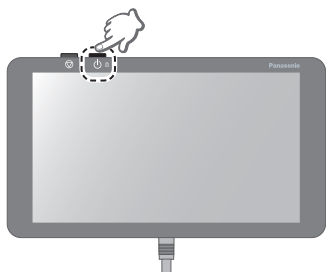


# 想放鬆但不進行按摩

將舒適墊掛在靠背上，然後坐回本機上。

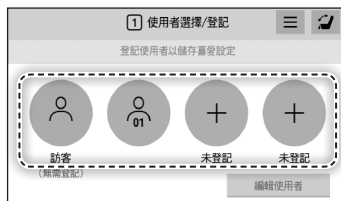
- 選擇用戶後，您可以登記設定的傾斜角度。  
下次使用時，只需選擇「登錄位置」，儲存的傾斜角度將恢復。  
若選擇「遊客」，則無法儲存設置。

## 1 開啟電源



- 若本機開啟後 3 分鐘內未進行操作，系統會自動關閉電源。

## 2 按下使用者圖示 (TC19)



(登記使用者僅用作例子)

## 3 選擇「無需按摩，即可放鬆」

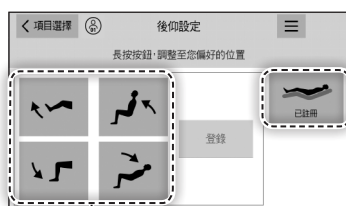


### 傾斜設置

#### ■ 如果您希望調整並登記您喜愛的位置

## 4 設置角度

- 按下按鈕後，會發出「嗶」的確認聲音。



長按可保持本機移動，直至聽到「嗶嗶嗶」的聲音。

長按可將靠背和腿置台同時移至完全傾斜位置。

例子：若已選擇使用者



- 點擊「登錄」以登記您已設定的角度。
- 選擇「訪客」時，登記按鈕便不會顯示。

#### ■ 選擇已登記的傾斜位置

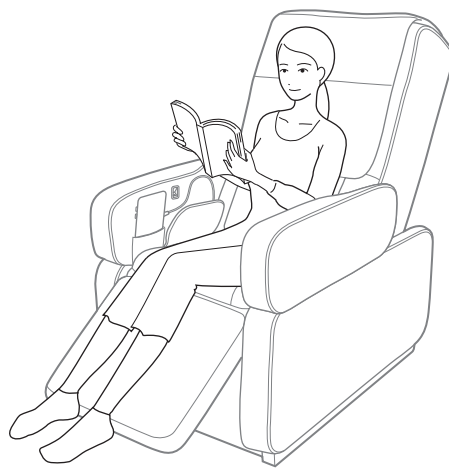
## 4 長按「登錄位置」



- 若您長按直到聽到嗶聲，本機會移至上次登記的角度。
- 若您首次登記用戶後設定角度，「登錄位置」將不會顯示。
- 若您更改角度並再次按「登錄」，過往的設置將被覆蓋。

## 5 開始放鬆

- 將操作器存放於操作器收納袋中。
- 若約 3 分鐘內未操作，操作器畫面將變暗。<sup>\*1</sup>  
觸摸畫面以恢復原本的亮度並啟動操作
- 電源會大約會在 3 小時後自動關閉。  
若電源關閉，即使觸摸螢幕，操作器亦無法操作。  
若要操作，請按 。



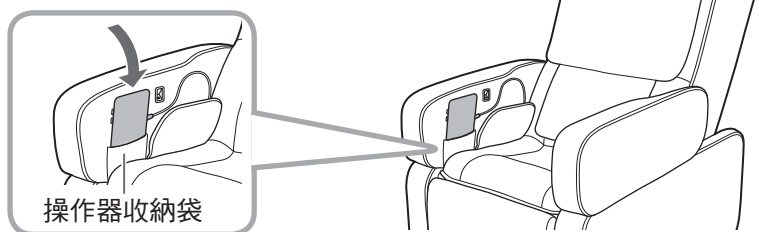
想放鬆但不進行按摩

## 完成按摩後

### 1 確保電源已關閉

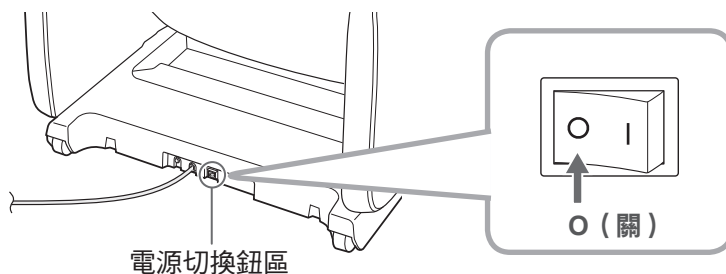
- 確認無法透過觸摸畫面來操作操作器。

### 2 將操作器存放於操作器收納袋中



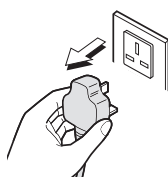
操作器收納袋

### 3 將主機體背面的電源切換鈕設定為「O」（開）。



電源切換鈕區

### 4 從插座上拔除電源插頭



#### ⚠ 警告

- 每次按摩後，請將主機體背面的電源切換鈕按到「O」（開）位置，並拔除電源（防止兒童誤用導致故障或受傷。）

# 移動主機體

## 移動期間，請抬起主機體

一人握住腿置台的側面，另一人握住靠背蓋凹槽，抬起並移動。  
(TC10)

務必至少由兩人  
搬運按摩椅！

## 用腳輪移動主機體

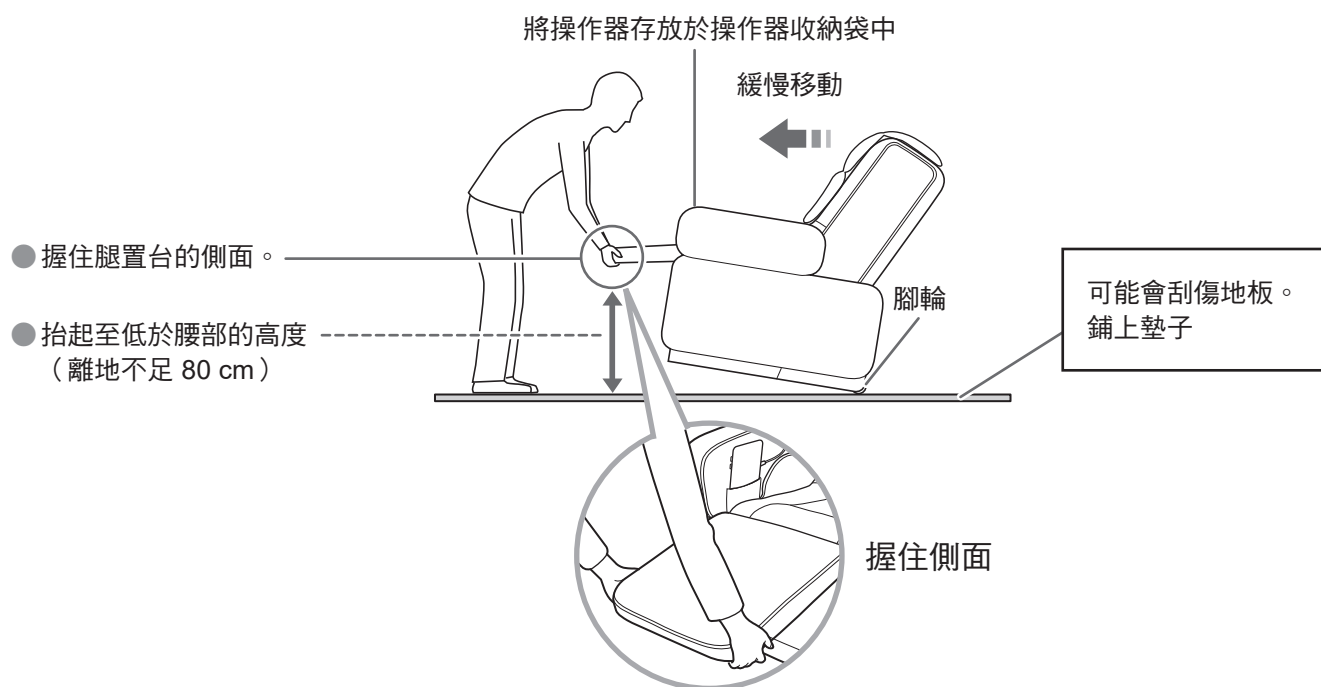
- 移除附近的障礙物
- 在靠背完全立起的狀態下移動。  
如果按  兩次，靠背會升起。

由於主機體較重，請小心搬運避免  
背部受傷。

用腳輪移動時的  
抬舉重量

約 21 kg

握住腿置台側面並用腳輪移動主機體。



## ■ 放下主機體時

- 慢慢放下主機體並留意腳下。
- 用手握住腿置台，直到完全放在地板上。如果太早放開腿置台，它將彈回原位。  
如果太早放開，它將回彈。

# 清潔和保養

- 切勿使用稀釋劑、汽油、酒精等化學品  
（否則會導致部件龜裂及變色，以及合成皮革變色、受損及龜裂）
- 穿著牛仔褲或彩色衣服等衣物使用本機時請小心。（衣物可能褪色而沾染到人造皮革和布料）
- 請勿讓塑膠產品長期接觸人造皮革部分。（會導致變色）

## 觸控面板部分

用軟的乾布擦拭，例如紗布。

### <污垢嚴重時>

扭乾浸過水的布料，然後擦掉污漬，再使用紗布等軟的乾布輕輕擦拭。



## 布料部分

- ① 將軟布沾上清水擰乾，或者以溫水加入廚房用的中性洗潔精 3 % - 5 % 混成稀釋液，再用軟布沾濕之後擰乾，然後抹拭。
- ② 用清水或中性廚房洗潔精，刷拭椅座布料上的頑固污漬。
  - 小心勿過度擦拭布料以免損壞。
- ③ 最後，用清水沖洗濕布並擰乾，然後擦去所有洗潔精。
- ④ 讓主機體自然風乾。



## 塑膠區域

- ① 將軟布沾上清水擰乾，或者以溫水加入廚房用的中性洗潔精 3 % - 5 % 混成稀釋液，再用軟布沾濕之後擰乾，然後抹拭。
- ② 最後，用清水沖洗濕布並擰乾，然後擦去所有洗潔精。
  - 當清潔操作器（觸控面板區域除外）時，請務必在擦拭前先將布充分扭乾。
- ③ 讓主機體自然風乾。



## 人造皮革部位

用軟的乾布擦拭

- 切勿使用市面上含有乙醇成分的清潔劑。（會導致變色、特性改變）
- 請勿用吹風機等物品快速烘乾。

### <污垢嚴重時>

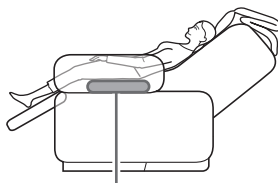
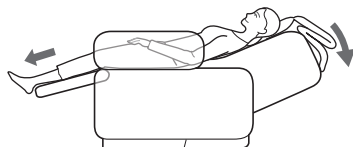
- ① 將軟布浸入水中或 3 % - 5 % 的中性廚房清潔劑溶液中，用溫水充分擠壓。
  - ② 輕輕擦拭表面。
  - ③ 最後，用清水沖洗濕布並擰乾，然後擦去所有洗潔精。
  - ④ 用軟的乾布擦拭。
  - ⑤ 讓主機體自然風乾。
- 針對難以清潔的污垢，使用相同的中性廚房清潔劑溶液擦拭。



移動主機體

清潔和保養

# 問答集（Q&A）

| Q（問題） |                                  | A（答案）                                                                                                                                                                                                                                                                                                |  |
|-------|----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| 使用前   |                                  |                                                                                                                                                                                                                                                                                                      |  |
| 向醫生諮詢 | 因生病而需定期複診時，是否也可使用？               | 請先諮詢醫生後再使用。<br>按摩屬於「觸壓刺激」，是透過對肌肉施壓以舒緩身體疲勞。此「觸壓刺激」有可能會導致某些疾病惡化。因此必須諮詢醫生。（TC4）                                                                                                                                                                                                                         |  |
|       | 身高未滿 140 cm 或超過 185 cm 以上的人否可使用？ | 可以。<br>可能無法調整肩部位置；在這種情況下，建議採用下列方法。<br>〈未滿 140 cm 時〉<br><br>請在椅座上鋪上坐墊，<br>請坐到座位最深處。<br>〈超過 185 cm 時〉<br><br>請讓靠背平臥，<br>身體向前滑動。 |  |
| 使用方法  | 一天可以使用多少次？                       | 一天請勿使用超過 30 分鐘。                                                                                                                                                                                                                                                                                      |  |

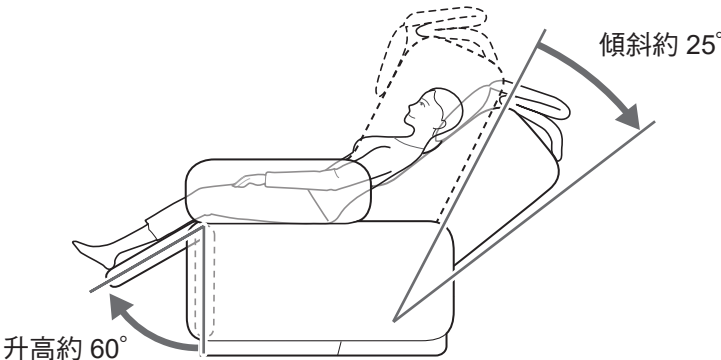
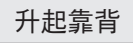
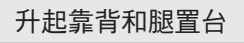
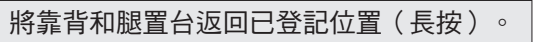
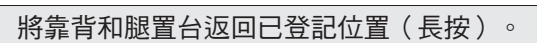
## Q (問題)

## A (答案)

## 使用時

|              |                                                    |                                                                                                                                                                                                                                                                                                                                                                                        |
|--------------|----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 操作器 (U10 顯示) | 體型偵測或按摩期間，會發出 7 次短嗶聲（顯示 <b>U10</b> ），而且動作停止。發生什麼事？ | <p>若由於以下原因而偵測不到身體，則按摩會停止以確保安全。</p> <ul style="list-style-type: none"><li>• 使用者未坐入。</li><li>• 頭部及／或背部未接觸靠背。</li><li>• 有墊子放在靠背上或使用者穿著厚重衣物。</li><li>• 未掀開附帶頭枕的舒適墊。</li></ul> <p>● 往後就座並輕輕往後靠，讓頭部接觸頭枕，按 ，然後按  重新開始。</p> |
|              | 上半身的按摩強度調整按鈕有時會無法操作。                               | <p>上半身按摩輪強度按鈕在下述情況下會無法操作。調整期間強度顯示閃爍。閃爍時，本機不接受任何調整。</p> <p>這是為了防止突然加強強度所刻意設計，並非故障。</p>                                                                                                                                                                                                                                                                                                  |
| 上半身          | 調節位置後仍未立即運作...                                     | <p>視按下位置按鈕的時機而定，按摩輪可能不會立即移動。（雖有些許的時間差，但並非異常。）</p> <p>如果按下按鈕時聽到限制音（嗶嗶嗶），表示已達最末端，無法再繼續移動。</p>                                                                                                                                                                                                                                                                                            |
|              | 感覺左右高度（強度）不同。                                      | <p>以結構上來說，有時會出現左右不同的感覺。</p> <p>為了以更自然的感覺進行按摩，因而採用交替捶拍構造。因此，按摩輪在某些按摩中不會同時移動。在這些按摩中，感覺左右高度（強度）不同。但並非故障。</p>                                                                                                                                                                                                                                                                              |
|              | 按摩輪有時會以斷斷續續的方式逐點移動。                                | <p>按摩椅正在偵測按摩輪上的壓力並改變按摩強度，按摩輪根據壓力可能會逐點移動，此為正常現象。</p>                                                                                                                                                                                                                                                                                                                                    |
|              | 按摩輪有時會暫時停止工作...                                    | <p>視乎操作情況，按摩輪可能會在緩慢按壓過程中暫停，但這並非故障。特別是「放鬆」模式包含多次「按壓」動作，按摩輪會按壓皮膚並暫停。</p>                                                                                                                                                                                                                                                                                                                 |

問答集（Q&A）（接續）

| Q（問題）                                                      |                              | A（答案）                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|------------------------------------------------------------|------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| 使用中（接續）                                                    |                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
| 斜臥                                                         | 主機體有時會自動改變靠背和腿置台…            | <p>遇到以下情況時會自動改變角度。</p> <ul style="list-style-type: none"><li>偵測肩部按摩輪位置時<ul style="list-style-type: none"><li>● 主機體會自動移動，並傾斜至方便偵測的角度。</li><li>● 若您在使用前調整了後仰角度，則角度不會改變。</li></ul></li></ul>  <ul style="list-style-type: none"><li>按  結束按摩時。<ul style="list-style-type: none"><li>● 將自動返回待機模式。</li></ul></li><li>當計時器倒數完畢結束後設置腿置台角度（TC31）<ul style="list-style-type: none"><li>● 自動返回：腿置台將自動返回。</li></ul></li></ul> |  |
|                                                            | 您不希望腿置台在計時器倒數完畢後返回           | 如果將腿置台角度設定為「留在原位」，則腿置台不會在計時器倒數完畢後自動返回。（TC31）                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |
|                                                            | 計時器倒數完畢後，靠背未返回原位             | <ul style="list-style-type: none"><li>● 計時器倒數完畢後，操作器上會顯示<br/>按 、 或<br/> 將靠背和腿置台返回已登記位置（長按）。</li><li>● 如果操作器已關閉，則按  兩次。</li></ul>                                                                                                       |  |
|                                                            | 想在計時器倒數完畢後，將靠背和腿置台返回至「登錄位置」。 | <p>當在設定中將腳靠角度設為「登錄位置」時</p> <p>計時器倒數完畢後，按下操作器上顯示的<br/>。</p>                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |
|                                                            | 因為上次無法正確完成，顯示為               | <p>以下情況會顯示</p> <ul style="list-style-type: none"><li>之前因停電而關閉</li><li>將主機體背面的電源切換鈕按到「O」（關）以停止，或在正常終止操作前從插座上拔除電源插頭。</li></ul> <p>按「確定」<br/>將靠背或腿置台收納至原本的位置後，恢復操作。</p>                                                                                                                                                                                                                                                                                                                                                                                                                   |  |
| <div>由於前次使用未正確結束，開始前，<br/>靠背和腿置台要返回原位。</div> <div>確定</div> |                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  |

## Q (問題)

## A (答案)

## 如何調整位置

|           |                                       |                                                                                                                                                                                      |
|-----------|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 偵測肩部按摩輪位置 | 偵測肩部按摩輪位置時，找不到正確的肩部位置…<br>(肩部位置每次都變動) | <p>使用「▲」和「▼」按鈕調整肩部位置。(TC18)</p> <p>某些坐姿(例如向前傾)可能導致無法執行正確的肩部按摩輪位置偵測。即使您的高度在建議的偵測範圍內(約 140 cm 至 185 cm)，但肩膀位置仍未對準，請嘗試以下方法。</p> <p>對較矮的人：請立起靠背並提高腿置台使用。</p> <p>對較高的人：請讓靠背平臥，身體向前滑動。</p> |
|-----------|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## 如何調整力度

|     |                               |                                                                                                                                                                               |
|-----|-------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 上半身 | 自動模式「在最強設定下仍不夠強」或「在最弱設定下仍太強」。 | <p>請嘗試以下方式。</p> <ul style="list-style-type: none"> <li>為模式設定最大強度，但強度不足。<br/>將靠背向後傾，可藉由體重向下壓主機體，以提高按摩強度。</li> <li>為模式設定最小強度，但強度太高。<br/>如果在靠背上鋪上一層布或毛毯，按摩輪的觸感會變得較柔和。</li> </ul> |
| 臀部  | 臀部按摩力度不足…                     | 當靠背放下時，會較容易按摩臀部。此外，如果您將腿置台升起並且向後坐下，便可使臀部處於靠背上，按摩輪便能緊靠在靠背上。                                                                                                                    |

## 其他

|      |                  |                                                                                                                                                                                                               |
|------|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 操作器  | 操作或位置的顯示似乎不同…    | 顯示的動作表示粗略的移動。<br>實際移動或感覺可能不同。                                                                                                                                                                                 |
| 聲音   | 長時間使用下來，聲音越來越大聲… | 這可能是故障。請聯繫 Panasonic 服務中心進行檢查和維修。                                                                                                                                                                             |
| 定時功能 | 有無定時功能？          | <p>有。</p> <p>為了防止過度使用，按摩會在開始後最長 30 分鐘內自動結束。(TC32)</p> <p>選擇「無需按摩，即可放鬆」後，該設定將持續約 3 小時。</p>                                                                                                                     |
| 藍牙音頻 | 如何連接和使用按摩椅的藍牙音頻？ | <p>首次使用按摩椅時，請開啟手提電話，並以藍牙搜尋按摩椅型號 [EP-MAL2-XXXXXX]，然後輸入正確的藍牙密碼：1126</p> <p>選擇播放的音樂。</p> <ul style="list-style-type: none"> <li>如您曾經使用按摩椅的藍牙音頻播放功能，請開啟手提電話的藍牙功能。手提電話的藍牙將會自動與按摩椅的藍牙音頻連接，然後您便可選擇需播放的音樂。</li> </ul> |

# 問題解決

請查閱以下「問題」並採用「補救方法」。  
處理後仍有異常時，請聯絡 Panasonic 服務中心。  
有關要求維修時的詳情，請參閱 TC47。

| 問題                      | 原因和補救方法                                                                                                                                                                                                                                                                                                                                                                             |
|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 按摩輪突然停止運作。              | 如果在操作期間對按摩輪施力過大，基於安全起見，動作可能會停止。<br>→ 關閉主機體背面的電源切換鈕一次，約 10 秒後再次打開「I」（開），然後再進行操作。                                                                                                                                                                                                                                                                                                     |
|                         | 如果在模式進行過程中回到清單選擇畫面，則操作會停止。                                                                                                                                                                                                                                                                                                                                                          |
|                         | <p>停電。</p> <p>→ 由於操作已經停止，請按  兩次，讓靠背和按摩輪回到收納位置，然後再次開始使用。<br/>（即使已復電，操作也不會重新開始。）</p> <p>→ 按 ，當右方的畫面出現時，按「確定」。</p> <div data-bbox="1268 945 1594 1125"> <p>由於前次使用未正確結束，開始前，<br/>靠背和腿置台要返回原位。</p> <p>確定</p> </div> |
| 按摩輪未往上移至肩部或頸部           | <p>如果頭部未接觸到頭枕，或者背部未接觸到靠背，則在進行肩部按摩輪位置的偵測期間，肩部位置可能會偵測為低於實際位置。</p> <p>→ 坐進座位最深處，把頭靠在頭枕上，然後從頭開始重複操作。</p> <p style="text-align: right;">（TC18）</p>                                                                                                                                                                                                                                       |
| 左右按摩輪的高度不同              | 採用交替敲打法，因此這是自然現象。主機體沒問題。 <span style="float: right;">（TC39）</span>                                                                                                                                                                                                                                                                                                                  |
| 「溫熱」按摩輪未變熱。             | 「溫熱」已設為關閉。                                                                                                                                                                                                                                                                                                                                                                          |
|                         | 按摩輪的溫熱感會因體形、按摩身體部位、按摩動作、衣物及室溫而異。                                                                                                                                                                                                                                                                                                                                                    |
| 即使關閉「溫熱」按摩輪功能，仍能感覺到熱度   | 由於加熱器的結構，因此「溫熱」按摩輪加熱後會因為餘熱而保持溫熱一段時間。                                                                                                                                                                                                                                                                                                                                                |
|                         | 關閉「溫熱」開關後繼續按摩相同部位可能會提高體感溫度。                                                                                                                                                                                                                                                                                                                                                         |
| 椅座無法傾斜，腿置台無法降低          | <p>若本機作業時遇阻礙物或過度的外力，為安全起見，本機將停止運作。</p> <p>→ 如靠背或腿置台停止，請關閉主機體背面的電源切換鈕一次，約 10 秒後再次設為「I」（開），然後進行操作。</p>                                                                                                                                                                                                                                                                                |
| 開始按摩後並未傾斜<br>（座位無法自動傾斜） | <p>如果使用前調整了傾斜角度，則座位不會自動傾斜。</p> <p style="text-align: right;">（TC40）</p>                                                                                                                                                                                                                                                                                                             |

| 問題                                                                                                       | 原因和補救方法                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 靠背並未返回直立的位置                                                                                              | <p>為了安全起見，計時器倒數完畢後或您按下  以停止運作時，靠背不會自動返回原位。</p> <p>→ 如果操作器已關閉，按  兩次。</p> <p>如果在設定中將靠腿置台角度設定為「留在原位」，則不會自動返回原位。</p> <p>→ 如操作器上顯示以下畫面，請按下該畫面。</p> <div> <div>升起靠背</div> <div>升起靠背和腿置台</div> <div>將靠背和腿置台返回已登記位置（長按）。</div> </div> <p>→ 如果操作器已關閉，則按  兩次。</p> |
| 主機體完全無法運作                                                                                                | <p>電源插頭已經拔除 (TC11 及 TC12)</p> <p>主機體背面的電源切換鈕設定為「O」（關） (TC11 及 TC12)</p> <p>已設定兒童安全鎖。 (TC9)</p> <p>未進行按摩模式選擇或身體部位選擇 (TC20 至 23)</p> <p>停電。</p>                                                                                                                                                                                                                                                                                                                                                                  |
| 觸控面板無法操作                                                                                                 | <p>如果附近有其他電子儀器產生干擾，觸控面板便可能無法操作。</p> <p>→ 按 ，關閉主機體背面的電源切換鈕，然後約 10 秒後再次將其調至「I」（開）以進行操作。</p>                                                                                                                                                                                                                                                                                                                                   |
| 有時在按摩完成後再按  時，電源會無法開啟 | <p>這是由於系統可能無法接受關機（大約 5 秒） 操作。</p> <p>→ 所有移動停止之後，等候最少 5 秒再按 。</p> <p>已設定兒童安全鎖。 (TC9)</p>                                                                                                                                                                                                                                              |
| 觸控面板上出現紅色、藍色或綠色的像素                                                                                       | <p>不發亮、長亮、顯示不平均，或顏色出現轉變的瑕疵像素，是觸控螢幕的特點，屬於正常現象。</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 本機已毀損                                                                                                    | <p>→ 為防止意外，請務必聯繫 Panasonic 服務中心。 (TC47)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 電源線或插頭溫度過高                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

# 故障顯示

## <故障顯示的例子>

### U10

為安全起見，如果未能確認使用者坐姿安全，按摩模式將終止。  
如果即使坐著仍發生此錯誤，請按緊急停止開關，然後坐得較深，使臀部靠在靠背上，並再次嘗試操作機器。

| 故障顯示      | 目錄                                                                                                                                                              |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| U10       | 為安全起見，如果未能確認使用者坐姿安全，按摩模式將終止。<br>如果使用者坐姿適當，但仍產生錯誤訊息，請按  ，重新躺坐，讓臀部緊貼椅背，然後重複操作。 |
| F03 ~ F39 | 按摩椅內部發生故障。<br>請停止使用，並聯絡代理商進行檢查或修理。<br>(聯絡時若能提供錯誤編號，則可提供更順利的服務和維修。)                                                                                              |

# 軟件

本產品包括以下軟件：

- (1) 由 Panasonic Corporation (「Panasonic」) 獨立開發或為其開發的軟件
- (2) 根據指定條款及細則而獲許可的開源軟件

上記第 (2) 類軟件是期望其本身會有用，但對此不提供任何保證，甚至不包括「適銷性」或「適合用於特定用途」的隱含保證。自產品交付當日起至少 3 年期間，Panasonic 將會按照不超過實際分發原始代碼的成本，向聯繫以下聯絡資料的第三方，就根據 GPL V2.0 而獲許可的軟件，提供完整機器可讀的相應原始代碼副本。

聯絡資料：

oss-cd-request@gg.jp.panasonic.com

若要查看軟件的最新許可條款，可以直接透過下面的 QR 碼查看。



# 在意聲音或感覺時

使用按摩椅時會有以下的聲音和感覺。但這些是機器構造所致，完全正常。

來自各個氣囊按摩部分（關於各個氣囊按摩部分的位置，請參閱 TC8 和 TC24）

**「劈啪」、「空心」、「彎曲」和「推擠」的聲音**

氣囊按摩操作期間，氣囊的充氣聲及氣囊互相摩擦時的聲音和感覺。

**「砰砰」、「咚咚」聲**

按摩輪與布料皺褶摩擦的聲音

**「咯咯」、「嘎吱」、「沙沙」聲**

揉按、捶拍動作等動作聲

**「嘎吱」聲**

按摩輪運作時的嘎吱聲

**「咯咯」、「抽動」聲**

按摩輪上下移動時的運作聲

**「隆隆」聲**

皮帶運轉聲

**「馬達」聲**

施加空氣壓力時的馬達聲

**「咚咚」、「抽動」聲**

按摩輪從「推」變成「拉」時的聲音

**「摩擦」聲**

按摩輪在椅座布料上的摩擦聲

**「沙沙」聲**

坐入時的聲音

**「沙沙」聲**

椅座傾斜時，附帶頭枕的舒適墊在扶手上移動的聲音

**「沙沙」聲**

靠背和扶手的摩擦聲音

**「馬達」聲**

「馬達」聲

**「嗖嗖」、「嘶嘶」聲**

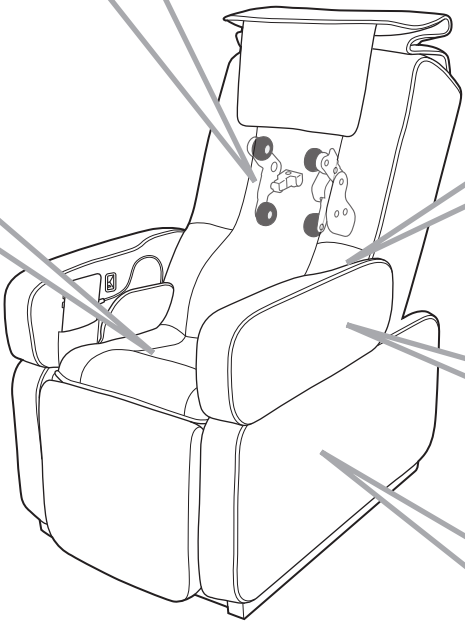
氣囊排氣聲

**「泵」聲**

來自椅座下的泵動作聲

**「砰砰」、「抽動」聲**

來自椅座下的閥門動作聲



故障顯示軟件  
在意聲音或感覺時

聲音變大時有可能是故障。

● 請聯繫 Panasonic 服務中心進行檢查和維修。

# 規格

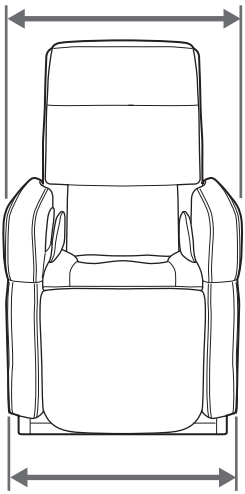
|         |                 |                                                                                                                             |
|---------|-----------------|-----------------------------------------------------------------------------------------------------------------------------|
| 商標名稱    |                 | 按摩椅EP-MAL2                                                                                                                  |
| 關於電源    |                 | AC 220 V 50 Hz                                                                                                              |
| 消耗電量    |                 | 135 W                                                                                                                       |
| 加熱器消耗電量 |                 | 23 W                                                                                                                        |
| 上半身按摩   | 按摩區域（上下）        | 約 93 cm（按摩輪總共移動約 77 cm）                                                                                                     |
|         | 按摩區域（左右）        | 按摩操作時按摩輪之間的間距（包括按摩輪的闊度）<br>頸部、肩部、背部：約 5 cm 至 21 cm<br>腰部和臀部：約 5 cm 至 25 cm<br>伸展背部及上下移動時按摩輪的間距（包括按摩輪的闊度）：<br>約 5 cm 至 17 cm |
|         | 按摩區域（前後）        | 按摩輪突出部分（強度調整）：約 10 cm                                                                                                       |
|         | 按摩速度            | 揉捏：約每分鐘 4 次至每分鐘 75 次<br>敲打：約每分鐘 190 次至每分鐘 520 次（一側）<br>移動速度：大約每秒 1 cm 至每秒 5 cm                                              |
| 氣囊按摩    | 氣壓（大腿）          | 3: 約 33 kPa<br>2: 約 29 kPa<br>1: 約 16 kPa<br>（按摩部位不同而稍有差異）                                                                  |
| 傾斜角度    |                 | 靠背：約 130 度至 170 度<br>腿置台：約 0 度至 80 度                                                                                        |
| 定時器     |                 | 要按摩時: 最長 30 分鐘<br>想放鬆但不進行按摩：約 3 個小時                                                                                         |
| 尺寸      | 未傾斜時（高 × 寬 × 深） | 約 122 cm × 68 cm × 118 cm                                                                                                   |
|         | 傾斜時（高 × 寬 × 深）  | 約 74 cm × 68 cm × 177 cm                                                                                                    |
| 重量      |                 | 約 65 kg                                                                                                                     |
| 布料      |                 | 人造皮革                                                                                                                        |
| 藍牙版本    |                 | 藍牙5.3                                                                                                                       |

以上藍牙文字標誌與標誌為 Bluetooth SIG 所有之註冊商標，松下電器株式會社經授權使用該標誌。其他商標與商標名稱均屬其個別所有人所擁有。  
假如此產品是由一個體重為 100 kg 或以上的人士，又或由幾個人使用，操作噪音可能會較大，布料套會損耗得較快。

## 主機體尺寸

### 正面

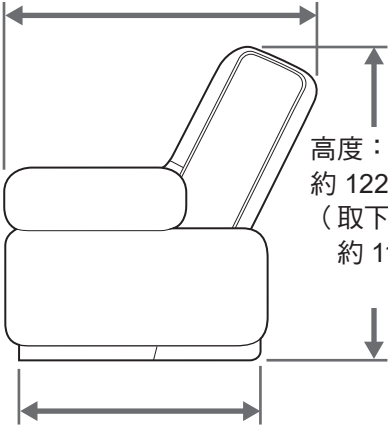
寬度（包括扶手）：約 68 cm



底部寬度：約 65 cm

### 側面

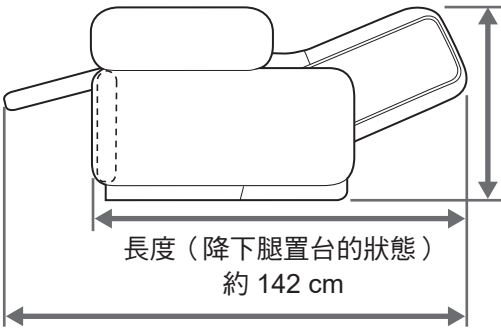
長度：約 118 cm



高度：  
約 122 cm  
（取下墊子之後  
約 117 cm）

接地部分長度：約 90 cm

高度：  
約 74 cm



長度（降下腿置台的狀態）  
約 142 cm

長度（升起腿置台的狀態）  
約 177 cm

**MEMO**

規格



**MEMO**

**MEMO**

