### **Panasonic**®

### **Operating Instructions** 使用說明書

(Household) Massage Lounger (家用)電動按摩椅

> Model No. 型號 EP-MAC8

**English** EN2 繁體中文 TC2



Before operating this unit, please read these instructions completely and save them for future use. 感謝您購買本Panasonic 產品。

Printed in China 中國印刷 P9310MAC8421 F0618Y0

Issued date: 2019-06-18 發行日期: 2019-06-18

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。

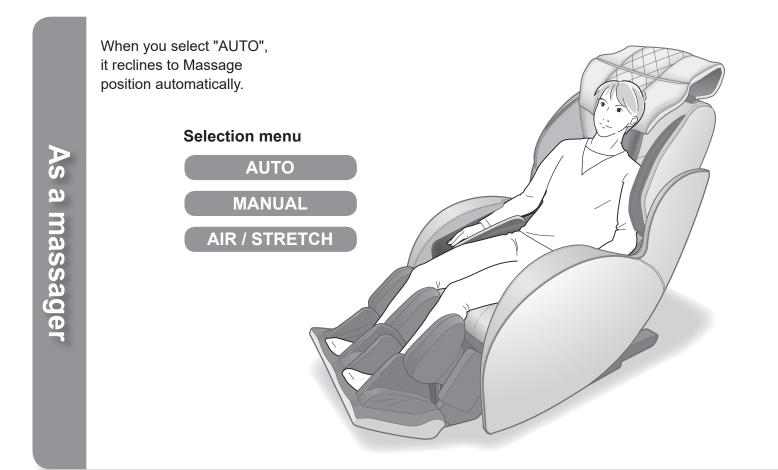
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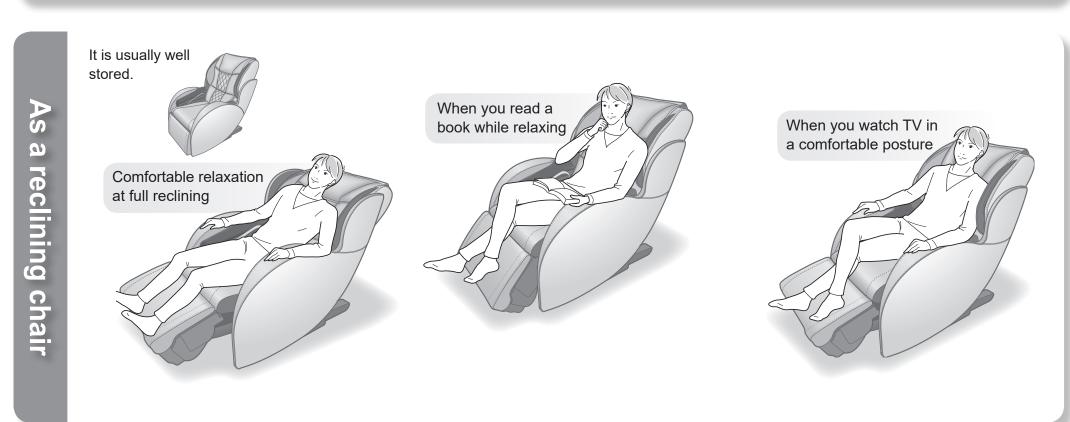
No.1 EN, TC

# As a massager, of course, it can usually be used as a comfortable chair for relaxation.





Push foot massage part forward with hands.
(Refer to EN17 after referring to "Check the main unit" on EN13 to EN15.)



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### IMPORTANT SAFETY INSTRUCTIONS (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. Please ensure that you read all instructions before using the Household Massage Lounger.

<b>∴WARNING</b>	Denotes a potential hazard that could result in serious injury or death.
<b>ACAUTION</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 and skin infections (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
- (Otherwise it may worsen symptoms.)
- The unit is not to be used by people who cannot move or communicate on their own.
- 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 who have a wound where the massager operates
- (7) 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)
- (8) Persons who require bed rest or who are in poor physical shape
- (9) 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 it may lead to accident, injury or become unwell.)

### Take note of the following points as well



• Absolutely do not modify. Furthermore, do not attempt to disassemble or repair the unit yourself. (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.

### When in use



- When massaging the neck area, be careful of the movement of the massage heads and avoid massaging the throat area and excessively strong massage action.
- Do not sit on the 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
- 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 heads touch the same place for a long time.
- Do not use the "SOLE HEAT" massage for long

(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.
- Do not damage the heater. (EN9)
  - Do not stick a pin or needle into the machine.
- · Do not stick a knife into the machine.

(It may damage the heater inside and result in fire or an electric shock.)



- Turn over the comfort cushion and check the cloth covering the moving parts of the backrest is not torn. Check also that cloths covering the other parts is not torn.
- (Stop using the machine immediately, pull out the power plug and request the repair regardless of the size of the tear.)
- If a chair with torn cloth is used, it may lead to injury or electric shock.
- Start using a gentle "RELAX" massage.
- Do not massage for more than 15 minutes once.
- Do not massage any one part of your body for more than 5 minutes at a time.

(Otherwise it may lead to adverse effect or injury.)

- 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.
- (Otherwise it may lead to accident or injury.)
- After each massage, slide the power switch on the backside of unit body to the "off" position, turn the lock switch to the "lock" position and then remove the lock switch key and power plug. (To prevent breakage or injury from misuse by children.)

#### 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.

EN4 EN5

### **IMPORTANT SAFETY INSTRUCTIONS** (continued)

### **AWARNING**

### 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. (If you use the damaged machine, it may cause an electric shock, a short circuit or fire.)

- → 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



- Always use sockets and wiring devices at the correct rated value.
- Use 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.)

### **Symptoms**



- Persons who are otherwise healthy but have any of the conditions listed below should consult with their physicians before using the unit.
- (1) Persons whose muscles have deteriorated due to age or weight loss
- (2) Persons with symptoms of lower back and hip pain caused by the bones and muscles, organs and nerves
- (3) Persons who suffer bruises or sprains easily
- (4) Persons who suffer from severe motion sickness
- (5) 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 adversely affected 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.
- Do not move the unit using the castors on the flooring.

(Otherwise it may damage flooring.)

- Do not move with a person on it. (Otherwise it may lead to falls, causing an accident or injury.)
- Do not hold the sole massage section when moving the unit. (It may slide in movement, causing injury.)
- Do not use in damp or humid places such as a bathroom. (Otherwise it may lead to electric shock.)
- Do not leave the controller on the seat. (Otherwise it may damage the machine.)



- Use only on a horizontal surface. (Otherwise it may lead to a falling accident.)
- When unplugging the power plug, hold the plug itself and do not pull on the power cord. (Otherwise it may lead to electric shock, burning or fire due to a short circuit.)
- When you move the machine, return the leg/foot massage section completely to the original position. (Otherwise it may lead to personal injury.)
- Place a mat or other such covering on the floor when moving the unit using the castors. (Unit may damage the flooring.)
- When moving the unit on its castors, remove any obstacles from around the unit, move the backrest to the fully upright position, lift the legrest and seat to a position below the waist (less than 80 cm from the floor) and move the unit slowly.

(Otherwise the unit may fall and cause injury.)

### Power supply



- To ensure safety, connect the unit to a properly grounded
- · Otherwise it may lead to accident or discharge. (Otherwise it may lead to electric shock.)
- Always unplug the power plug from the wall socket when cleaning the unit or removing the cover. (Otherwise it may lead to electric shock or injury.)
- 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.)

### **ACAUTION**

### Before and during use



- Do not use the massage heads on your head, stomach or bare skin. Also, do not place your hands or feet between the massage heads.
- Do not put your knees between calf/sole massage
- Do not fall asleep while using the unit. Do not use the unit after drinking alcohol.
- Do not stand, jump on, or place objects on the seat until the air is completely extracted after the air action.

(Otherwise it may lead to accident or injury.)

- Do not put your hands or legs between the machine and leg/foot massage section.
- Do not put your hands, arms or head in the space of the leg/foot massage section (legrest). For your safety, be sure to put back the leg/foot massage section after
- Do not unplug the power plug or turn the power switch "off" during massage.
- Do not stand or sit on the leg/foot massage section or legrest. The tip of the legrest may rotate or the machine may lurch, resulting in an accident or personal injury. If the bottom surface of the leg/foot massage section touches the floor, the floor may be damaged.
- Do not use at the same time as another medical device.

(Otherwise it may lead to accident or deteriorated



- Check that the massage heads are in the retracted position.
- Be sure that all operations have stopped before getting off the unit during a massage. (Otherwise it may lead to accident or injury.)
- When you put back the leg/foot massage section, place your hands on it completely to the end. (Otherwise it may lead to accident or personal
- Check that there is no foreign matter between the parts of the unit before sitting down.
- Check whether any foreign objects are sandwiched between the backrest, seat. hand/arm massage section, leg/foot massage section and comfort cushion.

(Hands, feet or small objects may become trapped, resulting in an accident or injury.)

- Avoid wearing anything hard on your head like a hair accessory, etc. when using the unit.
- Do not massage with any hard objects in your trouser pockets.
- Remove hard objects such as false fingernails, wristwatches or rings when massaging hands or

(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 due to fall.)

### Take note of the following points as well GROUNDING INSTRUCTIONS



- Do not allow children to use the controller holder fixing screw.
- (Otherwise it may lead to accident such as a child swallowing the screw.)
- Do not spill water on the unit or controller. (Otherwise it may lead to electric shock, ignition, or fire due to a short circuit.)

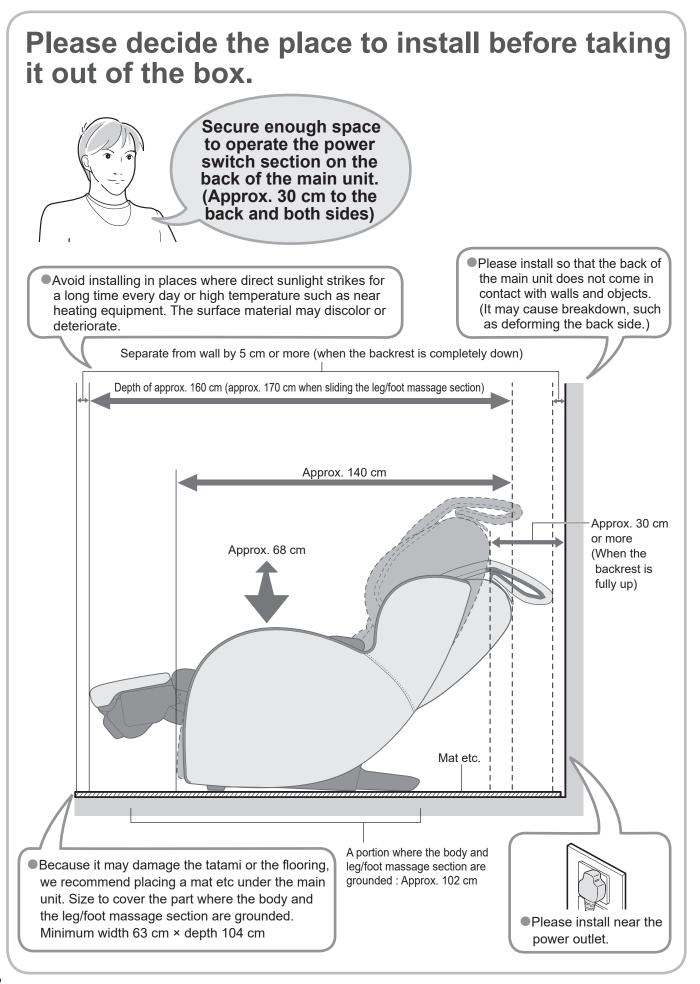


- Store the lock switch key out of the reach of
- (Otherwise it may lead to accident such as the child swallowing the key.)
- In the event of a power outage, unplug the power plug immediately.
- (Otherwise it may lead to accident or injury when the power supply returns.)
- If you have not used the unit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

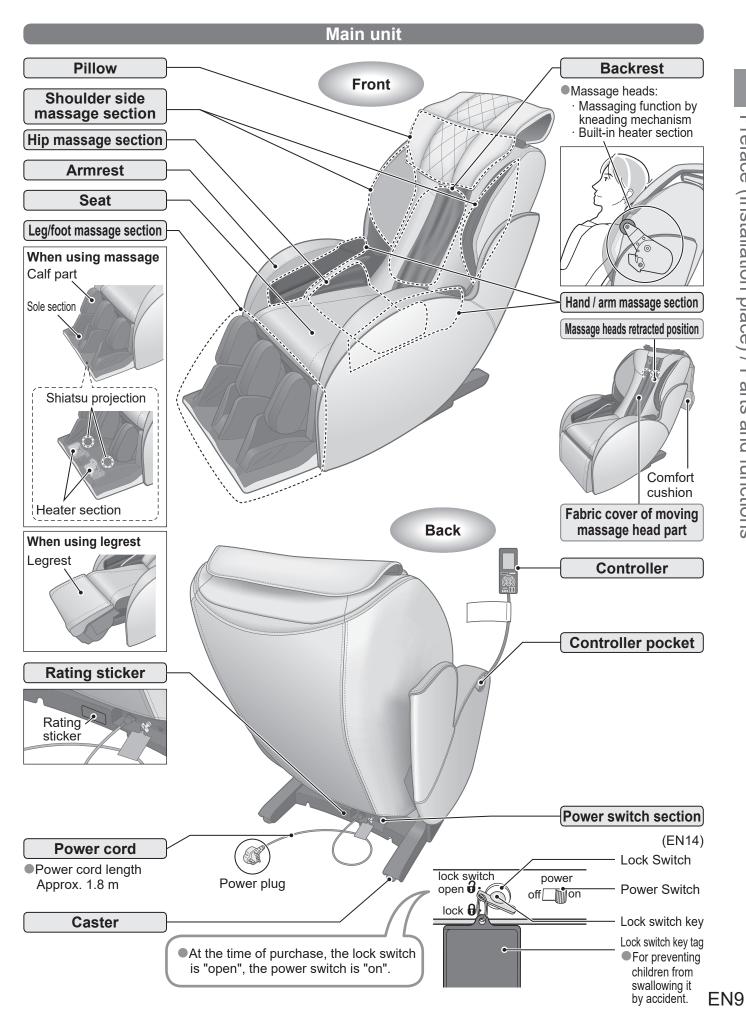
- This unit must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.
- This unit is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances

EN6 EN7

# **Preface (Installation place)**



### Parts and functions



### Parts and functions (continued)

Controller

**Display** 

(1) "AUTO" display

currently using.

(2) "AIR / STRETCH" display

displayed in three levels.

maximum of 5 levels.

(5) Shoulder position display

Remaining time display

time is displayed.

(6) "HEAT" operation display

Heat off / on displayed.

7 Massager operation display

currently using. (EN23)

(8) "SOLE HEAT" operation display

"SOLE HEAT" off / on displayed.

<Massage heads position display>

19 levels.

<Air display>

●When choosing a course ...

indicates the currently selected course name.

Displays the name of the course you are

Displays the selected action / part.

(3) "AIR INTENSITY" adjustment display

"AIR / STRETCH" current air intensity is

(4) "BACK INTENSITY" adjustment display

Current back intensity can be adjusted through a

In shoulder position adjustment mode, the flashes, and shoulder position is adjusted through

•When and min are displayed, the remaining

Displays the massage operation that you are

heads.

currently done.

Displays the approximate

current position of massage

Displays the currently selected

air massage action. Flashes the part of the air massage which is

# NECK/SHOULDER LOWERBACH 2 -- 8 3 -9 5 **Panasonic** EP-MAC8

### Display part

Illustration of all lit states.

#### 2 Off / On button

When switching power supply off / on.

- 3 Menu selection button
- 4 Up / Down (▲▼) selection / adjustment button Left / Right (◀▶) selection / adjustment button
- **5** "DOUBLE HEAT" off / on button (EN29) ●Use "HEAT", "SOLE HEAT" off / on.
- 6 "AIR / STRETCH" adjustment button
- **T** "BACK INTENSITY" adjustment button
- 8 Quick stop button

Press when you want to stop massaging quickly.

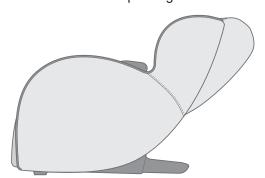
- 9 OK button
- **10** Electric reclining button

# Installation

### 1)Open the packing box and take out the item

### Check the main unit and accessories

### (Main Unit)



(When the backrest is fully down)

### **Accessories**

inserted into the Power switch section part.



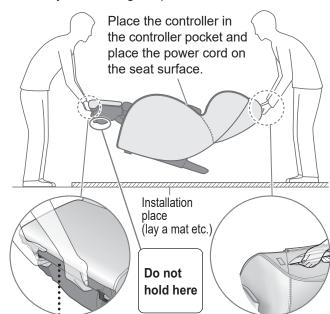
### 2)Loading and installing the item

- Since it is a heavy item, please be careful not to hurt your back etc when moving in. (carry by 2 people.) Weight: approx. 69 kg
- •When lowering the main unit please pay attention to your feet and slowly lower it.
- Please bring down the legrest to the end with both hands placed on it. It spring back when released.

### When lifting it up to carry in and install it

If you do not hold it properly, it will cause the body to fall and damage the floor.

Please fully recline the backrest and lift the main unit manually with the legrest put back.



Hold it by the hard part inside.

Open the hook and loop fastener and hied it by the hard plastic part inside.

Close the surface fastener after installation

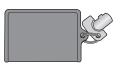
### How to attach the **Comfort cushion**

Close the zipper on the upper part of the backrest.



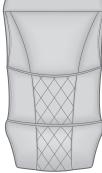
Illustration of the unpacking state.

Lock switch key (1)



At the time of purchase, the lock switch is

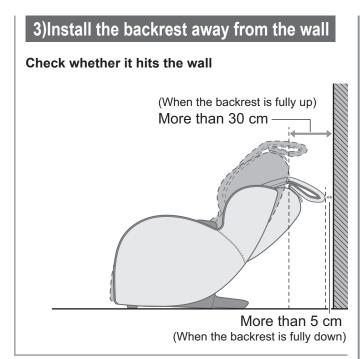
#### Comfort cushion



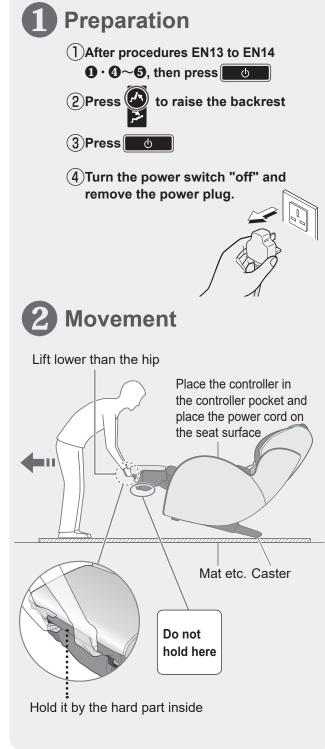
**EN10** 

**EN11** 

### **Installation** (continued)



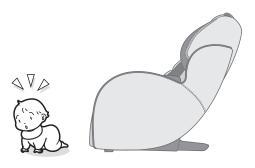
### When installing, using a caster to move



### Before starting massage each time (Check the main unit)

1 Check the surrounding area

• Make sure there are no objects, persons, or pets in the vicinity of the unit.



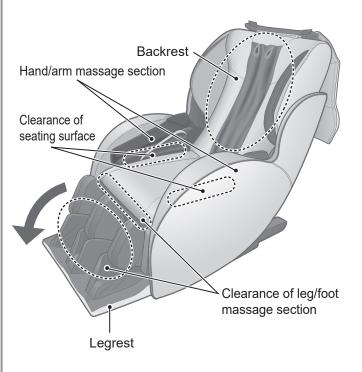
2 Turn over comfort cushion



3 Confirm that foreign objects is not sandwiched in the main unit

To check the leg/foot massage section, push the legrest forward by hand, and check that no foreign objects is sandwiched in.

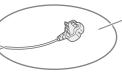
- •When you release your hand, the leg/foot massage section will be retracted.
- Stow completely using both hands. Please be careful not to get your hands caught.



EN12 EN13

# 4 Check the power cord and power plug

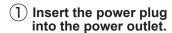
Check there is no breakage



Check for damage and contamination

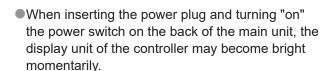
- Do not do anything that may damage the power cord or power plug. (Do not scratch, modify, use near a heater, excessively bend, twist, pull, place heavy objects on top of, or bundle the cord or plug.)
   (If you use the damaged machine, it may cause an electric shock, a short circuit or fire.)
- → Contact the nearest authorized service center for repairs to the power cord or power plug.
- 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.)







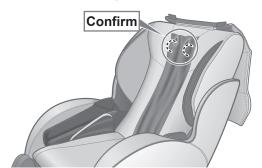
- 2 Set the lock switch to "open" with the key.
- 3 Turn power switch "on".



### **WARNING**

- Do not insert or unplug the power plug with wet hands.
- (Otherwise it may lead to electric shock.)
- Always use sockets and wiring devices at the correct rated value.
- Use 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.)

6 Touch and check that the massage heads are in the retracted position



When massage heads is not in retracted position

Press twice on the controller to return to retracted position.





### **MARNING**

• Turn over the comfort cushion and check the cloth covering the moving parts of the backrest is not torn. Check also that cloths covering the other parts is not torn. (Stop using the machine immediately, pull out the power plug and request the repair regardless of the size of the tear.) If a chair with torn cloth is used, it may lead to injury or electric shock. 8 Adjust the position of the comfort cushion and make it a pillow

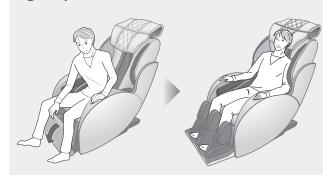
The height where the lower end of the pillow is aligned with the line under the ear is a recommended position.

Adjust the chair as needed

When using the leg/foot massage section

Put the leg/foot massage section forward, stepping on to it with your feet

- 1) Push the legrest in front by hand
- 2)Step onto the sole section



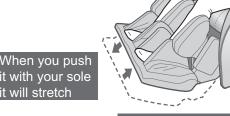
●How to use the legrest. (EN16 to EN17)

Adjust the reclining angle as necessary

(EN17)

### If you are a big-sized person

Adjusting the amount of slide in the leg/foot massage section makes your knees less prone to raising up.



Slightly lift your foot sole to retract

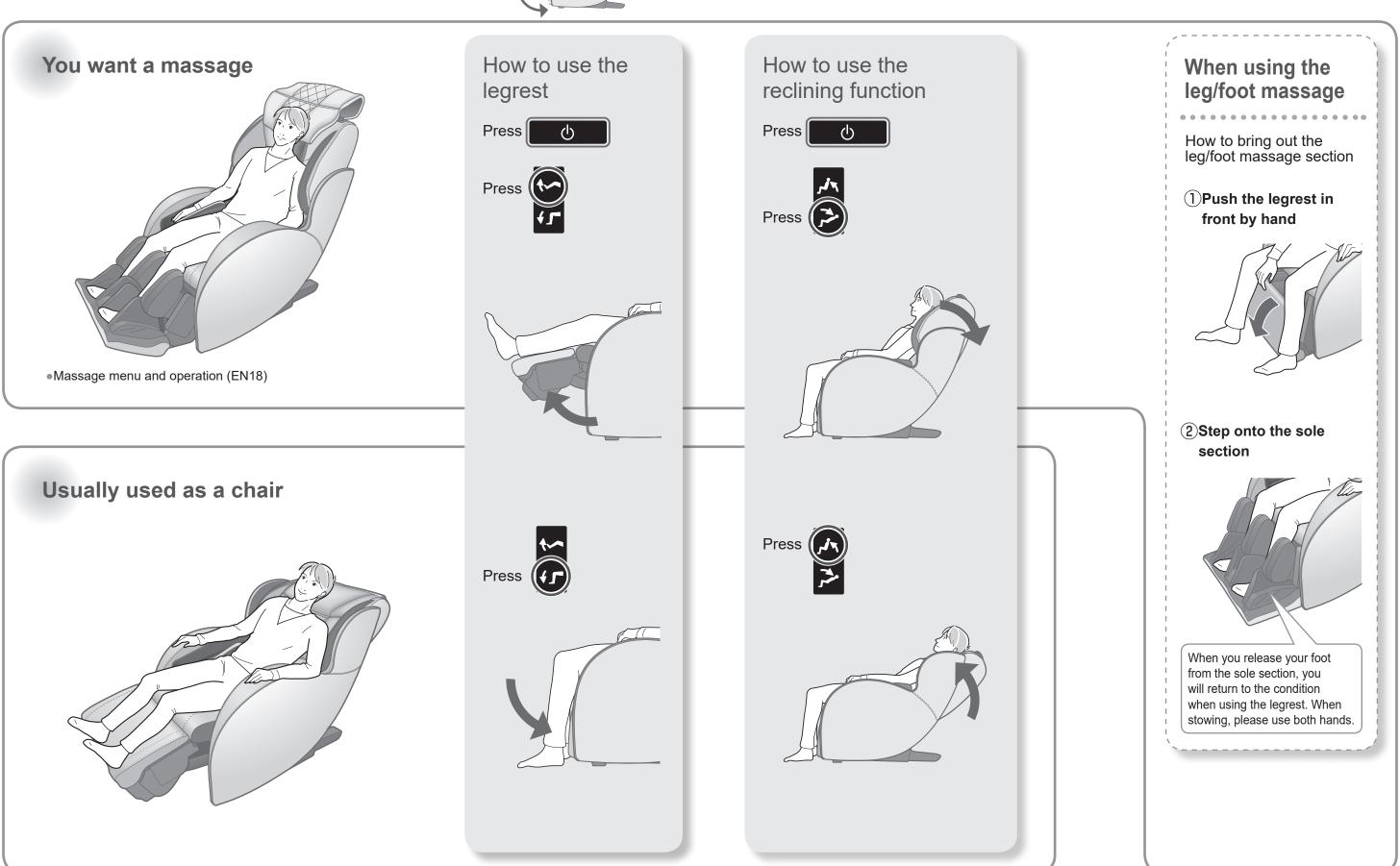
Before starting massage each time (Check the main unit)

EN14 EN15

How to use the reclining chair

When using massage, reclining, legrest ▶"Check the main unit" EN13 to EN15

• ▶When you finish using it, please do "End the massage" EN30 to EN31



**EN16** 

### Select a menu and start massaging



If you turn off the power switch on the back of the main unit or unplug the power plug, the massage heads may move automatically the next time you use it.

At that time, a display as on the right comes up, but it is not a malfunction.

After the massage heads moves for a while, it can be used as usual.



### **MARNING**

- Start using a gentle "RELAX" massage.
- Do not massage for more than 15 minutes once.
- Do not massage any one part of your body for more than
   5 minutes at a time.

(Otherwise it may lead to adverse effect or injury.)

- Take a break for about 10 minutes after using 15 minutes.
- Please use it up to 30 minutes twice a day as a guide.



(The display section turns off when no operation is performed for more than 3 minutes)

2 Massage selected

Select 1 Menu from "AUTO"
"MANUAL" "AIR / STRETCH"
and press it



AUTO (EN19)

Seven courses can be chosen to automatically unwind from neck to lower back.

•"AIR" massage, "STRETCH", "HEAT", "SOLE HEAT" starts at the same time.



MANUAL (EN23)

You can select the type and action of "MANUAL".



You can select the operation and position of "AIR / STRETCH"

●In "STRETCH", "HEAT", and "SOLE HEAT" will start at the same time.

### "AUTO" massage

"Course selection mode"



### Starting at the same time as "AUTO" massage

### Air massage

- Shoulders
- Arms
- HipLeg

#### HEAT

SOLE HEAT

Stretch

• Shoulders\*1

• Leg waist\*2

- \* 1 Excluding "LOWER BACK" course.
- \* 2 Excluding "NECK / SHOULDER" course.

"AIR" massage, "STRETCH", "HEAT", "SOLE HEAT" starts at the same time.



# is pressed to enter mode to select course of "AUTO" massage

(In the course selection mode, the display section turns off when no operation is performed for more than 3 minutes)

↑ To select course

Select a course from "DEEP", "RELAX", "REFRESH", "STRETCH", "NECK/SHOULDER", "LOWER BACK", or "QUICK (8min)".





The currently selected course [ ] flashes

### Course detail

#### DEEP

 When you want to deal firmly with neck / shoulder stiffness, fatigue of the lower back or whole body, then kneading / tapping, or massage operations such as stretch or neck / shoulder roll or lower back roll will be able to loosen you up from neck / shoulders down to your lower back, with deep massaging.

#### RELAX

 When you want to gently unravel neck/shoulder stiffness or whole body pain, focusing on kneading and full back roll, the chair gently loosens up your whole body in the most delightful manner, with a gentle yet rapid action.

#### REFRESH

 To lightly loosen neck / shoulder stiffness and lower back stiffness, the mainly tapping action loosens the whole body with a speedy by effective action.
 Feeling relaxed, it is a refreshing course.

#### STRETCH

 When you want to comfortably stretch a stiff body, full back roll, neck / shoulder roll, lower back roll, the actions of shoulder stretch, leg waist stretch are interwoven to loosen the whole body gently.

### NECK / SHOULDER

 When you want to loosen the stiffness of the neck shoulder firmly, we will focus on the neck and shoulder and lower back roll, performing massage heads mainly on neck and shoulders.

### LOWER BACK

 When you want to loosen the pain in the lower back firmly, we will focus on lower back roll, performing massage heads mainly on back and hips.

### QUICK (8min)

When you want to relax the body for a while in spare time, this is a
course condensed into about 8 minutes, narrowing down points that
are easy to feel tired and stiff, based on the deep massage course.

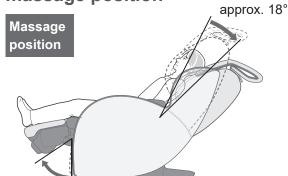
EN18 Continued on the next page EN19



### Select course, press ok



It will automatically assume a massage position

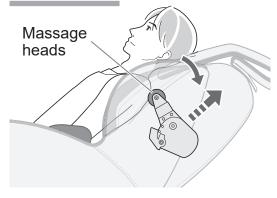


Raised approx. 35°

If you have reclined deeper than the massage position, it does not automatically recline.

### Please put your head against

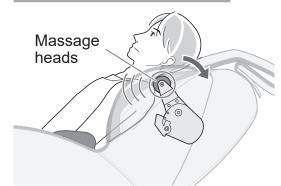
### the backrest



When the pip pip pip sound is heard, the massage heads rises slowly upwards.

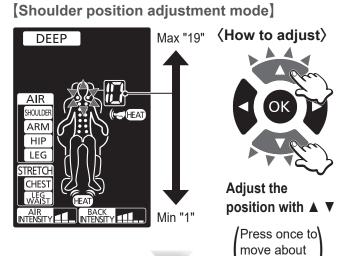
### It will stop after it has risen to a point where the massage

### heads hits the body less



### When the beep sounds, and flashes, adjust the position of the massage heads so that it fits the shoulder position

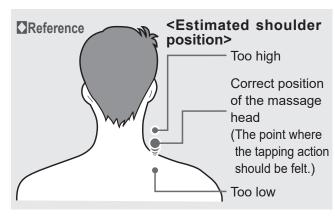
•The figure shows the shoulder position in 19 levels.



### When shoulder position matched, press OK, and the course starts

1.5 cm.

(Even if you do not press [OK], the course will start after about 15 seconds.)



- After determining the shoulder position, the leg/ foot massage section may go up depending on the height of a shorter person. (In order to make the sole reach)
- Shoulder position can be adjusted at any time during "AUTO" massage operation. (Cannot be adjusted during "MANUAL" massage)
- ●Press ▲ ▼ during "AUTO" massage to switch to shoulder position adjustment mode.

### Be sure to put your head against the backrest before starting

Please do not move your head from the backrest until it determines shoulder position. Shoulder check operation will not work, error indication (U10) will appear and operation may

Error display (EN36)



### When you want to further meet your needs

(EN28)

### When you want to change the type of massage

### To select another course of "AUTO"



is pressed and course is selected again (EN19) (All massages will be temporarily suspended)

### To change to "MANUAL"



is pressed and type and action of massage are selected

(All massages will be temporarily suspended)

### When changing only to "AIR / STRETCH"



is pressed to temporarily stop massage,



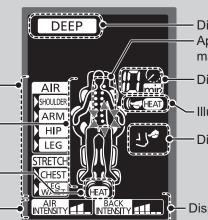
### Screen examples during course

Displays the selected action, position of "AIR / STRETCH"

Flashes during air massage operation

Illuminate when "SOLE HEAT" is "ON"

Displays the intensity of the air



Displays the current course name Approximate position currently being massaged is flashing

Displays the time remaining

Illuminate when heat is "ON"

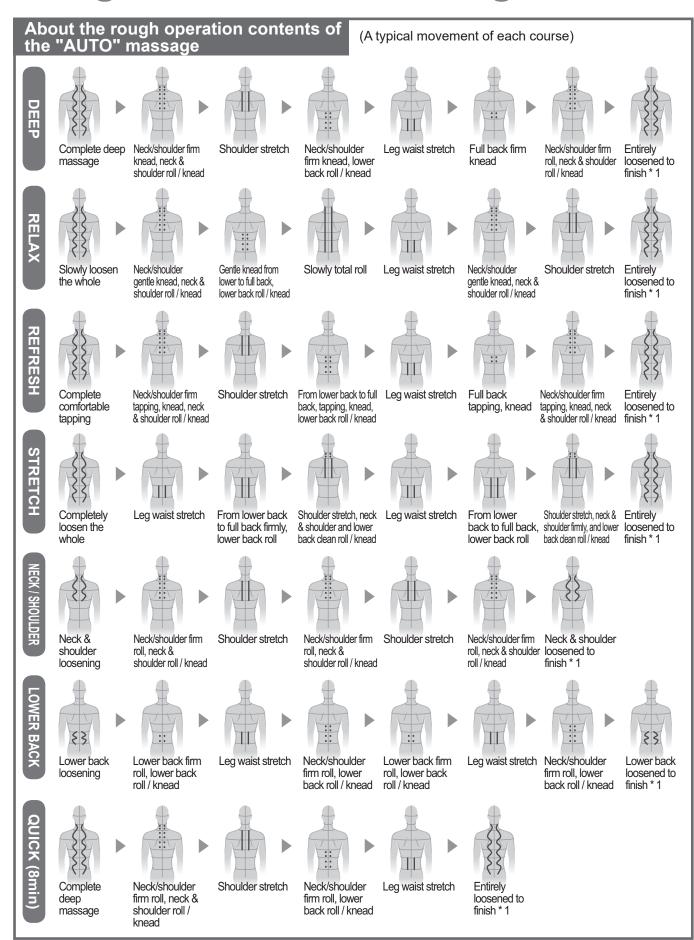
Displays the current activity

Displays the back intensity

**EN20 EN21** 

**EN23** 

# Rough content of massage course



<sup>\*1)</sup> The time of "relaxing motion to finish" varies depending on the height and intensity setting values.

### "MANUAL" massage



### **MARNING**

• Do not massage any one part of your body for more than 5 minutes at a time. (Otherwise it may lead to adverse effect or injury.)



### MANUAL is pressed to enter mode to select type and action of "MANUAL" massage

(In the action selection mode, the display section turns off when no operation is performed for more than 3 minutes)

### Basic massage (when used in one action)



### ▲ ▼ To select the type of massage

You can select massage type from "Neck & Shoulder roll / knead" "Knead" "Lower back roll/knead" "Tap" "Full back roll".



The type you selected will make blink



### (Massage type)

	Туре			Action
	0.4	Neck & Shoulder roll / knead	<b>Ω</b> *	Neck & Shoulder roll
	7\ 2		93	Neck & Shoulder knead
2 13	Lower back roll / knead	11/2	Lower back roll	
		173	Lower back knead	
3 112	Knead	13	Knead down	
		<b>E</b> f	Knead up	
4 \(\times \times \time	Тар	ĕ 😘	Normal	
	SSB-	Ταρ	ĕ <b>©</b>	Soft
5	<b>‡</b> ‡ <b>*</b>	Full back roll	<b>1</b>	Whole unit
			<b>₩</b> ↑	Partial

### ► To select the action of massage

• The selected position stops flashing and stays lit.



It will automatically assume a massage position.

Massage starts with the selected action. When selecting "Neck & Shoulder roll / knead", "Full back roll", the operation to check the approximate position of the shoulder starts. (EN20) ("HEAT", "SOLE HEAT" does not start at the same time)

Continued on the next page

### "MANUAL" massage (continued)

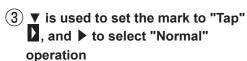
### When you want to combine multiple massage actions

[Example] Combination of "Knead ("Knead up")", "Tap" ("Normal"), "Full back roll" ("Partial")

1 ▲ ▼ to select massage type "Knead"



- (2) ▶ to select "Knead up"
  - The selected action lights up.



- The selected action lights up.
- 4 ▼ to select "Full back roll" andto select "Partial" operation
  - The selected action lights up.



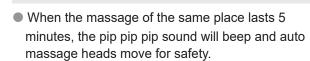
**E**EF

Press OK to perform the operation.

#### Reference

Select the type of massage with ▲ ▼ and press ▶ to display the type of massage that can be combined.

[Example] When "Neck & Shoulder roll / knead" is selected, "Tap" "Normal" or "Soft" can be chosen.



### When you want to cancel selection of massage action in the middle of setting

Press to switch the selected position to flash. To cancel all selections, press (MANUAL).

# When you want to further meet your needs

(EN28)

### When you want to change the type of massage

### When you want to select the type / action of "MANUAL"

• To change only the action of massage



is pressed, and action of massage is selected again

(EN23 step 2)

• To change the type and action of a massage



is pressed twice, and type and action of massage are selected again

(EN23 step 1)

### To change to "AUTO"



is pressed and course is selected

(EN19)

(All massages will be temporarily suspended)

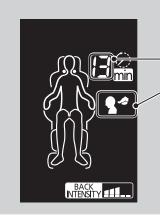
### When changing only to "AIR / STRETCH"



is pressed three times to temporarily stop massage,



# Screen examples during massage



- Displays the time remaining

#### Displays the current activity

·It is in condition to adjust the width of massage heads.

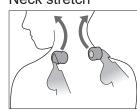
(You can not adjust the width of massage heads when choosing "Neck & Shoulder knead" "Lower back knead" "Knead down / Knead up")

### The contents of the action

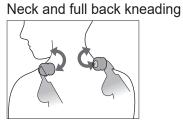
(Illustration is an image diagram of the action)

### Neck & Shoulder roll

Neck stretch

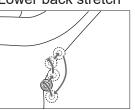


Neck & Shoulder knead



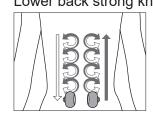
### Lower back roll

Lower back stretch



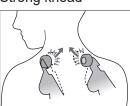
### Lower back knead

Lower back strong knead



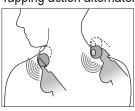
### Knead down / Knead up

Strong knead



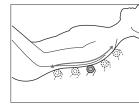
### Tap (Normal / Soft)

Tapping action alternately left and right

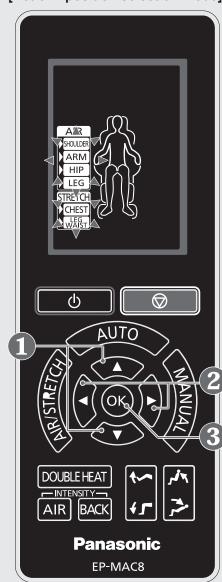


### Full back roll (Total / Partial)

Behavior to stretch the body along the back



EN24 EN25





is pressed to enter mode to select action and position of "AIR /STRETCH" massage

(In the action / position selection mode, the display section turns off when no operation is performed for more than 3 minutes)

▲ ▼To select action and position \_\_A\_R of "AIR / STRETCH" massage



To the currently selected action / position I flashes





- The selected position stops flashing and stays lit.
- If you repeat 12, you can select multiple positions.



Example: When air shoulder and leg are selected, the selected position

is lit ( ) flashes)

Other than "AUTO". "AIR" and "STRETCH" can not be selected at the same time.



In the case of "STRETCH", it will automatically assume a massage position (EN20)

- ●If you choose "STRETCH", "HEAT" and "SOLE HEAT" will start at the same time.
- If you choose "STRETCH", the operation to check the approximate position of the shoulder starts.

### When you want to cancel selection of position

Press > to switch the selected position to flash. To cancel all selections, press ARISTRETCH

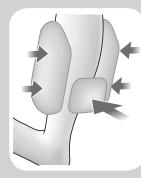
While massaging with "AUTO", in order to turn "off" the air stretch position, please switch the unnecessary position to flashing, and press OK

When you want to further meet vour needs (EN28)

### Operation contents of "AIR" massage

#### Calf

Massages the calf from both sides and from behind.



#### Shoulders

Holds and massages the shoulders and arms from the side.



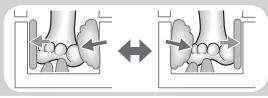
Massages up and down the arms and hands by holding them.



### Sole

The left and right airbags inflate alternately, deep massaging the sole while moving it left and right.

Please position your feet so that the arch will



#### Hip

Holds the lower back from the side, massages the buttocks from below.



#### Ankles

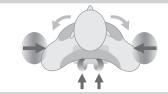
Wraps and massages the ankles.



### Operation contents of "STRETCH" massage

#### Shoulders

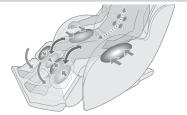
By holding the shoulders with the shoulder side massage section and massaging the back with massage heads, it massages from the shoulder muscles to the shoulder blades.



### Leg waist

Stretch the lower back with the chaff massaging, it holds the legs and soles while lowering the leg/foot massage section, to stretch the legs.

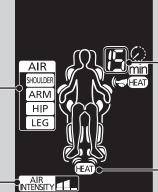
Depending on your height, when you do leg stretch your knee may rise up.



### Screen examples during "AIR" massage

Displays selected position

Displays the intensity of the "AIR"



Displays the time remaining

Illuminate when "SOLE HEAT" is "ON"

**EN26 EN27** 

# To further meet your needs

Operations Action	AIR/STRETCH	AIR	BACK	DOUBLE HEAT	▲ ▼ (Massage heads)	<b>◆ ►</b> (Massage heads)
"AUTO" course running	You can select the unnecessary position of the "AIR" and "STRETCH" massage and turn it "off".	You can adjust the intensity of the air	You can adjust the back intensity	"HEAT", "SOLE HEAT", "DOUBLE HEAT" are switched on / off each time "DOUBLE HEAT" off / on button is pressed	You can adjust the shoulder position	_
"MANUAL" course running	You can select the <b>position</b> of the "AIR" and "STRETCH" massage and turn it "on". When you select the STRETCH", the "MANUAL" operation stops	(During "AIR" massage) You can adjust the intensity of the air	You can adjust the back intensity	"HEAT", "SOLE HEAT", "DOUBLE HEAT" are switched on / off each time "DOUBLE HEAT" off / on button is pressed	You can adjust upward / downward	You can adjust the width of the "Neck & Shoulder roll" "Lower back roll" "Tap" "Full back roll"
"AIR / STRETCH" only running	You can adjust the position or change the operation	You can adjust the intensity of the air	(During "STRETCH" massage) You can adjust the back intensity	"DOUBLE HEAT" are switched on / off each time "DOUBLE HEAT" off / on	(During "STRETCH" massage) You can adjust upward / downward	_

### "AIR / STRETCH" off / on

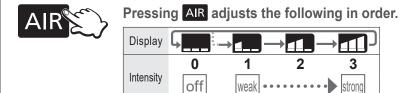


You can select the action and position off / on again

by pressing ARISTRETCH

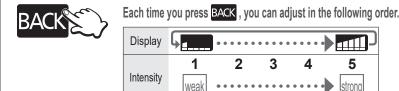
(EN26)

### Leg air massage intensity adjustment



When you are not using upper body massage, you can not set "0 (off)".

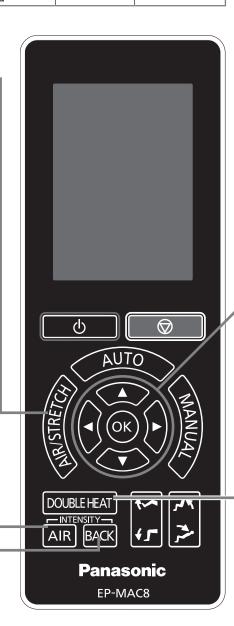
### **Back intensity adjustment**



- The back intensity varies depending on the operation.
- · For "AUTO" and "STRETCH" ... 3 levels; 1, 3 and 5
- · For "MANUAL" ... 5 levels; 1 to 5 (however, for "Neck & Shoulder roll" "Lower back roll", and "Full back roll", it is three levels 1 to 3)
- When pressed BACK may not work immediately.
   For safety reasons, the level of intensity does not increase sharply.

Caution

· If you increase the intensity level too much at once, it may become stronger suddenly. Please be sure to adjust while checking the feeling step by step.



### Adjustment of massage heads

### When you want to adjust the vertical position of massage heads



### Adjust with ▲ ▼.

- Press once to move about 1.5 cm.
- Press and hold to move until you release the button. ("MANUAL" and "STRETCH" only) The current approximate

position flashes.



### When you want to adjust the width of massage heads

You can only adjust the massage action of the "Neck & Shoulder roll" "Lower back roll" "Tap" "Full back roll".



### Adjust with ◀ ▶.

You can adjust wider or narrower.

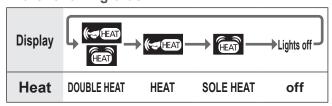
### "HEAT" / "SOLE HEAT"

Please wear thick socks if you have weak skin.



During massage press DOUBLEHEAT

Each time you press DOUBLEHEAT, you can adjust in the following order.



• You can not use only the massage without activating each menu DOUBLEHEAT .

### **MARNING**

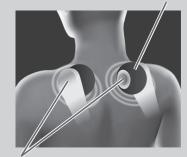
- When "HEAT" are used, do not let the massage heads touch the same place for a long time.
- Do not use the "SOLE HEAT" massage for long time.

(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.

The heater section of the massage heads warms the fabric of the massage position.

Massage heads rubber part



**Heater section** 

"SOLE HEAT" warms the fabric at the sole with a heater built in the tip part of the sole section.

### It warms only the foot part of the fabric

Please put the toe firmly against the heater section. When raising the leg/foot massage section and using it, the soles of the feet will come into close contact, you will feel warm.

Also, you can get more warmth by putting on a lap blanket or the like.

ction most of the febria

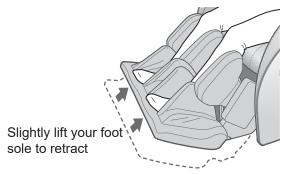
Heater section —

(It warms only the foot part of the fabric)

EN28 EN29

### **End the massage**

Return the slide of the leg/foot massage section



### Remove feet from leg/ foot massage section

For safety, please be sure to stow the legrest whenever you finish using it.

### Stow leg/foot massage section

Please confirm that there is nothing in the stowage section.

> Remove feet from leg/foot massage



section carefully

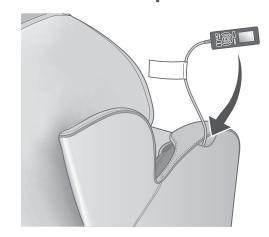
Hold hands until the

### **MARNING**

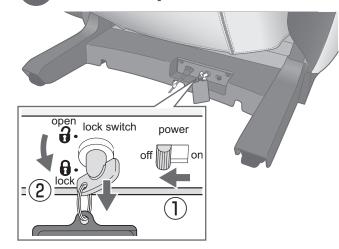
• This unit should not be used by children. Also, do not allow children to play on the unit, or to climb on the legrest, seat, backrest or armrests. (Otherwise it may lead to accident or



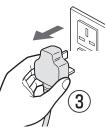
Stow the controller in the controller pocket



4 Turn the power off



- 1)Slide the power switch to the "off" position
- 2)Turn the lock switch key to the "lock" position and remove it
- (3) Remove the power plug from the electrical outlet
- (4) The lock switch key must be stored out of the reach of children



### **WARNING**

• After each massage, slide the power switch on the backside of unit body to the "off" position, turn the lock switch to the "lock" position and then remove the lock switch key and power plug. (To prevent breakage or injury from misuse by children.)

### **Timer function**

### Massage stops automatically about 15 minutes after it starts.

- The leg/foot massage section will lower automatically.
- The massage heads moves to the retracted position.
- The backrest does not rise automatically. Press



### When you want to end a massage in the middle

### Press



- Automatically the leg/foot massage part goes down, and the massage heads moves to the retracted position.
- The backrest will rise up after the massage heads is

### When it feels abnormal

### Press



- All actions will stop immediately.
- Dismount the unit carefully to avoid a fall.

**EN30 EN31** 

structure. (EN35)

The height (intensity) on the left feels different to that on the right. Is this OK?

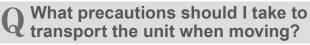
A An alternating tapping mechanism is used to

Therefore, the height (intensity) may be different between left and right, but it is not a malfunction.

### Shiatsu on the sole is too strong...

Please set the intensity to "1" with the air

Also, lowering the leg/foot massage section weakens the shiatsu on the sole of the feet.



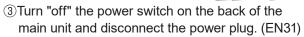
### Take the following precautions:

- In order to make it easy to carry, please recline the backrest fully.
  - Do not move the chair while a person is sitting in it.

to recline the backrest



Please press and hold each button until "beep"



- Handle the chair with care. If you do not have the original box, use packing materials to prevent damage or vibration.
- When packing, check that the power cord is not wrapped around the main unit and take measures such as placing it on the seat to ensure that it do not scrape against the ground while moving.

### Cleaning and maintenance

• Never use chemicals such as thinner, benzine, alcohol, etc.



### Synthetic leather / plastic part

#### Normal maintenance

Wipe off dust and light dirt with a soft, dry cloth.

### If it is dirty

Soak a soft cloth in water or a 3 % -5 % solution of neutral kitchen detergent with warm water and squeeze well.



Wipe the surface.

(Beat off cloth and synthetic leather)



Finally, rinse the cloth in water and wring it out, then wipe off all the detergent.



4 Wipe with a soft, dry cloth.

**6** Allow the unit to dry naturally. (Please do not dry rapidly with a dryer etc.)

### If it is hard to clean

Please try the above step using the following maintenance method.

<In case of synthetic leather>

Wipe off commercially available "melamine foam sponge" with a neutral kitchen detergent.

#### (Caution)

Since color may transfer from clothing to the synthetic leather part, be careful when using the unit with clothing such as jeans or colored clothes.

· As it may cause discoloration, please use a towel etc if using the chair for hairdressing.

### Fabric part

 Soak a soft cloth in water or a 3 % - 5 % solution of neutral kitchen detergent with warm water and squeeze well.

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)





Finally, rinse the cloth in water and wring it out, then wipe off all the detergent.





Allow the unit to dry naturally.

#### Caution

· Since color may transfer from clothing to the seat fabric, be careful when using the unit with clothing such as jeans or colored clothes

Can I use the unit if I have an illness that requires regular medical attention?

Consult your doctor before using this unit.

Massage is a form of stimulation by tactile pressure in which pressure is applied to the muscles to relax them and improve blood circulation. This may exacerbate some illnesses. Be sure to consult a doctor if you have an illness. (EN4 to EN6)

### How tall a person can use it?

Because there are individual differences in body shape, please take the following as a guide only.

• If you are shorter than 145 cm or taller than 185 cm, you may feel stretched or cramped when using upper body and leg/foot massage simultaneously.

If you are tall and feel cramped at the knee

Please use Aor B below.

ARecline the backrest, lower the leg/foot massage section to use

 Massage only upper body using legrest (Please use leg/foot massage separately)

When it is difficult to take the foot massage part forward as the person is too tall

Please use A or B below.

ARaise the backrest, raise the leg/foot massage section to use

BMassage only upper body using legrest (Please use leg/foot massage separately)

### Depending on the course selected, is the timer set different?

It is different.

When pressed , sets the timer time when you first select the course.

AUTO About 8 minutes at "QUICK (8min)". Otherwise approx. 15 minutes.

AIR/STRETCH Approx. 15 minutes MANUAL Approx. 15 minutes

DOUBLE HEAT When using only "AIR", approx. 15

When combined with the upper body, follow the timer of the upper body.

 If you change the course part way, you can only massage within the "Remaining time display" of the screen because the timer has already been set.

The sole section does not warm up ...

A Please put the toe firmly against the heater

When raising the leg/foot massage section and using it, the soles of the feet will come into close warmth by putting on a lap blanket or the like.

There is a sound that is generated by the

It is designed to differ in some cases.

create a more natural sensation. The massage heads therefore do not move in unison in some massages. The massage head height (intensity) on the left differs from that on the right in these massages. This is not a malfunction.

A adjustment button.

(1)Press (b)



**EN32** 

and

maintenance

### **Troubleshooting**

### Investigate the "Problem" and apply the "Remedy" below.

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

#### Problem

### Massage heads stops suddenly.

(The beep sounds, the operation display of the operation device turns off and the operation stops.)

#### Cannot recline.

Legrest cannot be raised / lowered. (The beep sounds, the operation display of the operation device turns off and the operation stops.)

Massage heads does not come to shoulder or neck position.

The height of the left and right massage heads is different.

#### The unit will not operate at all.

- Massage of upper body (neck to lower back)
- Calf / Sole massage

The massage heads and the sole section do not become warm.

It does not cool down even if you switch off "DOUBLE HEAT".

Even if DOUBLEHEAT is pressed, the heater section does not turn "on".

Power does not turn on after massage stop even if you press o again.

It got damaged.

Power cord, plug is abnormally hot.

#### Cause and remedy

### If excessive force is applied to the massage heads during operation, in the interests of safety the action may stop.

When the movement of massage heads stops, please turn off the power switch on the back of the main unit once, turn it "on" again after about 10 seconds and operate. If it stops again, raise your body slightly and try again.

(Please use especially carefully if you weigh more than 100 kg.)

If excessive force is applied during operation such as hitting an obstacle, operation may stop for safety reasons.

If the back rest or legrest stops, please turn off the power switch on the back of the main unit once, turn it "on" again after about 10 seconds and operate.

If the head and back are raised, the position of the shoulder may be detected below its actual position during the shoulder confirmation operation. Sit back, with you head against the backrest, and start the massage from the beginning.

An alternating tapping method is employed, which means that this phenomenon will naturally occur. There is nothing wrong with the unit.

- The power plug has been disconnected.
- The power switch on the back of the main unit is "off".
- After pushing on the control unit, you have not pressed a button such as menu or course selection.
- DOUBLEHEAT button is set to "off".
- "SOLE HEAT" warms only the tip of the fabric.

Your sense of warmth depends on your body shape, massage action, clothing, room temperature.

When raising the leg/foot massage section and using it, the soles of the feet will come into close contact, you will feel warm. Also, you can get more warmth by putting on a lap blanket or the like.

- Once it warms up, due to the structure of the heater it may feel warm with a residual heat for a while.
- If you continue massaging the same place when the DOUBLEHEAT button is "off", it may feel warmer.

When massage of each menu is not operated, also, when only "AIR" massage is in operation, you can not use heat.

DOUBLEHEAT cannot be used with this only.

(EN29)

(EN14)

 During termination processing (about 5 seconds), not be accepted. About 5 seconds or more after all operations are completed, please press

To prevent accidents, be sure to contact an authorized service

### 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.

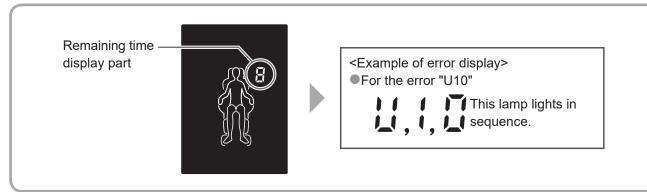
- Sounds when the massage heads changes from "push" to "pull" (clunking / jerking sound)
- Sound and sensation when the massage heads overcomes wrinkles in the fabric during operation (popping / clunking sound)
- Operating sounds such as kneading and beating action (rattle / squeak /
- Massage heads creaking sound during operation (creaking sound)
- Operating sound during up and down motion (rattle sound)
- Feeling of "clunking" at the start of reclining motion
- Belt rotation sound (rumble sound)
- Motor sound (voon / wiin / jii sound)
- Slipping sound of stretch fabric when sitting or leaning (grating sound)
- Massage heads and cloth rubbing sound (rubbing sound)
- Leg/foot massage section rattle sound
- Air pressurizing operation (boo sound)
- Air exhaust sound (whoosh / hiss sound)
- Air operation (snapping sound)
- Leg/foot massage slide operation sound (jerking sound)

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

Contact the nearest authorized service center for inspection and repair.

**EN34 EN35** 

# **Error display**



Error display	Contents
	For safety reasons, action will terminate automatically when it cannot detect if someone is seated. If this error occurs even if you are seated, press sit back all the way to the backrest, and operate from the start again.
F04 ~ F82	There is a malfunction inside the massage device. Stop using and ask your dealer to inspect and repair the chair. ( Service and maintenance will be carried out smoother if the error number is communicated when contacting.)

### **MARNING**

 Absolutely do not modify. Furthermore, do not attempt to disassemble or repair the unit yourself.

(Otherwise it may lead to fire, or cause the unit to function abnormally resulting in injury.)

 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.)

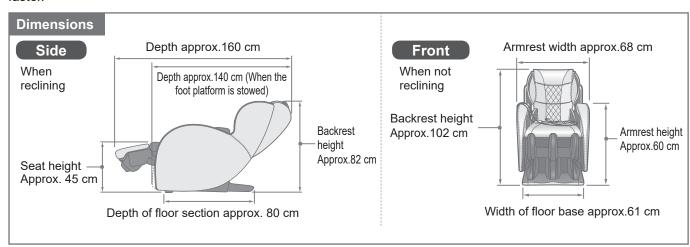
<Examples of malfunctions/breakdowns>

- · 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.

### **Specifications**

Powe	supply	220 V ~ 50 Hz
Power consumption		145 W (when "off" at the controller, approx. 0.3 W)
Electric heating device power consumption		38 W
Upper	Massage area (Up-Down)	Approx. 62 cm (The massage heads move a total of approx. 58 cm)
	Massage area (Left-Right)	Distance between massage heads during operation (neck, shoulder, back and lower back):  Approx. 4 cm to 15 cm
oody m	Massage area (Front-Back)	Strength adjustment range: Approx. 10 cm
Upper body massage	Massage speed	Knead: From approx. 4 times/min. to approx. 25 times/min. Tap (including soft shiatsu): From approx. 285 times/min to approx. 495 times/min (one side) Moving speed: From approx. 2 cm/sec to approx. 4.5 cm/sec
	Massage width	As treatment range (left-right direction)
Foot / warmth Air massage	Air Pressure	3: Approx. 32 kPa 2: Approx. 30 kPa 1: Approx. 18 kPa
Auton	natic Shut-off	Automatically turns off after a maximum of 15 minutes
Dimensions	When not reclining (H × W × D)	Approx. 102 cm × 68 cm × 120 cm
	When reclining (H × W × D)	Approx. 82 cm × 68 cm × 160 cm
Mass		Approx. 69 kg

For persons weighing 100 kg or more, the product operations may make more noise and the fabric cover may wear faster.



EN36 EN37

# Memo

EN38

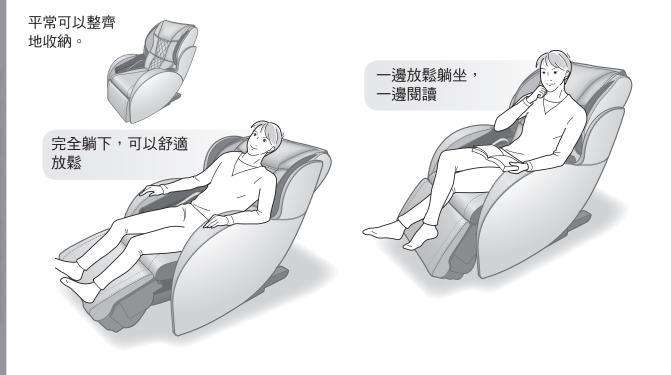
### 它作為一張按摩椅,當然可以當作休息放鬆用的椅子。





用手將腳部按摩部 分向前移。 (請先閱讀 TC13 至 TC15 的「檢查 主機」,然後參閱 TC17。)

# 當作傾斜座椅使用時





### 如何調校角度(請先閱讀 TC13 至 TC15 的「檢查主機」,然後參閱 TC16 至 TC17。)

### 目錄

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### 使用方法

■ 每次開始按摩前(檢查主機)	TC13
● 如何使用傾斜座椅	TC16
● 選擇功能表然後開始按摩	TC18
●「AUTO」(自動)按摩	TC19
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●「MANUAL」(自選)按摩	TC23
●「AIR / STRETCH」(氣囊/伸展)按摩	TC26
● 進一步切合您的需要	TC28
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### 保養

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### 重要事項

問答集	TC33
問題解決	TC34
在意聲音或感覺時	TC35
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此書內的插圖可能與實際情況有些微差異,圖片只供參考。

TC2 TC3

### 安全須知請務必遵守

以下將說明使用規範, 請務必遵守, 以避免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。 請確保您在使用本家用電動按摩椅前閱讀所有說明。

<b>△警告</b>	若不遵守可能導致人員死亡或重傷。		
<b><u></u> </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, 請勿使用本機 :
- (1) 被醫師告知禁止按摩者(例如:血栓(塞栓)、下肢深部靜脈血栓、肺栓塞、重度動脈瘤、急性 靜脈瘤、靜脈炎、各種皮膚炎及皮膚感染症(包含皮下組織發炎)等)
- (2) 患有骨質疏鬆症、脊柱骨折、扭傷或因拉傷或撕裂肌肉而造成急性疼痛者
- (3) 安裝心律調節器、除顫器或其他易受電子干擾的體內植入型醫療用器材者
- (4) 孕婦、或剛生產後的婦女
- (5) 患有急性下腰痛、椎間盤突出、脊椎前移、脊柱狹窄、退行性腰椎關節強硬症者
- (6) 脊柱異常或彎曲者
- (否則可能會導致症狀惡化。)
- 行動不便或無法溝通的人士請勿使用本產品。
- 本機不適用於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, 除非他們 有負責其安全的人員監督或指導的情況下使用本機。 應監督兒童, 切勿讓他們在主機體上遊玩。 (否則可能會導致事故或受傷。)



- 具有下列任何狀況或正在接受治療的人, 在使用本機之前, 請務必諮詢醫生。
- (1) 惡性腫瘤患者
- (2) 心臟病患者
- (3) 熱覺喪失者
- (4) 糖尿病等高度末梢循環障礙之知覺障礙者
- (5) 正在接受抗凝血治療者
- (6) 按摩部位有傷口者
- (7) 體溫高達38°C以上(發燒)者
- (例: 急性發炎症狀(倦怠感、 畏寒、 血壓波動等)強烈時期、 體力衰弱時)
- (8) 需靜養者或身體狀態明顯不佳時
- (9) 除了上述事項之外, 身體有感到異常者
- 使用按摩椅中, 若出現身體異常、 或使用後仍未出現效果時, 請立即停用並就醫。
- 本機具有加熱的表面。熱感反應較不靈敏的人在使用本機時必須小心注意。
- (否則可能會導致事故、 受傷或身體產生異狀。)

### 還要注意以下幾點



● 嚴禁改造。 並切勿自行分解或維修。

(否則可能會導致燃火、 出現異常動作而受傷。)

#### ■以下圖號, 說明應遵守的事項。 (以下為圖號例)



禁止事項。



強制執行事項。

### 於使用時



- 按摩頸部週邊時,請注意按摩輪的動作, 切勿對頸部前方進行按摩、 或過度用力按 摩。
- 切勿坐在靠背或扶手上。
- 切勿讓兒童使用。 此外, 切勿讓兒童在主機上遊玩、 或坐在腿置台、 椅座、 靠背或扶手上。
- 切勿在抱著兒童的情況下使用按摩椅。
- 在使用過程中, 不要將手、 手肘、 手臂 或腳壓在覆蓋靠背移動部分的布料上。

(否則可能會導致事故或受傷。)

- 使用「HEAT」 (溫熱)模式時, 請勿讓 按摩輪長時間接觸於相同部位。
- ●請勿長時間使用「SOLE HEAT」 (腳底溫熱)按摩模式。

(否則可能會導致低溫燙傷\*。)

- \* 即便在較低溫度(40°C~60°C),若長時間接觸皮膚相同部位,即使未出現熱、痛等自覺症狀,也會造成低溫燙傷。
- 請勿破壞發熱裝置。 (TC9)
- 請勿將針插入機體內。
- 請勿將刀插入機體內。

(這可能或損害機內發熱裝置,導致火災或 需要。)



- 將舒適墊翻過來,檢查座位靠背活動零件的 布料是否有被撕破,以及其他零件上的布料 是否有被撕破。
- (如有被撕破,不論裂縫有多長,請立即停止使用主機,拔出電源插頭並要求維修。)如果在布料撕裂的情況下使用,可能會導致受傷或觸電。
- 剛開始時,請用力度溫和的「RELAX」(鬆 弛揉捏)進行按摩。
- 每次使用時間切勿超過15分鐘。
- 按摩相同部位的時間為5分鐘以內。(否則可能會導致反效果或受傷。)
- 按摩或移動靠背、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。

(否則可能會導致事故或受傷。)

● 使用後,請務必「off」(關閉)本機背面電源切換鈕及「lock」(鎖定)鎖定切換鈕,並 拔除鑰匙,再拔掉電源插頭。

(以防因兒童觸碰而造成事故或受傷。)

### 若發生異常與故障時



● 若發生異常與故障時 , 請立即停用 , 並拔除插頭 (否則可能會導致冒煙 、 燃火 、 觸電 。)

<異常、故障例>

- 有時在開啟電源開關 😈 😈 後也無任何動作。
- 移動電源線後, 有時通電、 有時則無法通電。
- 於動作中, 發出焦味、 異常聲音。
- 主機體變形或異常發熱。
- ightarrow請立即委託Panasonic服務中心檢查/維修。

### 安全須知(續)

### △警告

### 電源插頭、 電源線等



### ● 切勿破壞電源線及電源插頭。

請勿對機器進行以下行為:破壞、加工、接近熱能系統、過度彎曲、扭曲、拉伸、放置重物與捆束。 (如果使用受損主機,可能會導致觸電、短路或火災。)

- →維修電源線或電源插頭時, 請聯絡 最近的Panasonic服務中心。
- 勿用潮濕的手插拔電源插頭。 (否則可能會導致觸電。)



- 遵守插座或配線器材的使用限度。
- 使用220 V ~。 (不能在海外使用,也不能連接變

壓器使用。)

- ●將電源插頭完全地插入插座。(否則可能會導致觸電或因過熱而導致火災。)
- 定期清理電源插頭上的灰塵。
- 請用乾布拭除灰塵。 (否則可能會因濕氣而造成絕緣 不良, 進而導致火災。)

### 症狀

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- 即使是身體健康者,若符合以下情況,請務必諮詢 醫師後再使用。
- (1) 隨著年齡增長,而出現肌肉衰退者或身體瘦弱者
- (2) 因骨骼或內臟問題而出現腰痛者
- (3) 容易挫傷或扭傷者
- (4) 容易嚴重暈車者
- (5) 過去曾接受心臟或內臟手術者 (否則可能會導致健康受損。)
- 若因使用本產品而出現出疹、發紅、發癢等症狀時,應停用本產品並就醫。(否則可能會導致事故或身體不適。)

### 設置和移動



- ●請勿在電熱毯等電熱器具上使用本產品。
  (否則可能會導致火災。)
- 切勿在已設置狀態下拖曳或移動主機體。
- ●切勿使用腳輪在地板上移動。
- (否則可能會導致地板受損。)● 切勿在椅座上有人的狀態下移動。
- (否則可能會導致跌倒而發生事故或受傷。)
- ◆ 於移動主機體時,切勿握住腳底按摩部分。(以防於移動中滑動而受傷。)
- 勿用於浴室等潮濕場所。(否則可能會導致觸電。)
- 請勿將操作器留在椅座上。(否則可能會損壞機體。)



- 在水平之處使用。
- (否則可能會導致主機體傾斜而發生事故。)
- 拔除電源插頭時 , 切勿強拉電源線 , 務必手持電源 插頭後再拔下。
- (否則可能會導致因短路而造成的觸電、燃燒或火災。)
- 移動機體時 ,請將小腿 / 腳部按摩部分完全收回原來位置。
- ( 否則可能會導致人身受傷。 )
- 使用腳輪移動時,請事先鋪上地墊等物品。(否則可能會導致地板受損。)
- 使用腳輪移動時,請清除周圍障礙物,在靠背完全立 起的狀態下抬起腿置台,抬起高度應在腰部以下(自 地面起算約80 cm以下),並緩慢移動。(TC12) (否則可能會導致跌倒而發生事故或受傷。)

### 電源



- 為安全起見,請正確地安裝接地線。
- 否則可能會導致事故或放電。(否則可能會導致觸電。)
- 保養時,務必從插座上拔除電源插頭。(否則可能會導致觸電或燙傷。)
- 不使用時,請從插座上拔除電源插頭。 (以防可能因灰塵與濕氣而造成絕緣劣化而釀成漏 電、火災。)

### 

### 使用前及使用時



- 切勿將按摩輪貼在頭部、腹部、或肌膚上。此外,切勿將手腳放入按摩輪間。
- 切勿將膝蓋放入小腿 / 腳底按摩部分。
- 使用中切勿睡著。飲酒後切勿使用。
- 在未完全排除氣囊動作的空氣時,切勿站立、跳躍或放置重物於椅座上。(否則可能會導致事故或受傷。)
- 請勿將雙手或雙腳放入機體之間及小腿 / 腳 部按摩部分。
- ●請勿將雙手、雙臂或頭部放入小腿/腳部按摩部分的空間(腿置台)。為安全起見,請確保在按摩結束後將小腿/腳部按摩部分放回原位。
- 按摩時,切勿拔除電源插頭、或「off」(關閉)電源切換鈕。
- ●請勿立於或坐於小腿/腳部按摩部分或腿置台。 起置台前端部分或會轉動,機體亦有可能翻倒,導致事故或人身受傷。如果小腿/腳部按摩部分的底部表面觸及地板,地板可能會受損。
- 切勿同時使用其他治療器。(否則可能會導致事故或影響身體健康。)

### 還要注意以下幾點



- 請勿讓兒童使用操作器座的固定螺絲。(否則可能會導致誤食螺絲等事故。)
- 切勿對主機體或操作器淋水。(否則可能導致短路引起的觸電、燃火或火災。)



- 請將鎖定切換鑰匙保管於兒童無法取得之 處。
- (否則可能會導致誤食鑰匙等事故。)
- 停電時,請立即拔除電源插頭。(否則可能會在復電時導致事故或受傷。)
- 若有一段時間未使用時,請重新詳閱使用說明書,於確認機器運作正常後再使用。(否則可能會導致破損或受傷。)



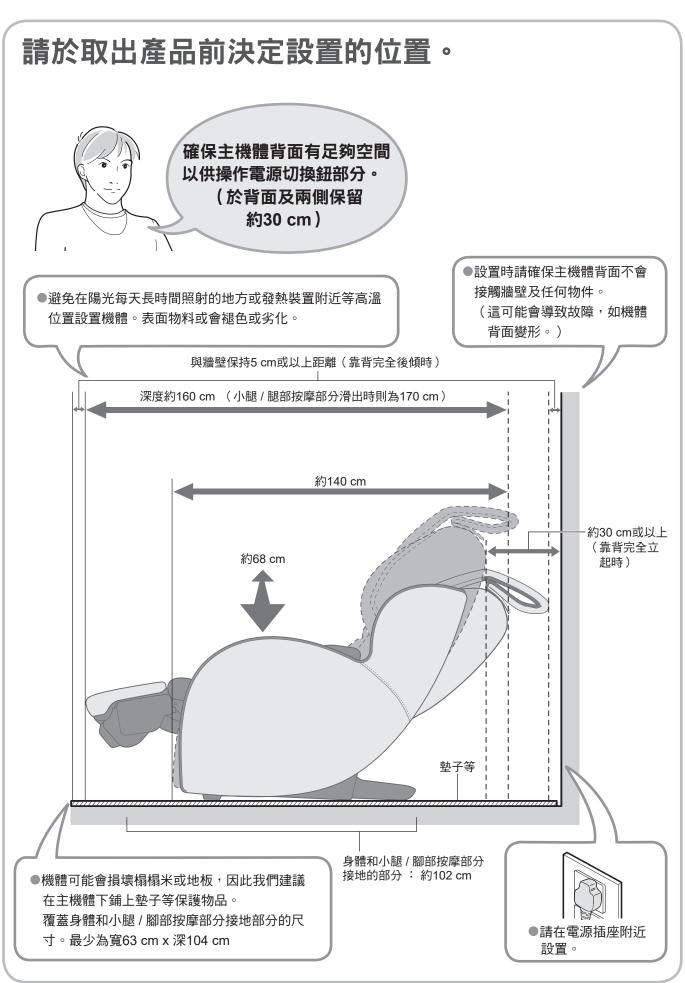
- 確認按摩輪位於收納位置後再坐入。
- 按摩時,若要離開主機體,請務必停止運行 動作後再離開。
- (否則可能會導致事故或受傷。)
- 收回小腿 / 腳部按摩部分時,請保持雙手按 在該部分,直至完全收妥。(否則可能會導致事故或人身受傷。)
- 請確認主機體上未夾入異物後再坐入。
- 檢查是否有任何異物夾在靠背、 椅座、 手 / 手臂按摩部分、 小腿 / 腳部按摩部分 及舒適墊之間。
- (以防手腳或配件夾入機器, 而發生事 故、 受傷。)
- 請拆除頭部髮飾等硬物後再坐入。
- 當褲子口袋內有硬物時,請先取出後再進行 按摩。
- 按摩手或手臂時,請先卸除腕錶、人造指 甲、戒指等硬物。
- (否則可能會導致受傷。)
- 切勿將任何東西從您的口袋等掉入本機的間 隙中。
- ( 否則可能會導致遺失物品。 )

### 接地說明

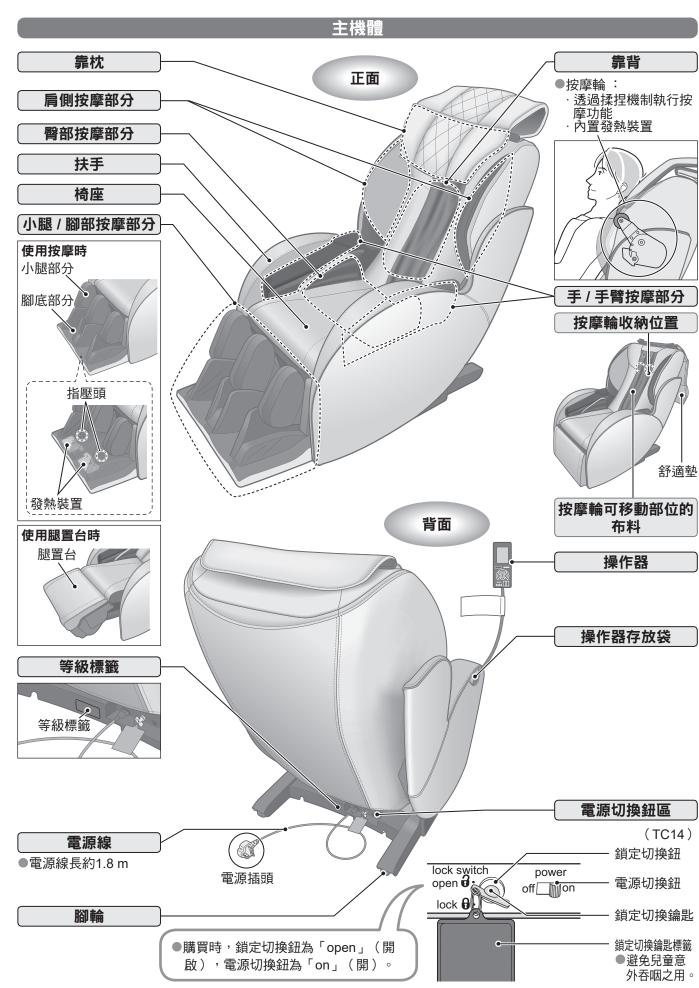
- ◆本機必須妥善接地。一旦功能失常或損壞, 接地可為電流提供最低電阻,以降低觸電的 危險。
- 本機配備一條接地電源線。接地插頭必須插入電源插座中,而該插座是根據當地法令及標準規範而妥善安裝的。

TC6 TC7

# 序言(安裝位置)



### 各部分和功能



### 各部分和功能(續)

### 操作器

### DEEP NECK/SHOULDER RELAX LOWERBACK REFRESH QUICK(8min) STRETCH OF MIN AIR INTENSITY ALL BACK 2 -8 3 -- 9 5-DOUBLE HEAT - INTENSITY-**₹**₽ °AIR │ BACK 10 **Panasonic** EP-MAC8

### 顯示部分

- ①「AUTO」(自動)顯示
  - 選擇模式時 ......
  - 表示目前所選模式的名稱。
  - 按摩時 ......顯示目前使用模式的名稱。
- ②「AIR / STRETCH」(氣囊 / 伸展)顯示
  - 顯示所選動作 / 部位。
- ③「AIR INTENSITY」(氣壓)調整顯示
  - ●「AIR / STRETCH」(氣囊 / 伸展)的當前氣壓以 三種等級顯示。
- ④「BACK INTENSITY」(背部強度)調整顯示
  - 目前的背部強度可以透過最多 5 個級別調整。
- ⑤ 肩部位置顯示
  - 肩部位置調整模式內, /■將會閃動, 而肩膀位置可以透過最多 19 個級別調整。

### 剩餘時間顯示

- 顯示

  和min時, 會顯示剩餘時間。
- ⑥「HEAT」(溫熱)操作顯示
  - 顯示溫熱開 / 關狀態。

<按摩輪位置調整顯示>

- 7 按摩動作顯示
  - 顯示目前正在使用的按摩動作。 (TC23)
- ⑧「SOLE HEAT」(腳底溫熱)操作顯示
  - 顯示「SOLE HEAT」(腳底溫熱)開 / 關狀態。

### 1 顯示部分

- 全部亮起的示意圖。
- 2 開/關按鈕
  - 開 / 關電源時使用。
- 3 模式選擇按鈕
- 4 上 / 下 (▲▼)選擇 / 調整按鈕左 / 右 (◀▶)選擇 / 調整按鈕
- **「DOUBLE HEAT」(雙重溫熱) 開 / 關按鈕(TC29)**●使用「HEAT」(溫熱)、「SOLE HEAT」(腳底溫熱)的開 / 關按鈕。 **<氣囊顯示>**
- 6「AIR / STRETCH」(氣囊/伸展)調整按鈕
- 7 「BACK INTENSITY」(背部強度)調整按鈕
- 8 立即停止按鈕
  - 需要立即停止按摩時使用。
- 9 OK 按鈕
- 10 電動傾斜按鈕

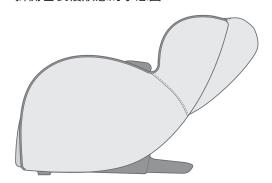
### 安裝

### 1)打開包裝盒並取出產品

### 檢查主機體和配件

### 主機體

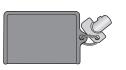
拆開包裝後狀態的示意圖。



(靠背應完全傾斜)

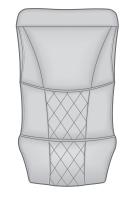
### 配件

● 鎖定切換鑰匙 (1)



購買時,鎖定切換鑰匙已插入至電源切換 部分的部件。

● 舒適墊

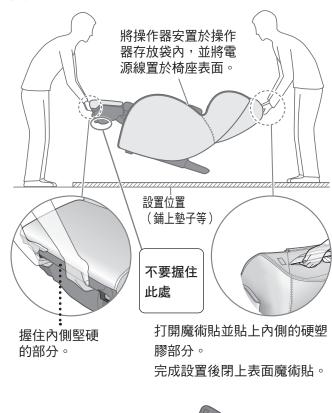


### 2)卸下及設置產品

- ●由於產品沉重,搬入時請小心不要傷及背部等。(應由2人合作移動。)重量:約69 kg
- ●卸下主機體時,請注意雙腳,並慢慢放下機體。
- ●請將雙手放在腿置台上,讓腿置台完全伸展。鬆手會 導致腿置台回彈。

### **「抬起機體以搬入並設置時**

如果握住機體的方式有誤,將導致機體掉下並損壞地板。 請使靠背完全後仰並在腿置台收納的狀態下用手抬起主 機體。



### 如何安裝舒適墊

拉上靠背上方部分 的拉鏈。



顯示目前所選的氣囊按摩動作。 目前正在進行氣囊按摩的部位會 閃動。

■ 顯示按摩輪目前大概位置。

TC10 TC11

### 安裝(續)



安裝時,請使用腳輪移動主機



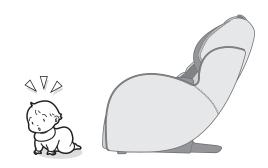
墊子等

不要握住 此處

握住內側的堅硬部分

### 1 檢查週圍環境

●確認本機放置之區域內無任何異物、 人或寵物。



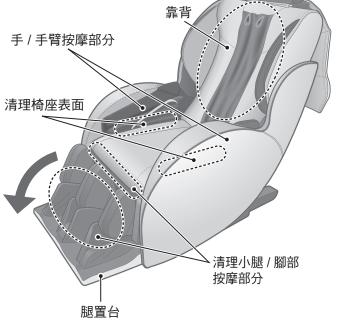
翻轉舒適墊



3 確保主機並無夾住任何異物

如要檢查小腿/腳部按摩部分,請用手將腿置 台推向前,並檢查是否有異物夾在其中。

●放手時,小腿/腳部按摩部分會縮回。



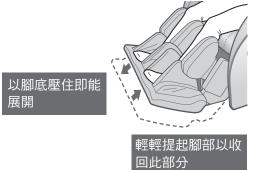
TC12

TC13

每次開始按摩前

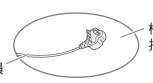
(檢查主機

●可調整腿置台的伸縮幅度,不用屈曲雙膝。



每次開始按摩前(檢查主機)(續)

### 4. 檢查電源線和電源插頭



檢查是否有 損壞及污跡

檢查是否有破損

### △警告

● 切勿破壞電源線及電源插頭。

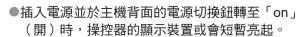
(請勿對機器進行以下行為:破壞、加工、接近熱能 系統、過度彎曲、扭曲、拉伸、放置重物與捆束。) (如果使用受損主機,可能會導致觸電、短路或火

- →維修電源線或電源插頭時,請聯絡最近的 Panasonic服務中心。
- 定期清理電源插頭上的灰塵。 請用乾布拭除灰塵。

(否則可能會因濕氣而造成絕緣不良,進而導致火災。)

### 開啟電源

- (1) 將電源插頭插入電源插 座內。
- ② 以鑰匙將鎖定切換至 「open」(開啟)。
- ③ 將電源切換至 「on」(開)。



### △警告

- 勿用潮濕的手插拔電源插頭。 (否則可能會導致觸電。)
- 遵守插座或配線器材的使用限度。
- 使用220 V~。

(不能在海外使用,也不能連接變壓器使用。)

● 將電源插頭完全地插入插座。

(否則可能會導致觸電或因過熱而導致火災。)

6 觸碰並確認按摩輪位於收納 位置



### 「當按摩輪未在收納位置時

確認布料並無撕裂



### ⚠警告

● 將舒適墊翻過來,檢查座位靠背活動零件的布料 是否有被撕破,以及其他零件上的布料是否有被撕 破。(如有被撕破,不論裂縫有多長,請立即停止 使用主機,拔出電源插頭並要求維修。) 如果在布料撕裂的情況下使用,可能會導致受傷或 觸電。

9 根據需要調整座椅

### 使用小腿/腳部按摩部分時

將小腿/腳部按摩部分移前, 雙腳踏著此部分

8 調整舒適墊的位置以用作

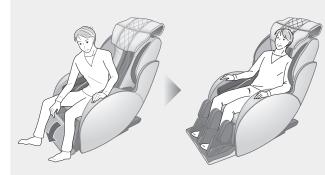
靠枕

靠枕底端與耳朵下方虛線

成一直線, 就是建議的靠

枕高度。

- 1)用手推動前方腿置台
- ②踏進腳底按摩部分

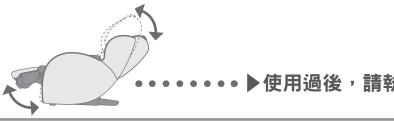


●如何使用腿置台。 (TC16至TC17)

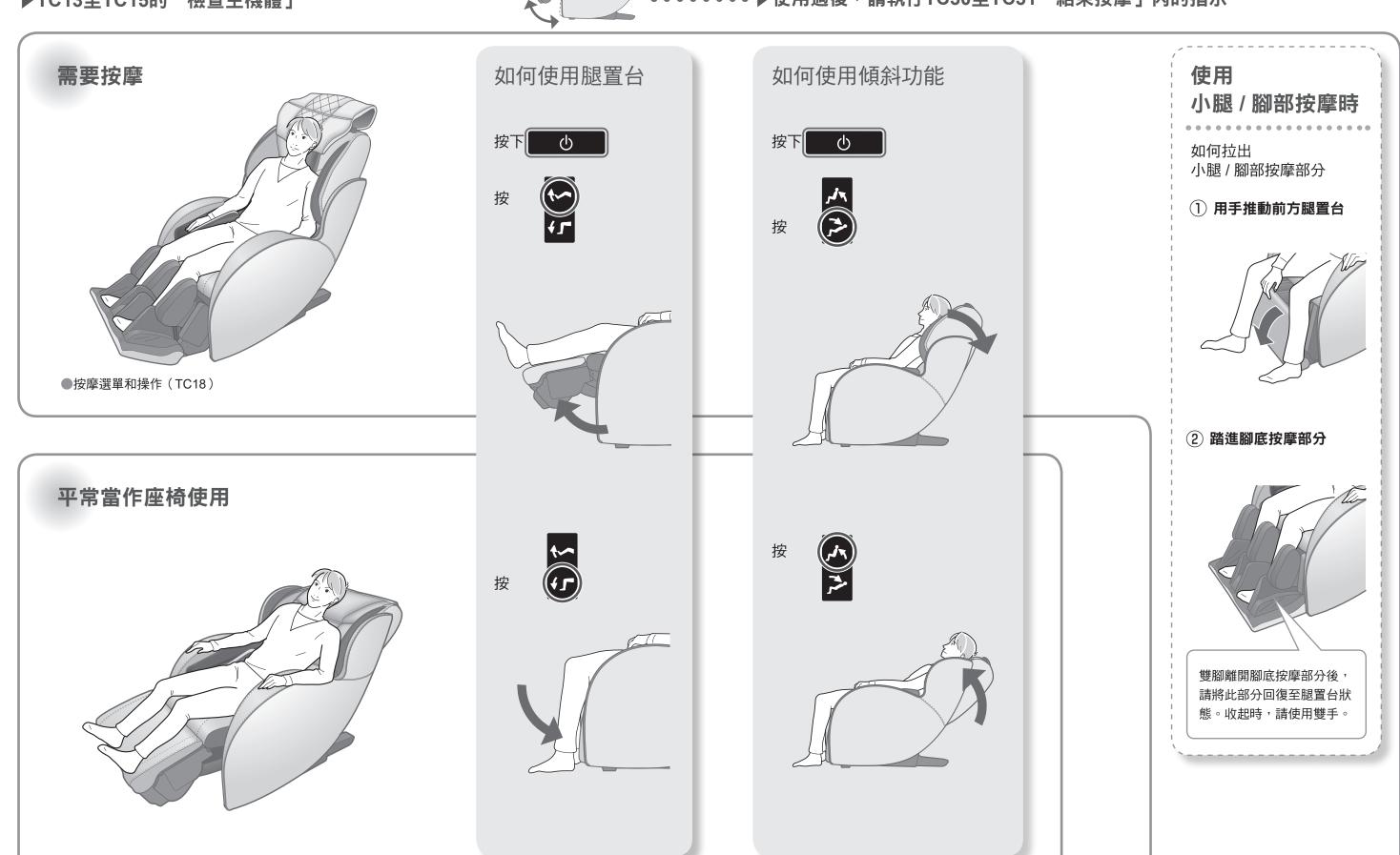
每次開始按摩前 (檢查主機

# 如何使用傾斜座椅

使用按摩功能、傾斜功能及腿置台時 ▶TC13至TC15的「檢查主機體」



• ▶使用過後,請執行TC30至TC31「結束按摩」內的指示



### 選擇功能表然後開始按摩



關閉主機背面的電源切換鈕或拔下電源插 頭,下次使用本產品時按摩輪可能會自動

右邊的顯示會亮起; 這並非機件故障。

按摩輪移動片刻後, 將可以正常使用。

### **魚警告**

- 剛開始時,請用力度溫和的「RELAX」(鬆弛揉捏)進行按摩。
- 每次使用時間切勿超過15分鐘。
- 按摩相同部位的時間為5分鐘以內。

(否則可能會導致反效果或受傷。)

- ●使用約15分鐘後, 請暫停10分鐘左右。
- ●建議每天最多使用兩次, 每次最多30分鐘。

┢ 接下

(如超過3分鐘無任何操作, 顯示器將自動關閉)

### 所選按摩模式

選取「AUTO」(自動)、 「MANUAL」(自選)或 「AIR / STRETCH」(氣囊/伸展), 然後按下所撰項目



### AUTO (自動) (TC19)

有七種按摩模式以供選擇,自動按摩鬆弛頸部到腰部。

●「AIR」(氣囊)按摩、「STRETCH」(伸展)、 「HEAT」(溫熱)、「SOLE HEAT」(腳底溫熱)同 時開始。

### MANUAL (自選) (TC23)

您可以選擇「MANUAL」(自選)的按摩類型和動作。



### AIR / STRETCH (氣囊/伸展) (TC26)

可以選擇「AIR / STRETCH」(氣囊 / 伸展)的操作模式

●「STRETCH」(伸展)模式中,「HEAT」(溫熱)和 「SOLE HEAT」(腳底溫熱)同時開始。

# 「AUTO」(自動)按摩

「按摩模式選擇畫面」



#### 與「AUTO」(自動)按摩同時開始

### 「AIR」(氣囊)

- 肩部 手臂
- 臀部 • 小腿
  - HEAT (溫熱)

### (腳底溫熱)

「STRETCH」

• 小腿腰部\*2

**SOLE HEAT** 

(伸展)

• 肩部\*1

- \* 1「LOWER BACK」(腰部重點)模式除外。
- \* 2 「NECK / SHOULDER」(頸肩重點)模式除外。
- ●「AIR」(氣囊)按摩、「STRETCH」 (伸展)、「HEAT」(溫熱)、「SOLE HEAT」(腳底溫熱)同時開始。



### ▶按下此按鈕即可開始選擇「AUTO」 (自動)按摩的按摩模式

(選擇按摩模式時,如超過3分鐘無任何操作,顯示器將自動關閉)

### ▲▼◀▶選擇模式

選擇「DEEP」(揉按鬆弛)、「RELAX」(鬆弛揉捏)、「REFRESH」(輕 柔揉捏)、「STRETCH」(身體伸展)、「NECK/SHOULDER」(頸肩重 點)、「LOWER BACK」(腰部重點)或「QUICK (8min)」(8分鐘速按)。





目前選擇的模式會〉閃動

### 模式說明

#### DEEP(揉按鬆弛)

● 當您需要強力的按摩處理肩頸僵硬、腰部疲勞或整個身體,可以選 擇進行深度按摩,透過揉捏/捶拍、伸展等按摩模式、肩頸滾動式 按摩或腰部滾動式按摩舒展從肩頸到腰部的每吋肌肉筋骨

### RELAX(鬆弛揉捏)

● 如果您想輕輕舒緩肩頸僵硬或全身酸痛,可以選擇集中揉捏和全背 滚動式按摩;按摩椅的動作輕柔而快速,讓您全身舒適放鬆。

#### (REFRESH(輕柔揉捏))

● 要輕度解除肩頸僵硬和腰部僵硬,可以選擇此模式:以捶拍為主的 動作快速而有效,讓您全身放鬆。 提神模式,讓您盡情放鬆身心。

#### (STRETCH(身體伸展))

■ 當您想舒適地伸展僵硬的身體,就可以選擇此模式,透過全背滾動 式按摩、肩頸滾動式按摩和腰部滾動式按摩,加上穿插其中的肩部 伸展和小腿腰部伸展動作,輕柔地讓全身放鬆。

#### NECK/SHOULDER(頸肩重點)

● 當您需要強力的按摩解決肩頸膊痛,可以選擇這個以頸部、肩部和 腰部滾動式按摩為主的模式,讓按摩輪集中處理頸部和肩部。

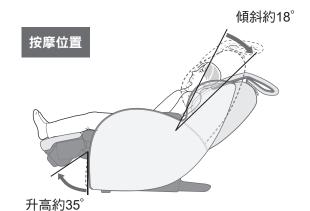
### 【LOWER BACK(腰部重點)】

● 當您需要強力的按摩解決腰部酸痛,可以選擇這個以腰部滾動式按 摩為主的模式,讓按摩輪集中處理背部和臀部。

### 【 QUICK (8min)(8分鐘速按)】

● 如果您想在空閒時花一點時間放鬆身體,可以選擇這個模式;此模 式以深度按摩模式為藍本,將過程濃縮至8分鐘,集中按摩容易疲 勞和變得僵硬的部位。

**TC18** ▶▶▶下頁續 TC19 本機會自動調整按摩位置



●若按摩椅的傾斜角度比按摩位置低,則不會 自動返回正確的按摩位置。

### 請將頭部靠在靠背上



聽到「嗶嗶嗶」聲響時,按摩輪會慢慢上升。

### 按摩輪升至較難觸及身體的位置 時,將自動停止

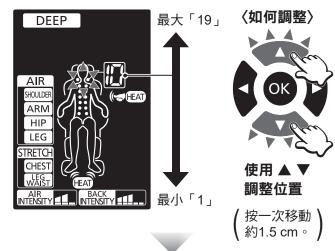


**TC20** 

### 聽到「嗶」一聲以及應問動 時,請調整按摩輪位置以切合肩 部位置

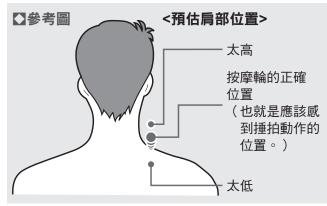
●示意圖顯示19個級別的肩部位置。

### 【肩部位置調整模式】



### 對準肩部位置後,按下 OK, 模式則會開始

(即使並未按下[OK],模式亦會在約15秒後自動開



●確定肩部位置後,小腿/腳部按摩部分或會因使用者 身高較矮而升高。

(以便該部分觸及腳底)

- ●「AUTO」(自動)按摩期間可以隨時調整肩部位置。 (不能在「MANUAL」(自選)按摩期間調整)
- ●可以在「AUTO」(自動)按摩期間按下 ▲ ▼ 切換 至肩部位置調整模式。

### 開始前,請確保頭部靠在靠背上

●尚未確定肩部位置前,請勿 移動頭部。否則肩部位置檢 查操作將失效,系統將顯示 出現錯誤(U10),操作或 會終止。

故障顯示(TC36)



### 希望按摩更切合需要時

(TC28)

### 需要更改按摩類型時

### 〔選擇「AUTO」(自動)的另一模式:



按下此按鈕 重新選擇模式 (TC19) (所有按摩動作將會暫停)

### 「切換至「MANUAL」(自選)



按下此按鈕 選擇按摩動作 (TC23) (所有按摩動作將會暫停)

### 【 僅切換至「AIR / STRETCH 」(氣囊 / 伸展)



按下此按鈕 暫停按摩,



### 模式進行期間的 畫面範例

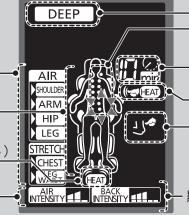
顯示所選動作,

「AIR / STRETCH」 (氣囊/伸展)的部位

氣囊按摩操作期間會閃動

「SOLE HEAT」(腳底溫熱) 「ON」(開啟)時亮起

顯示氣囊的氣壓



顯示目前按摩模式名稱 目前正在按摩的大約部 位會閃動

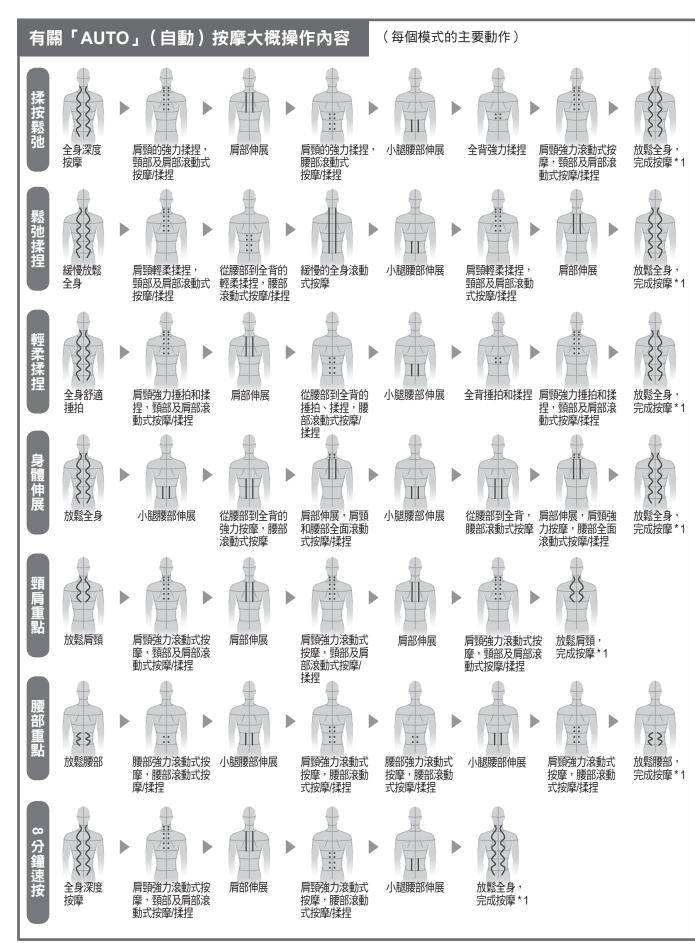
顯示餘下時間

- 溫熱模式「ON」( 開啟 ) 時會亮起

- 顯示目前動作

- 顯示背部強度

### 按摩模式的內容

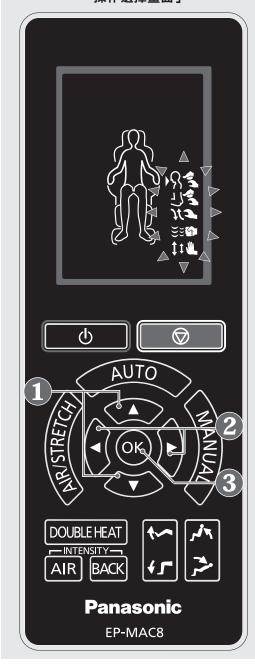


\*1)「結束前的舒展動作」為時各異,視乎身高和強度設定值而定。

TC22

# 「MANUAL」(自選)按摩

### 「操作選擇畫面」



### ⚠警告

按摩相同部位的時間為5分鐘以內。(否則可能會導致反效果或受傷。)

### MANUAL

### ▶按下此按鈕即可開始選擇「MANUAL」(自選) 按摩的按摩類型和動作

(選擇按摩動作時,如超過3分鐘無任何操作,顯示器將自動關閉)

### <sup>´</sup> 基本按摩(使用單一動作)

### 1 使用 ▲ ▼ 選取按摩類型

可選按摩類型包括「頸部及肩部滾動式按摩/揉捏」、「揉捏」、 「腰部滾動式按摩/揉捏」、「捶拍」、「全背滾動式按摩」。



• 所選類型將會 > 閃動



### 〈按摩類型〉

類型			動作		
1) 5	83	頸部及肩部滾動式 按摩 / 揉捏	9~	頸部及肩部滾動式按摩	
			$\Re$	頸部及肩部揉捏	
<b>⑤</b> 1	2 13	腰部滾動式按摩 / 揉捏	170	腰部滾動式按摩	
	) <b>3</b>		173	腰部揉捏	
	3 112	揉捏	13	向下揉捏	
			<b>E</b> f	向上揉捏	
	4 \\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	捶拍	ĕ 😘	一般	
4			ĕ <b>%</b>	輕柔	
5	<b>‡‡</b>	全背滾動式按摩	<b>†</b>	整體	
			‡ <b>%</b>	部分	

### 2 使用 ◀ ▶ 選擇按摩動作

• 所選部位將停止閃動並維持亮起



### 3 按下 OK

#### 本機會自動調整按摩位置。

●按摩將以所選動作開始。選擇「頸部及肩部滾動式按摩/ 揉捏」或「全背滾動式按摩」時,將啟動檢查肩部大概 位置的操作。(TC20)(「HEAT」(溫熱)和「SOLE HEAT」(腳底溫熱)不會同時開始。)

▶▶▶下頁續 **TC23** 

按

### 「MANUAL」(自選)按摩(續)

### **【 需要融合多個按摩動作時**

[例子] 融合「揉捏」(「向上揉捏」)、「捶 拍」(「一般」)和「全背滾動式按摩」 (「部分」)

①使用 ▲▼ 選擇按摩類型 「揉捏」



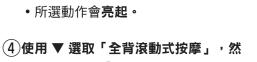
②使用 ▶ 選擇 「向上揉捏」

• 所選動作會亮起。



③使用 ▼ 選定 「捶拍」 ▶ , 然後以 ▶選擇 「一般」 操作

• 所選動作會亮起。



後以 ▶ 選擇「部分」操作

• 所選動作會亮起。



按下 OK 執行操作。

### ◆參考圖

使用 ▲ ▼ 選擇按摩類型 , 然後按下 → 分 ▶ 查看可以與之融合的按摩類型。 [例子] 選擇「頸部及肩部滾動式 按摩/揉捏」後,可以選擇 「捶拍」的「一般」或「輕 柔」操作。



● 按摩同一部位達5分鐘後,本機將發出「嗶嗶嗶」聲 響,按摩輪將為安全起見自動移動。

### 需要在設定途中取消所選按摩動作時

按下 ▶ 以切換已選部位至閃動狀態。 要取消所有已選項目,請按MANUAL。

### 希望按摩更切合需要時

(TC28)

### 需要更改按摩類型時

### 「需要選擇「MANUAL」(自選)的類型 / 動作時 ]

● 僅更改按摩動作



、按下此按鈕再次選擇 按摩動作

(TC23 步驟 ②)

● 更改按摩類型和動作



按下此按鈕兩次, 以再次選擇按摩類型 和動作

(TC23 步驟 ①)

### 「切換至「AUTO」 (自動)



按下此按鈕選擇模式

(TC19)

(所有按摩動作將會暫停)

### 「僅切換至「AIR / STRETCH」(氣囊 / 伸展)

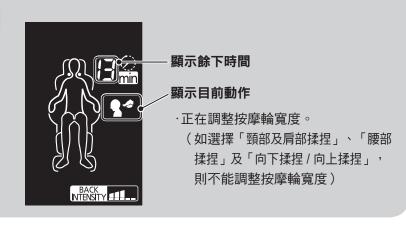


按下此按鈕三次以暫 停按摩,



ARISTRETCH 按下此按鈕 (TC26)

### 按摩進行期間的畫面範例

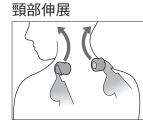


### 關於動作的說明

#### (各示意圖顯示個別操作)

腰部伸展

### 頸部及肩部滾動式按摩

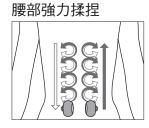


### 頸部及肩部揉捏



腰部滾動式按摩

腰部揉捏



### 向下揉捏/向上揉捏

強力揉捏



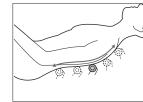
### 捶拍 (一般/輕柔)

左右交替捶拍



### 全背滾動式按摩(整體/部分)

沿著背部伸展身體的動作



**TC24** TC25

從兩側固定肩部和手臂, 然後按摩。



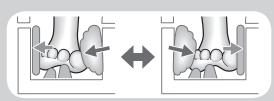
肩部

固定手臂和手, 上下來回按摩。



左右兩邊的氣囊交替脹起,左右移 動腳底同時進行深度按摩。

請將足弓對準指壓突出物。



從兩側固定腰部,然後從下按摩臀

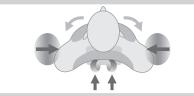


包覆並按摩腳踝



### 「STRETCH」(伸展)按摩的操作內容

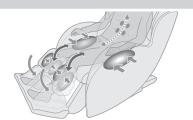
以肩部按摩部分固定肩部,並以按 摩輪按摩背部;肩部肌肉到肩胛骨 都能享受按摩。



### 小腿腰部

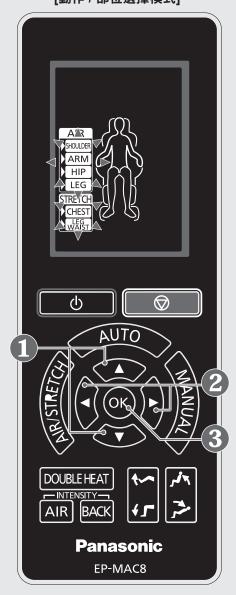
以揉捏按摩伸展腰部,在固定小腿 和腳部的同時降低小腿/腳部按摩 部分,以達至伸展小腿的效果。

● 視乎使用者的身高,小腿伸展期間雙膝可能會 升起。



# 「AIR / STRETCH」(氣囊 / 伸展)按摩

[動作/部位選擇模式]



ARISTRETCAL 按下此按鈕即可開始選擇「AIR /STRETCH」(氣囊/伸展) 按摩的按摩動作和部位

(動作/部位選擇模式當中, 如超過3分鐘無任何操作, 顯示器

1 使用 ▲▼ 以選擇「AIR / STRETCH」 (氣囊/伸展)按摩的動作和部位



目前所選的動作 / 部 位旁邊的 ) 會閃動



- 所選部位將停止閃動並維持亮起。
- 重覆步驟 **12** , 即可選擇多個部位。



例子:選擇氣囊肩部和小腿 按摩後,所選部位亮 起(▶閃動)



●「AUTO」(自動)、「AIR」(氣囊)和「STRETCH」 (伸展)以外的選項不能同時選擇。

### 3 按下 OK

使用「STRETCH」(伸展)模式時,本機 將自動調整按摩位置。(TC20)

- ●如選擇「STRETCH」(伸展)模式,「HEAT」(溫熱) 和「SOLE HEAT」(腳底溫熱)將同時開始。
- ●選擇「STRETCH」(伸展)模式後,將啟動檢查肩部大概 位置的操作。

### 需要取消所選部位時

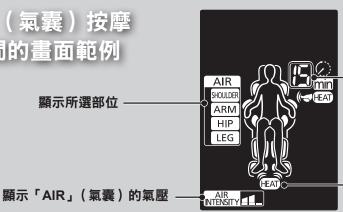
按下 ▶ 以切换已選部位至閃動狀態。 要取消所有已選項目, 請按 ARISTRETCH 。

●「AUTO」(自動)按摩期間,如需將氣囊伸展部位切換 成「off」(關閉),請將不必要的部位切換至閃動狀態: 然後按下 OK。

當您希望按摩更切合需要時 (TC28)

「AIR」(氣囊)按摩 進行期間的畫面範例

顯示所選部位



顯示餘下時間

「SOLE HEAT」(腳底溫熱) 「ON」(開啟)時亮起

**TC26** 

TC27

AIR / STRETCH ]

、 氣 囊

伸展)

# 進一步切合您的需要

操作動作	AIR/STRETCH	AIR	BACK	DOUBLE HEAT	▲▼(按摩輪)	◀▶ (按摩輪)
「AUTO」(自動)模式執行	可以將「AIR」(氣囊)和 「STRETCH」(伸展)按 摩內 <b>不需要的部位</b> 切換成 「off」(關閉)。	可以調整氣壓	可以調整背部強度	按下「DOUBLE HEAT」(雙重溫熱)的開/關按鈕時,「HEAT」(溫熱)、「SOLE HEAT」(腳底溫熱)和「DOUBLE HEAT」(雙重溫熱)就會切換至關/開	可以調整 肩部位置	_
「MANUAL」 (自選) 模式執行	可以將「AIR」(氣囊)和 「STRETCH」(伸展)按摩 內的 <b>部位</b> 切換成「on」(開 啟)。選擇「STRETCH」(伸 展)後,「MANUAL」(自選) 操作會自動停止。	(「AIR」 (氣囊) 按摩期間) 可以調整 氣壓	可以調整背部強度	按下「DOUBLE HEAT」(雙重溫熱)的開 / 關按鈕時,「HEAT」(溫熱)、「SOLE HEAT」(腳底溫熱)和「DOUBLE HEAT」(雙重溫熱)就會切換至關 / 開	可以向上 / 向下調整	可以調整「頸部及肩部滚動式按摩」、「腰部滚動式按摩」、「捶拍」和「全背滚動式按摩」的寬度
僅執行「AIR / STRETCH」 (氣囊 / 伸展)	您可以調整位置或 更改操作	可以調整 氣壓	(「STRETCH」 (伸展)按摩期間) 可以調整背部 強度	按下「DOUBLE HEAT」(雙重溫熱)的開 / 關按鈕時,「HEAT」(溫熱)、「SOLE HEAT」(腳底溫熱)和「DOUBLE HEAT」(雙重溫熱)就會切換至關 / 開	(「STRETCH」 (伸展)按摩期間) 可以向上/向下 調整	_

### 「AIR / STRETCH」(氣囊/伸展)開/關



要再次開/關動作和部位,

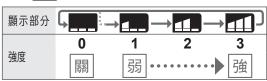
請按下 KRISTRETCH 。

(TC26)

### 小腿氣囊按摩強度調整



按下 AIR 即可順序調整以下項目



●如並無使用上身按摩, 則不可設定至「0 (關)」。

### 背部強度調整



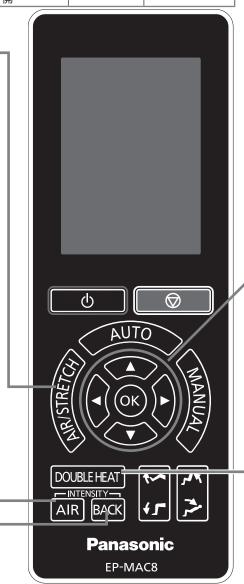
每次按下 BACK 時,則可根據以下順序調整各項。



- ●背部強度視乎操作而定。
- ·「AUTO」(自動)和「STRETCH」(伸展)...3個級別; 1、3和5
- ·「MANUAL」(自選)...5個級別;1至5(但「頸部及肩部滾動式按摩」、「腰部滾動式按摩」和「全背滾動式按摩」只設有1至3共三個級別)
- ●按下 BACK 後,系統可能未能立即作出反應。 為安全起見,強度級別不會突然增加。

#### 注音

·一次性過分增加強度級別, 按摩力度或會突然增強。 調整時請逐步 感受強度。



### 調整按摩輪

#### 需要調整按摩輪垂直位置時



使用 ▲ ▼ 調整。

按一次移動約1.5 cm。按住以移動,直至鬆

開按鈕。 (僅限「MANUAL」 (自選)和 「STRETCH」(伸 展))

目前的大概位置會 動。

### 需要調整按摩輪寬度時

僅可調整「頸部及肩部滾動式按摩」、「腰部滾動式 按摩」、「捶拍」和「全背滾動式按摩」的按摩動作。



使用 ◀ ▶ 調整。

• 可以調寬或調窄。

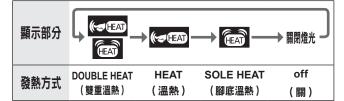
### 「HEAT」(溫熱)/「SOLE HEAT」(腳底溫熱)

如果您的皮膚較脆弱敏感, 請穿上厚襪子。

### DOUBLE HEAT

、按摩按壓期間 DOUBLEHEAT

每次按下 DOUBLEHEAT 時,即可根據以下順序調整各項。



●使用按摩前必須先啟用每個選單 DOUBLEHEAT

### △警告

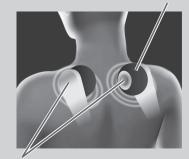
- 使用「HEAT」(溫熱)模式時,請勿讓按摩輪長時間接觸於相同部位。
- 請勿長時間使用「SOLE HEAT」(腳底溫熱)按 摩模式。

(否則可能會導致低溫燙傷\*。)

\*即便在較低溫度(40°C~60°C),若長時間接觸皮 膚相同部位,即使未出現熱、痛等自覺症狀,也會 造成低溫燙傷。

### 按摩輪的發熱裝置會為按 摩部位的布料增暖。

### 按摩輪橡膠部分



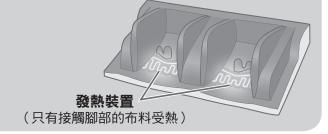
發熱裝置

「SOLE HEAT」(腳底溫熱) 以腳底部分末端內置的發熱裝置 為腳底的布料增暖。

#### 只有接觸腳部的布料受熱

請將腳趾緊壓在發熱裝置上。小腿/腳部按摩部分升起並運作時,腳底將緊貼該部分,並將會感受到溫暖。

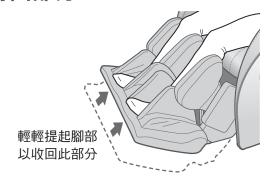
蓋上被鋪等可以增加溫感。



TC28 TC29

# 結束按摩

1 收回小腿 / 腳部按摩部分的 滑出部分

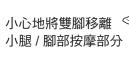


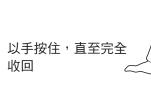
2 將雙腳移離小腿 / 腳部按摩 部分

為安全起見, 請確保在使用後收回腿置台。

收回小腿/腳部按摩部分

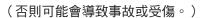
●請確保收納空間內並無任 何物件。

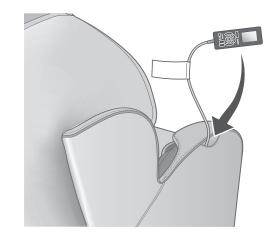




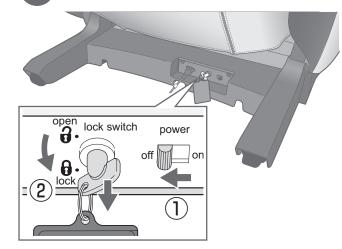
△警告

● 切勿讓兒童使用。此外,切勿讓兒童 在主機上遊玩、或坐在腿置台、椅 座、靠背、扶手上。

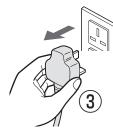




4 關閉電源



- 1)將電源切換鈕設定在「off」(關閉)的位置
- ②將鎖定切換鑰匙轉到 「lock」(鎖定)位置, 然後將其拔出
- ③將電源插頭從插座中拔下
- 4 鎖定切換鑰匙必須儲存在 兒童無法取得的地方



### △警告

● 使用後,請務必「off」(關閉)本機背面電源切換 鈕及「lock」(鎖定)鎖定切換鈕,並拔除鑰匙,再 拔掉電源插頭。

(以防因兒童觸碰而造成事故或受傷。)

### 定時器功能

### 按摩在開始後約15分鐘會自動 停止。

- ●小腿 / 腳部按摩部分將自動降低。
- ●按摩輪移動到縮回的位置。
- ●靠背不會自動升起。

按下 \_\_\_\_\_\_ 兩次使靠背升起。

### 需要在按摩途中結束按摩時

### 按



- ●小腿 / 腳部按摩部分將自動降低,按摩輪將移動到縮 回的位置。
- 按摩輪收回後,靠背將升起。

### 感覺異常時

### 按〖



- ●所有操作都將立即自動停止。
- ●小心離開主機,以防跌倒。

# 清潔和保養

●請絕對不要使用稀釋劑、 汽油、 酒精等化學劑。



### 人造皮革/塑膠部分

#### 一般保養

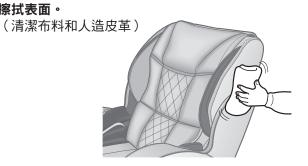
使用柔軟的乾布清除塵埃和輕微污垢。

### 如遇布料弄髒

用軟布沾清水擰乾、或以溫水加上中 性洗潔精而混成 3 % - 5 % 的稀釋液 後,用軟布沾濕後擰乾。



2 擦拭表面。



(3) 沖洗濕布,將之擰乾,然後再把皮 革表面剩餘的洗潔精擦去。



- 4 請使用柔軟的乾布擦拭。
- 病 讓其自然風乾。

(請勿使用吹風機等工具快速吹乾表面。)

### 【如遇頑固污跡

請嘗試上述的步驟 **①** , 並使用以下的保養方式。

#### <人造皮革>

以市販的海綿和中性洗潔精擦拭。

#### 注意

由於可能因衣物褪色而沾染到人造皮革的表面,因此, 當穿著牛仔褲或染色衣物而使用本機時, 請格外小心。 ·由於理髮時可能會造成褪色,使用本機作理髮椅時請鋪 上毛巾。

### 布料部分

- **①** 用軟布沾清水擰乾、 或以溫水加上中性洗潔精而 混成 3 % - 5 % 的稀釋液後, 用軟布沾濕後擰乾。
- 超到頑強污垢時,則用刷洗方式,以清水或中性洗潔 精刷洗乾淨。

(過度用力洗刷將會損害布料。)





(3) 沖洗濕布,將之擰乾,然後再把皮革表面剩餘的洗 潔精擦去。





4 讓其自然風乾。

注意

·由於可能因衣物褪色而沾染到椅座布料的表面,因此, 當穿著牛仔褲或染色衣物而使用本機時, 請格外小心。

### 問答集

### 因生病而須定期覆診時,也可使 ☑ 用嗎?

### 請先諮詢醫生後再使用。

按摩屬於「觸壓刺激」,是透過對肌肉施壓以 獲得抒解、並促進血液循環的行為。此行為有 可能會導致某些疾病惡化。因此必須諮詢醫 生。(TC4至TC6)

### **、身形高大的人應如何使用?**

### 每個人身形不一,以下指引只供參考之 A 声响。

● 如果您身高低於145 cm或大於185 cm, 同 時按摩上身和小腿/腳部時或會感到遭過度 伸展或遭擠壓。

如果您身形高大,覺得膝蓋處過分屈曲

請使用以下的方法△或・B。

- ▲ 將靠背向後傾,並降低小腿/腳部按摩部分。
- **B** 只按摩上身, 並使用腿置台 (請分別進行小腿/腳部按摩)

如果使用者身形過於高大導致難以將腳部按 摩部分前移

請使用以下的方法A或B。

- ▲ 將靠背立起,並升起小腿/腳部按摩部分。
- **B** 只按摩上身,並使用腿置台 (請分別進行小腿/腳部按摩)

### 定時功能會否因所選模式而有所不 Q间?

按下 後,計時器時間會根據一開始所 選的模式而設定。

AUTO 「QUICK (8min)」(8分鐘速按)為 時約8分鐘。

其他模式則為時約15分鐘。

AIR/STRETCH 約15分鐘

MANUAL 約15分鐘

DOUBLE HEAT 僅使用「AIR」(氣囊)模式時, 為時約15分鐘

> 與上身按摩同時進行時,會使用上 身按摩模式的時間。

● 如果在按摩途中轉換模式,則只可根據螢幕 上「餘下時間顯示」的時間進行按摩,因為 計時器已完成設定。

### 腳底部分沒有變暖...

「SOLE HEAT」(腳底溫熱)只會加熱布料的末端 A 請將腳趾緊壓在發熱裝置上。

小腿/腳部按摩部分升起並運作時,腳底將緊貼該 部分,並將會感受到溫暖。蓋上被鋪等可以增加溫 感。

### 我很在意操作時產生的聲響...

這是機體結構所產生的聲響。 (TC35)

### Q 感覺左右高低(強度)不同。 沒問題嗎?

### 以結構上來說,有時會出現左右高低(強度) A 不同的感覺。

為了以更自然的感覺進行按摩,因而採用交替捶拍 機構。因此有時是在按摩輪位置偏移的情況下運 作。雖然有時會感覺左右高低(強度)不同,但並非 故障。

因此左右高低(強度)或有不同,但這並非故障。

### 腳部指壓力度太大...

請使用氣壓調整按鈕將強度調至「1」。 另外, 將小腿/腳部按摩部分降低能減輕腳底 指壓的力度。

### 搬運主機時的注意事項是什麼?

### 請注意以下事項:

- A 明/本 · 本 · 為了易於搬運,請讓靠背完全向後傾斜。
  - 有人坐在椅座上時, 請勿搬運。

①按下 0

②按下 💢 🔭 讓靠背呈傾斜狀態

請按住每個按鈕, 直至聽到「嗶」聲。



- ③將主機體背面的電源切換鈕轉至「off」(關閉) 並拔掉電源插頭。(TC31)
- 小心搬運。 若無包裝箱時, 為避免機器受損及 振動, 請用包裝材料做好妥善保護
- 於包裝時, 請先確認電源線並無纏住主機體, 再將其放在椅座上, 以防運送時摩擦地面。

### 問題解決

### 請實施以下檢查與處理。

若處理後仍有異常時, 請聯絡Panasonic服務中心。

### 問題

#### 按摩輪突然停止移動。

(聽到「嗶」聲, 操作裝置的操作 顯示關閉, 而且操作停止。)

### 無法傾斜。

無法升起/降低腿置台。 (聽到「嗶」聲, 操作裝置的操作 顯示關閉, 而且操作停止。 )

按摩輪並未移動至肩部或頸部 位置。

### 左右兩邊的按摩輪高度不同。

### 本機完全無法運作。

- ●按摩上身(頸部至腰部)
- ●小腿 / 腳底按摩

按摩輪和腳底部分並無變暖。

關閉「DOUBLE HEAT」(雙 重溫熱)後未能冷卻。

即使按下了 DOUBLE HEAT ,加熱裝 置亦沒有切換為「on」(開 啟)

即使再次按下 😈 , 按摩停 止後電源亦沒有開啟。

機體受損。

電源線、插頭溫度過高。

### 原因和補救方法

### 若按摩輪於作業時遇到過外力,為安全起見,按摩輪可能會停 止運作。

如按摩輪停止移動,請將主機背面的開關切換鈕先設為關閉,然後 在約10秒後再切換至「on」(開啟),以進行操作。如果按摩輪再 次停止移動,請將身體稍微移離機體,然後重試。 (體重超過100 kg者需尤其小心。)

### 如果操作期間機體遇到過強外力(如撞上阻礙物),本機可能為安 全起見停止操作。

如靠背或腿置台停止移動,請將主機背面的開關切換鈕先設為關閉 然後在約10秒後再切換至「on」(開啟),以進行操作。

如果使用者抬起了頭部和背部,肩部確認操作期間所偵測的肩部位 置可能比實際位置低。請坐下來,頭靠靠枕,然後從新開始進行按 摩。

#### 運用輪流輕拍法,因此為自然現象。機體正常

(TC33)

#### ● 電源線被切斷。 (TC14)

- 主機體背面的電源切換鈕設定為「off」 (關閉)。
- 按下操控器上的● 按下操控器上的● 後, 並未按下選單或模式選擇按鈕。
- DOUBLEHEAT 按鈕呈「off」(關閉)狀態。
- ●「SOLE HEAT」(腳底溫熱)只會加熱布料的末端。 溫熱感因使用者的體形、按摩部位、按摩動作、衣物和環境溫度 而異。小腿/腳部按摩部分升起並運作時,腳底將緊貼該部分, 並將會感受到溫暖。蓋上被鋪等可以增加溫感。
- 加熱過後, 依然會因加熱裝置的結構而暫時留有餘溫。
- 如果 DOUBLE HEAT 按鈕處於「off」(關閉)狀態,而您繼續按摩同 一部位,則可能會感到更暖。

並無使用各選單的按摩動作或僅使用「AIR」(氣囊)按摩時, 不可使用溫熱模式。

DOUBLE HEAT 不可單獨使用

(TC29)

有操作完成後等待約5秒或以上, 然後按下 😈

#### 為防止發生事故, 請聯絡Panasonic服務中心。

### 在意聲音或感覺時

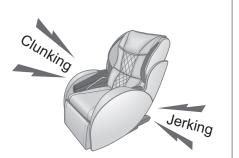
### 在使用時,會出現以下運作聲與感覺。

#### 但這是由於機體結構上的特性而產生,並非異常。

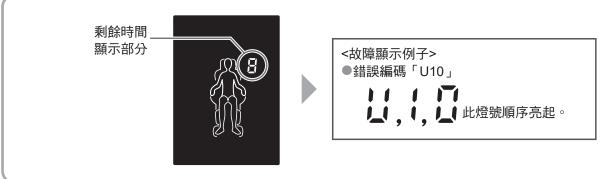
- 按摩輪從「按壓」變成「拉引」時的聲音(咔啦作響/猛動聲)
- 操作期間按摩輪經過布料折痕時聽到聲響和有異常感覺 (彈跳/咔啦作響)
- 揉捏和捶拍期間發出操作聲響(嘎嘎/吱吱/沙沙聲)
- 按摩輪在操作期間發出吱吱聲
- 向上和向下移動期間發出操作聲響(嘎嘎聲)
- 開始傾斜時有卡住的感覺
- 傳動帶旋轉聲響(隆隆聲)
- 馬達聲響(呼呼/吩吩/滋滋聲)
- 坐下或躺下時聽到拉伸布料的滑動聲響(粗磨聲)
- 按摩輪和布料之間的摩擦聲(摩擦聲)
- 小腿 / 腳部按摩部分發出嘎嘎聲
- 氣體增壓操作(咘咘聲)
- 排氣聲響(呼嘯/嘶嘶聲)
- 氣囊操作(啪的一聲)
- 小腿 / 腳部按摩滑出操作聲響(猛動聲)

### 若聲音變大時,有可能是故障了。

● 請與Panasonic 服務中心聯繫



# 故障顯示



故障顯示	目錄		
	若不能確認有人坐在上面, 為安全起見, 將停止動作。 如果在就坐之後仍發生此錯誤, 請按 <b>②</b> 按鈕, 全身倚靠靠背就坐, 並從頭開始重新操作。		
F04 ~ F82	由於內部訊號系統出現異常, 動作中止。 停止使用, 並請聯絡您的經銷商檢查和維修機體。 (請於聯繫時盡量提供故障顯示代碼, 以便檢查與處置。)		

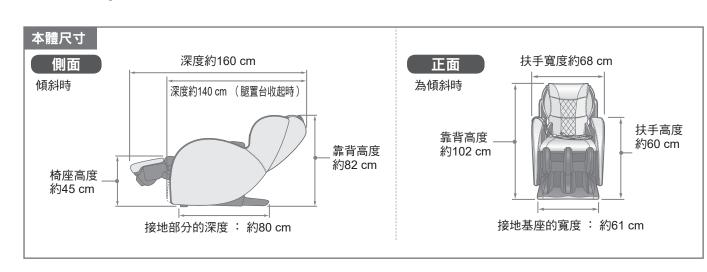
### ⚠警告

- 嚴禁改造。 並切勿自行分解或維修。
  - (否則可能會導致燃火、 出現異常動作而受傷。)
- 若發生異常與故障時,請立即停用,並拔除插頭。(否則可能會導致冒煙、燃火、觸電。)
- <異常、故障例>
- · 有時在開啟電源開關 •• 後也無任何動作。
- · 移動電源線後, 有時通電、 有時則無法通電。
- · 於動作中, 發出焦味、 異常聲音。
- · 主機體變形或異常發熱。
- →請立即委託Panasonic服務中心檢查/維修。

# 規格

電源		220 V $\sim$ 50 Hz
功率		145 W(操作器顯示「off」(關閉)時,約為0.3 W)
 電動發熱裝置功率		38 W
	可按摩範圍 (上下方向)	約62 cm(按摩輪推動路徑約為58 cm)
上	可按摩範圍 (左右方向)	按摩輪操作期間的距離(頸部、肩部、背部和腰部) : 約4 cm至15 cm
上半身按摩	可按摩範圍 (前後方向)	強度調整範圍:約10 cm
半	按摩速度	揉捏:約每分鐘4次~約每分鐘25次 捶拍(包括輕柔指壓):約每分鐘285次~約每分鐘495次(單側) 移動速度:約每秒2 cm~約每秒4.5 cm
	按摩寬度	與按摩範圍相同(左右方向)
氣囊按摩	氣壓	3:約32 kPa 2:約30 kPa 1:約18 kPa
自動關閉		最多15分鐘後自動關閉
本體尺寸	未傾斜時 (H×W×D)	約102 cm × 約68 cm × 約120 cm
- 尺 寸 	傾斜時 (H×W×D)	約82 cm × 約68 cm × 約160 cm
重量		約69 kg

對於體重100 kg或以上的人士, 產品操作可能會產生較大的噪音而且面料外罩可能磨損得較快。



TC36 TC37



TC38 TC39

