

16028 Remote Control & Massage Functions



CONTROL BUTTONS FOR THE MASSAGE CHAIR

1. **On/Off** – Press this button once and the backlight on the LCD screen will turn on. Press any button after this to begin the chair’s massage functions. Press the On/Off button again to stop the chair’s operation. The chair will reset automatically and enter into standby mode.
2. **Raise Footrest** – This is the angle adjustment control button for the footrest only. Press the button once to begin raising the footrest. When you reach a comfortable position, press the button again to stop the adjustment process.
3. **Lower Footrest** – Runs in the opposite direction of above.
4. **Recline Backrest** – This is the angle adjustment control button for the massage chair. The leg rest and the backrest will adjust simultaneously.

Press the button once to begin reclining the backrest. When you reach a comfortable position, press the button again to stop the adjustment process.

5. **Raise Backrest** – Runs in the opposite direction of above.

NOTE: By combining buttons 3,4,5, and 6 you can achieve a wide variety of backrest and footrest position combinations.

6. **Pause** – Press this button to pause all massage functions. The “Pause” icon will blink on the LCD screen and the timer will also be paused. While the chair is paused, only the backrest and footrest angle adjustment buttons can be used. Press the Pause button again to resume the original massage function.
7. **Zero-G** – Press this button to activate the Zero Gravity position of the chair. Press again to return the chair to its original position.
8. **Timer** – After a massage function is started, the chair automatically sets a 15-minute timer. To change this, press the Timer button. This will change the massage timer length as follows: 20 min -> 25 min -> 30 min -> 5 min -> 10 min -> returns to 15 minutes.

NOTE: When there is only 1 minute left on the timer, the backlight of the remote control will light up and 10 audible beeps will sound.

FULL BODY AUTO PROGRAMS

The five Auto Programs offer the quickest access to a thorough massage experience.

9. **Comfort**
10. **Stretch**
11. **Healthcare**
12. **Relax**
13. **Full Air**

NOTE: If an Auto Program is selected before the chair has run an Auto Scan of the entire body, the chair will run an Auto Scan before running the Auto Program.

MANUAL BACK MASSAGE PROGRAMMING

14. **Kneading / Kneading + Clapping** – Press this button once to start the Kneading function for a full back massage. Press the button again to stop the Kneading function and start the Kneading + Clapping function. Press the button a 3rd time to stop both functions. Use Button 17 to control the strength of the Kneading function. Use Button 18 to control the speed of the Clapping function. Use Button 19 to control the width of the Clapping function.

NOTE: The Kneading Function can be combined with the following massage functions: Tapping and Shiatsu.

15. **Tapping / Shiatsu** – Press this button once to start the Tapping function for a full back massage. Press the button again to stop the Tapping function and start the Shiatsu function. Press the button a 3rd time to stop both functions. Use Button 18 to control the speed of the Tapping and Shiatsu functions. Use Button 19 to control the width of the Tapping and Shiatsu functions.
16. **Clapping / Rolling** – Press this button once to start the Clapping function for a full back massage. Press the button again to stop the Clapping function and start the Rolling function. Press the button a 3rd time to stop both functions. Use Button 18 to control the speed of the Clapping function. Use Button 19 to control the width of the Clapping and Rolling functions.

NOTE: Tapping, Shiatsu, Clapping, and Rolling functions cannot be combined with each other.

MESSAGE ADJUSTMENTS

17. **Strength** - Press this button to adjust the strength of the Kneading function. The strength adjusts in a cycle, so press the Strength button repeatedly until you reach the desired strength
18. **Speed** – Press this button to change the speed of the Tapping, Clapping, and Shiatsu massages. The speed adjusts in a cycle, so press the Speed button repeatedly until you reach the desired speed.
19. **Width**– Press this button to change the width of the Tapping, Clapping, Shiatsu, and Rolling massages. The width adjusts in a cycle, so press the Width button repeatedly until you reach the desired width.
20. **Spot** – This Spot back massage button allows you to pause the current massage at the position it is currently in. Press the button once to start the Spot massage. Press the button again to resume the current massage in full back mode. Use Button 22 to manually adjust the position of the Spot massage.

NOTE: The Spot mode cannot be activated with the Rolling function.

21. **Partial** –A Partial massage operates a massage function within a 3 1/8” tall window. Press the button once to activate the Partial massage mode. It uses the position of the current massage as the center of the Partial massage window. Press the button again to resume the current massage in full back mode. Use Button 22 to manually adjust the position of the Partial massage.
22. **Upward & Downward** – Adjust a Spot massage or Partial massage up or down. Press and hold the button until the massage moves to the desired position and then release the button.

AIR SQUEEZE FUNCTIONS

23. **Lumbar & Seat** – Press this button once to start the air squeeze massage function in the seat. Press again to stop the function. Use Button 36 to adjust the intensity of the air squeeze massage.
24. **Neck** – Press this button once to start the air squeeze massage function in the neck. Press again to stop the function. Use Button 36 to adjust the intensity of the air squeeze massage.
25. **Leg Rest** - Press this button once to start the air squeeze massage function in the leg rest. Press the button again to stop. Use Button 36 to adjust the intensity of the air squeeze massage.
26. **Intensity** – Controls the intensity of the air squeeze massages. The intensity adjusts in a cycle, so press the Intensity button repeatedly until you reach the desired intensity.
27. **Vibration** – Press to start the seat vibration function. Press again to stop the seat vibration function.
28. **Heat** – Press to start the lumbar heating function. Press again to stop the lumbar heating function.

NOTE: Air squeeze functions can be combined with the Kneading, Clapping, Tapping, Shiatsu, and Rolling functions to enjoy multi-function massage.

COMPLETING THE MASSAGE

Press the On/Off button to stop the currently running massage. The massage rollers will resume their starting positions. To completely power down the massage chair, switch the power button under the chair to the “0” position and then disconnect the power cord from the electrical outlet.