

Massage Lounger

R100 User Guide



Before using your massage lounger,
please read these instructions thoroughly

Safety	3
Features	6
Part Names and Locations	9
Assembly and Setup.....	10
Backrest.....	10
Back Cushion and Pillow	10
Preparing for Use	11
Moving the Massage Chair	11
Control Panel Functions	12
Using your Repose Massage Chair	14
Lowering and Raising the Backrest	14
Raising and Lowering the Footrest	14
Maintenance and Cleaning	15
Troubleshooting.....	16

Safety

Thank you for purchasing the Repose Massage Lounger.

To avoid the risk of personal injury and to ensure optimum performance, please pay particular attention to the warnings and safety notices throughout this manual.

The Repose massage lounger is not intended to be used as a healthcare device.

Children under 16 years of age should not be allowed to use the Repose massage lounger. Their bodies are still forming and could be harmed by the intense massage action.

IMPORTANT SAFETY INSTRUCTIONS

Please be sure to read all instructions before using your Repose Massage Lounger.

DANGER - To reduce the risk of electric shock:

1. Always unplug the massage lounger immediately after use.
2. Always unplug the massage lounger before cleaning.

SAFETY PRECAUTIONS

WARNING - To avoid the risk of personal injury, please follow these precautions:

1. People with the following conditions should seek a doctors advice before using the Repose massage lounger:
 - Expectant mothers.
 - People with an illness or fever.
 - People with cancer.
 - People with injuries.
 - People with blood circulation problems.
 - People with back problems.
 - People in poor physical shape or undergoing medical treatment.
 - People suffering from back, neck, shoulder or hip pain.
 - People with heart pacemakers or defibrillators, or other personal medical devices.

2. Always wear clothing while using the massage lounger.
3. Avoid exposing skin directly to the massager to prevent skin irritation.
4. Do not use the massage lounger while wearing hair accessories or hats.
5. Do not use the massage lounger for massaging the head, abdomen, arms, elbows, front of thighs, or knees.
6. Do not massage the back muscles for more than 15 continuous minutes. Leaving the massage mechanism in one position can result in discomfort.
7. During your first use, do not use the massage lounger for more than 5 minutes to avoid overstretching the muscles which may cause discomfort. Gradually increase the duration and intensity of the massage as you become used to it.
8. If you begin to feel sick or the massage feels painful, stop use immediately.
9. Do not go to sleep while using the massage lounger.
10. Do not use the massage lounger after drinking alcohol.
11. Do not sit on the backrest while the lounger is reclined.
12. Do not sit on the massage lounger with your legs resting on the backrest.
13. Do not sit on the footrest, the lounger may fall over.

OPERATING PRECAUTIONS

WARNING – To reduce the risk of fire, burns, electric shock, damaging the lounger, or personal injury, please read the following:

1. Make sure the power plug is completely inserted into the wall power outlet.
2. Never leave the massage lounger unattended when the power cord is plugged in.
3. Always unplug the massage lounger when not in use.
4. Only use the massage lounger for the purpose described in these instructions.
5. Continuous supervision is required when the massage lounger is used by people who have limited mobility or communication abilities.
6. Do not stand on any part of the massage lounger.
7. Do not use any accessories other than those recommended by Repose Corporation.
8. This massage lounger is not to be used by children or anyone under the age of 16. Please keep children away while the massage lounger is in use.
9. Make sure there are no obstacles behind the lounger before reclining the backrest.
10. Make sure there are no obstacles in front of the lounger before use.
11. When finished using the massage lounger, always return the seat to the upright position and lower the footrest completely. Make sure people or objects are not in the way when lowering the footrest.
12. Never operate the massage lounger if the power cord or power plug is damaged.

13. Contact Repose immediately if the massage lounger is not working properly.
14. Contact Repose immediately if the massage lounger has been dropped, damaged, or if it has been immersed in water.
15. Before use, always lift the cushions and check the fabric for tearing or signs of abnormal wear.
16. Check all other areas for tearing or signs of abnormal wear. If you find a tear or rip, immediately stop using the massage lounger and unplug the power cord. Contact Repose Corp. for assistance.
17. Keep power cords away from heated surfaces.
18. Do not allow sharp objects, metal objects, rubbish or moisture to come into contact with the power plug.
19. Do not use the massage lounger over heating appliances or electric carpets.
20. Make sure all air openings on the massage lounger are kept free and clear.
21. Do not drop or insert anything into any of the openings of the massage lounger.
22. Do not use the massage lounger in bathrooms or other damp or extremely humid areas.
23. Do not spill any liquids on the controller or any part of the lounger.
24. Do not use the massage lounger outdoors.
25. Do not use aerosol spray products or handle oxygen tanks around the massage lounger.
26. Before unplugging the massage lounger, turn off all controls.
27. Do not use the massage lounger with a transformer.
28. Connect this massage lounger power plug to a properly grounded outlet only.
29. Do not attempt to open or disassemble any part of the massage lounger. There are no user-serviceable parts in your massage lounger.

PLEASE SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

Features

The *Repose Massage Lounger's* backrest has been ergonomically designed to fit the contour of your back. This results in maximum contact giving a superior massage.

Back, Neck, and Shoulders

Your *Repose Massage Lounger* massages your upper back, lower back, neck, and shoulders using mechanisms that simulate massage techniques similar to the touch of human hands.

The backrest massage mechanism moves up and down your neck, shoulders, back, and waist using knock and knead massage actions. The speed and width of the massage can be adjusted with the control panel.



Knead - Also referred to as Shiatsu. Shiatsu means “finger pressure”. This is a traditional Japanese healing method where pressure and stretching is the key. This technique works on the body’s acupressure points along what is considered the body’s meridians or energy channels.

Shiatsu massage is said to help balance a person’s energy flow and strengthen vital organs.

Knock - Also referred to as Swedish, is a variety of massage techniques designed to relax muscles by applying pressure and rubbing in the same direction as the flow of blood returning to the heart.

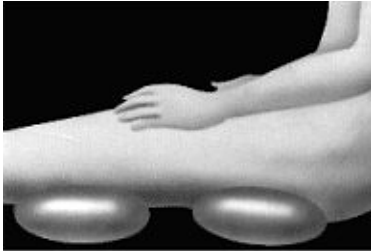
Swedish massage may shorten the recovery time from muscular strain by flushing the muscles of lactic acid, uric acid, and other metabolic wastes. It also increases circulation without increasing heart load and stretches the ligaments and tendons helping to keep them flexible. This massage technique stimulates and soothes the nervous system and may help to reduce physical and emotional stress.



Synchronized Knead and Knock - This technique combines both Knead and Knock methods of massage.

Calf Muscles and Back of Legs

Your calf muscles and the back of your legs are massaged using airbags. The airbags are coordinated to simulate a “wave style” of massage which may help to increase blood circulation.



In the seat of your Repose Massage Lounger, there are two airbags programmed to inflate and deflate giving a continuous overlapping massage on the back of your legs and buttocks.

Airbags are also used to massage your calf muscles. In the footrest, there are eight airbags that inflate and deflate. As one airbag inflates, another airbag deflates creating a wave motion.



In addition to having eight airbags for your calves, the footrest lifts and lowers during the massage. This simulates the pulling and drawing motion of a massage by human hands.



Lower airbags inflate as the upper airbags deflate.



Upper airbags inflate as the lower airbags deflate.



The footrest lifts and lowers repeatedly.

Automatic Massage

The Repose Massage Lounger’s control panel is used to access automatic massage programs.

By selecting any of the automatic massage modes, you will enjoy a thorough massage at the touch of a button.

The control panel is arranged so that you can easily select the areas you wish to massage.

Neck, Back, and Shoulders



Selecting the NECK AUTO function on the control panel initiates a massage on your shoulders and the back of your neck.



Selecting BACK AUTO massages the entire length of back.



Selecting UPPER AUTO massages your back and midsection down to your waist.



Calf Muscles and Back of Thighs



The airbags in the footrest that massage your calf muscles are controlled by the ON/OFF button on the lower section of the control panel.



Selecting the AUTO button will cause the footrest to raise and lower as the airbags inflate and deflate.



When you have completed your massage, or if you need to stop during a massage, press the STOP button. This resets the massage lounge causing the footrest to descend and the backrest to rise to the upright position.



Part Names and Locations

As you read through this guide, please use the illustrations on this page to familiarize yourself with the location of the parts called out.

External Structure



Internal Structure



Assembly and Setup

Backrest

The backrest folds down to help reduce the amount of storage space required while the lounger is not in use.

Unfolding the Backrest

To unfold the backrest, lift the backrest away from the seat cushion.

When the backrest reaches the vertical position, you will hear a clicking sound as the backrest locks into place.



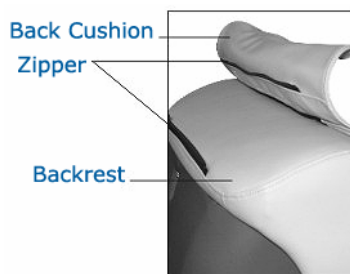
Folding the Backrest



On the back of the lounger, below the seat, there is a latch that secures the backrest in the upright position. Push down to unlatch the locking mechanism and move the backrest toward the footrest. As the backrest approaches the seat cushion, it will stop.

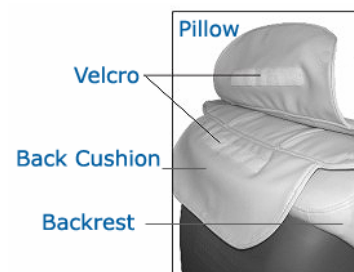
Back Cushion and Pillow

NOTICE: While the backrest cushion is detached from the lounger, please do not place hands, fingers, or any objects between the seat and the backrest.



The backrest cushion and pillows can be removed and replaced to help adjust the comfort level of the massage.

The backrest cushion is attached using a zipper located on the top of the backrest.



The pillow attaches to the backrest cushion with Velcro.

Preparing for Use

NOTICE: Before use, be sure the power plug is inserted completely into a grounded wall outlet. Never use the massage lounger without proper grounding. If you are unsure, please consult an electrician.

Grounding Your Massage Chair

Your massage lounger is equipped with a grounded power plug and must be plugged into a properly grounded wall outlet. Grounding allows the electric current to flow to the earth helping to reduce the risk of electric shock if a failure occurs.

Do not modify the power plug or use an adapter to bypass the ground.

If you are unsure about adequate grounding, please consult an electrician.

Moving the Massage Chair

Your Repose massage lounger has wheels on the back of the base that are used for moving your lounger.

Please be very careful while attempting to move your massage lounger. We recommend you have someone help you move the lounger.

NOTICE: Disconnect the power cord prior to moving and do not attempt to move the massage lounger while someone is seated on it.

To move your massage lounger:

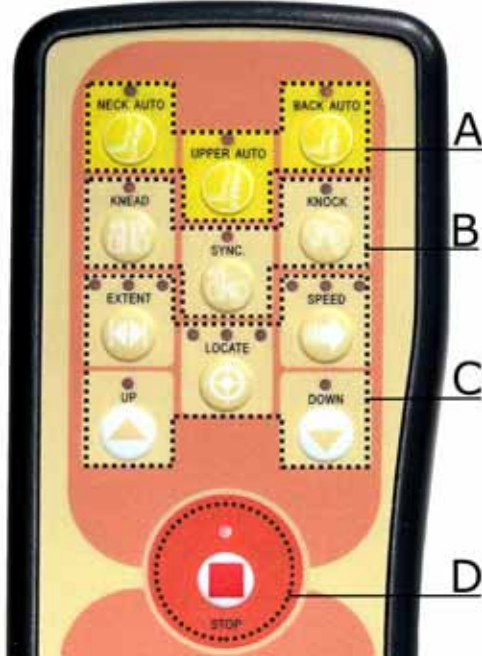
1. Position the backrest in the reclined position.
2. Position the footrest in the raised position.
3. Remove the power plug from the wall outlet and secure the power cord on the lounger.
4. While holding both sides of the footrest, carefully lift the front of the lounger. Please be very careful, the massage lounger is bulky and heavy.










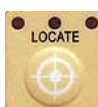


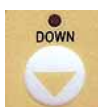

NOTICE: If you have hard flooring surfaces, you may want to place a mat on the floor and gently roll the massage lounger to avoid damaging the floor. If you are using your lounger on a hardwood surface, we recommend you protect your floor by placing something under your lounger such as a rug.

Control Panel Functions

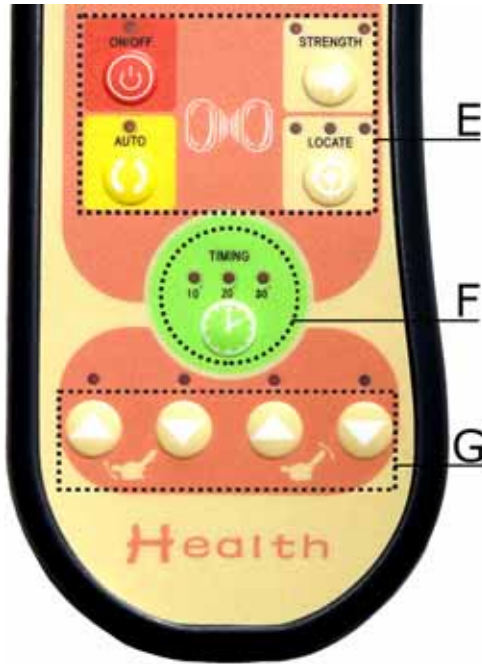
Neck, Shoulders, and Back



A - Automatic Massage	
	Massages neck and shoulders.
	Massages shoulders and upper back.
	Massages entire back.
B - Manual Massage	
	Selects the Knead massage mode.
	Selects the Knock mode.

	Selects a synchronized combination of Knead and Knock modes.
C - Manual Massage Options	
	Press to adjust width of rollers while in manual massage mode. Also, indicates the width of the rollers during automatic massage.
	Used to position the massage mechanism in one of three places: <ol style="list-style-type: none"> 1. Entire back. 2. Upper to mid. 3. Mid to lower.
	Adjusts speed of the Knock and Knead modes. Also indicates the speed during automatic massage mode.
	Moves the massage mechanism up and indicates when the mechanism is moving upwards during automatic massage.
	Moves the massage mechanism down and indicates when the mechanism is moving down during automatic massage.
D - Stop	
	Stops all massage actions and resets the massage lounger.

Back of Legs, Buttocks, and Calves



E - Airbag Control	
	Starts and stops airbag massage.
	Sets the airbags to automatic massage.

	Sets the intensity of the airbag massage.
	Sets the area to be massaged. Also indicates which area is being massaged during automatic massage modes.
F - Timing	
	Sets the duration of the massage.
G - Backrest and Footrest	
	Moves the backrest or footrest up.
	Moves the backrest or footrest down.

Using your Repose Massage Chair



While positioning your massage lounger for use, please keep in mind that the footrest and backrest will move up and down.

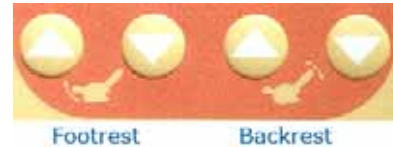
There must be at least 20 inches of clearance in front of and behind the massage lounger to prevent damage to the lounger or anything that might be in the way.

Lowering and Raising the Backrest

The backrest is raised and lowered using the control panel. As the backrest lowers, the footrest will rise.

To lower the backrest:

1. Be sure the areas behind the backrest and in front of the footrest are clear of obstacles.
2. Locate the up and down buttons at the bottom of the control panel.
3. Press the down button on the far right to lower the backrest. The backrest will stop automatically when it reaches the lowest point of travel.



To raise the back rest:

1. Press the up button to raise the backrest. When the backrest reaches the upright position, it will stop.

Raising and Lowering the Footrest

The footrest is raised and lowered by using the control panel. The footrest also rises when the backrest is lowered.

To raise the footrest:

1. Be sure the area in front of the footrest is free of obstacles.
2. At the bottom of the control panel, locate the up and down buttons for the footrest.
3. Press the up button on the far left to raise the footrest. The footrest will stop automatically when it reaches the highest point.

To lower the footrest:

1. Be sure the area below the footrest is free of obstacles.
2. Press the down button to lower the footrest. When the footrest reaches the lowest position, it will stop.

After using your massage lounger:

1. Press the STOP button on the control panel. This will raise the backrest and lower the footrest.
2. Turn off power and disconnect the power cord from the wall outlet.
3. Cover your massage lounger to protect it from dust or other debris.

Maintenance and Cleaning

WARNING: Always unplug the power cord before cleaning your massage lounger. Never touch a power plug with wet hands. Failure to follow these instructions may lead to electrocution or burns.

NOTICE: Please do NOT use volatile chemicals such as paint thinners, benzene, or alcohol on any part of your massage lounger.

Fabric

1. Wipe the seat fabric with a damp cloth using water and a very mild detergent.
2. Use a clean damp cloth to wipe the fabric to remove residue.
3. Allow to air dry.

Plastic Areas

1. Use a damp cloth with water and a very mild detergent to wipe down exposed plastic areas.
2. Use a clean damp cloth to remove any residue.
3. Allow the cleaned parts to air dry.

Control Panel

If the control panel becomes soiled, wipe with a soft cloth moistened lightly with water only. Excess moisture or detergents can damage the control panel.

Troubleshooting

If you experience difficulty using your massage lounger, please read this section prior to contacting Repose Customer Service for assistance.

Problem	Solution
It sounds and feels like the massage heads are working too hard to get over wrinkles in the fabric.	These sounds are normal.
The motor groans while under load.	
There seems to be excessive noise during tapping.	
There is a creaking sound while the massage heads are functioning.	
When the massage heads move up or down, there is a rattling sound.	
There is a rubbing sound as the massage heads rub on the seat fabric.	
There is a noise when the backrest is reclining or rising.	
When the power switch is turned on there is a humming sound.	
There is a hissing sound of air escaping.	
There is a humming sound from the pump.	
The footrest rattles.	If excessive force is applied to the massage heads during operation, in the interests of safety the massage heads may stop moving. If this occurs, raise your body slightly to reduce the weight on the backrest before restarting.
The massage heads stop during operation.	
The massage heads do not come up to the shoulder or neck.	Use the locate button to define the range of movement to fit your body.
The air in the seat is not being released.	If the power cord is unplugged or there is a power failure while the air massage is in progress, the air will be trapped in the unit and will automatically release when power is reapplied.
The backrest will not recline or the footrest cannot be raised or lowered.	If obstacles are encountered or excessive force is exerted during the movement, the footrest or backrest will be stopped automatically to prevent damage.

	Power off the massage lounger and be sure both backrest and footrest areas are free of obstacles and power on the massage lounger.
The massage lounger will not operate at all.	<p>The power cord has been disconnected.</p> <p>The power switch on the unit has not been turned on.</p> <p>Check to see if the fuse needs to be replaced. If so, contact Repose customer service for assistance.</p>
The unit has been damaged.	Stop using the massage lounger immediately.
The power cord or power plug is abnormally hot.	Stop using the massage lounger immediately.