

# OPERATING INSTRUCTIONS

## POWER

Activates Massage System

- Turn On: Press PWR.
- Turn Off: Press PWR again.

### 15 and 30 minute Timers:

Green light = 15 minute Timer.

Hold down PWR:

Amber light = 30 minute Timer.

- Unit may also be turned on by pressing any ZONE 1-3 key.
- To restart after Timer shuts off:
- Press PWR or any ZONE 1-3 key.

## ZONES

(Green light indicates active Zone)

- 1 - Upper Back
- 2 - Lower Back
- 3 - Hip Region

## INTENSITY

Controls INTENSITY during all modes.  
(+) Increase Intensity; (-) Decrease Intensity

## SPEED

Controls pulsing frequency of massage motors in PULSE mode and controls the velocity as it cycles through in WAVE mode.

Press (+) to increase and (-) to decrease.



## HEAT

Activates Heat Element.

- Press LO (Amber light) to turn Low Heat on.
- Press HI (Red light) to turn High Heat on.

Works with massage or independently.  
30 minute Timer

To continue after Timer shuts off, press LO or HI button again.

## MODES

(Green light indicates active Mode)

### ZONE -

Lets you choose any or all zones for massage.

- Press SELECT.
- Press any or all Zones (1-3) to activate.
- Press any or all Zones (1-3) to cancel.

### PULSE -

Massage motors turn On and Off to simulate a pulsing action.

- Press PULSE.
- Press any or all Zones (1-3) to activate.
- Press any or all Zones (1-3) to cancel.

### WAVE -

Massage motors move up and down in a wave-like action.

- Press WAVE.
- Press any or all Zones (1-3) to activate.
- Press any or all Zones (1-3) to cancel.