Once your chair is plugged in and the power button on the rear lower panel is in the “On” position, you can begin using your massage chair. Start by pressing the power button on the lower section of your remote.

**Auto Programs** - You can choose one of the six auto programs by selecting the “Auto” button on the remote.

1) Extension
2) Working Relief
3) Sports Refresh
4) Rest & Sleep
5) Neck & Shoulder
6) Waist & Spine

These programs take you through a fully automated massage, each addressing specific needs. The massage time can be adjusted by selecting the desired time on the remote. Timer options are 10, 20, and 30 minutes.

**Manual Massage** - Press the power button, then press the “Manual” button on the remote. Each time you press the button, you select from one of the six massage techniques:

1) Shiatsu
2) Rubbing
3) Tapping
4) Knocking
5) Kneading
6) Sync (tapping and knocking)

**Foot Massage** - To enjoy a foot massage, activate the foot rollers with the “Roller” button. The three speeds can also be changed with this button.

**Heat Function** - Select the “Heat” button on the remote to activate the Lumbar Heat. Allow a few minutes for the heat benefits to be felt.

**Music** - Relax to your own music selection using a music-compatible Bluetooth device. You can pair your Bluetooth device to the massage chair, allowing it to stream your favorite music through the stereo system built into the Altera. Volume and music selection is controlled from the music device.
1. **MULTI FUNCTION SCREEN** – Menu options and massages appear on this screen.

2. **AUTO** – Every time this button is pushed, a different automatic massage is selected in the red window on the display.

3. **MANUAL MASSAGE** – Each time this button is pushed, a different manual massage is selected in the green window on the display.

4. **CALF CONTROL** – Use these buttons to raise and lower the legrest.

5. **SHOULDER POSITION ADJUSTMENT** – For adjustment of the position of the massage in manual and point mode.

6. **ZERO GRAVITY** – Use this button to engage one of 2 Zero Gravity positions. This chair uses the NASA zero gravity principle, keeping the legs higher than the heart, imitating weightlessness. This position is known to increase comfort and release stress.

7. **BACKREST CONTROL** – Use these buttons to recline and raise the seat back.

8. **SPEED** – Use this button to set the massage speed from 6 degrees.

9. **ZONE** – Press once to regionalize the rollers in certain area. Press again to pause the rollers to pinpoint in a trouble area.

10. **AIR INTENSITY** – Use this button to enter the desired air pressure during massage.

11. **WIDTH** – Use this button to select the width of the massage, wide, medium, or narrow. Only active when lit.

12. **BLUETOOTH** – Use this button to turn the Bluetooth feature on or off. When lit, the Bluetooth is on.

13. **AIRBAG ZONE** – Use this button to select where the airbag massage will happen during manual massage.

14. **FOOT ROLLERS** – Use this button to turn on and off the roller foot massage and select from the 3 different modes.

15. **TIMER** – Use this button to select massage time from 10 min, 20 min, or 30 min each time the button is pushed.

16. **HEAT** – Press this button to start the heating function. The heat indicator on the screen will light up. Press again to shut off heat.

17. **POWER** – Use this button to power the chair on and off.