**Auto Programs**

**Quick** - Rapid demonstration of all massage techniques and chair motions.

**Full Body** - Comprehensive massage session using deep tissue kneading, and tapping combines with air cell compression.

**Recover** - Massage session focused on back and leg/foot region muscle recovery.

**Focus** - Performs a series of grab, hold, and stretch sequences while the back and legrest move up and down. This is combined with traditional massage techniques.

**Relax** - Massage session built for winding down with slower paced massage techniques.

**All Air** - This massage uses only airbags for a full-body compression massage, alternating between the feet, calves, seat, arms, hands, and shoulders.

**Quick Start Guide**

**Lecture Screen**

After a Massage program is selected, In-use screen displays all settings to that program.

1. Program
2. Indicators
3. Time remaining
4. Active airbags
5. Airbag intensity
6. Massage techniques
7. Back-roller position & direction
8. Massage speed

**Auto Programs**

- **Quick** - Press for a 6-minute demonstration of all available massage techniques.
- **Footrest Adjustment** - Press and hold up arrow to raise the footrest, press and hold down arrow to lower footrest.
- **Heat** - Press to turn on lumbar heat. Press button again to turn off lumbar heat.
- **Backrest Adjust** - Press and hold down arrow to recline seat back, press and hold up arrow to upright the seat back.
- **Foot Rollers** - Press to turn on foot roller massage. Press button again to turn off foot roller massage.
- **Massage Speed** - Press to select your desired massage speed: Slow, Medium, or Fast.
- **Manual** - Press to toggle between massage techniques: Kneading, Knocking, Kneading & Knocking, Tapping, or Shiatsu.
- **Back Zone** - Press to select your desired back massage region: Point, Partial, or Whole massage.
- **Width** - Press to select your desired back mechanism width when using Knocking, Tapping, or Shiatsu techniques: Narrow, Medium, or Wide.

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**In-Use Screen**

**Power** - Powers up the remote or returns the chair to the exit position and powers down remote.

**CPU Screen**

Displays the current massage program and settings.

- **Timer** - Press to adjust your massage time in 5-minute increments, with a max massage time of 30 minutes.
- **Zero Gravity** - Press to turn on Zero Gravity. Press button again to turn off.
- **Pause** - Press to force stop the chair during a program and stop all functions. Press again to resume.
- **Auto Programs** - Press any of the highlighted auto program buttons to jump to the corresponding program.
- **Airbag Intensity** - Press to toggle the intensity of the airbag massage: Soft, Medium, or Strong.
- **Air Zone** - Press once for foot air massage; twice for leg air massage; three times for leg and foot air massage; four times for arm air massage; five times for shoulder air massage. Press six times to turn off.
- **Back Roller Adjust** - Press to set your shoulder height during body scanning.

**Prelude Massage Chair**

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