

16020 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. **Demo** – Press this button for a brief demonstration of the features of the massage chair.
3. **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.
4. **Restore Backrest** – Runs in the opposite direction of above.
5. **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.
6. **Restore Footrest** – 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.

AUTO PROGRAMS

The Auto Programs are available through the front cover of the remote. They include Health Care, Full Body Relax, Therapy, Neck & Shoulder, Back & Lumbar, and Seat & Calves programs. These are not numbered in the diagram of the controller.

MANUAL BACK MASSAGE PROGRAMMING

7. **Kneading & Tapping** – Press this button once to start the Kneading & Tapping function for a full back massage. Press the button again to stop the Kneading & Tapping function. Use Buttons 11 & 12 to control the speed of the Kneading & Tapping function.
8. **Kneading** – Press this button once to start the Kneading function for a full back massage. Press the button again to stop the Kneading function. Use Buttons 11 & 12 to control the speed of the Kneading function.
9. **Tapping** – Press this button once to start the Tapping function, which offers vigorous tapping action on the body's reflex points. Press the button again to stop the Tapping function. Use Buttons 11 & 12 to control the speed of the Tapping function. Use Buttons 13, 14, & 15 to control the width of the Tapping function.
10. **Rolling** - Press this button once to start the Rolling function, which offers vigorous rolling action on the body's reflex points. Press the button again to stop the Rolling function. Use Buttons 13, 14, & 15 to control the width of the Rolling function.

NOTE: Kneading & Tapping, Kneading, Tapping, and Rolling functions cannot be combined.

SPOT & PARTIAL MESSAGES AND MESSAGE ADJUSTMENTS

11. **Fast** – Increases the intensity of the selected Manual Back Massage function.
12. **Slow** – Decreases the intensity of the selected Manual Back Massage function.
13. **Width, Narrow** – For functions that allow you to choose a width, this button runs the message function in a narrow area.
14. **Width, Medium** – For functions that allow you to choose a width, this button runs the message function in a medium area.
15. **Width, Wide** – For functions that allow you to choose a width, this button runs the message function in a wide area.
16. **Upward** – Applies to the Spot and Partial message modes. Moves the message up the back. Press and hold the button until the message moves into the desired position.
17. **Downward** – Applies to the Spot and Partial message modes. Moves the message down the back. Press and hold the button until the message moves into the desired position.
18. **Partial** – This Partial back message button allows you to select a Partial message for any part of the back. A Partial message operates a message function within a 3 1/8" tall window. Press the button once to activate the Partial message mode. Press the button again to end the Partial message

mode and resume full back massage function. Use Buttons 16 & 17 to adjust the position of the Partial massage.

19. **Spot** – This Spot back massage button allows you to select a Spot massage for any part of the back. Press the button once to activate the Spot massage mode. Press the button again to end the Spot massage mode and resume full back massage function. Use Buttons 16 & 17 to adjust the position of the Spot massage.

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

AIR SQUEEZE FUNCTIONS

20. **Vibrate** – Press this button to start the seat vibrating massage function. Press this button again to stop the seat vibrating function.
21. **Seat Air** – Press this button once to start the air squeeze massage function in the seat. Press again to stop the function.
22. **Calves** - Press this button once to start the air squeeze massage function in the calves. Press the button again to stop.
23. **Feet** - Press this button once to start the air squeeze function in the feet. Press again to stop the function.

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

24. **Intensity** – Press the Strong (up) arrow to increase the intensity of the air squeeze massages. Press the Weak (down) arrow to decrease the intensity of the air squeeze massages.

NOTE: Intensity control buttons do not function while running Auto Programs.

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.