

## **Bluetooth Audio**

Your massage chair includes Bluetooth compatibility so you can play and enjoy your favorite music. To enable Bluetooth connectivity, press **MENU** button on remote control, then use the up or down button to select **Settings** from the menu display. Press **OK** to select. Use the up or down button to select **Bluetooth**, press right button, then use the up or down button to select your desired Bluetooth setting: On or Off. Press OK button to select Bluetooth setting.

To connect your Bluetooth enabled audio device, go into your audio device settings, navigate to Bluetooth settings and pair with the device named RockerTech######. The chair will beep when a



## **Auto Programs**

When the massage chair is operating, press the MENU button on the remote control to enter the main menu display. Use the up or down button to navigate to Auto Programs.

Quick - Rapid 8 minute demonstration of all massage techniques and chair motions.

**Deep Tissue -** The most intense of the massage programs. This strong kneading and shiatsu massage effectively decompresses

**Neck & Shoulder -** A sequence of neck, shoulder, and upper back massage techniques.

Waist & Hips - Targets the lower back, buttocks and feet with kneading and tapping. This program is recommended to relieve lower back pain associated with tight hips.

Stretching - Yoga like stretching motions grab, hold and gently extend the body, while deep shiatsu massage helps to boost the vitality of muscles. Best for winding down and re-energizing yourself after a long day.

Shape & Tone - Total body relaxation with shiatsu and rolling massage techniques, and air cell massage.

**Sweet Dreams -** The lowest intensity massage. Tapping techniques sooth and unwind the body. Try this program as you prepare your body to rest for the night.

**Relax -** Featuring slow kneading this massage relaxes muscles, improves circulation and aids in recovery.

## SootheMe™ Nature Sounds

No need to find something to stream with on-board SootheMe™ Nature Sounds to chose from. Envelop yourself in soundscapes that are designed to help you relax.

Press **MENU** button on remote control. Select **SoothMe<sup>™</sup> Sounds** from Menu display, then use the up or down button to select your desired SoothMe™ Sound.

**White Noise Ocean Surf** Crickets

Nature **Air Plane** Car Ride Fireplace Thunderstorm **Windy Night** 



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Version 1.0



Bliss Massage Chair



**Quick Start Guide** 

