

on the controller to activate

Zero Gravity. Press again to

deactivate.

returns the chair to the exit

position and powers down

AUTO PROGRAMS

RELIEVE - Features a wave of compression that moves down your body starting in the shoulders, traveling to your feet, and back up.

VIGOR - The most intense of the massage programs, with deep, penetrating massage techniques.

RENEW - Uses moderate 3D pressure to decrease recovery time after physical extertion, relieve the body of stress and improve circulation.

ZEN - Total body relaxation with shiatsu and rolling massage techniques, and air cell massage.

CALM - Sequences of air cell massage and gentle rolling techniques sooth and relax the body.

 $\mbox{\bf BEDTIME}$ - A series of massage and chair movements to help you relax for a good night's sleep.

RISE & SHINE - A sequence of massage techniques gradually increases

in intensity as your body gets ready for the day.

AIR ONLY - A relaxing massage using only air cell compression.

ZERO G - Whilst in zero gravity position, this program cycles through all

EXTEND - Traditional massage techniques combined with a series of grab, hold and stretch progressions gently extends the body.

YOGA - 3D motion extends the back, whilst massage and stretching motions are mixed to acheive combined benefits.

STRETCH - Series of twisting and stretching motions using air cell grabs,

ATHLETE - Designed to encourage recovery from exercise featuring total body shiatsu. Relaxes muscles, improves circulation and aids in

STRESS FREE - Designed to help minimize stress carried in the neck, shoulders, lower back, and feet.

MID BODY - Assists in relieving lower and upper back pain through a series of massage techniques.

TOTAL BODY - Massage from neck to toes utilizing many different massage techniques. Use for complete body massage benefit.

UPPER BODY - Targets the back, arms, shoulders and neck.

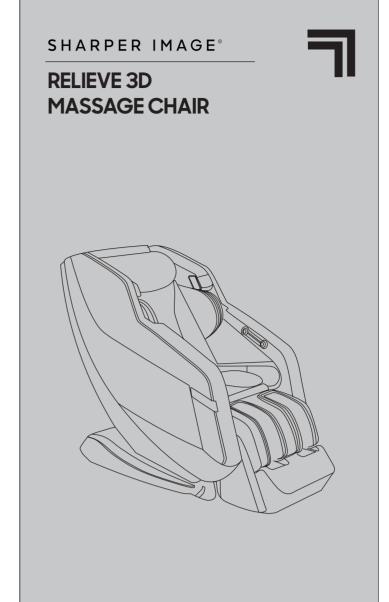
LOWER BODY - Targets the lower back, buttocks and feet.

NECK & SHOULDER - A sequence of neck, shoulder, and upper back massage techniques with increasing recline.

QUICK - A six minute demonstration of all massage techniques.

SHARPER IMAGE®

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QUICK START GUIDE

