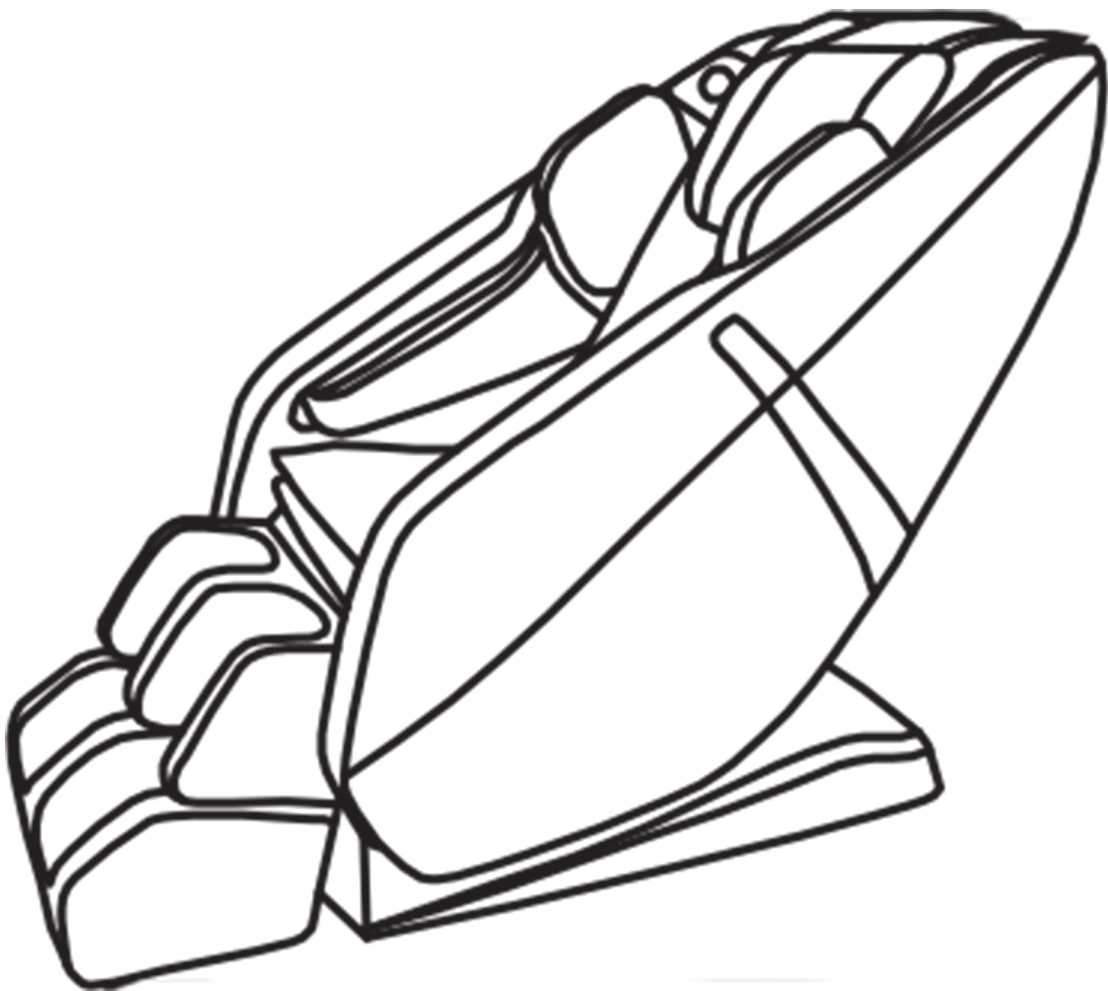


M300 MASSAGE CHAIR

INSTRUCTION MANUAL



**Please read this book thoroughly before operating the chair.
Please keep this manual in a safe place for further reference.**

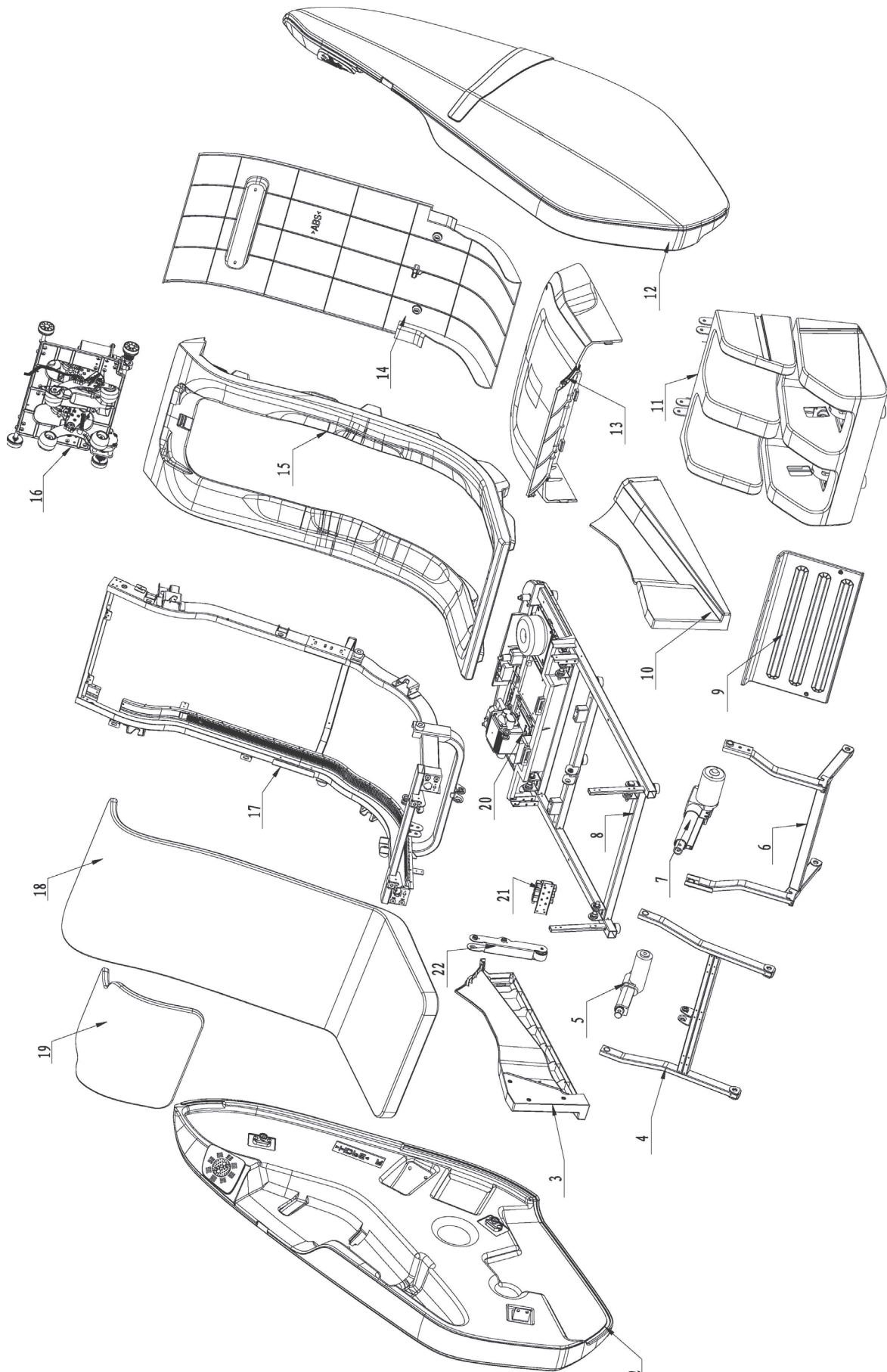
CONTENTS

Specifications	p. 3
Exploded Diagram	p. 4
Parts List	p. 5
Safety Instructions	p. 6
Safety Precautions	p. 6
Warning Labels	p. 7
Assembly	p. 8
Preparing the site	p. 8
External diagram	p. 8
Internal Diagram	p. 9
Content Listing	p. 9
M300 assembly	p. 10
Controller Configuration	p. 11
Operation	p. 12
Control symbols used	p. 12
LCD display graphics	p. 14
Entertainment	p. 16
Transporting the chair	p. 16
Maintenance	p. 17
Product inspection	p. 17
Cleaning	p. 17
Troubleshooting	p. 18
Additional Information	p. 19
Contact information	p. 19
Disclaimer	p. 19

Specifications

Type	Massage Chair
Model	M300
Colour	Black
Rated Power Consumption	180W
Rated Time	20 Mins
Rated Voltage	AC-120-240V
Rated Frequency	50/60HZ
Material	Plastic and Metal
Upholstery	Synthetic Leather
Packaging Dimensions	115 cm (Length) x 79 cm (Width) x 123 cm (Height)
Gross Weight	98kg
Net Weight	83kg
Function	Massage, Kneading, Shiatsu, Knock for Household Use. Eliminate muscle fatigue, stimulate blood circulation, relieve muscle stiffness or nerve pain.

Exploded Diagram



Parts List

NO.	Name	Q' ty	NO.	Name	Q' ty
1	Remote control	1	22	Leg support plate	1
2	Right armrest assembly	1			
3	Right side fender	1			
4	Front swing assembly	1			
5	Footrest electric actuator	1			
6	Back swing assembly	1			
7	Back electric actuator	1			
8	Bottom frame assembly	1			
9	Front fender assembly	1			
10	Side fender assembly	1			
11	Foot and leg assembly	1			
12	Left amrest assembly	1			
13	Power case assembly	1			
14	Back cover assembly	1			
15	Back cover	1			
16	Massage mechanism	1			
17	Back frame assembly	1			
18	Back seat cushion	1			
19	Pillow	1			
20	Power case assembly	1			
21	Solenoid valve assembly	1			

Safety Instructions

Please pay attention to the following instructions before operating this chair.

SAFETY PRECAUTIONS

- The massage chair can be used amongst the whole family, please do not use the chair for any other purpose than what is intended to avoid accidents.
- If abnormal conditions occur such as fires etc., immediately unplug the item and stop using the chair.
- DO NOT use the massage chair if damage has occurred to the item, only resume use when the item is in full working condition. (Continued use in a damaged state may cause electrical faults, fires etc.)
- If smoke or abnormal noises are found, power off the chair immediately and contact the distributor for further assistance.
- Avoid liquids or small parts going into the internal parts of the chair, this may cause electrical faults.
- If you experience pain, nausea or your body feels abnormal in any way whilst using the item, stop use immediately and consult your GP.
- Make sure the chair is placed on a level surface.
- The recommended usage time for the massage chair is 20 minutes, please leave a 30 minute gap between each use.
- This product is for home use only and is not to be used outdoors.
- To avoid deterioration of the leather make sure the chair is stored away from direct sunlight, excessive amounts of dust or bad air circulation.

The following people with these conditions are NOT suitable for using this massage chair:

- Thrombosis (Blood disease, severe aneurysm, acute vein tumour)
- Any kind of skin disease

The following people with these conditions are advised to consult their GP before using the massage chair:

- Patients with implanted medical devices
- Malignant tumour patients
- Severe heart problems
- Pregnant women
- Perceptual Disturbances (Milder form of hallucinations)
- Fracture patients / acute bone pain
- New tattoos

⚠ WARNING

Incorrect operation may cause serious harm to the user.

⚠ PROHIBITED ACTIONS

Disassembly is prohibited by the user.

⚠ PROHIBITED ACTIONS

Do not allow children or pets to play on the massage chair.

⚠ PROHIBITED ACTIONS

Do not use an incorrect replacement power cord.

⚠ PROHIBITED ACTIONS

Do not place hands or feet into the gaps of the chair.

⚠ PROHIBITED ACTIONS

Do not attempt to massage your head or stomach using the massage chair.

⚠ PROHIBITED ACTIONS

Do not use the chair if the leather has been torn or ripped, only use when repairs have been made.

⚠ PROHIBITED ACTIONS

Do not use whilst asleep.

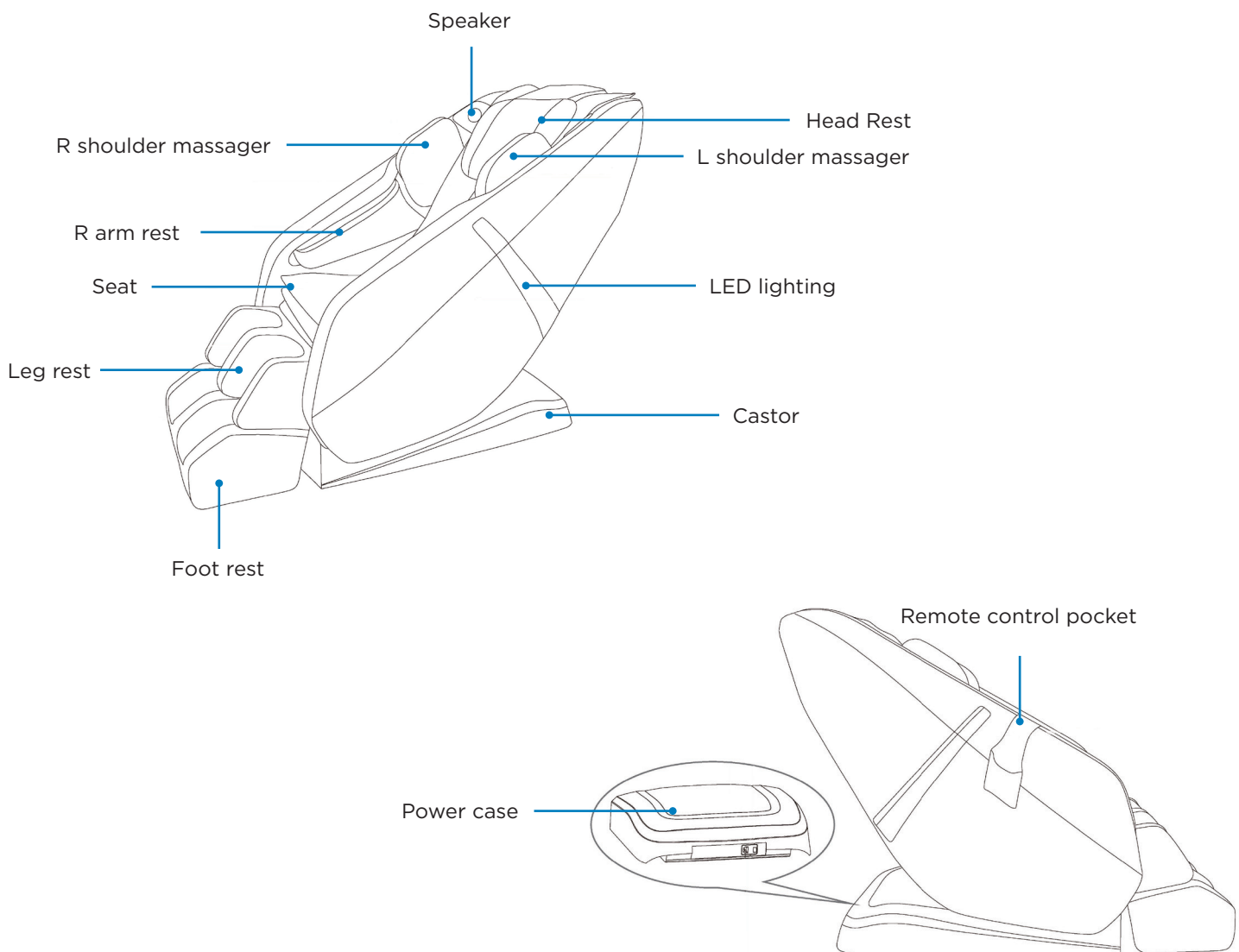
Assembly

PREPARING SITE

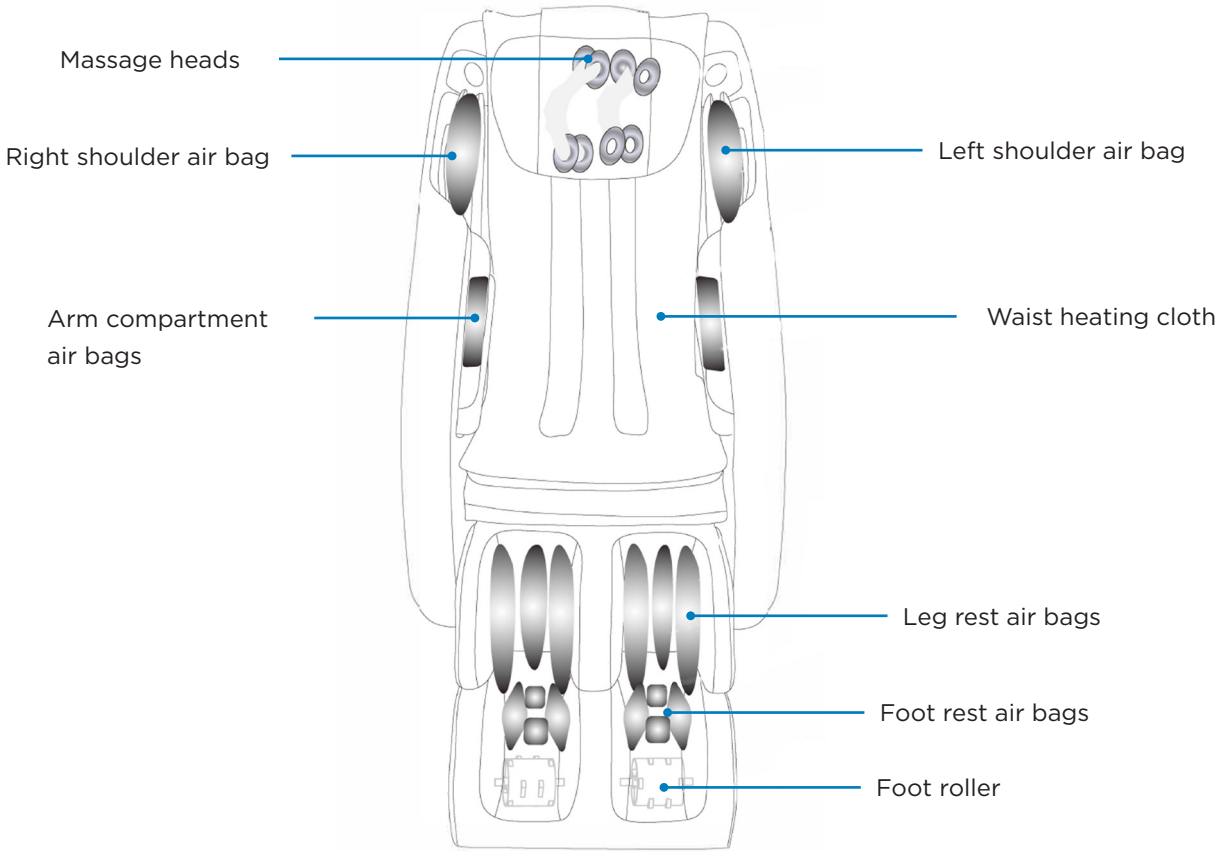
To find the ideal location to set up your chair, ensure that:

- Area is well illuminated and well ventilated.
- Surface is level.
- Leave 5cm of space behind the chair and at least 50cm from the front.
- The chair is placed in an environment with a relative humidity range of 30-50%. Please ensure the temperature is kept constant. Do not use in a moist or damp environment as this may impact on the integrity and performance of the machine.

EXTERNAL DIAGRAM



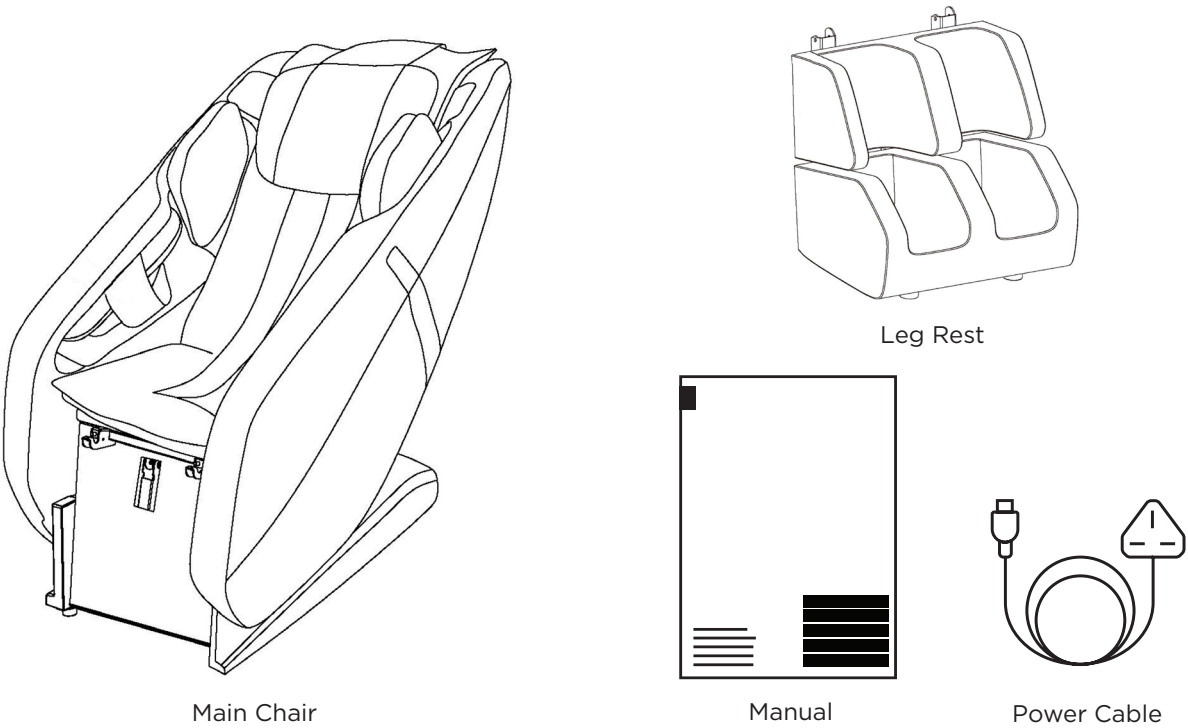
INTERNAL DIAGRAM



CONTENT LISTING

See *Contact Information* chapter for contact information if any parts are missing.

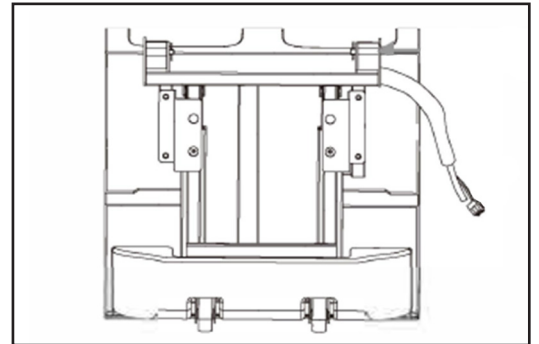
BOX CONTENTS



M300 ASSEMBLY

STEP 1

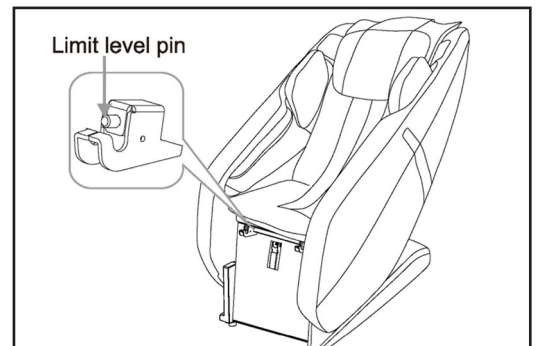
Locate your connection wire and air tube on the back of the leg rest. Make sure there is no damage to either wire.



STEP 2

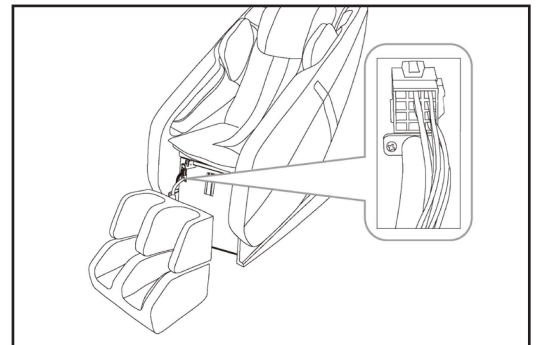
Located the limit level pins on the front of the chair.

*You will not need to remove the little silver pins on the side of these.



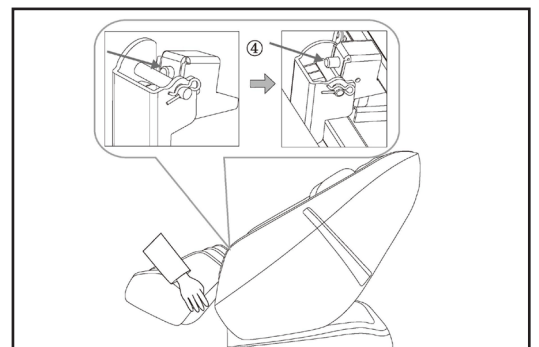
STEP 3

Connect the wire and air tube to the front of the chair.

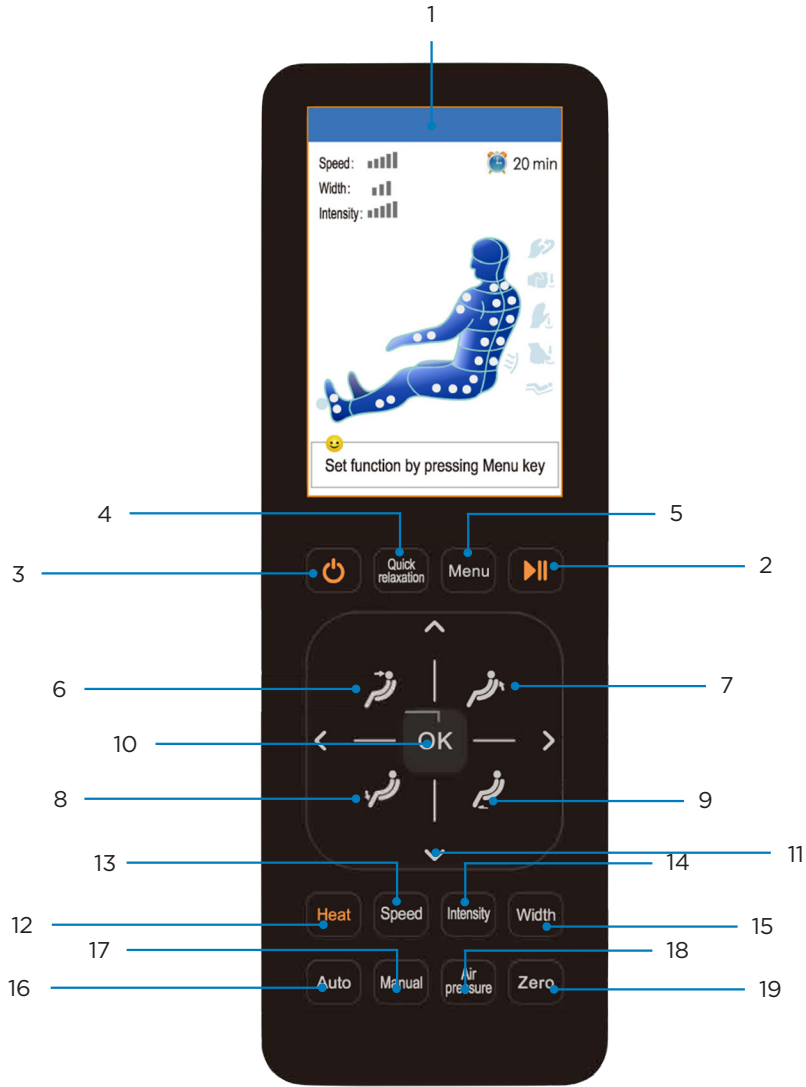


STEP 4

Then slot the leg rest into the limit level pins following the diagram on the right.











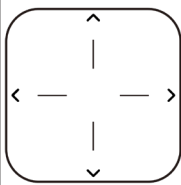


CONTROLLER CONFIGURATION



1	LCD Screen	2	Pause/Play Button
3	Power Button	4	Quick Relaxation Button
5	Menu Button	6	Back Rest Recline Button
7	Back Rest Incline Button	8	Leg Rest Down Button
9	Leg Rest Up Button	10	Ok (Select) Button
11	Arrow Buttons	12	Heat Button
13	Speed Button	14	Intensity Button
15	Width Button	16	Auto Button
17	Manual Button	18	Air Pressure Button
19	Zero Gravity Button		

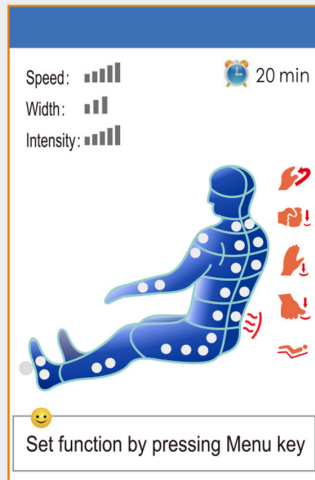
Operation

CONTROL SYMBOLS USED

	POWER	In standby mode, press this key in order to open the chair into the boot state. During any program press this key to shut down the chair, the leg and back rest will return to their original positions and the controller will switch off after 6-10 seconds.
	QUICK RELAXATION	In the boot state, press this key to enter into the 'Quick Relaxation' program. Default time is 8 mins.
	MENU	Press this button to bring up the full menu on the LCD screen.
	PLAY/PAUSE	To stop any massage program press this key once, to resume the program press again.
	BACK REST RECLINE	Press and hold this button for the back rest to go down.
	BACK REST INCLINE	Press and hold this button for the back rest to go up.
	LEG REST DOWN	Press and hold this button for the leg rest to go down. 'adjusting...' will show on the screen whilst this takes place.
	LEG REST UP	Press and hold this button for the leg rest to go up. 'adjusting...' will show on the screen whilst this takes place.
	NAVIGATION	Use the four direction buttons to navigate through the menu's. In manual mode the up and down keys can also be used to adjust the massage roller positions.
	OK	Press this button to confirm a choice from the menu's.
	HEAT	In the boot state, press this button to switch the heating function on/off. When on the corresponding heating symbol on the screen will turn red, when off it will show grey.

SPEED	SPEED	When in a manual massage program, press this button to adjust the speed from five different levels.
INTENSITY	INTENSITY	When in an air pressure massage program, press this button to adjust the intensity from five different levels.
WIDTH	WIDTH	In the boot state, under knocking and tapping press this button to adjust the massage width from wide to medium to narrow.
AUTO	AUTO	In the boot state, press this button to choose from six automatic programs. The following are; Chinese Massage, Ease Pain, Stretch, Experience, Relax and Stop mode.
MANUAL	MANUAL	In the boot state, press this button to choose from five manual programs. These are; Kneading, Tapping, Knocking, Knead & Tap and Shiatsu.
AIR PRESSURE	AIR PRESSURE	In the boot state, press this button to choose the area of the body you want to use the air pressure on. Select either full body, hand and shoulder or leg and foot rest.
ZERO	ZERO	In the boot state, press this button to activate the zero gravity function, press again to deactivate.

Main interface



Press “on/off” button when power is on, a buzzer beeps once short and brittle. LCD screen display boot screen, after 2-3 seconds it displays the main interface and enter standby mode. Main interface show message position, method, time, heat current message status etc., all information will be updated timely when the chair start working.

- Message function
- Kneading
 - Tapping
 - Knocking
 - Shiatsu
 - Zero gravity
 - Message time left

Message position

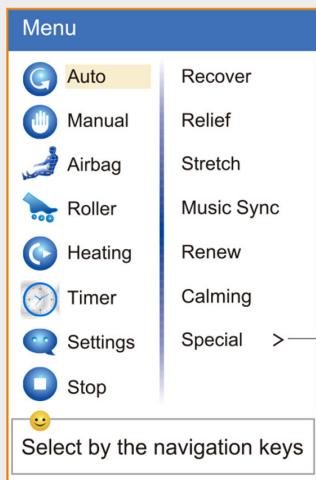
Message speed (5 levels)

Message width(narrow, mid, wide)

Holographic message Intensity(5 levels)

Heating

Menu interface



Press the "menu" button in the main interface, it will switch to the menu interface, user can set all massage function. Press the "menu" button in the menu interface will exit and return to the main menu interface.

Auto message: press Menu in main interface to enter auto massage, there are the following massage methods: recovery, relief, stretch, music sync, renew, calming, special. There are two auto massage methods to choose when you press the “ok” button in “special massage”.

- Refresh
- Energy

Menu

- Auto
- Manual
- Airbag
- Roller
- Heating
- Timer
- Settings
- Stop

Mode >

- Position >
- Width >
- Speed >

Level 1

- Level 2
- Level 3
- Level 4
- Level 5

Narrow — Middle — Point

Wide

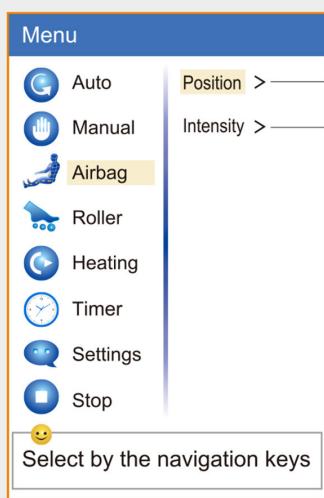
Whole — Partial

- Kneading
- Tapping
- Knocking
- Knead&Tap
- Shiatsu

Select by the navigation keys

Manual message:On Main interface, press “Manual” to convert to Manual Interface,There are 4 manual massage programs for selection: mode、 message position、 width、 speed.then press “OK” button to enter next menu. Massage method includes Kneading, Tapping, Knocking, Knead&Tap, and Shiatsu. Massage Position includes Whole, Partial and Point;Massage width and speed.

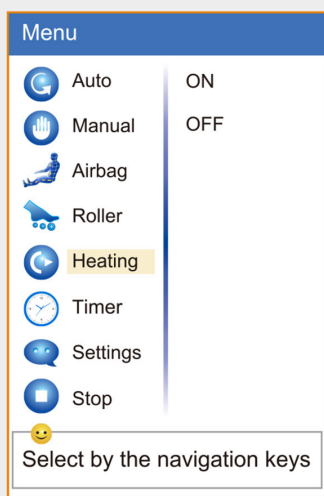
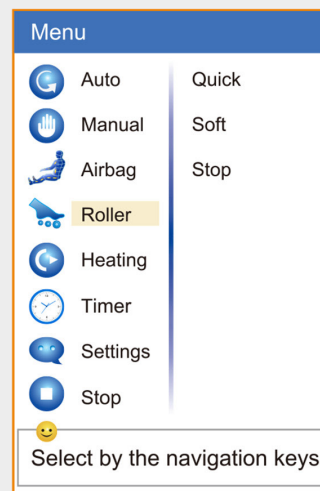
On the Main Interface, use the up and down button to adjust message position. When adjusting, the reminder bar will display the information “the massage position is adjusting.”



Airbag Massage: After pressing Menu button, choose Airbag through navigation key, press "OK" button. there are two kinds of air pressure related function: position and intensity; choose the corresponding function, then press "OK" to enter next menu and choose massage position between full body ,upper body, waist and seat, legs and feet. Massage strength has 5 levels.



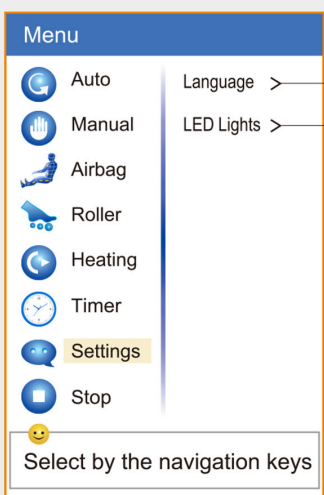
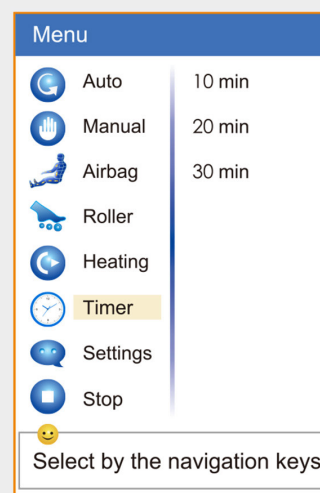
Foot Roller: Press "Menu" button, select Roller by the navigation key. Press "OK" button to choose "Quick" "Soft" or "Stop"



Heating: Press "Menu" button, choose "heating" through navigation key, the waist heating function can be opened and closed, heating signal will flash on the screen.



Timer: press "menu" key, through the navigation key to select menu item timing ,can choose massage time:10 minutes,20 minutes, 30 minutes,the default time is 20 minutes,the chair will turn off automatically after time is up.



Setting: Press "Menu" button, choose "Setting", then choose "Language", "LED Lights".

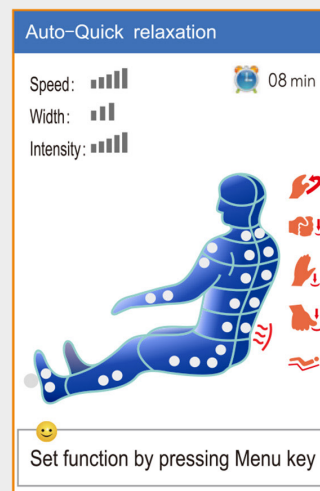


Stop: press menu"key,select stop through the navigation key, it will stop massage and heating,and get back to main interface.

After switch on, the massage chair will start acupuncture point detecting for the first time. After detecting there will be a beep sound (every second) and the screen will display the message" please adjust your shoulder height directly".

During this period, if you feel the height is not enough, you can use "up" or

"down" button to adjust your shoulder position. The default working time is 20 minutes(After working, the massage chair automatically shuts down and resets).



ENTERTAINMENT

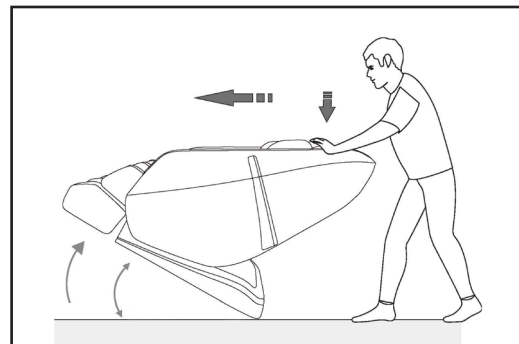
BLUETOOTH AUDIO INSTRUCTIONS

Turn on the Bluetooth on your device and click or tap on SEARCH DEVICE.

1. Select *M300-1907-356* and your device should now be connected to the chair.
2. Open your favourite music player and use the audio controls on your device.

TRANSPORTING THE CHAIR

Press down on the back of the chair and tilt it towards you until the wheels touch the ground. Then push the chair to the desired destination.



Maintenance

Any repairs must be carried out by a qualified engineer to ensure the smooth function of JLL® equipment.

JLL® are not responsible for performing regular inspection for your machine. JLL® shall not bear the direct or indirect losses caused by improper use of this product and third party liability. JLL® representatives are available to answer any questions that you may have on +44 (0)800 6123 988.

PRODUCT INSPECTION

Please check whether there are any of the following:

- Abnormal heating of the power cord or plug
- A burning smell or peculiar smell of some description
- The power cord has a deep rip or distortion
- Other exceptions or faults

CLEANING

Make sure you begin cleaning that the power switch is shut off and the chair is unplugged. Use a cloth to clean the surface of the product and control board to avoid scratches or marks.

A wet cloth or neutral detergents can be used however, make sure the wipe down with a dry cloth afterwards.

When cleaning the chair, do not use organic solvents or alkaline bleaches to avoid discolouring or cracking of the synthetic leather.

When the product has not been in use for a long period of time;

Turn the power switch off

Make sure the power cord and hand controller are stored safe and in good condition

Please store in a dry place after cleaning

WARNING

Do not use when wet.

WARNING

Do not store in a humid place e.g. Bathroom

TROUBLESHOOTING

Before the repairs process, if you experience a fault with your product please check through these solutions first.

Trouble	Possible reason	Troubleshooting
The massage chair can't work after power is on.	Check if the control is on or not.	Open control switch
	Not choose massage function	Choose massage function
	Check whether the plug and socket in poor contact.	Make sure plug and socket are connected.
	Wire or plug has damaged.	Please ask manufacturer or appointed or authorized maintenance man for checking and replacement.
	The fuse burned out.	Replace fuse of same specification.
	Something wrong with inner circuit	Please ask appointed or authorized maintenance man for checking and repairing.
There is beep sound inside the massager while working.	It is sound of air pump, motor and mechanical parts.	Normal sound, no need to pay attention to it.
Different height of the left roller and right roller.	Massage rollers work on shifts.	Normal, no need to pay attention to it.
Sound suddenly becomes much louder while working.	Check if it is due to long time working.	Turn off the power to have the massager rest for over half an hour before next turn working.
	Inner parts fretted away due to long time work. It's normal	Please ask appointed or authorized maintenance man for checking and repairing.
Massage function suddenly stops while working.	Suddenly power-down	Connect the electricity power again
	Setting time is up.	Turn off the power to have the massager rest for over half an hour before next turn working.
Neither the backrest nor the legrest can be lay down.	Check if there are any obstacles; the chair overloads; for the sake of safety, sometimes the massage machine may automatically stop working.	Remove the obstacles; turn off the power to have the massager rest for over half an hour before next turn working.
The chair can't return to its original position.	Excessive operation; setting time is up.	Please ask manufacturer or appointed or authorized maintenance man for checking and replacement.
Electric wire or plug give out heat	It may work overload	Turn off the power to have the massager rest for over half an hour before next round working.
	Other abnormal case	Stop using, and ask appointed maintenance man for help.

WARNING

Keep children and pets clear when in use.

WARNING

DO NOT damage the power cable.
Do not bend, pull, wring, wind or put excess pressure onto the cord.

Additional Information

CONTACT INFORMATION

In case any issues arise, please do not hesitate to contact our Customer Service team on +44 (0)800 6123 988 or email us at **CONTACT@JLLFITNESS.CO.UK**

DISCLAIMER

- You should consult your physician, doctor or other health care professional before starting or taking part in any of our workout guides. It is your responsibility to evaluate your own health before taking part or performing any physical activity you may see associated with JLL Fitness Ltd.
- Always seek professional advice before changing your diet or starting any exercise program.
- JLL Fitness Ltd is not liable for any injuries or damages that may occur when assembling or using this massage chair.
- By reading this you assume full responsibility for any injuries or changes to your physical well-being. You waive all rights and release JLL Fitness Ltd of blame from any injuries or damages to property that may occur whilst following our advice.
- Failure to follow these directions may result in your warranty being void.

WWW.JLLFITNESS.COM

Follow us on Facebook and Twitter [@JLLFitness](#)

© JLL Fitness Ltd . All Rights Reserved.