Remote Control User Guide

Quies Massage Chair

**SPEED** – The percussion massage speed.
**CLOUD** – The Cloud Touch intensity.
**WIDTH** – The Tap Touch, Percussion, or Rolling horizontal massage range.
**FOOT** – The underfoot roller speed.

Illustrates the areas currently being massaged.

**ON/OFF** – Press this button to power on the remote; press again to restore the chair to the upright position and power off the remote.

**MENU** – Displays the main menu.

Use the arrow buttons to navigate the menus; press to select a menu option.

**LEGS** – Press and hold to raise or lower the footrest.

**BACK** – Press and hold to recline or incline the backrest.

**MANUAL** – Displays the Manual massage menu.

**POSITION** – Use to move the massage rollers to the desired position when enjoying a Zone or Spot massage.

**AUTO** – Displays the Auto Programs menu. When an auto program is running, press to toggle among the auto programs. The active program displays at the top of the status screen.

**HEAT** – Press to toggle the heat on and off. When the heat is on, the heat icon on the screen displays red.

**ZEROG®** – Press and hold to automatically position the chair in ZeroG mode, raising your feet above your heart for maximum spine relief.

For more detailed operation instructions, please see the Use and Care Manual.
## Shoulder Height Guide

For more detailed operation instructions, please see the Use and Care Manual.

<table>
<thead>
<tr>
<th>Overall Height</th>
<th>Shoulder Setting</th>
</tr>
</thead>
<tbody>
<tr>
<td>5’11” &gt; taller</td>
<td>8 – 9</td>
</tr>
<tr>
<td>5’8” – 5’10”</td>
<td>6 – 7</td>
</tr>
<tr>
<td>5’3” – 5’7”</td>
<td>3 – 5</td>
</tr>
<tr>
<td>5’0” – 5’2”</td>
<td>1 – 2</td>
</tr>
</tbody>
</table>