

# Remote Control User Guide

## ZeroG® 3.0

**STOP/PARK** – Stops the massage and parks the massage rollers at the top of the backrest.

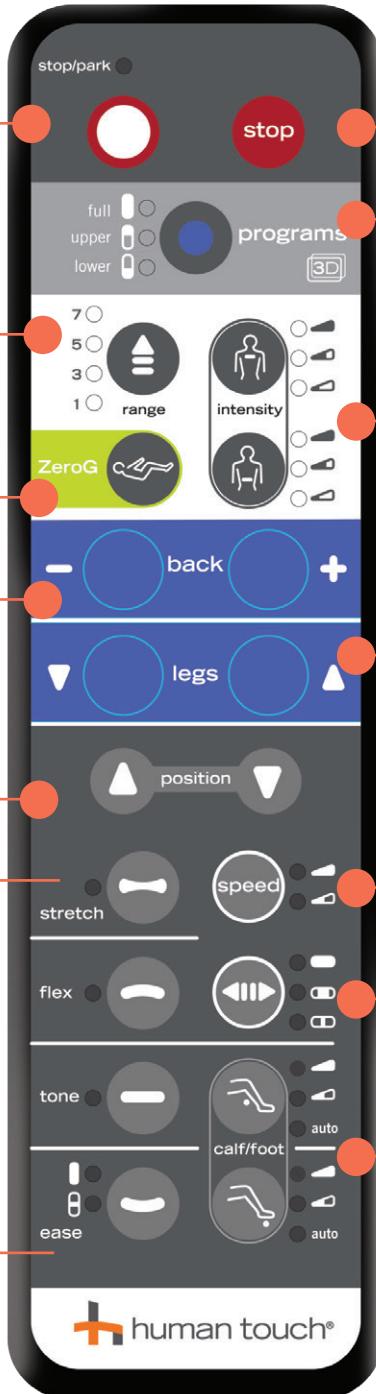
**RANGE** – Choose from seven settings to personalize your vertical massage range.

**GO TO ZERO (ONE-STEP PRESS AND HOLD)** – Fully reclines the backrest and raises the footrest, placing your body in a neutral-posture position.

**POWER RECLINE** – Press and hold to recline/incline backrest.

**POSITION** – Adjusts the up and down position to set the massage head to the desired position on the backrest.

**TARGETED MUSCLE BENEFITS**  
– Four massage modes including Stretch, Flex, Tone, and Ease let you customize your massage.



**STOP** – Immediately stops the massage.

**PROGRAMS** – Choose from three 15-minute auto-programs to target your upper, lower, or entire back.

**INTENSITY 3D** – Set the upper and lower back 3D massage intensity independently to soft, medium, or intense.

**POWER FOOTREST DEPLOY** – Controls the footrest angle for a comfortable massage.

**SPEED** – When enjoying a stretch, flex, or tone massage, select slow or fast massage speeds.

**WIDTH** – Focus or diffuse massage pressure by selecting the wide, medium, or narrow setting. This feature works with Flex and Ease massage modes. Select the width setting after selecting a massage mode.

**CALF/FOOT** – Select calf and foot massage mode independently. Press to toggle through two fixed speeds and an auto massage program.