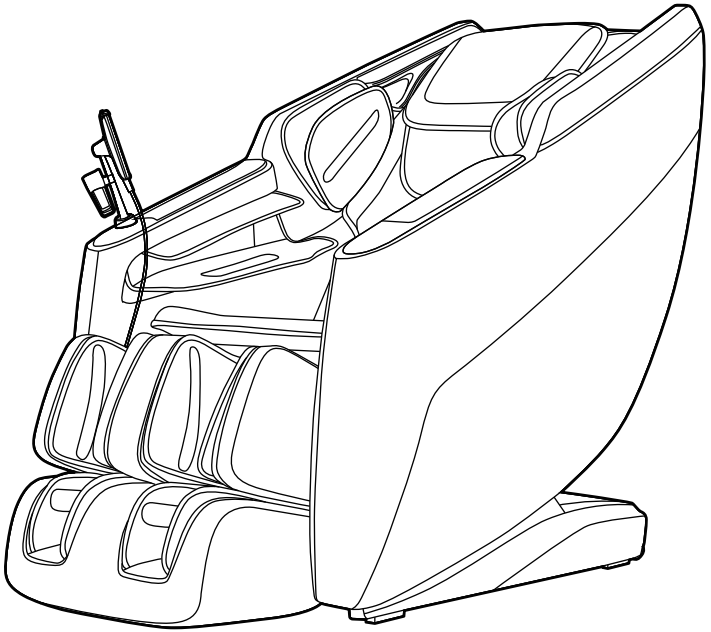
FED FITNESS



Smart Massage Chair MS3

USER MANUAL

Trusted by Millions of Families Worldwide

Born from three generations of craftsmanship in the fitness equipment industry, FED Fitness carries decades of professional experience in design, material innovation, and manufacturing.

But expertise alone isn't enough. We founded FED Fitness on one simple belief — that fitness should be accessible, enjoyable, and part of everyday life. We design with care to make home workouts easy, convenient, and fun, so families can move together, connect deeper, and live healthier — whether in the living room or the backyard.

At FED Fitness, our products are our core and pride. Every detail — from structure to screw — is crafted for longevity and effortless use, so you can focus on what truly matters: feeling the move.

Contents

01 Customer Support
02 Safety Instructions
08 Assembly & Setup Instructions
16 Product Overview
20 Operation Guide
29 Troubleshooting
31 Specifications

After-sales Information

Contact Us
Email: feiersports@hotmail.com

Customer Support

If you have any questions or encounter issues with your product, please contact us. Providing relevant photos or videos will help us resolve the issue more quickly. We are committed to resolving any issues promptly and ensuring your satisfaction. For customer support or replacement parts, please contact us.

Email: support@fedfitness.com

Thank you for choosing FED Fitness. For optimal user experience and safety, please make sure to review this user manual carefully before use, and keep it for future reference. Please follow the safety instructions below to ensure proper use and prevent potential risks.

Important Safety Warnings

- Before each use, inspect the power cord and power plug for any signs of damage. Do not use the massage chair if either is damaged.
- Do not use unauthorized power converters, adapters, or other power conversion devices to power the massage chair.
- Keep children and pets away from the massage chair's moving parts.
- Use only a properly grounded power outlet that matches the massage chair's electrical requirements.
- Unplug the power cord after each use and before cleaning to reduce the risk of equipment damage or personal injury.
- Read this user manual carefully before using the massage chair.
- Use this massage chair only as instructed in this user manual and only for its intended purpose.
- Do not use attachments or accessories not recommended by the manufacturer.
- Do not use the massage chair outdoors.
- Do not use or store the massage chair near open flames, heat sources, or in high-temperature environments. Do not smoke while using the massage chair.
- Do not use electric blankets or other heating devices on the massage chair.
- Do not sit on the backrest, legrest, shoulder massage area, or armrests, and never stand on the seat.
- The recommended massage duration is 20 minutes per session.
- Do not use the massage chair if the cover or outer casing is damaged to avoid accidents or personal injury.
- Do not allow any objects to fall into the massage chair.

- Do not use the massage chair if you are intoxicated or feeling unwell.
- Do not sleep on the massage chair while it is operating.
- Do not use the massage chair within one hour after eating.
- Do not apply excessive pressure while using the massage chair to avoid injury.
- If the power cord is damaged, it must be replaced by the manufacturer, its service department, or similarly qualified professionals to avoid any danger.
- When using an extension cord or power strip, ensure it meets applicable safety standards and that the total rated current of all connected devices does not exceed the rated capacity of the original outlet or circuit.
- When using the massage chair, fully insert the power plug into the outlet and ensure a secure connection between the plug and outlet.
- Disconnect the power supply when leaving the massage chair unattended.
- Stop using the massage chair immediately, turn off the power switch, and unplug the power cord if you notice any abnormal noise, unusual odor, excessive heat, or malfunction.
- Do not connect the massage chair to a power source from a light socket with an outlet.
- Do not use the massage chair near flammable or explosive materials or in similar environments.
- Do not disassemble the massage chair or modify its internal wiring, components, or safety devices.
- Do not pull on the power cord when unplugging it from the outlet.
- Do not replace the fuse in this product with ordinary conductive materials or fuses with a higher current rating than specified.
- Do not modify the settings of the low-voltage circuit breaker or residual current protection device.

Who Should Not Use This Massage Chair

- This massage chair is not intended for use by individuals (including children) with reduced physical, sensory, or mental capabilities, or those lacking experience and knowledge, unless they have been given supervision or instruction concerning the use of the massage chair by a person responsible for their safety.
- Individuals with osteoporosis.
- Individuals with severe heart conditions or those with implanted medical devices, such as pacemakers or defibrillators, that may be affected by electromagnetic fields.
- Individuals with a high fever (above 38°C/100.4°F).
- Individuals who have been advised by a healthcare professional to avoid massage due to blood clots, aneurysms, severe varicose veins, or other circulatory disorders. Do not apply any type of massage to areas affected by blood clots within two weeks after a clot occurs.
- Individuals with physical injuries or skin conditions.
- Children under 14 years old and individuals who are unconscious or unable to understand their surroundings should not use this massage chair.
- Individuals who have been advised by a healthcare professional to rest or who are feeling unwell.
- Individuals with spinal abnormalities or scoliosis who have been advised by a healthcare professional not to use this massage chair due to other medical conditions.
- Individuals with limited mobility, physical weakness, communication difficulties, or those who cannot care for themselves should use this massage chair only under the supervision of a person responsible for their safety.
- Do not use this massage chair when your body is wet.
- Individuals who are insensitive to heat should use the massage chair with caution due to its heated surfaces.
- Pregnant women, women who have recently given birth, or women during their menstrual period.

Safety Cautions

- Check that the voltage matches the specifications of this massage chair.
- Do not plug in or unplug the power plug with wet hands.
- Do not allow water to enter the massage chair to avoid electric shock or damage to the chair.
- Do not pull the power cord when plugging in or unplugging the power plug, and handle it with care.
- Do not damage the power cord or modify the electrical circuitry of the massage chair.
- Do not clean the power switch, power plug, or other electrical components with a wet cloth.
- If a power outage occurs, leave the massage chair to prevent injury when power is suddenly restored.
- If you notice any abnormal operation while using the massage chair, stop using it immediately and contact your local dealer.
- If you experience any discomfort while using the massage chair, stop using it immediately and consult a healthcare professional.

Usage Environment

- Do not use this massage chair in highly humid environments, such as bathrooms.
- Do not use this massage chair immediately after a sudden change in ambient temperature.
- Do not use this massage chair in dusty environments or areas with corrosive gases.
- Do not use this massage chair in confined spaces or areas with poor ventilation.
- Store the massage chair indoors in a well-ventilated area with a temperature range of 5˚C to 40˚C (41˚F to 104˚F), relative humidity between 20% and 80%, and no corrosive gases.

Maintenance and Care

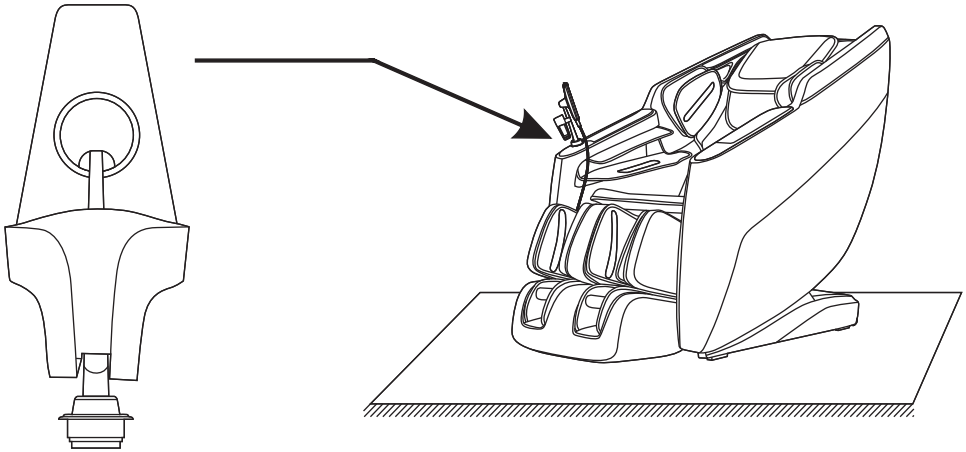
- This massage chair should only be repaired by service centers authorized by the manufacturer. Users should not disassemble or repair the chair themselves.
- Always remember to turn off the main power switch after use.
- Do not use the massage chair if the power outlet is loose.
- If the massage chair will not be used for an extended period, coil the power cord and store the chair in a dry, dust-free environment.
- Do not store the massage chair in high-temperature areas, near open flames, or under direct sunlight for extended periods.
- Clean the massage chair with a dry cloth only. Do not use thinner, benzene, alcohol, or other solvents.
- The mechanical components of this massage chair are specially designed and manufactured and require no special maintenance.
- Do not pierce the massage chair with sharp objects.
- Do not roll or drag the massage chair on uneven surfaces. Lift the chair when moving it.
- Use the massage chair intermittently and do not allow it to operate continuously for extended periods.
- For stubborn stains, use a soft cloth dampened with water or a 3%–5% neutral detergent solution, or a foam sponge with a neutral detergent to gently clean the surface, then wipe it again with a clean damp cloth and allow the surface to air dry. Do not use a hair dryer to dry.
- Be careful when wiping the massage chair with denim or colored fabrics, as the fabric dye may transfer to the synthetic leather surface.
- Avoid prolonged contact between the synthetic leather and plastic materials, as this may cause discoloration.
- When using hair dye, cover any areas that may come into contact with the chair with a towel to prevent discoloration.

Troubleshooting: Common Issues

- Motor noise during operation: This is a normal operating sound.
- The controller does not work properly: Check whether the power plug is securely connected to the power outlet and make sure the power switch is turned on.
- The massage chair stops operating: The massage function automatically stops when the preset massage time is reached. If the chair has been operating continuously for an extended period, the thermal protection switch may automatically shut off the chair. Allow the chair to rest for 30 minutes before using it again.
- This model is not suitable for users weighing more than 120kg/ 264.5 lbs.

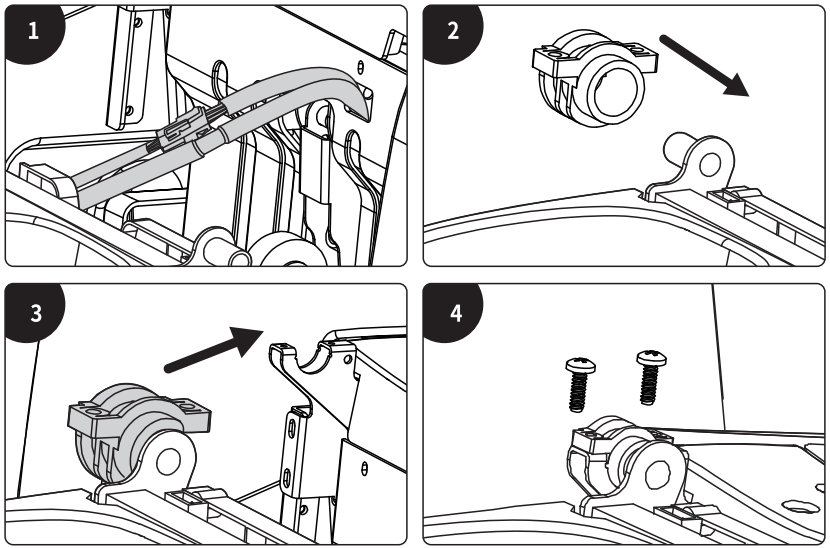
Install the Touchscreen Controller Holder Assembly

Align the threads on the knob of the remote holder assembly with the threaded mounting base on the massage chair armrest. Turn the knob clockwise to tighten and secure the touchscreen controller holder assembly.



Install the Leg Rest Assembly

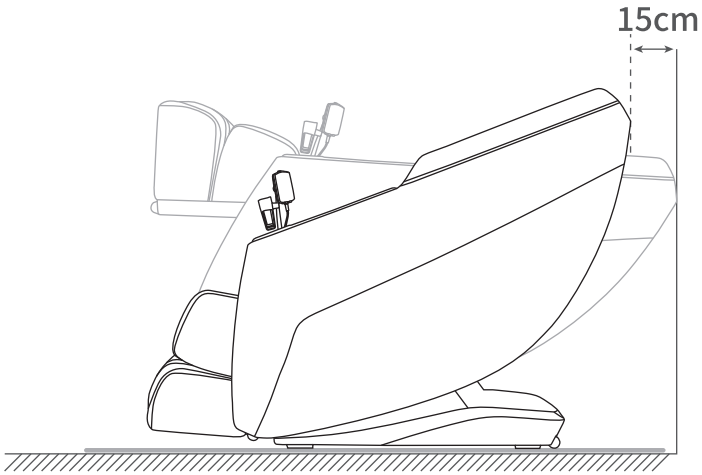
- Connect the air hoses and cables from the leg rest to the corresponding connectors on the massage chair. Then remove the cable tie securing the hoses and cables, and place the connected parts inside the seat frame. (Figure 1)
- Attach the left and right mounting blocks onto the round tubes on both sides of the leg rest. (Figure 2)
- Hang the leg rest assembly with the mounting blocks installed onto the hooks on the massage chair seat frame. (Figure 3)
- Secure the leg rest assembly to the massage chair using four M4 screws (two on each side). Check that the leg rest moves up and down smoothly and that the hoses and cables are not bent or pinched. The leg rest installation is now complete. (Figure 4)



SCAN TO CHECK INSTALLATION VIDEO

Installation Location

- Make sure there is sufficient space for the massage chair to recline. Leave at least 6"/15cm of clearance between the massage chair and the wall.
- For long-term use in the same location, it's recommended to place a soft mat underneath the massage chair to protect the floor. Make sure the mat is large enough to cover the entire footprint of the chair.

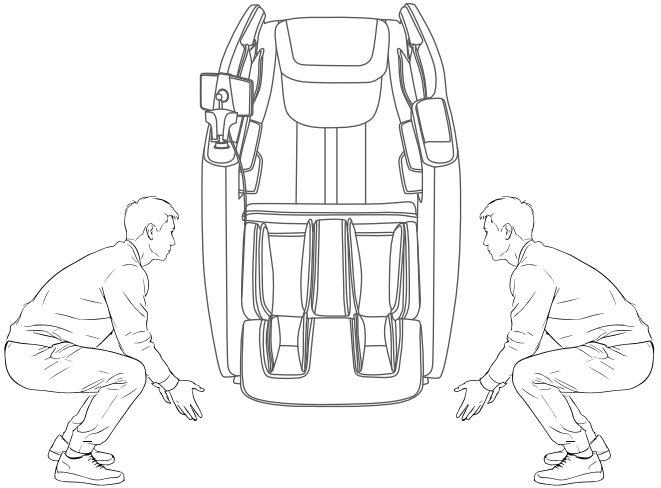


Lifting & Moving Instructions

1. Lift the Massage Chair

The massage chair is heavy and should be lifted and moved by two or more people.

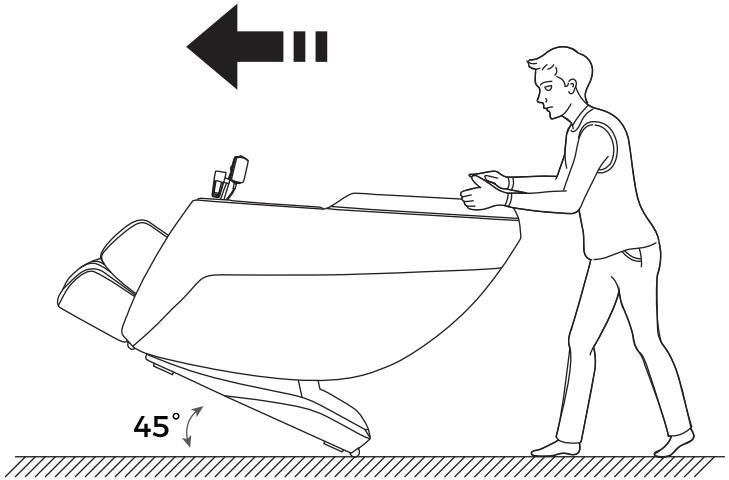
- When moving the massage chair on floors or surfaces that may be easily damaged, do not use the built-in casters. Lift and move the entire chair to prevent damage to the floor.
- Use caution when lifting, moving, and setting down the massage chair to avoid hand, foot, or back injuries.



2. Move the Massage Chair Using the Casters

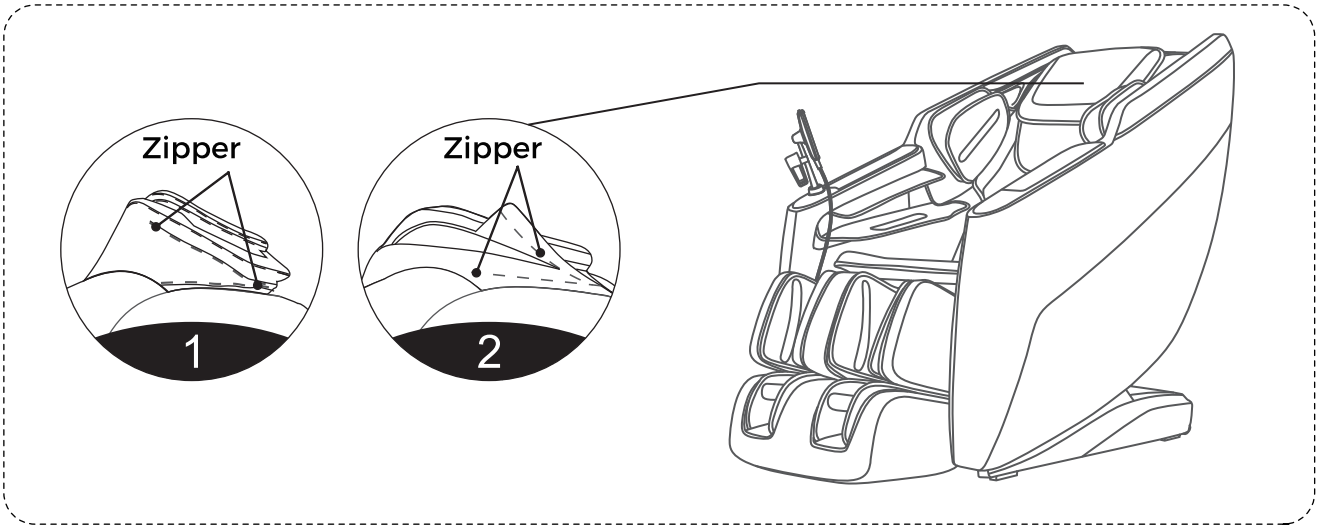
Tilt the chair backward approximately 45° before moving. Caution: Do not apply excessive downward force, as the chair may tip over completely and cause damage.

- Before moving the massage chair, turn it off properly. Make sure the backrest and leg rest are fully returned to their original positions, then disconnect the power supply.
- Make sure the massage chair is empty before moving. Do not allow people, pets, or objects to remain on the chair during movement.
- When moving the massage chair with the casters, do not move it over obstacles higher than 0.08"/2mm or gaps wider than 0.2"/5mm.
- When moving the massage chair with the casters, do not move it continuously for more than 164ft/50m at a time. Move the chair slowly and at a steady speed.



Installing, Removing, and Using the Head Cushion and Back Cushion

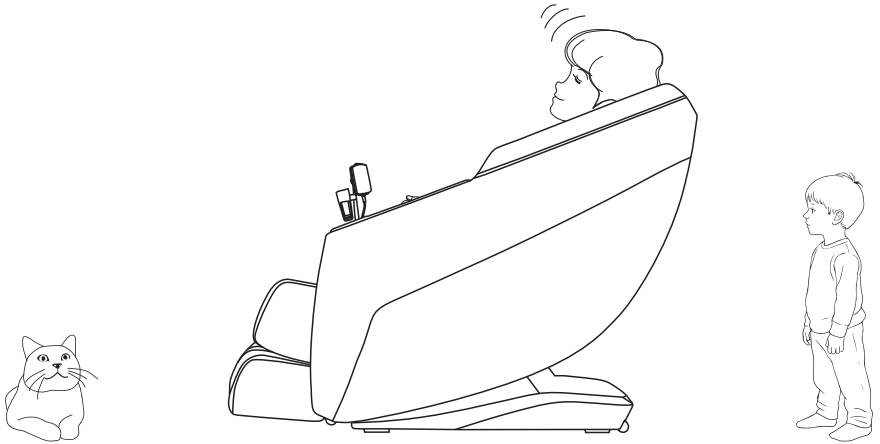
- The head cushion helps reduce the intensity of the kneading massage on the neck and shoulders. Use the head cushion according to your personal preference. The use of the head cushion is recommended.
- The back cushion is connected to the backrest with a zipper (Figure 1). The head cushion is connected to the back cushion with a zipper (Figure 2).



Before Use

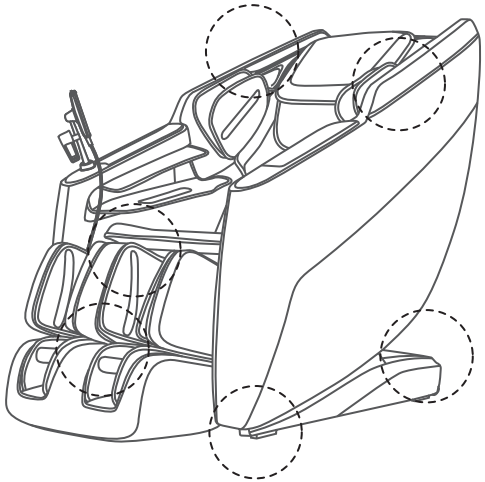
1. Check the Surrounding Area

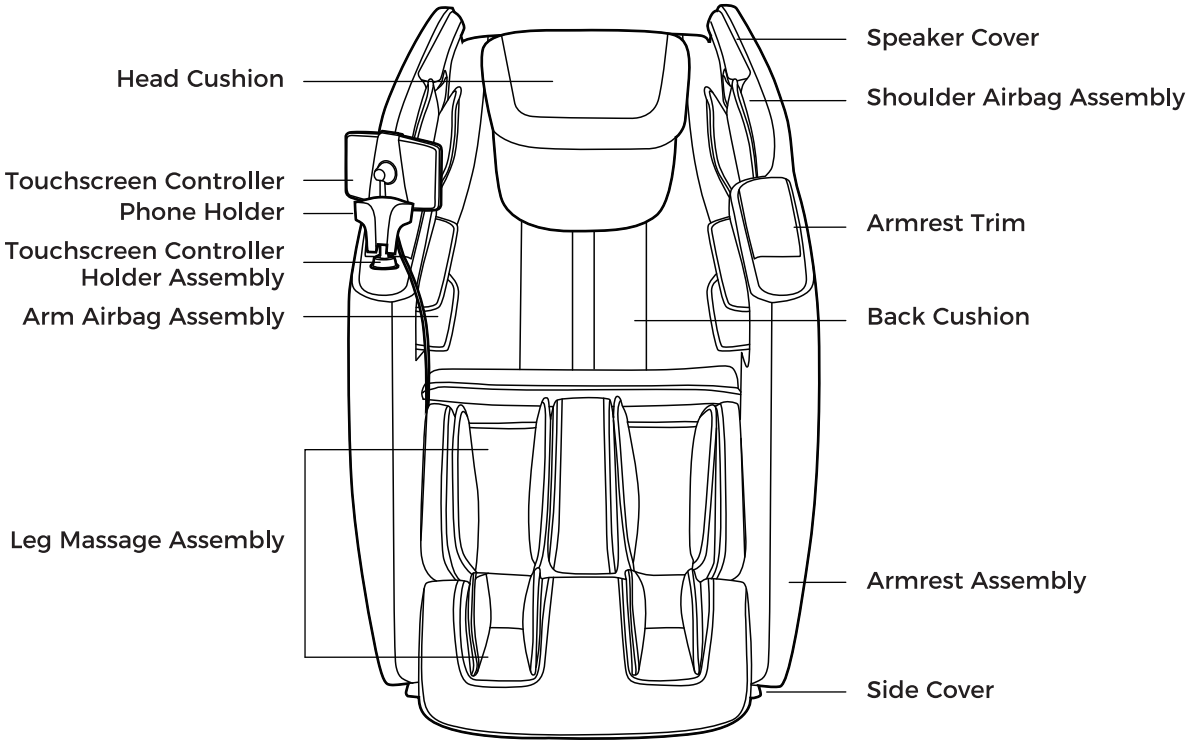
Make sure there are no people, pets, or other objects around the massage chair before use.

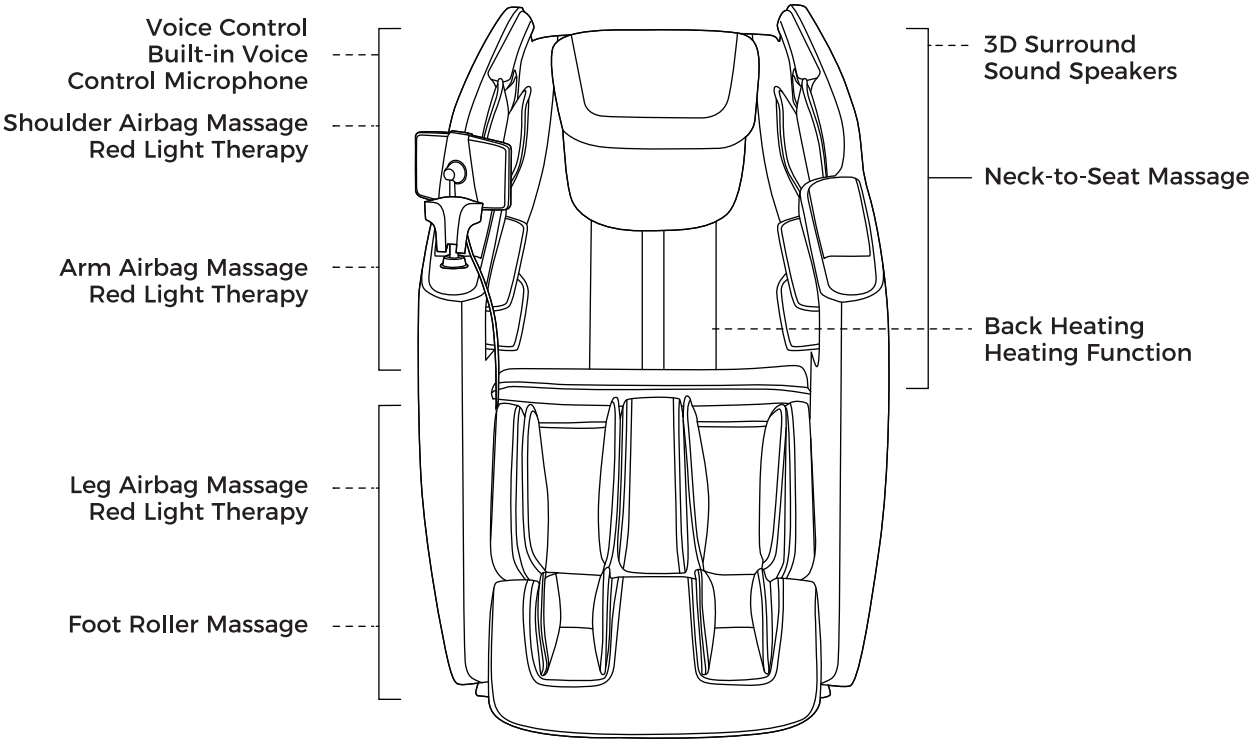


2. Check for Foreign Objects

- Before using the massage chair, make sure there are no foreign objects trapped around the leg rest, footrest, or other moving parts.
- Never place or insert your hands, feet, or head into any moving parts, gaps, or areas beneath the upholstery of the massage chair.

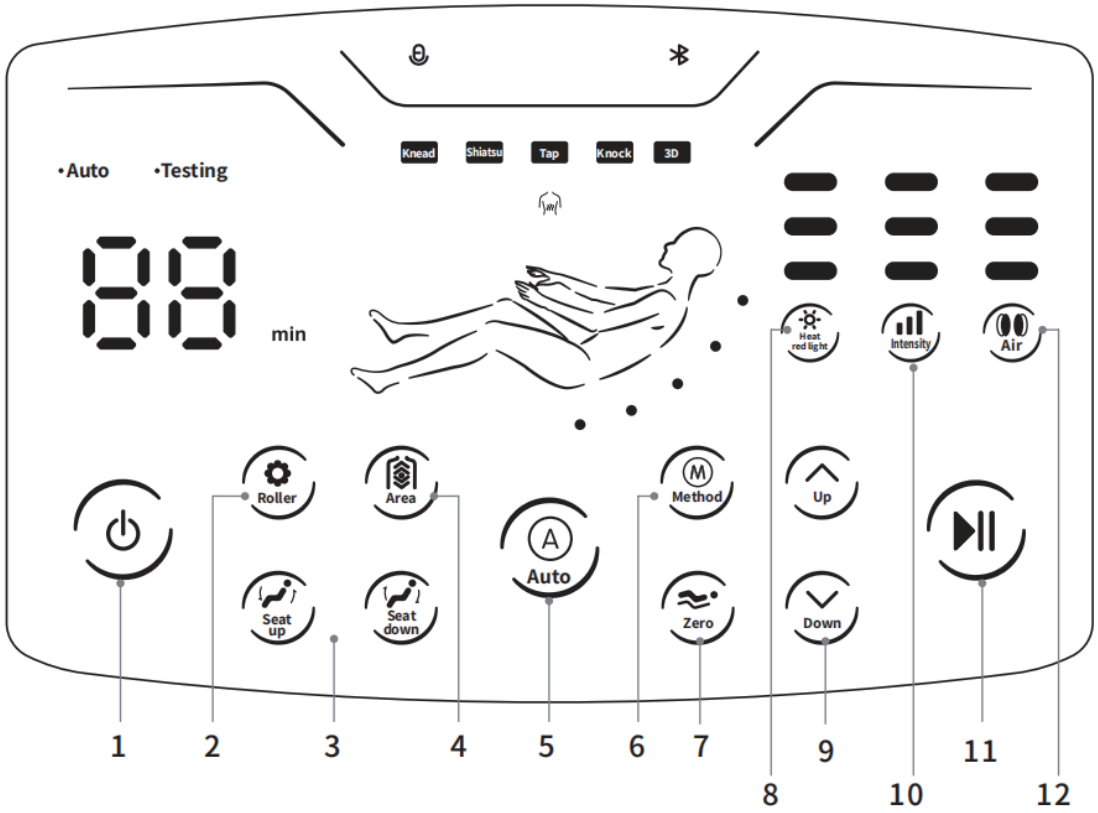



Head Cushion
Touchscreen Controller
Phone Holder
Touchscreen Controller Holder Assembly
Arm Airbag Assembly
Leg Massage Assembly
Speaker Cover
Shoulder Airbag Assembly
Armrest Trim
Back Cushion
Armrest Assembly
Side Cover


Voice Control
Built-in Voice
Control Microphone
Shoulder Airbag Massage
Red Light Therapy
Arm Airbag Massage
Red Light Therapy
Leg Airbag Massage
Red Light Therapy
Foot Roller Massage
3D Surround
Sound Speakers
Neck-to-Seat Massage
Back Heating
Heating Function

Touchscreen Controller Function Description

In standby mode, touch any area of the touchscreen to activate the display. After the touchscreen is activated, press and hold the Linkage Recline/Incline or Zero Gravity control to adjust the desired angle.

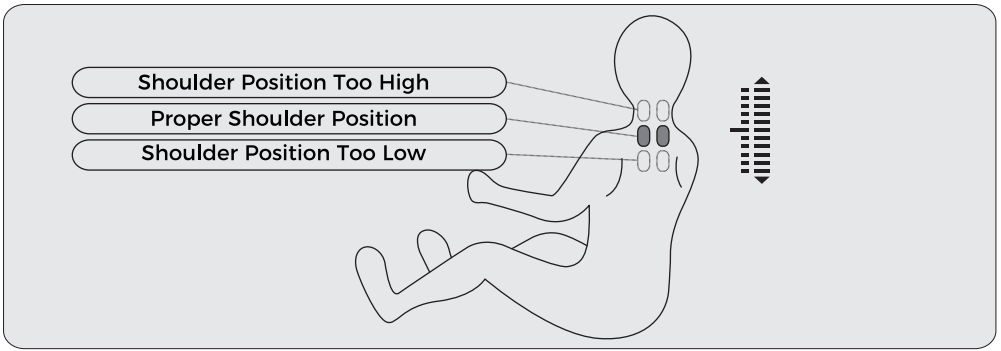


1. **Power Button:** Turn on or off the massage chair.
2. **Foot Roller:** Short press to cycle through foot roller intensity levels and turn off the rollers. Press and hold to turn the Voice Control function on or off.
3. **Seat-Up:** Adjusts the backrest upward and lowers the leg rest.
   Seat-Down: Adjusts the backrest downward and raises the leg rest.
4. **Massage Area:** Short press to adjust the massage position. Press and hold to adjust the massage width with 3 levels available.
5. **Auto Button:** Cycle through available auto massage modes.
6. **Massage Method:** Short press to cycle through massage techniques. Press and hold to adjust the volume.
7. **Zero Gravity:** Short press to cycle through 3 Zero Gravity modes and turn off Zero Gravity. Press and hold to turn Bluetooth on or off.
8. **Heat / Red Light Therapy:** Short press to cycle through 3 heating levels and turn off heating. Press and hold to adjust or turn off red light therapy.
9. **Up / Down:** Adjusts the position of the shoulder position massage hands.
10. **Intensity:** Provides 3 massage intensity levels.
11. **Start/Pause:** Short press to start or pause the massage function. Press and hold to return the massage chair to its original position.
12. **Air Pressure:** Short press to cycle through 3 air pressure levels and turn off air pressure. Press and hold to adjust airbag massage areas.

1. Start a Massage

- Press the Power Button on the Touchscreen Controller to turn on the massage chair.
- The massage chair will automatically adjust to its initial position.
- The chair will then perform automatic shoulder position detection. Sit upright with your back fully against the backrest to ensure accurate detection.
- If the detected shoulder position does not match your actual shoulder position, when you hear two beeps from the Touchscreen Controller, use the Up/Down Button to adjust the massage rollers to the proper shoulder position. If no adjustment is made within 10 seconds, the massage program will start automatically.
  Note: During the shoulder position detection process, you can press the Auto button to skip the detection and start the massage immediately.

Button	Description
Up	Moves the massage rollers upward to align with your shoulder position.
Down	Moves the massage rollers downward to align with your shoulder position.



Pause

Function	Button	Description	Display
Pause	⏯	Short press to start or pause the massage function.	⁞⁞
		Press and hold to return the massage chair to its original position.	/

Auto Massage

Display	Description
Auto 01	Quick Massage: Experience a variety of massage functions in a short session.
Auto 02	Comfort Massage: Enjoy the ultimate massage experience for maximum comfort.
Auto 03	Relaxing Massage: A gentle yet deep massage that helps relieve muscle fatigue and relax the body.
Auto 04	Full Body Massage: A deep massage program designed to refresh your body and restore vitality.
Auto 05	Neck & Shoulder Massage: Specialized massage techniques target the neck and shoulders to help relieve muscle tension and reduce fatigue.

Display	Description
Auto 06	Back & Waist Massage: Focused massage for the back and waist to relieve muscle soreness.
Auto 07	Good-Night Sleep: Combines kneading and Shiatsu-inspired massage techniques with targeted acupoint massage to help relax the body and promote a more restful sleep.
Auto 08	Sports Recovery: Designed to help relieve post-workout fatigue and relax the body.
Auto 09	Limb Stretching: Uses massage techniques to target the arms, legs, and joints for gentle care and relaxation.
Auto 10	Meridian Relaxation: Uses massage techniques inspired by traditional practices to help relax the body, improve the body's micro-circulation and promote overall comfort.
Auto 11	Calf Relief: Designed for those who sit for long periods, this program uses massage techniques to help relieve calf fatigue and promote relaxation.
Auto 12	Lower Back & Hip Relief: Uses kneading and tapping massage techniques to target the lower back and hips, helping relieve tension and fatigue.

Manual Massage

Function	Button	Massage Roller Adjustment	Display
Manual Massage Mode	Method	Stop	/
		Knead	Knead
		Tap	Tap
		Knead and Tap	Knead Tap
		Shiatsu	Shiatsu
		Knock	Knock
		3D Knead	Knead 3D
		3D Tap	Tap 3D
Intensity		3 adjustable levels	
Massage Area		Fixed Point: Massage at a fixed position.	H0
		Partial: Massage back and forth within a small area.	H1
		Upper Back: Massage the upper back back and forth.	H2
		Lower Back: Massage the lower back back and forth.	H3
		Full Body: Massage the entire body back and forth.	H4
	Up	In Fixed Point and Partial modes, the massage position can be adjusted.	Massage Rollers Up
	Down		Massage Rollers Down

Foot Rollers

Function	Button	Description
Foot Rollers		Short press to cycle through foot roller intensity levels and turn off the rollers. Press and hold to turn the Voice Control function on or off.

Heat / Red Light Therapy

Function	Button	Description	Display
Heat		Short press to cycle through 3 heating levels and turn off heating.	
Red Light Therapy		Press and hold to adjust infrared therapy intensity and turn off infrared therapy.	1, 2, oF

Air Pressure

Function	Button	Description	Display
Air Pressure		Short press to cycle through 3 air pressure levels and turn off air pressure.	
		Press and hold to adjust airbag massage areas. 1: Full Body Air Pressure 2: Upper Body Air Pressure 3: Lower Body Air Pressure Off	1, 2, 3, oF

Angle Adjustment

Function	Button	Description
Seat-Up		Press and hold this button to adjust the backrest upward and lower the leg rest.
Seat-Down		Press and hold this button to adjust the backrest downward and raise the leg rest.
Zero Gravity		Short press to cycle through 3 Zero Gravity modes and turn off Zero Gravity. Press and hold this button to turn Bluetooth on or off.

Other Functions

Function	Button	Description
Width		Press and hold to adjust the 3 massage width levels. Display: 1, 2, or 3.
Volume		Press and hold to adjust the volume.

2. Voice Control Instructions

- When the massage chair is turned on or in standby mode, say "Hi Alice" to activate the Voice Control Function.
- The massage chair will respond with "I am here" after successfully activation. Within 6 seconds, say a supported voice command to activate the desired function. The massage chair will respond and perform the corresponding function after successfully receiving the command. If no valid voice command is detected within 6 seconds, Voice Control will turn off automatically. To use Voice Control again, say "Hi Alice" to reactivate.
  Note: Speak clearly at a moderate pace when activating Voice Control, and use the supported voice commands exactly as listed below.

Voice Commands & Massage Chair Responses		
#	Voice Command	Response
1	Massage on	OK, massage on
2	Massage close	OK, massage close
3	Fast massage	OK, fast massage
4	Comfort massage	OK, comfort massage
5	Relax massage	OK, relax massage
6	Full body massage	OK, full body massage
7	Neck and shoulder massage	OK, neck and shoulder massage
8	Back and waist massage	OK, back and waist massage
9	Good-night sleep	OK, good-night sleep

Voice Commands & Massage Chair Responses		
#	Voice Command	Response
10	Sport recovery	OK, sport recovery
11	Change the other mode	OK, change the other mode
12	Fixed massage	OK, fixed massage
13	Go little down	OK, go little down
14	Go little up	OK, go little up
15	Open the air pressure	OK, open the air pressure
16	Close the air pressure	OK, close the air pressure
17	Up the seat position	OK, up the seat position
18	Down the seat position	OK, down the seat position
19	Stop adjustment	OK, stop adjustment
20	Increase the volume	OK, increase the volume
21	Reduce the volume	OK, reduce the volume
22	Turn on Bluetooth	OK, turn on Bluetooth
23	Turn off Bluetooth	OK, turn off Bluetooth

Note: Voice Commands #13 and #14 can only be used in Fixed Point Massage mode. They become available only after Voice Command #12 is activated successfully.

3. Bluetooth Speaker Playback Instructions

- Open the Settings menu on your smart device, select Bluetooth, and turn on Bluetooth. The device will automatically search for available Bluetooth devices.
- Your smart device will find the corresponding Bluetooth device (with the prefix IMCM). Tap Pair. If a pairing confirmation prompt appears, select Pair to complete the connection.
- Open the music player on your smart device and select a song to play.

4. Ending a Massage

- During a massage session, press the Power Button on the Touchscreen Controller to immediately turn off all massage functions. The backrest and leg rest mechanisms will return to their original positions.
- When the preset massage time is reached, the massage chair will automatically turn off all massage functions. The backrest and leg rest mechanisms will not return to their original positions.
- Disconnect the power supply and unplug the power plug.

Issue	Solution
The leg rest or backrest reaches its maximum position. Pressing the corresponding adjustment button no longer changes the position, and continuous beeps are heard.	To ensure structural safety and meet ergonomic requirements, this product is designed with protection limits for position adjustments. A warning beep will sound when the adjustment reaches its limit.
The massage chair is turned on, but no functions or only some functions operate.	After turning on the massage chair, you need to select an Auto Massage program or another operating mode manually. If no operation is performed, the massage chair will automatically turn off after 20 minutes. In Manual Mode, functions that are not selected will remain off and must be manually enabled as needed.
The massage chair produces a leather rubbing sound when adjusting its position.	This massage chair uses high-quality, eco-friendly synthetic leather with corrosion resistance. Due to the inherent characteristics of leather materials, slight rubbing sounds may occur at areas where materials move against each other, which is normal. Note: If you hear any sound that appears to be fabric or leather tearing during operation, stop using the massage chair immediately and contact customer service or seek assistance from qualified professionals for inspection.

Issue	Solution
The massage rollers do not reach the shoulder or neck area.	If your head is not touching the head cushion or your back is not fully against the backrest, the detected shoulder position may be lower than the actual position during body shape detection. Sit as far back as possible in the seat, rest your head against the head cushion, and restart the detection process from the beginning.
1. The massage chair is damaged. 2. The power cord or power plug becomes abnormally hot.	Stop using the massage chair immediately and contact customer service or seek assistance from qualified professionals for inspection.
If you have any questions or concerns about this product, please feel free to contact us.	

Product Name	Smart Massage Chair
Product Model	MS3 (A2711-13)
Input	110-120V, 60Hz
Rated Input Power	120W
Rated Working Time	20min
Protection Against Electric Shock	Class I
Compliance Standards	CE\FCC

FED FITNESS

Follow Us on Social Media @fedfitness.global

Email: feiersports@hotmail.com