

Original instruction manual – AREBOS Massage table 3 zones

AREBOS

Massage table 3 zones

AR-HE-ML3S



Please follow all safety measures in this user manual to ensure safe use.

Thank you for your trust in AREBOS.

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Thank you for choosing our product. Please read the user manual carefully before using the product for the first time. If you give the product to a third party, this instruction must be passed with them. Keep the instruction manual for future reference. The drawings in this manual may not match the physical objects. Please refer to the physical objects.

1 Safety

1.1 Explanation of the symbols



Warning! Read the safety instructions carefully. Failure to follow safety precautions may result in serious injury or damage. Keep the instruction manual in a safe place.



Be careful when using this product.

1.2 Intended use

This massage table is designed solely as a surface for lying down. It is intended for **personal use only** and is **not** suitable for **commercial** applications.

Only use the massage table as described in this manual. Any use outside of these instructions is considered **improper** and may result in damage to the product or personal injury. This massage table is **not a toy** and should not be used by children.

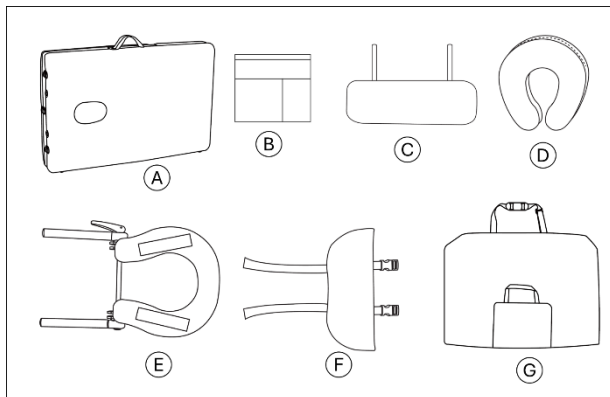
1.3 General safety instructions

- Please read the following safety instructions carefully before using the massage table. Failure to follow these guidelines may result in injury or damage to the product. Keep this manual for future reference and pass it on to any subsequent users.
- **WARNING! Risk of Suffocation!** Keep packaging materials, such as plastic bags, away from babies and children. Ensure that children do not play with the packaging materials.
- **CAUTION! Risk of Injury!** Improper use of the massage table may result in injury.
- It is recommended to assemble the massage table with two people to avoid injury or damage.
- Ensure that the massage table is placed on a flat, stable surface so that it does not wobble or tip over.
- **Risk of Crushing!** Improper handling of the massage table's moving parts can result in hand or finger injuries.
- Make sure that children do not play with the massage table.
- Be careful when folding or unfolding the table to avoid pinching your fingers. Moving parts pose a general risk of crushing.
- **NOTICE! Risk of Damage!** Improper handling of the massage table can result in damage.
- Only set up the table on an even surface, ensuring all legs are equal in length.

- Do not expose the massage table to direct sunlight.
- Keep the table away from heat sources or hot surfaces.
- Do not exceed the maximum user weight of 125 kg.
- Do not use the table if any of the legs, surface, or cables show signs of damage.
- Replace any damaged parts only with original spare parts.
- All repairs must be performed by qualified professionals.
- Do not modify the structure or the position of moving parts on the table.
- When assembling or adjusting the legs, place a cloth underneath the table to protect it from scratches and damage.

2 Scope of delivery and technical data

2.1 Scope of Delivery



Part	Designation	Quantity
A	Foldable massage table	1
B	Storage side pouch	1
C	Armrest	2
D	Head cushion	1
E	Headrest frame with locking mechanism	1
F	Hand rest	1
G	Carrying bag	1

2.2 Part list



Nr.	Part name	Nr.	Part name
1	Cushion (Headrest)	8	Lying Surface
2	Hand Rest	9	Armrests, 2×
3	Legs, 4×	10	Plastic Feet, 4×
4	Locking Mechanism, 2×	11	Removable Head Cushion
5	Steel Cable	12	Locking Lever (Headrest)
6	Carrying Handle	13	Headrest Frame
7	Push Button, 4×	14	Rubber Holder
		15	Attachment Point for Side Pouch

2.2 Technical Data

EAN	4252023126106
Model	AR-HE-ML3S
Overall Dimensions	213*84*62,5-81,5 cm
Weight	15,8 kg
Max. user weight	125 kg
Max. working load	200 kg
Height adjustment range	61,5 – 81,5 cm

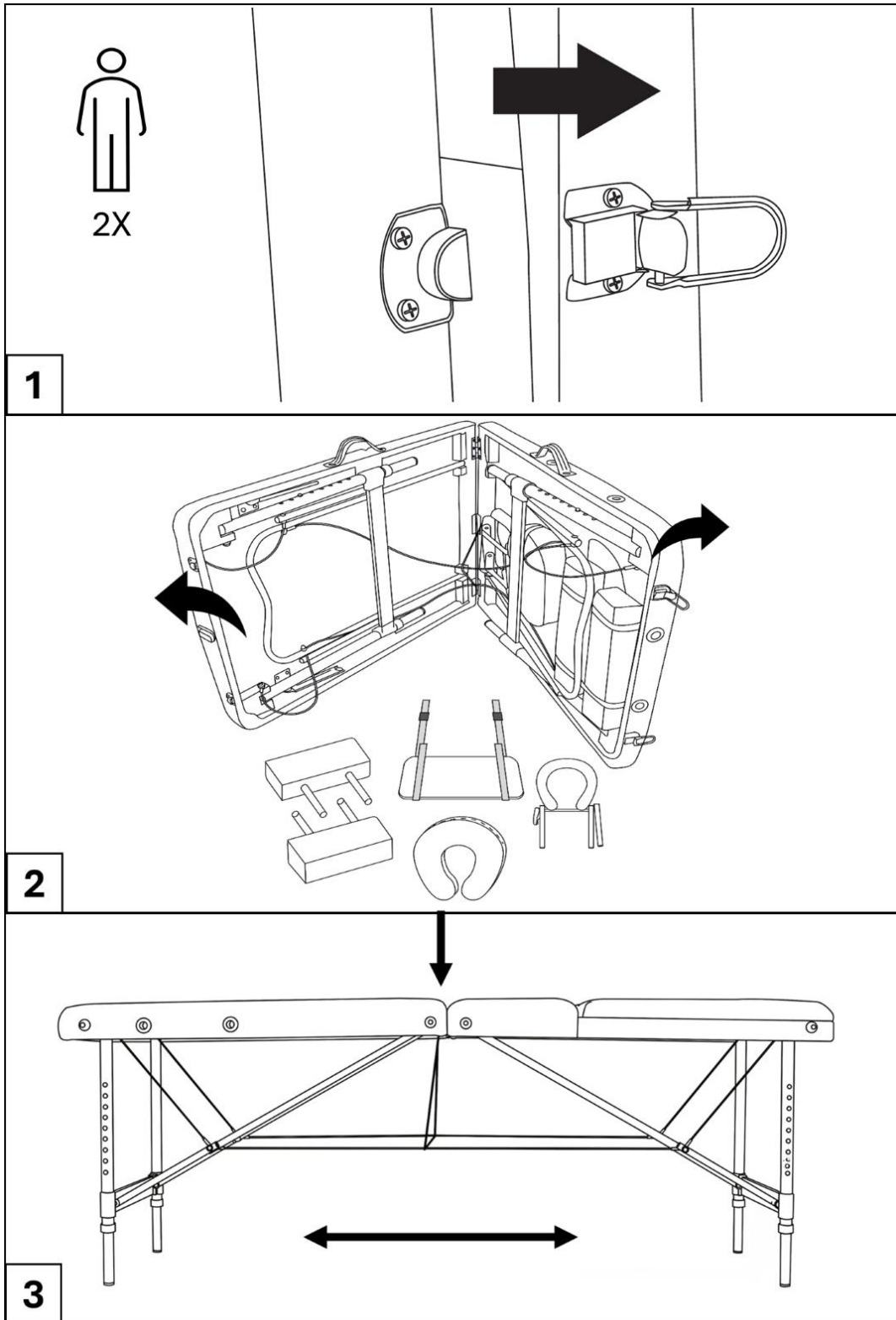
3 Usage

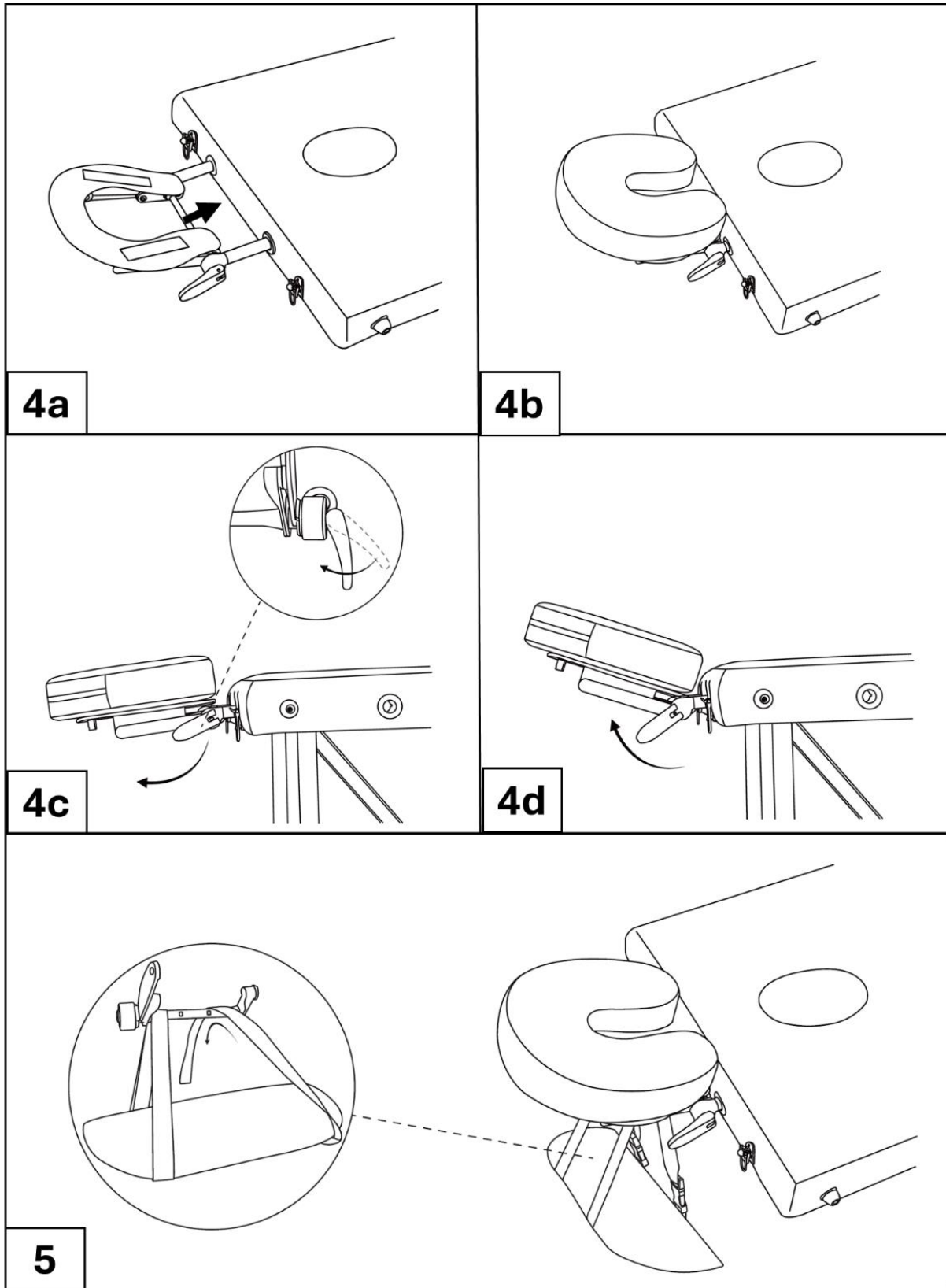
First Use

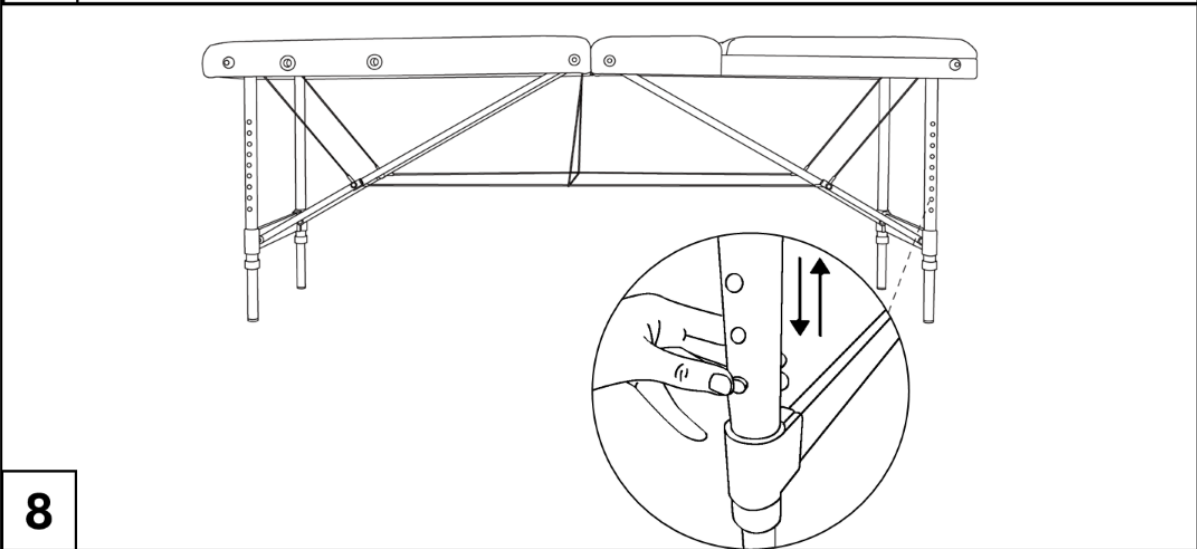
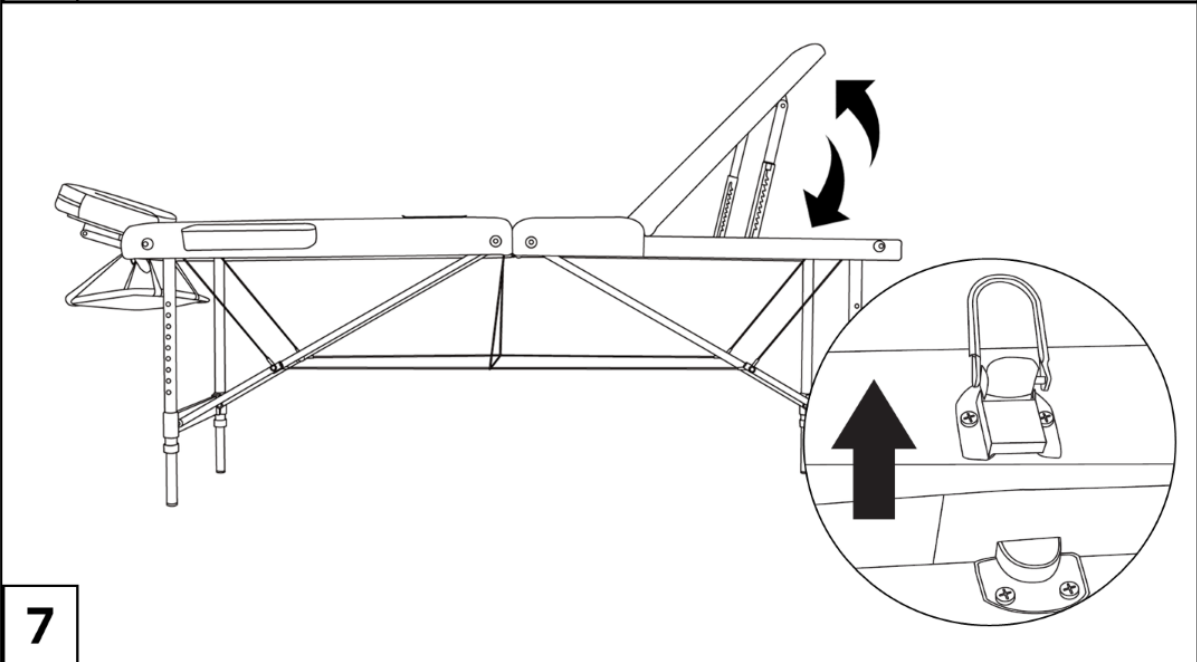
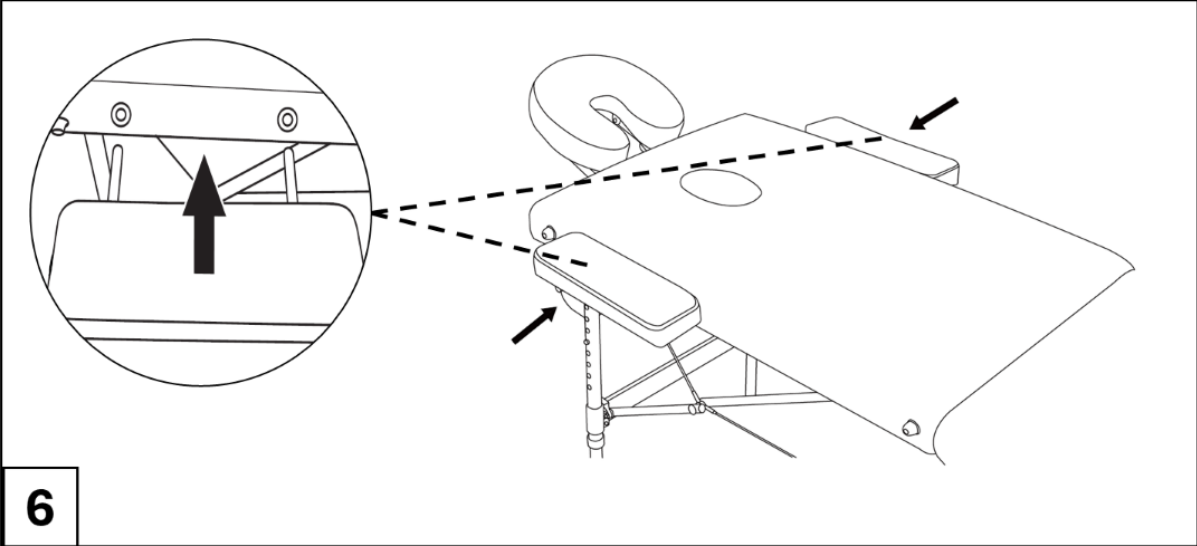
Upon first use, inspect the massage table and its components.

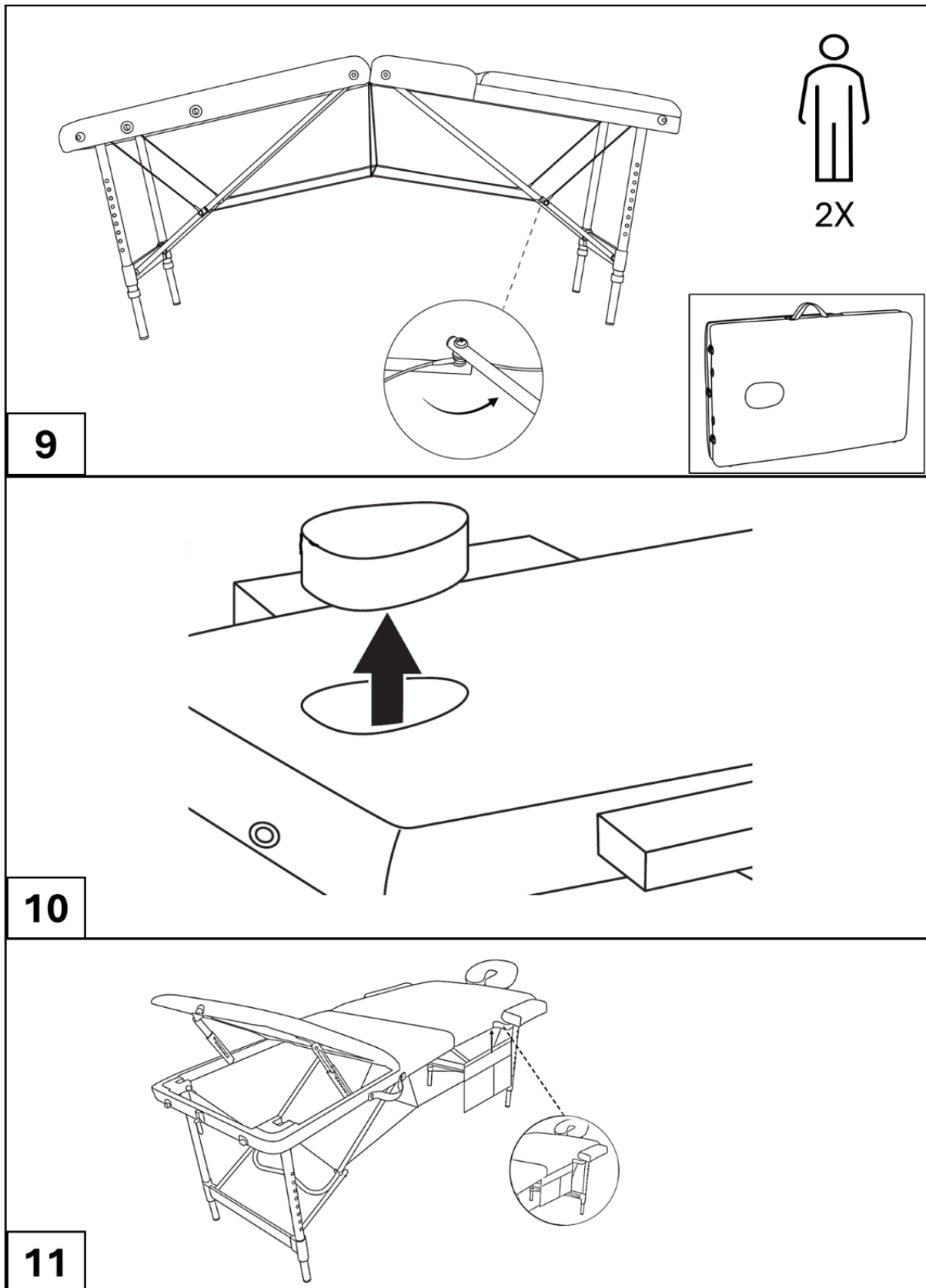
- NOTICE! Risk of Damage! Take care when opening the packaging to avoid damaging the table with sharp objects.
- Open the packaging carefully.
- Remove the massage table from the packaging.
- Check the contents to ensure all parts are included.
- Inspect the table and its components for any damage. If damaged, do not use the table and contact the manufacturer.

4 Assembly









4.1 Unfolding the Massage Table (Fig.1-3)

ATTENTION! Open the massage table carefully to avoid pinching your fingers. Inspect the massage

table for loose screws, cracks, or damage before each use. Do not use the table if any damage is detected.

CAUTION! Risk of Injury! Improper use may result in injury. Place the massage table on a **flat, stable surface** to ensure it does not wobble or tip over.

- Step 1: Place the folded massage table upright on a flat, stable surface, ensuring it rests securely on its four plastic feet.
- Step 2: Open the two locking levers located on both sides of the table.
- Step 3: Unfold the table by carefully pulling the two halves apart. As you do this, the legs will automatically open to a 90-degree angle.
- Step 4: Remove any accessories stored underneath the table, such as the armrests, headrest, or hand rest.
- Step 5: Once the table is fully unfolded, lift it by the center and place it upright on its legs.
- Step 6: Ensure that the surface of the table is flat and stable. If the table isn't level, adjust the wire cables underneath or apply gentle pressure to make the surface even.
- Step 7: Stand the table upright and press in the center to fully unfold the frame. **Ensure all cables are properly tightened.**

4.2 Attaching the Headrest and Handrest (Fig 4-5)

CAUTION! Risk of Injury!

If the locking lever of the headrest is not properly secured, the headrest may suddenly tilt downward, potentially causing injury to the person on the table.

Ensure the locking lever for the headrest is properly secured before using the massage table.

- Step 1 (Fig.4a): Insert the headrest frame into the two slots located at the top of the massage table.

TIPS: Make sure the frame is pushed in firmly so that it's securely placed in the table's holes.

- Step 2 (Fig 4b): Attach the head cushion (pillow) to the top of the frame. The cushion should sit properly on the frame
- Step 3 (Fig 4c): Adjust the headrest angle by using the locking lever. Turn the lever to unlock the frame, adjust it to the desired angle, and then lock it back in place.
- Step 4 (Fig 4d): Once you've found the right angle, lock the headrest securely in position by pushing the lever down.
- Step 5 (Fig 5): To attach the **handrest**, hang it onto the lower part of the headrest frame. Adjust the **handrest** to the desired length and position for comfort. Ensure it is securely attached and not loose.

4.3 Attaching the Armrests (Fig.6)

CAUTION! Risk of Injury!

If you lean on the armrests, they may detach, as they are not firmly fixed to the massage table.

This could cause injury.

- **Do not lean on the armrests; use them only to rest your arms.**
- **Attach the armrests only after the user is positioned on the massage table.**

Insert the armrests into the designated side holes located on either side of the massage table's top section.

- Ensure the armrests are securely fitted by sliding them into the holes until they are firmly in place.

4.4 Adjusting the Backrest (Fig.7)

- Locate the lever or handle near the middle of the table to adjust the backrest.

- Pull the lever or handle to unlock the backrest, and then adjust it to the desired angle by lifting it upward.
- Once the desired angle is achieved, ensure the backrest is securely locked in position before use.

4.5 Adjusting the Table Height (Fig.8)

- To adjust the height of the table, press the **locking button** located on each leg.
- Slide the legs up or down to the desired height, ensuring that all four legs are adjusted evenly.
- Once the correct height is reached, release the locking button to secure the legs in place.

4.6 Folding the Massage Table (Fig.9)

CAUTION! Risk of Injury! Improper handling may result in injury. Carefully place the massage table on its side and fold it gently to avoid pinching your fingers in the moving parts.

- **Step 1: Remove Attachments.** Remove all **attachments**, including the armrests, headrest, hand rest, and any other accessories attached to the table. Store these separately or place them inside the table.
- **Step 2: Fold the Legs (Fig 9).** Carefully **fold the legs back** under the table, making sure the legs collapse smoothly without obstruction. Be mindful of the wire cables and ensure they are not caught or tangled.
- **Step 3: Fold the Table.** Bring the two halves of the massage table together by folding it in the center.
- **Step 4: Use the Carry Bag.** Once the table is folded, place it into the **carrying bag** for easy transport and storage. Ensure the bag is properly fastened or zipped up.

4.7 Attach the Storage Pouch (Fig.11)

This storage pouch (B) is intended for holding other small items during use.

Attaching the Pouch: To attach the pouch to the massage table, align the pouch's Velcro strip with the Velcro section near the handle of the table. Press firmly to secure the pouch in place.

Once attached, the pouch will be accessible and ready to use for storing essential items during use. Please do not put more than 1KG in the pouch.

4.8 Lying Down on the Massage Table

CAUTION!

- **Risk of Injury!**
If you lie down incorrectly on the massage table, it may become unbalanced and tip over, leading to injury.
- Do not sit on the **headrest** or **footrest** of the massage table.
- Always position yourself **in the center** of the lying surface.

4.9 Steps to lie down properly:

1. If you wish to lie on your stomach, remove the **head cushion** from the table's lying surface (as shown in Fig. 10).
2. Sit **in the center** of the table.
3. Lie down in the desired position.
 - Ensure you remain **centered** on the table to distribute weight evenly and avoid putting stress on any particular part.

Important Information:

- The **working load** of the massage table is a combination of the user's weight and the pressure applied during the massage.
- The table is designed for a maximum user weight of **125 kg**. The maximum applied pressure during a massage should not exceed **75 kg**, resulting in a total working load of **200 kg**.

4.10 Getting Up from the Massage Table

CAUTION!

- **Risk of Injury!**
If you get up incorrectly, the table may become unbalanced, tip over, and cause injury.
- Do not get up by pressing on the **headrest** or **footrest** of the massage table.

Steps to get up safely:

- Remove the **armrests** to prevent leaning on them when getting up.
- Sit up **in the center** of the lying surface.
- Stand up slowly.
- *After a long period of lying down, avoid sudden movements to allow your **circulatory system** time to adjust.*

5 Maintenance , Cleaning and Storage

5.1 Maintenance

CAUTION! Risk of Injury! Over time, the screws and connections may become loose. If they are not tightened in time, the massage table may collapse, leading to injury.

- Regularly inspect the table for cracks and loose screws.
- Do not use the massage table until loose screws are tightened, and any damaged parts are replaced by a professional.
- Regularly check if the screw connections have become loose and tighten them if necessary.
- **Lubrication:** Periodically lubricate the **moving parts**, such as hinges and joints, to ensure smooth operation.

5.2 Cleaning the Massage Table

- **General Cleaning:** Use a **soft, damp cloth** with **mild soap** to clean the surface of the table. Avoid using any **harsh chemicals** or abrasive materials (e.g., metal brushes, nylon bristles, or sharp objects) as they may damage the table's surface or padding.
- **Drying:** After cleaning, **wipe down** the entire table with a **dry, lint-free cloth** to ensure it is completely dry. Allow the table to fully **air dry** before folding or storing it to prevent moisture from being trapped, which could lead to mildew or damage to the materials.
- **Removing Stains:** For tough stains, use a **professional upholstery cleaner** or consult a specialist to avoid damaging the table.

5.3 Storage:

- Always store the table in a **cool, dry place** when not in use. Avoid exposing it to **direct sunlight** or **heat sources**, as this can cause the materials to deteriorate over time.
- When storing, keep the table **in the carrying bag** to protect it from dust and dirt.
- **Avoid prolonged exposure** to sunlight or moisture, as this can damage the upholstery and frame.
- Always make sure the table is **completely dry** before folding and storing it to avoid mildew or mold buildup.

6 Environmentally friendly disposal

Warning Danger of suffocation! Packaging material is dangerous for children. Never let children play with packaging material.

6.1 Disposal and packaging

- The packaging of the item is made of materials necessary to ensure effective protection during transport. These materials are fully recyclable and thus reduce the environmental impact. Dispose of the packaging in a bin for recyclable materials.

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Imprint

Product Name: Massage table 3 zones

Model Number: AR-HE-ML3S

Item number: 4252023126106

If the product has a modification that has not been approved by us, this statement will lose its validity.

Date/Manufacturer's signature/Location:

Würzburg 19 September 2024



Signer identification:

Korhan Canbolat, Head of the Company

Technical Documentation Representative:

Korhan Canbolat

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