

JURIS ZUBOVŠ

PROGRAMMABLE MESSAGE SYSTEM

OPERATING INSTRUCTIONS

Controller for a programmable oscillation
and wellness massage system

VERSION 1.1 | 2026

JURIS ZUBOVŠ | RĪGA - BERĢI



Before use

This edition has been newly typeset from the Russian-language instructions provided. It is intended for operating a compatible massage system and does not replace product labelling, the manufacturer's documentation or advice from a medical professional.

MANDATORY CHECK

Before switching on, make sure the controller, mattress and massage module models are compatible. If their markings do not match, stop using the system and seek technical advice.

Contraindications

- a permanent pacemaker;
- acute thrombosis;
- condition following an organ transplant;
- sepsis or suspected systemic infection;
- pregnancy;
- severe or unexplained bleeding.

MEDICAL PRECAUTIONS

During menstruation or in cases of cancer, acute pain, fever, neurological or cardiovascular disease, use the system only after an individual assessment by a doctor. Stop the session immediately if your condition worsens.

Compliance information

The original instructions refer to standard EN 60335-1, low-voltage equipment requirements, electromagnetic compatibility and CE marking. They also state that the products are checked regularly and that no adverse interactions with medicines had been noted at the time of publication. Check the current compliance status in the documents for the specific product and discuss compatibility with treatment with your doctor.

Controller and button numbers



REMOTE CONTROL



Functions of buttons 1-21

LED indicator

- 1** Receives and confirms commands.

LCD display

- 2** Time, selected programme and status symbols.

Massage: on / off

- 3** Starts or completely stops the massage.

Upper back: +

- 4** Switches on the module or increases intensity.

Upper back: -

- 5** Reduces intensity or switches off the module.

Lower back: +

- 6** Switches on the module or increases intensity.

Lower back: -

- 7** Reduces intensity or switches off the module.

Pelvis and thighs: +

- 8** Switches on the module or increases intensity.

Pelvis and thighs: -

- 9** Reduces intensity or switches off the module.

Lower legs and feet: +

- 10** Switches on the module or increases intensity.

Lower legs and feet: -

- 11** Reduces intensity or switches off the module.

Programmes P

- 12** Cycles through five wellness massage programmes.

Heat source W

- 13** Turns heating on or off and selects one of three heat levels.

Speed: +

- 14** Increases the wellness massage speed.

Speed: -

- 15** Decreases the wellness massage speed.

Programmes OP

- 16** Cycles through five oscillation programmes.

Light source

- 17** Switches a compatible light module on or off.

MENU

- 18** Opens programming mode.

Button -

- 19** Decreases the selected value; standard massage duration: 15 minutes.

Button +

- 20** Increases the selected value; massage duration: up to 30 minutes.

PROG

- 21** Moves to the next setting or ends programming.



Oscillation programmes

Press the OP button repeatedly. One to five presses select programmes OP1-OP5.

OP1**Neck and thoracic region**

For cervical and thoracic spine problems, muscle tension and hardening, headaches and migraine.

OP2**Swelling and lymphatic system**

For swelling and fluid retention, weight reduction, stimulation of the lymphatic system, hydrolipodystrophy (cellulite) and circulatory problems.

OP3**Lumbar region**

For sciatic nerve pain, lumbar spine problems, lumbago, and disorders of the spinal column and intervertebral discs.

OP4**Joints and metabolism**

For arthritis, osteoarthritis, rheumatic diseases, joint pain, osteoporosis and stimulation of metabolism.

OP5**Recovery after exertion**

After strenuous physical activity, for recovery, reduced muscle pain and elimination of metabolic by-products.

IMPORTANT

Programme uses are taken from the original instructions. They do not constitute a diagnosis and do not replace medical treatment.



Wellness massage and heat

Press the P button repeatedly. One to five presses select programmes P1-P5.

P1**Deep relaxation**

For deep relaxation and rest after physical exertion.

P2**General recovery**

For removing metabolic by-products, waste products and toxic substances from the body.

P3**Relaxation and sleep**

For relaxing muscles, sleep disturbances and restoring energy.

P4**Energy and relaxation**

Supports performance, general recovery, wellbeing and lymph flow.

P5**Reducing tension**

For depressive symptoms, general malaise and painful tension.

HEAT SOURCE W

Press the heat source button W to switch heating on or off. Press it repeatedly to select one of three temperature levels. Heat may also help ease tension in the back and muscles. If the separately purchased belt is connected, switch the system to the required source. Only the belt or the mattress can be used at one time.



Functions and buttons

The controller lets you programme a start time and an audible signal. Use the four upper buttons for programming.



- 1 **MENU - enters programming mode.**
- 2 **- - decreases the flashing value.**
- 3 **+ - increases the flashing value.**
- 4 **PROG - moves to the next setting and saves it.**

How it works

STEP 1

Press MENU to open the settings.

STEP 2

The flashing symbol shows which setting is being changed.

STEP 3

Change the value using - or +.

STEP 4

Press PROG to confirm and continue.

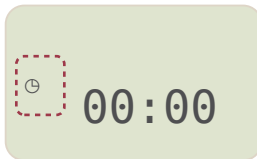


Setting hours and minutes

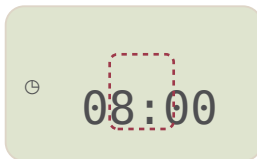
Set the current time. Only the flashing value changes at each step.

1**Open the menu**

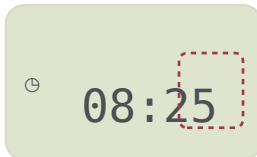
Press MENU. The clock symbol flashes in the lower-left part of the display.

**2****Set the hours**

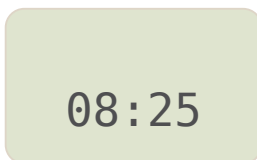
Press PROG. The clock symbol and hour digits flash. Set the hours with + or -.

**3****Set the minutes**

Press PROG again. The clock symbol and minute digits flash. Use + or - to set the minutes.

**4****Save**

Press PROG. The settings are stored, the set time remains on the display and the clock symbol disappears.

**CONFIRMATION**

If the flashing symbol has not changed, press PROG again and check which setting is selected.



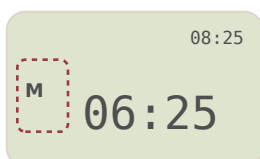
Turning off the signal

This setting disables the audible confirmation while keeping the controller's other functions.

1

Open the signal setting

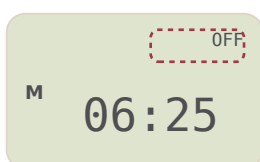
Press MENU, then press + once. The message symbol flashes in the middle left part of the display.



2

Select OFF

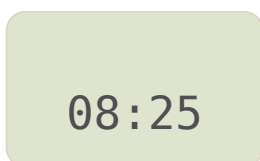
Press PROG. ON appears on the display. Press - to change the value to OFF.



3

Save the setting

Press PROG. The current time appears again and the message symbol disappears.

**TURNING THE SIGNAL ON**

Repeat the same sequence and select ON with the + button in step 2.

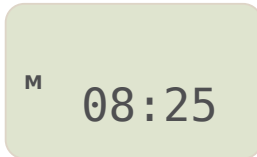
ON - audible signal on. OFF - audible signal off.



Programming a start time

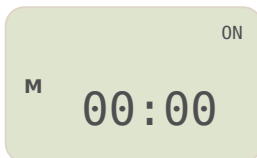
Set the time when the system should automatically start the selected massage programme.

1

**Open the setting**

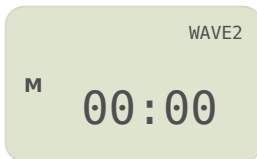
Press MENU, then + once. The message symbol flashes on the display.

2

**Enable auto start**

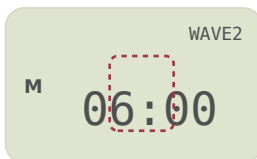
Press PROG. OFF appears. Press + to select ON.

3

**Select a programme**

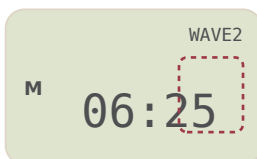
Press PROG, then use + and - to select USER 1, WAVE 1, WAVE 2, WAVE 3, PULS 1, PULS 2 or PULS 3.

4

**Set the hours**

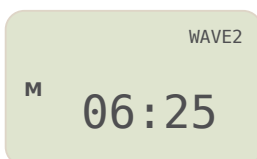
Press PROG. The message symbol and hour digits flash. Press + or - to set the hours.

5

**Set the minutes**

Press PROG. The minute digits flash. Set the minutes with + or -.

6

**Save**

Press PROG. The display shows the current time, start time and selected programme.



What happens after starting

The selected massage programme starts at the programmed time.

START

The system automatically starts the selected programme at the set time.

8 MIN

According to the original instructions, the cycle runs for 8 minutes and then stops automatically.

PAUSE

You can pause the session with button 17, the light source button.

5 MIN

The programme restarts after about 5 minutes: the Snooze function.

STOP

To switch off the audible function completely, press button 3, Massage on / off.

NEXT DAY

If the function is not disabled, the programme starts again at the set time the next day.

CHECK BEFORE AUTO START

Make sure there are no foreign objects on the mattress, the cables are not pinched and the user knows how to stop the system immediately.

Button 3 switches massage off completely. Button 17 is used to pause it in the mode described.

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CONTACT AND SUPPORT

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Country of manufacture: Germany. The manufacturer, model, serial number and technical specifications are shown on the label of the specific product.