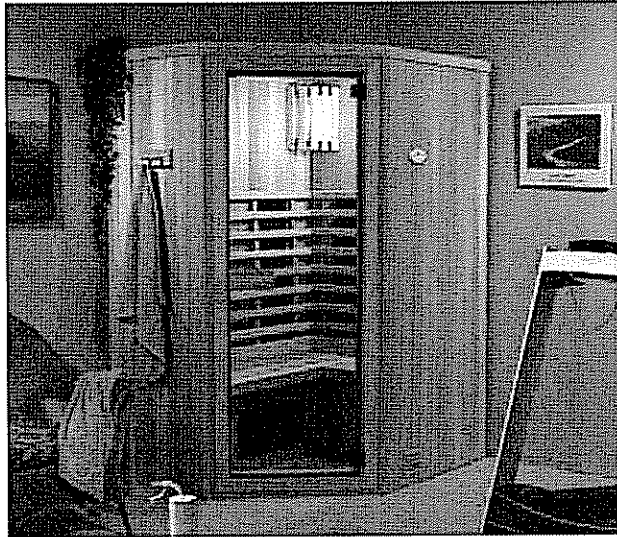


Infrared Room Installation Instructions



This manual covers IR-44 and IR-45

Please immediately check for any hidden damage that may have occurred in shipping. If any damage is found you must notify the delivering carrier within seven days.

A few minutes with the following instructions will insure quick and proper assembly, and many years of enjoyment and relaxation. By reviewing all the instruction steps ahead of time, you will have a better feel for the whole process.

Your infrared package will arrive on a stretch-wrapped pallet including a stack of pre-built panels, benches, and accessories.

WARNING

Prolonged exposure to elevated temperatures is capable of inducing hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches several degrees above the normal body temperature of 98.6°F. The symptoms of hyperthermia include an increase in the normal temperature of the body, dizziness, lethargy, drowsiness, and fainting. The effects of the hyperthermia include failure to perceive heat, failure to recognize the need to exit the room, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the room and unconsciousness.

Read all instructions carefully before using.

Save these Instructions

Warning

Do not use the infrared room if using alcohol, drugs or medications.

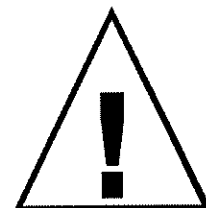
Pregnant women or persons with poor health should consult their physician before using any infrared room.

Caution fire hazard: Do not use the room for drying clothes, bathing suits, etc. Do not hang towels above heaters or place any object on the heaters or backrests. If any darkening of the walls around the heaters are noticed discontinue use immediately.

Inspect benches regularly for required maintenance. Replace wood surfaces which show any signs of deterioration.

The heater openings get hot during operation.

Minors should be adequately supervised whenever using the infrared room



Grounding and Safety Instructions

WARNING:

Never operate this product if it has a damaged cord or plug or if the product is not working properly.

Connect this product to a properly grounded outlet only. See Grounding instructions.

This product should be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This product is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

DANGER - Improper grounding plug can result in a risk of electric shock.

If repair or replacement of the cord or plug is necessary, do not connect the grounding wire to either flat blade terminal. The wire with insulation having an outer surface that is green with or without yellow stripes is the grounding wire. Check with a qualified electrician or serviceman if the grounding instructions are not completely understood, or if in doubt as to whether the product is properly grounded.

This product is for use on a nominal 120 V circuit, and has grounding plug. A temporary adapter may be used to connect this plug to a 2-pole receptacle if a properly grounded outlet is not available. The temporary adapter should be used only if the properly grounded outlet can be installed by a qualified electrician. The green colored rigid ear, lug, and the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by the screw.

- No plumbing or plumbing fixtures should be placed in the infrared room.
- No water should be applied to heater elements.

Section 1: Assembly Instructions

Hardware Package

| Qty | Item |
|--------|-------------------|
| 1 | Torx bit |
| 20 | 3" Torx screws |
| 25 | 2" Torx screws |
| 20 | 3/8" Wood buttons |
| 1/4 lb | Finishing nails |

Tools Required

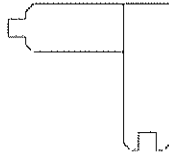
- Hammer or pin nailer
- Miter Saw
- Drill or cordless screwdriver
- Level

Trim Profiles

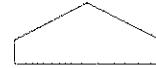
3/4 x 3/4 Cove Molding



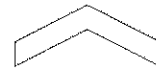
Corner Trim



Inside 45 Deg. Corner Molding
(on rooms with a neo-angle wall)



Facia for Outside of the room



Outer 45 Deg. Corner Molding
(on rooms with a neo-angle wall)

Infrared Panel-Built Installation

Base Frame Assembly

The top side of the base is numbered 1,2,3...etc, corresponding with panels that will be placed on it.

Note: The numbers are not necessarily the order in which the panels are installed. For instance some people start with panels 4 & 5 or any logical corner to begin with.

Step 1: Your infrared room can be placed on any solid level flooring. Position the base on the floor. The largest number on the base frame is the standard door location and is sometimes interchangeable with other panels. The stamped numbers on the base frame should be readable from top of the room panels.

Step 2: Level the Infrared room floor by using standard wood shims.

Wall Panel Installation

If the infrared room is to be placed against existing wall(s), panel installation should begin at these sides. After these panels are in place, the infrared can be slid back towards the wall(s) keeping it 1" to 2" away.

All wall panels are numbered at the top and should be readable from the top of panels. These numbers will coincide with the numbers on the base frame.

NOTE: The tongue and groove on the panels will always face the same direction.

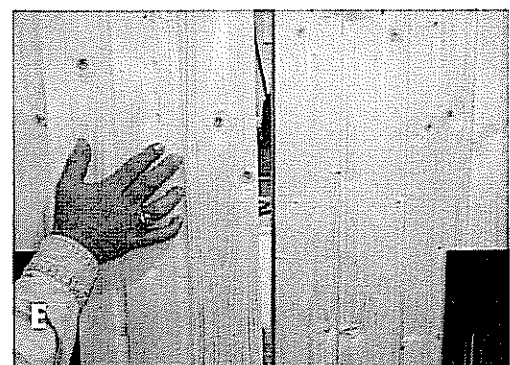
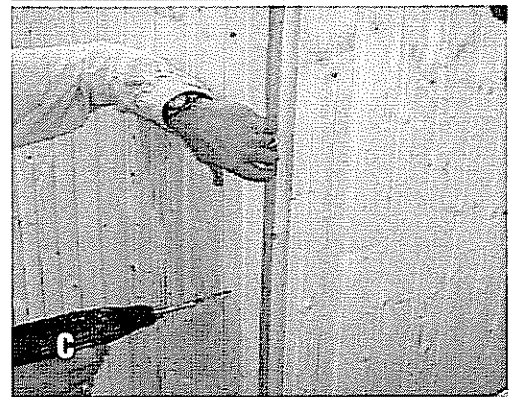
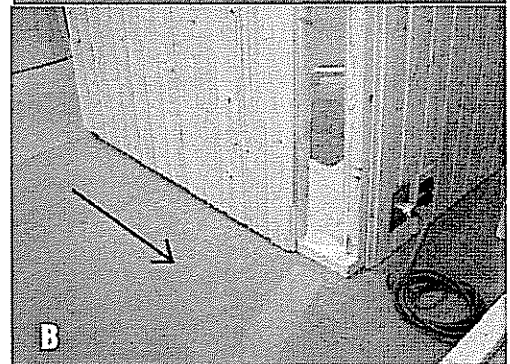
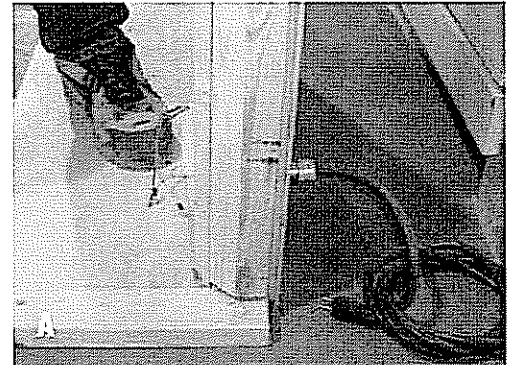
NOTE: For ease in placing the panels, tip one corner onto the base frame and then lower the other side until it rests on the base frame.

Step 3: Start your wall panel assembly in a corner. Two wall panels make up each corner. Slide one panel along the base frame until its 2 x 3 framework is flush with the inside of the base frame (figure A).

Step 4: Have someone hold the first panel in place and then put the other corner panel on the base frame and slide it tight into the corner so its 2 x 3 framework butts up against the framework of the other panel (figure B).

Step 5: Using 3" long torx screws and the 3 predrilled holes, fasten the two panels together with the 2 x 2 corner post that is attached to one wall at the factory. When fastening the corner post, make sure the outside edge of the post is flush with the studding of the wall (figure C).

NOTE: For ease in placing the panels together, tip one corner onto the base frame and then lower the other side until the tongue and groove slide together. Once the base is started install the panel until the entire panel tongue and grooves are engaged. (figure D & E)



IMPORTANT: If you are in a low ceiling height situation (space above infrared is less than 3"). You must put the wood fasteners in the tops of the panels before installing the front wall panels.

Step 6: Continue setting the panels into place as marked. Use the wood fasteners to join the tops of the panels (figure G).

Tip: Use two people to move the door panel, as it is quite heavy.

Ceiling Panel Installation

Step 7: With one person inside the infrared room and another outside, hand the ceiling panel over the top of the walls being very careful not to scratch the panel (figure H). When in position, it will rest on the top of the walls.

Step 8: The ceiling will be secured to the wall panels with 2" torx screws. (figure I)

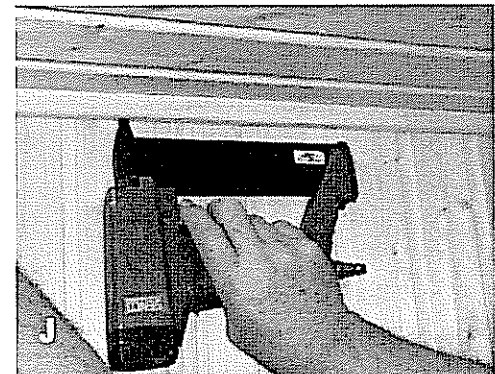
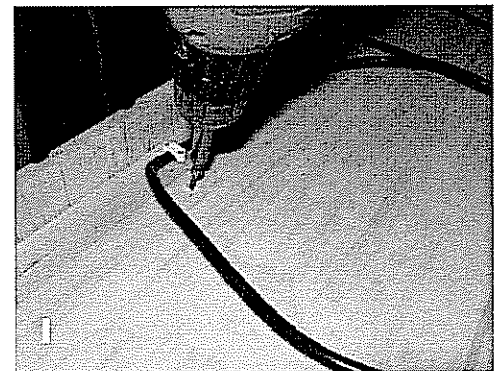
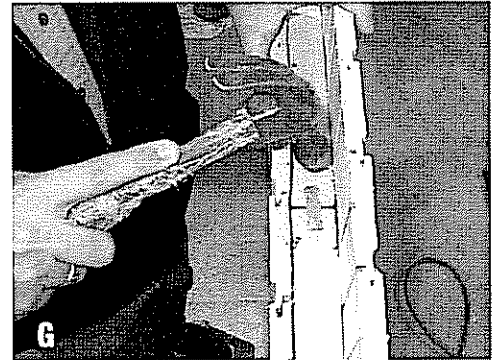
Step 9: The molding should be secured to the wall first then to the ceiling. Ensure the ceiling is fully down before securing. (figure J).

Interior Corner Molding Installation

Step 10: Place the interior 45 degree molding inside the room and attach that with nails. (if applicable)(figure K)

Exterior 90 degree Tongue and Groove Corner Installation

Step 11: Insert the tongue from a 90 degree corner piece into a groove from the existing wall and nail it into place. Repeat this for all four square corners.



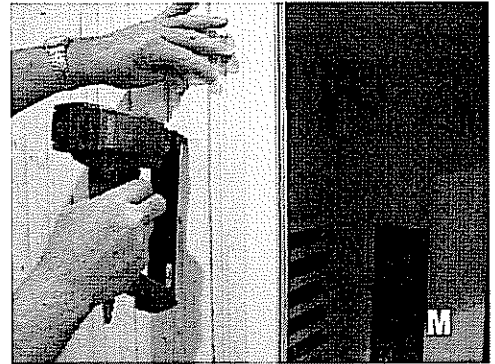
Exterior Facia Installation

Step 12: The facia can be installed using simple butt-end cuts, or with mitre cuts. If using butt-end joints, cut the side wall facia the same length as the side walls (figure L). Using the provided galvanized finishing nails, fasten with the top edge of the facia flush with the top edge of the ceiling panel. The front facia should be cut to overlap the side facia. Install flush with top of wall panels.



Exterior 45 Degree Trim Installation

Step 13: Place the exterior 45 degree molding outside the room by the door on the 45 degree corners. (if applicable) (figure M)



Bench, Speaker, and Heater Installation

Step 14: Rest the short and long bench support skirt in the room. (figure N)



Step 15: Place and fasten the long bench support skirt to the short bench support skirt. Next fasten the long bench support to the wall and then the short bench support to the other wall. (figure O)



Step 16: Match and slide connectors together for the volume control wires to the supply wires on the back wall. (figure P)



Floor Heating Element Installation

Step 17: There are two sets of wires for the speakers. Match the wires from the volume control to the speakers and slide on the connectors. The connectors are sized so they can not be installed incorrectly. (figure Q)

Note: The volume control is compatible with 4 and 8 ohm stereo outputs. The impedance is matched automatically.

Step 18: Plug the cord from the wall to the cord supplied on the bench heater. (figure R)

Bench Installation

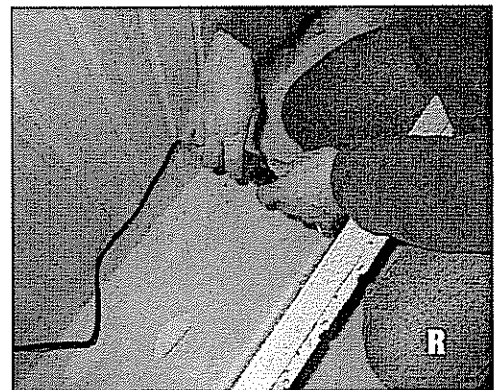
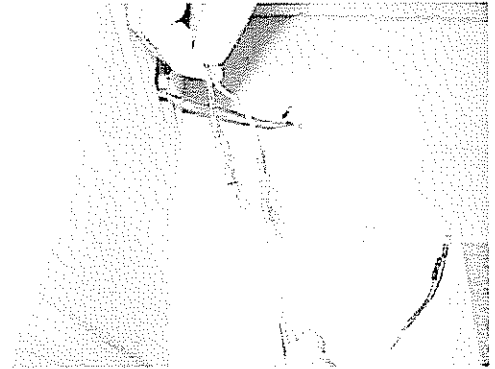
Step 19: Place the long bench in the room and rest it on the bench supports.

Step 20: Place the short bench in the room and rest it on the bench supports.

Backrest Installation

Step 21: Start with the 4 foot backrest and lean it on the appropriate wall. Then continue around the room. (figure T)

Step 22: Once all the backrest are loosely in place start to secure them with 2" torx screws in the predrilled holes in the backrests. (figure U) Cover the holes with 3/8" wood buttons provided when complete.



Step 23: Install the Overheat Warning sign inside the room 2" below the control in a IR 45 room or 2 foot from ceiling inside the IR 44 room. (figure V)

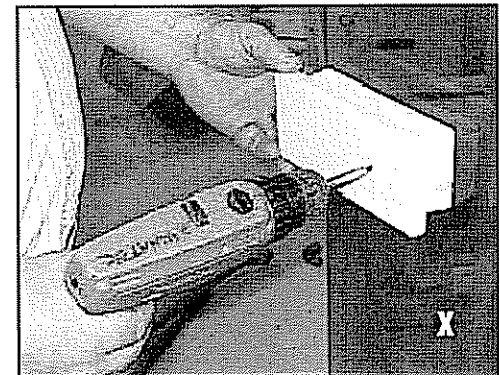
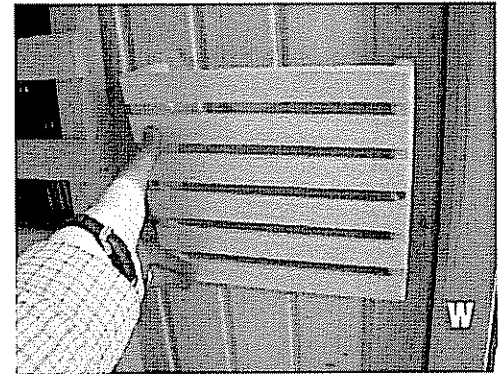
Step 24: Install the magazine rack 30" inches from the floor below the warning sign with 2" torx screws. Cover the holes with wood buttons when complete. (IR 45 rooms only) (figure W)



Door Handle Installation

Note: Follow the separate instructions for the door handle installation.

Step 25: Using the screws provided, install the door handles in the two holes provided in the glass door(styles may vary). After the handles are fastened, install the provided wood plugs to fill the holes. (figure X)



Control Box Connections

Note: Do not have the main power cord plugged in at the bottom of the room while connecting items to the control box!

Step 26: Plug the control box power supply cord into the outlet on the ceiling. (figure Y)

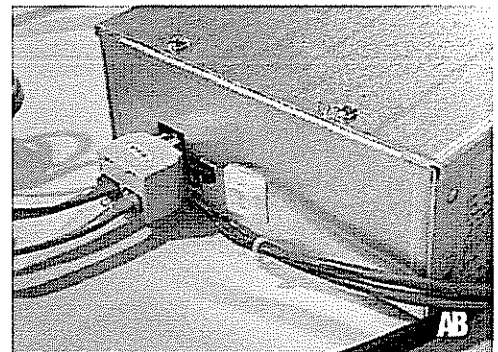
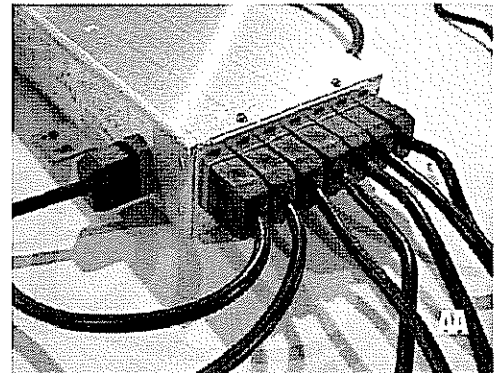
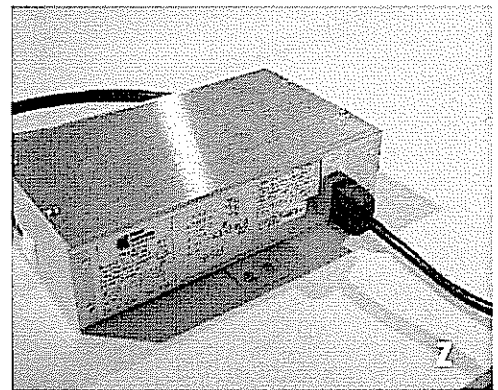
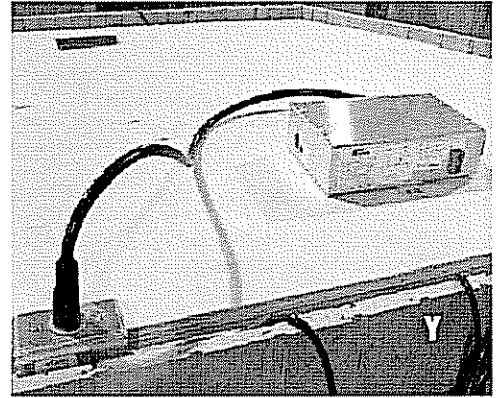
Step 27: Plug the light cord into the control box labeled light. This connector is different than the heating element cords, so they can not be miswired. (figure Z)

Step 28: Plug the heating element cords from the top of the wall panels into the control box. The cords will get plugged into end with seven connectors that are labeled heaters. (figure AA)

Step 29: Connect the sensor connector into the port next to the control cable connection. (figure AB) The sensor connector has tabs so it will only go into the control box in one direction.

Step 30: Connect the two low voltage cables (similar to telephone connections) into the two port adaptor on the control. (IR 45 rooms only) (figure AB)

Step 31: Plug the main power cord from the bottom of the room into the appropriate outlet. (*Dedicated* 15 amp or 20 amp outlet)



Section 2: SS-2000-IR Control Operating Instructions

To Operate System

Push the "Heat/Light" button once to turn on the heaters and the room light will also be on. The heaters will be on until the temperature is achieved or the time expires. The room light will stay on until time expires or the system is manually turned off.

Push the "Heat/Light" button again and it turns the heaters and room light off.

Setting the Temperature

1. Be sure the digital display is on and the "System On" LED indicator is off. The digital display indicates the current temperature in the room.

2. Press the Time/Temp Set button. The last stored temperature-setting flashes on the digital display.

3. With the digital display flashing, press the Time/Temp Set button to decrease the temperature.

Note: Each time you press the button, the temperature will decrease five degrees.

4. To increase the temperature, wait four seconds until the display stops flashing, repeat Steps 2 and 3 above.

Note: Each time you press the button, the temperature will increase five degrees, to a maximum of 130°F.

Setting the Time

5. Be sure the digital display is on and the "System On" LED indicator is off. The digital display indicates the current temperature in the room. Press the Time/Temp Set button. The last stored temperature-setting flashes on the digital display.

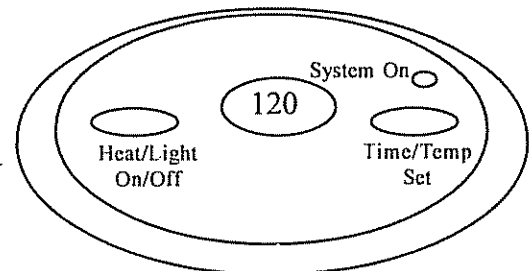
6. With the digital display flashing, press the On\Off button. The last stored time-setting flashes on the digital display.

7. With the digital display flashing, press the Time\Temp Set button to decrease the time 5 minutes.

Note: Each time you press the button, the time will decrease five minutes.

8. To increase the time, wait four seconds until the display stops flashing, and repeat steps 6-8 above.

Note: Each time you press the button the time will increase in five minute increments, to a maximum of 60 minutes.



Section 3: How to enjoy Infrared Therapy

- When using infrared, allow time to relax completely.
- Remove clothing and jewelry, but if required, wear a towel loosely.
- Leave the room after 10 minutes or when perspiration begins and relax in dressing area.
- Cooling time should equal time spent in the infrared. Enter the room again and stay 5 or 10 minutes.
- Repeat the cycle 2 or 3 times and end with a brisk shower.
- Dress when completely dry and perspiration has stopped.
- Do not smoke, exercise or drink alcoholic beverages in the therapy room.

Section 4: High Limit Device

If "OH" appears on the control screen, the system has overheated. Allow system time to cool down and press "On/Off" button and it will clear the system.

If this problem persists, please refer to the "Troubleshooting Section of Manual".

Section 5: Maintenance

The infrared room, like a bathroom, should be kept clean and odor free.

Towels should always be used on benches otherwise perspiration penetrates the soft wood.

Air out the room often by keeping the door and vents open when the room is not in use. Infrareds that are in daily use should be washed down at least once a week to keep them clean and the air fresh.

To clean and remove perspiration stains, use soap or detergent in warm water, best applied with a scrub brush. Badly soiled surfaces may require sanding. Sand paper wrapped around a wooden block works well.

Benches and supporting structure must be inspected annually for potential deterioration due to age, dry rot or abuse. Any boards with signs of deterioration should be replaced immediately to avoid possible injury.

Section 6: Troubleshooting

For troubleshooting or service questions call 1(800) 331-0349 and ask to speak with service. Please have type number ready to expedite assistance.

techsupport@amerec.com