







QUICKSTART GUIDE

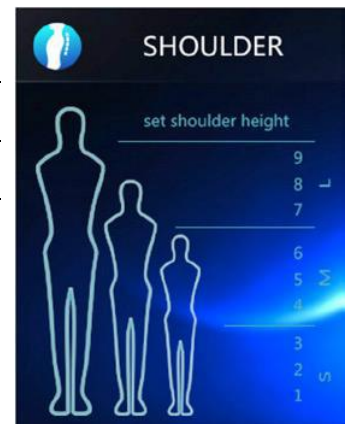
GETTING STARTED


1. Push the  button to power on.
2. Use the green select  button to select  to display the **AUTO Programs** menu.
3. Use the navigation buttons to scroll down to choose one of the seven **AUTO Programs** and press the select  button.

We recommend starting with the DEMO program.


4. Choose a number between 1 and 9 that best fits your height to begin your massage.

5'11" > taller	8 - 9
5'8" - 5'10"	6 - 7
5'3" - 5'7"	3 - 5
5'0" - 5'2"	1 - 2



5. Use the up and down navigation buttons or press the volume  button on the fingertip controls then rotate the outer silver knob to adjust the SOUND SOOTHE and DEMO program volume.

ADD SOOTHING NATURE SOUNDS TO YOUR MASSAGE

1. From the main **MENU** , select 
SOUND SOOTHE



SOUND: Toggle right, the down, to choose one of eight relaxing nature sounds.

VOLUME: Toggle left to go back to the SOUND SOOTHE menu and scroll down to **VOLUME** or use the fingertip controls to set the desired volume. Choose level ranging from Off  to MAX.

YOU'RE ALL SET TO GO! ENJOY!




Turn over for a few more of [our recommended massages](#).

WANT MORE STRETCH?

1. From the **AUTO Programs** menu, scroll down to **YOGA STUDIO** and press the  button.
2. Use the navigation buttons to move right, then down, to select **STRETCH** and press the  button.




LET'S MEDITATE

1. From the main **MENU** , select  **MEDITATION**
2. Toggle right, then down, to select the **CONCENTRATION** program and press the  button.
3. To customize your **MEDITATION** message, return to the **MEDITATION** menu from the main **MENU** and scroll down to **FOCUS**. Toggle right to select Full, Zone, or Spot.



TAKE MASSAGE ONE STEP FURTHER WITH 4D

1. From the main **MENU** , select  **PROGRAM**
2. Toggle right to select the **SHIATSU** program and press the  button.



TIPS TO FURTHER CUSTOMIZE YOUR MESSAGE

ADJUST SETTINGS

From the main **MENU**  , select  **SETTINGS**

INTENSITY: Toggle right to select your intensity level ranging from Soft to Strong

KNEE: Toggle down to select your knee position. Press and hold Up, Down, or select Auto Glide On or Off.

FOOT SPEED: Toggle down to select your foot speed. Select Slow, Medium, Fast, or Off.

CONNECT TO THE ALTEC LANSING PREMIUM SOUND SYSTEM

Your massage chair contains built-in high-quality Altec Lansing speakers, to which you can connect via Bluetooth. The default Bluetooth setting is On.

BLUETOOTH CONNECTIVITY: Toggle down to select **BLUETOOTH**, then verify that it is set to On. The massage chair is now discoverable by your device as HT Novo XT2. *See your device instructions for more information.*

DESCRIPTION OF AUTO PROGRAMS

TENSION RELIEF - Focused on relieving tension throughout the body.

YOGA STUDIO - Programs designed to relax, calm and stretch your whole body.

PERFORMANCE - Delivers an intense massage to supercharge your day.

DESCRIPTION OF TYPES OF MESSAGES

SHIATSU - A varied massage, using soft, medium and aggressive intensities.

SWEDISH - A moderate massage using soft to medium intensity.

SPORTS - A massage that starts soft and increases to an aggressive intensity.

THAI - A massage that begins aggressively and decreases to a soft intensity.

DESCRIPTION OF YOGA STUDIO PROGRAMS

ENERGIZE - Vigorous massage with stimulating percussion, a perfect way to begin your day.

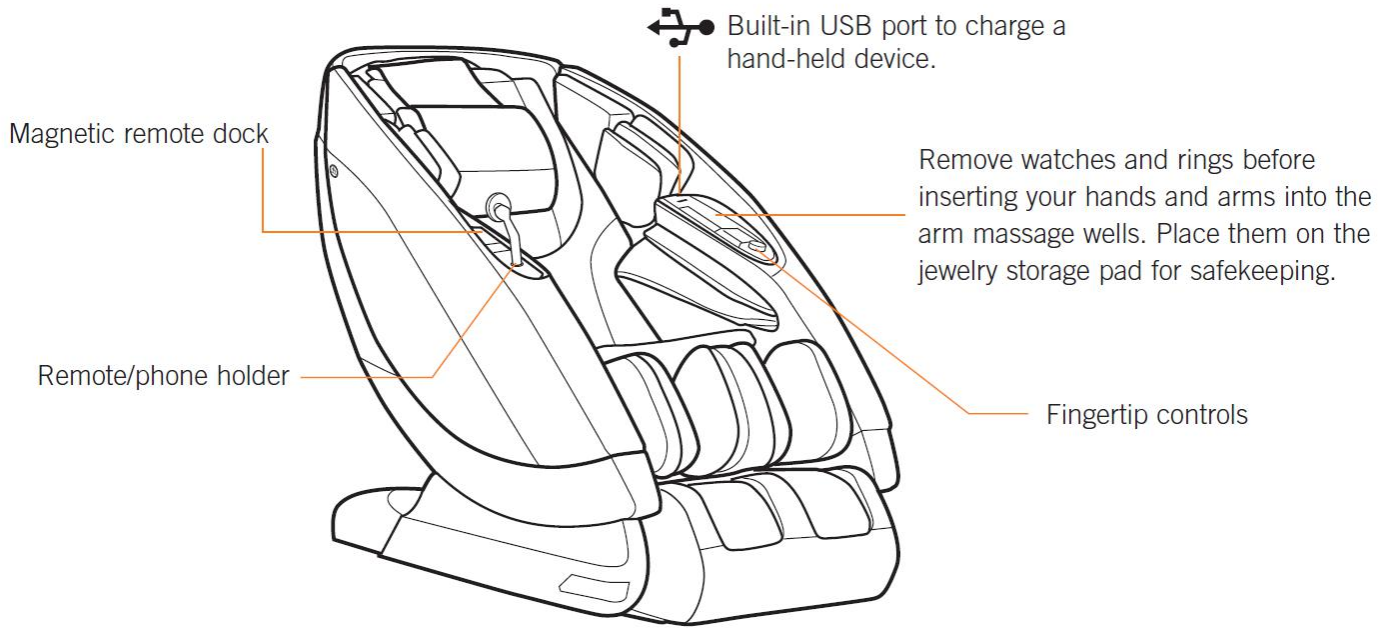
FLEXIBILITY - A massage to loosen and flex muscles with accompanying air compression in the feet and shoulders.

BALANCE - Symmetric massage designed to restore your center.

BREATHE - Rhythmic massage to help you focus your breathing and concentration.

RECOVER - Intense massage for focused healing to assist in recovery with greater efficiency.

STRETCH - Relaxing massage with bend and stretch functionality to provide leg and spine extension.



USING THE FINGERTIP CONTROLS

Quick press to power on
Quick double-press to start default auto program
Long press and release to restore the chair

Press the **volume** button then rotate the outer silver knob to adjust the SOUND SOOTHE and DEMO program volume.

Press to toggle **heat** on and off.

Press to **pause/reactivate** all massage functions.

Turn outer silver knob slightly counter-clockwise for a stepped recline; do the same clockwise for a stepped incline.