

# Remote Control User Guide

## Novo XT

**CURRENT PROGRAM** – Details of current program, including program name, intensity levels, and current focus area.

**TIME REMAINING** – Shows the total amount of remaining time of your massage session.

**STOP/POWER/RESTORE** – Press this button:  
• To power on the remote.  
• Then select STOP to stop your massage immediately.  
• Select POWER OFF, then select RESTORE to return the chair to the upright position before exiting.

**POSITION** – Use to move the massage rollers to the desired position when enjoying a Zone or Spot massage.

**MENU** – Displays the main menu.

**AUTO** – Displays the Auto Programs menu. When an auto program is running, press to toggle among the auto programs. The active program displays at the top of the status screen.

Use the up/down/left/right buttons to navigate the screen; press OK to select.

**BACK** – Press and hold to recline or incline the backrest.

**LEGS** – Press and hold to raise or lower the footrest.

**ZeroG®** – Press and hold to automatically position the chair in ZeroG mode, raising your feet above your heart for maximum spine relief.

**LEGS EXTEND** – Press and hold to extend the footrest.

**LEGS RETRACT** – Press and hold to retract the footrest.



For more detailed operation instructions, please see the Use and Care Manual.