## Remote Control User Guide

## Novo XT2

**DEMO** 

**Ascent Series** 

flex**3**D **(G**)

0

LEGS

SPFFD -

FOOT SPD - -

CLOUDTCH - - -

#### **CURRENT PROGRAM -**

Details of current program, including program name, intensity levels, and current focus area.

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

**MENU** – Displays the main menu.

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

CLOUD – Press to adjust the Cloud Touch intensity. The selected intensity displays in the upper left-hand corner of the screen.

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

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.



Press this button:

- To power on the remote.
- If the power is on, use this to select STOP and stop your massage immediately.
- To 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.

**HEAT** – Press to toggle the heat on and off. When the heat is on, the heat icon on the screen displays red.

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

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



POSITION

**(G)** 

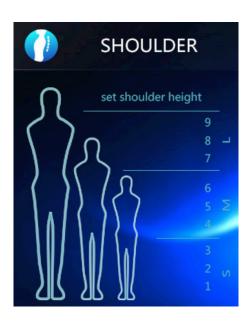
BACK

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



## Remote Control User Guide

# Shoulder Height Guide



Overall Height	Shoulder Setting
5'11" > taller	8 – 9
5′8″ – 5′10″	6 – 7
5′3″ – 5′7″	3 – 5
5'0" - 5'2"	1-2



## **QuickStart Guide**

#### **GETTING STARTED**

- 1. Push the o
- 0

button.

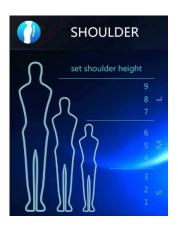
2. Select



to display the **Auto Programs** menu

- 3. Scroll down to choose one of the seven **Auto Programs** and press the green select button.
- 4. Use the navigation buttons to move right, then down to select the type of massage you would like and press the button.
- 5. 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



#### ADD SOOTHING NATURE SOUNDS TO YOUR MASSAGE

1. From the main menu select



**SOUND SOOTHE** 

- 2. Select one of eight relaxing nature sounds.
- 3. Select **VOLUME** to set the desired volume.



## QuickStart Guide

### TIPS TO FURTHER CUSTOMIZE YOUR MASSAGE

#### **ADJUST SETTINGS**

From the main **MENU** (=)



**INTENSITY:** Toggle over to select your intensity level ranging from Soft to Strong.

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

**AWAKE** - Gets you up and moving for the day.

**ENERGIZE** - Soothes and stretches you from head to toe.

**PERFORMANCE** - Delivers an intense Cloud Touch air massage.

**RECOVERY** - Focuses on relieving tension in the neck and shoulders.

#### DESCRIPTION OF TYPES OF MASSAGES

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.

