








QUICKSTART GUIDE

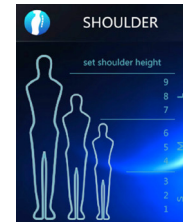
GETTING STARTED

1. Push the  button.
2. Select  to display the **Auto Programs** menu
AUTO
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.

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.

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



YOU'RE ALL SET TO GO! ENJOY!

TIPS TO FURTHER CUSTOMIZE YOUR MESSAGE

ADJUST SETTINGS

From the main **MENU**  , select 
SETTINGS

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 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.