



INTERACTIVE HEALTH

HTT-7
Robotic Massage Chair
USE & CARE MANUAL

*Including
revolutionary*



INTERACTIVE HEALTH

www.interhealth.com



Thank you for choosing the HTT-7 robotic massage chair from Interactive Health. We are confident you will find this product to be among the best available.

*Interactive HealthSM
Partners in Your Well-Being*

For nearly two decades, Interactive Health has been a leader in the field of massage products. We create state-of-the-art products that embrace the latest technology while applying the ancient healing art of massage. With today's fast-paced lifestyles, balancing your physical and mental needs requires the right mix of proper nutrition, exercise, and massage. Interactive HealthSM Massage Systems are vital components for achieving balance between physical and mental well-being.

To learn more about our company and our products, we invite you to visit us on the internet at: www.interhealth.com.

NEW Human Touch Technology

Your new massage chair includes the revolutionary HTT.



HTT is a true step forward in Robotic MassageTM technology. The result of years of research and development, this revolutionary system emulates the latest techniques used by massage and chiropractic professionals for back and spinal care.

HOW DOES IT WORK? It starts with a multi-patent pending mechanism that acts like "wrists and arms". The "hands" consist of two, three-dimensional moving discs, which are surrounded by a firm, yet comfortable material that feels like "fingers and thumbs". Working together, these robotic components deliver a variety of massage functions that feel great, and really work.

"HTT is the best massage technology I have seen that effectively manipulates the soft tissue along the spine. In my practice, spinal and soft tissue manipulation is critical for optimal performance and the successful and long-term treatment of neck and back pain."

Jeffrey R. Rockenmacher, D.C., C.C.S.P.

HTT, RECOMMENDED BY PROFESSIONALS,
DESIGNED FOR YOU.



HTT-7

USE & CARE MANUAL

PLEASE READ: To achieve the maximum results from your HTT-7, carefully read this manual. For additional questions, please call our Customer Service Representatives at (800) 742-5493.

CAUTION: Only for household use. Please read and observe these safety instructions carefully to reduce the possibility of fire or injury.

- Those with the following conditions should consult their physician prior to using this massage chair.
 - a) Malignant tumor
 - b) Heart Disease
 - c) Pregnancy
 - d) Conditions requiring res
 - e) Back Disease or back trouble from an injury or accident
- Do not use your massage chair in an excessively humid or dusty environment.
- Your massage chair should be operated at a room temperature of between 40° and 100° F.
- Make sure all operation switches are in the OFF position before connecting the power cord to an electrical outlet.
- Do not use attachments which are not recommended by the manufacture.
- Turn the power switch on the back of the chair to the OFF position when not in use.
- If you detect a malfunction or any other abnormal condition in the operation of your chair. Turn off the power immediately and disconnect the power cord from the outlet.
- If you feel severe discomfort during the operation of your massage chair, stop using the chair and consult your physician.
- Should you have a power failure, turn the power switch to the OFF position.
- You should not use the chair for more than 15 minutes at one time.
- If the chair has gotten wet or exposed to moisture, turn the chair off, unplug it from the wall socket and call Interactive HealthSM customer service.
- Keep your massage chair clean and away from humidity.

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Important Assembly Instructions

Your HTT-7 is basically ready to use right out of the box. Only a small amount of assembly is required and this can be easily completed in just a few minutes. You will need a #2 type Phillips head screwdriver to complete the assembly.

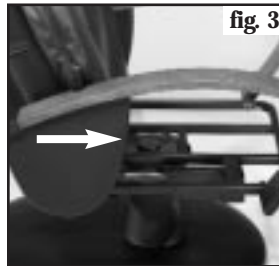
The HTT-7 is shipped with the base turned 180° as shown in **fig. 1**. Please follow the six steps described below to assemble your chair.



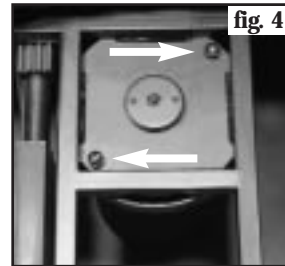
1. Lift backrest up and it will lock into place.



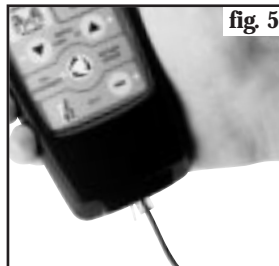
2. Turn the chair around 180° as shown in **fig. 2** (Notice how the long end of the base is now at the rear of the chair).



3. Tighten the screws located just above the center support as shown in **fig. 3** & **4** (Phillips head #2 type screw).



4. After tightening the screws, install the seat cushion.



5. Attach one end of the supplied connector cord to the bottom of the hand held controller as shown in **Fig. 5**.



6. The other end of the cord is inserted into the remote control socket on the back of your HTT-7 Massage chair as shown in **fig. 6**.

Getting the most from your HTT-7

Your HTT-7 massage chair is a well-built piece of furniture, and can be utilized and cared for like the rest of the furniture in your home.

The HTT robotic massage system inside your chair is a sophisticated electro-mechanical device that requires some special care and safety precautions.

Please follow these basic guidelines carefully, they are provided to ensure the maximum enjoyment of your chair.

Safety Precautions while using your Massage Chair

- Comfortable clothing is recommended while using your massage chair. **DO NOT** use the massage chair without clothing, as it may be uncomfortable to the skin.
- Your massage chair was meant to be used in a relaxed position. While sitting in the chair, never force any body part into the backrest area while the rollers are moving.
- Do not allow children to use the massage chair.
- If you feel any abnormal discomfort during the operation of your massage chair, turn off the power immediately and do not use the chair. Consult your physician.
- Do not sit on the controller.
- Do not pull on the AC cord.
- Always confirm that there are no obstacles behind the chair and that there is sufficient space to recline.
- When using your massage chair after it has been in storage, check to see that the chair is operating properly prior to sitting in the chair.
- **Do not attempt to repair your massage chair yourself.** If a malfunction occurs, please contact Interactive Health at (800) 742-5493.



Basic Operating Instructions

Your HTT-7 is simple to operate using the handheld controller included with your chair. Before you use your chair, we recommend that you familiarize yourself with the remote control and the basic massage functions.

Turning the HTT-7 On and Off

1. Plug in the power cord.
2. Turn the ON/OFF switch located on the back of the HTT-7 massage chair to the ON position.

Understanding your Controller

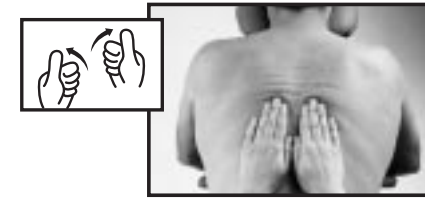
Each function is designated by an illustration on the hand-held controller. To use a specific function, just push the corresponding button.

- ① Stops all massage functions.
- ② Starts the Kneading Massage in the Stationary Massage Mode.
- ③ Starts the Compression Massage in the Stationary Massage Mode.
- ④ Starts the Percussion Massage in the Stationary Massage Mode.
- ⑤ Manually moves massage up and down (stationery functions).
- ⑥ Starts the Rolling Massage in the Up-Down Massage Mode.
- ⑦ Starts the Kneading Massage in the Up-Down Massage Mode.
- ⑧ Starts the Compression Massage in the Up-Down Massage Mode.
- ⑨ Begins a 15 minute Pre-Programmed Massage Session.
- ⑩ Parks the massage head at the lowest point so the chair can be used normally for sitting without massage.



Using your HTT-7

As with all Interactive Health robotic massage chairs, you can customize the massage to your own needs. You can select the massage functions, pinpoint the massage anywhere on your back, or let the massage move up and down your spine automatically. And, you can choose the automatic program mode that will run a varied 15 minute massage session.



Rolling



Kneading

UP - DOWN MASSAGE MODES

Rolling

Description:

Oval-elliptical nodes slowly and gently move up and down your back, near the spine, gently alternating side to side.

Feels like:

The hands of a therapist pressing firmly yet gently on your muscles. First on one side of the spine, then on the other.

Massage technique:

Emulates effleurage, the first part of a massage performed by a professional massage therapist. It is designed to warm-up and loosen the muscles to relieve tension, and prepare the back for a deeper, therapeutic massage.

Benefits:

Relieves muscle tension; improves circulation and relaxes the back.

Kneading

Description:

Massage nodes moving in small, circular motion on both sides of spine simultaneously.

Feels like:

The thumbs or heels of the hand pressing firmly in a circular motion on both sides of the spine.

Massage technique:

Emulates the thumb kneading performed by a massage therapist or other professional. This second phase of massage is slightly more intense than the rolling and is considered to be a more deep muscle massage.

Benefits:

Relieves tension and soreness by lifting and stretching muscles; improves circulation and helps bring vital nutrients to spinal area.

Using your HTT-7 cont.



Compression

Compression

(An exclusive feature of Interactive Health HTT product line)

Description:

Alternating strokes along the back that press on both spinal muscles and spinal joint areas.

Feels like:

Heels of hand firmly pushing on muscles along the side of the spine, and then inward toward the spine. Alternating “hands” also deliver a soothing rocking motion for the body.

Massage technique:

Emulates massage technique frequently used in sports medicine, and in spinal therapy by chiropractors. Motion spreads and places pressure on deep muscle tissue, forcing it to relax. The rocking motion also loosens spinal joints characteristic of spinal therapy.

Benefits:

Aids in muscle and joint repair due to strain from exercise, long hours spent bent over a desk, or high stress levels; can improve mobility and overall posture.

STATIONARY MASSAGE MODES

Kneading

The same feel and benefits as described in “Up-Down Kneading” that can be applied in a single area. Use the manual up & down keys to apply the massage in the desired area.

Compression

The same feel and benefits as described in “Up-Down Compression” that can be applied in a single area. Use the manual up & down keys to apply the massage in the desired area.



Percussion

Percussion

Description:

Alternating strokes along the spine that stimulate both spinal muscles and spinal joint areas.

Feels like:

Fists or length of hand rapidly tapping on back muscles.

Massage technique:

Emulates percussive massage, popular in sports medicine; deep muscle therapy.

Benefits:

Flexes spinal joints and relieves pressure on spinal column. Invigorates entire back area.

MANUAL UP - DOWN CONTROL

Manually moves the massage mechanism up or down the back. This feature is meant to be used with the stationary massage mode.

PRE-PROGRAMMED MASSAGE SESSION

This feature utilizes all of the features listed above in a 15-minute pre-determined program. Just sit back, relax and enjoy your massage.



Stationary Kneading

Product Care & Storage

To keep your product working and looking its best, please follow these simple care guidelines.

General Maintenance

1. Be sure to disconnect the power cord from the electrical outlet before cleaning.
2. Do not use benzene, thinner or any other solvents on your massage chair.
3. Remove dust on the backrest or armrest with a vacuum.
4. If the backrest or armrest become soiled, wipe with a damp cloth, then a dry cloth.
5. Common vinyl cleaners may be used for tough stains.
Please follow all manufacturer's instructions on cleaner packaging and pre-test any cleaner on a small inconspicuous area prior to use.
6. When cleaning the controller or around the power switch, use a dry cloth only. **Never use a damp cloth to clean the controller or power switch.**
7. It is suggested that you cover the chair when not in use for a long period of time.
8. The mechanics of this product are specially designed and constructed to be maintenance free. No periodic lubrication or servicing is required.
9. Foreign objects should not be inserted between the massage nodes or the unit housing.
10. When not in use for a long period of time, we recommend that the power cord be coiled and that the unit be placed in an environment free of dust and moisture.
11. Do not store near heat or open flame. Do not leave this product exposed to direct sunlight for long periods of time. This may cause fading or damage.

Warranty & Service

Please read the following warranty information before using your new HTT-7 massage chair:

The HTT-7 massage chair comes with a limited one year warranty against mechanical defects (cosmetics are not covered). The warranty is not valid if the product has been misused or damaged in any way that is beyond the control of Interactive Health. The warranty applies only to the product, and Interactive Health is not responsible in any way for losses, damages, or inconvenience caused by equipment failure.

In the unlikely event that your HTT-7 malfunctions and requires repair, please contact **Interactive Health Customer Service at (800) 742-5493** for instructions and assistance. Please note the following procedures for any repair of the HTT-7:

1. Contact Interactive Health for instructions and assistance. Your chair or parts will need to be returned to us for service by our repair technicians.
2. It is your responsibility to properly pack the product/parts, and to arrange and pay for shipping to the Interactive Health repair facility.
3. A Customer Service Representative will provide you with detailed shipping instructions. You will also be given a Return Authorization Number (RA).
4. All product/parts returned to IH for repair must have the RA number clearly written on the outside of the box. If the RA number is not on the box, your shipment will be refused by our distribution center. You will also need to provide proof of purchase (a copy of your receipt is acceptable).
5. If your HTT-7 requires repair within the first 90 days of ownership, Interactive Health will repair your product/parts, and return the product/parts to you at no charge.
6. If your HTT-7 requires repair after 90 days, but within 1 year of ownership, you will be required to pay the labor cost. Interactive Health will repair the product, and pay to have the product returned to you.
7. If your HTT-7 requires repair after 1 year, you will be required to pay for all costs associated with the repair of your product/parts.

All service covered by this warranty must be approved by Interactive Health. Call Interactive Health Customer Service toll free at (800) 742-5493 between the hours of 9:00am and 5:00pm Pacific Standard Time.

Specifications

Operating Voltage:	120 Vac 50/60 Hz (Ground)
Power Consumption:	40 Watts (0.3 Amps)
Size: Chair	26.5"W x 37.5"L x 42"H
Ottoman (optional)	21"W x 17"L x 16"H
Weight: Chair	87 Lbs
Ottoman (optional)	16 Lbs
Recline Angle:	110 - 150 Degrees
Rotation (Swivel) Angle:	30 Degrees
Number of Massage Functions:	Four (4)
Pre-programmed Function:	15 Steps (Repeating)
Massage Head Storage:	Auto at Bottom
Automatic Timer Shut-Off:	15 minutes
Total Massage Stroke Length:	18.0 Inches
Full Length Travel:	43 seconds (22 In/Min)
Rolling:	10 Cycles/Minute
Kneading:	63 Cycles/Minute
Compression:	57 Cycles/Minute
Percussion:	135 Cycles/Minute
Cover Fabric Material:	Polyester
Accessories:	Handheld Remote Control



Interactive HealthSM
3030 Walnut Avenue, Long Beach, California 90807
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Important Safety Instructions

Read all instructions before using the HTT-7.

DANGER: To reduce the risk of electrical shock

Always unplug massager from the electrical outlet immediately after using and before cleaning.

Do not reach for an appliance that has fallen into water. Unplug immediately.

WARNING: To reduce the risk of burns, fire, electric shock or injury to persons

An appliance should never be left unattended when plugged in.

Unplug from outlet when not in use, and before putting on or taking off parts.

Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.

Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.

Always keep the power cord away from heated surfaces.

Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.

Never drop or insert any object into any opening.

Do not use outdoors.

Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

To disconnect, turn all controls to the OFF position, then remove plug from outlet.

Do not massage abdomen when pain is present or if you are pregnant.

Do not massage any area of the body that is swollen, inflamed or covered with skin eruptions. Do not use on unexplained calf pain.

Do not use massager when standing on a damp floor, or when any part of the body is in contact with plumbing or any similar ground.

Always connect massager to a properly grounded electrical outlet.

This unit is designed to operate on standard 120 Volt 60 Hz house current.

Do not use unit if noise above normal sound is heard.

The unit is designed for personal in-home use. Commercial use will void warranty.

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