



© Interactive Health®, 2006  
Patents Pending and intellectual property rights enforced.  
No medical claims are warranted or implied by the use of this product.  
HT is a trademark and HTT Human Touch Technology is a registered  
trademark of Interactive Health®, Inc.

[www.interhealth.com](http://www.interhealth.com)

HT-103-A0



# ROBOTIC MASSAGE CHAIR

HT™-103 USE & CARE MANUAL

# HT™-103

## ROBOTIC MASSAGE® CHAIR

YOU HAVE PURCHASED A TICKET TO  
**TRANQUILITY** – CONGRATULATIONS!

Your HT™-103 chair is the perfect bridge between state-of-the-art technology and the ancient healing art of massage. It's a key ingredient for a balanced life, conveniently designed for use at home.

Your HT™-103 chair incorporates Human Touch Technology®. The very latest Robotic Massage® system, HTT® emulates the same techniques used by massage and chiropractic professionals for back and spinal care. Superior technology, combined with a wide variety of massage modes and sleek design, means your HT™-103 chair will be a permanent fixture in your home for years to come.

To ensure that you don't overlook any of your chair's features, and that you use it safely, read this manual carefully. Then sit back, relax, and enjoy!



**Human TOUCH**  
ROBOTIC MASSAGE CHAIR

### Interactive Health® Partners in Your Well-Being

For 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. Balancing your physical and mental needs requires the right mix of proper nutrition, exercise, and massage. Interactive Health® 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](http://www.interhealth.com) or call our Customer Service Representatives at 800-355-2762.



HTT®, recommended by professionals, designed for you.



"HTT®" is the preferred technology of the ACCO.  
[www.accoweb.org](http://www.accoweb.org)



# KEEP IT SAFE

Read all instructions before using this product.

**WARNING:** Do not put hands or fingers near the massage mechanism or rollers while this product is running. Touching the mechanism can result in injury from the rollers squeezing together.

**DANGER:** To reduce the risk of electrical shock  
Always unplug this product from the electrical outlet immediately after using and before cleaning. Do not reach for this product if it has fallen into water. Unplug immediately.

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

- This product 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 product is used by, on, or near children, invalids, or disabled persons.
- Use this product only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this product 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 this product to a service center for examination and repair.
- Always keep the power cord away from heated surfaces.
- Never operate this product 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 this product when standing on a damp floor, or when any part of the body is in contact with plumbing or any similar ground.
- Always connect this product to a properly grounded electrical outlet.
- This product is designed to operate on standard 120 Volt 60 Hz house current.
- Do not use this product if noise above normal sound is heard.
- This product is designed for personal in-home use. Commercial use will void warranty.

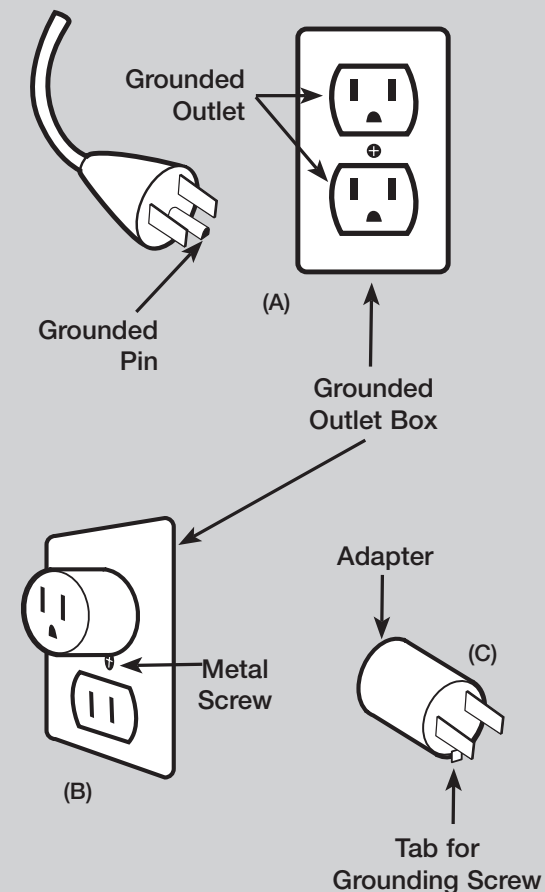
## Safety Precautions

- Comfortable clothing is recommended while using this product.
- This product was meant to be used in a relaxed position. Never force any body part into the backrest area while the rollers are moving.
- Do not allow children to use this product.
- If you feel any abnormal discomfort during the operation of this product, turn off the power immediately and do not use the product. 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 product and that there is sufficient space to recline.
- When using this product after it has been in storage, check to see that the product is operating properly prior to sitting in the product.
- **Do not attempt to repair this product yourself.**  
If a malfunction occurs, please contact Interactive Health® at (800) 355-2762.

## SAVE THESE INSTRUCTIONS

For all grounded cord-connected products:

### Grounding methods:



### Grounding Instructions:

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

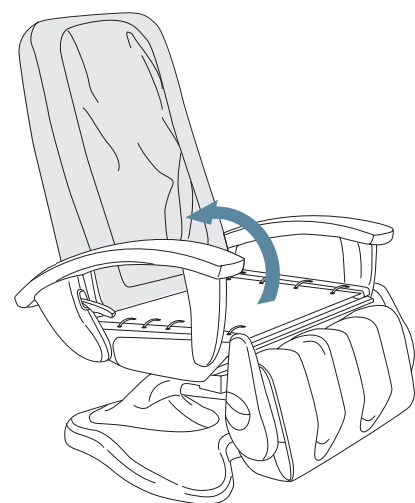
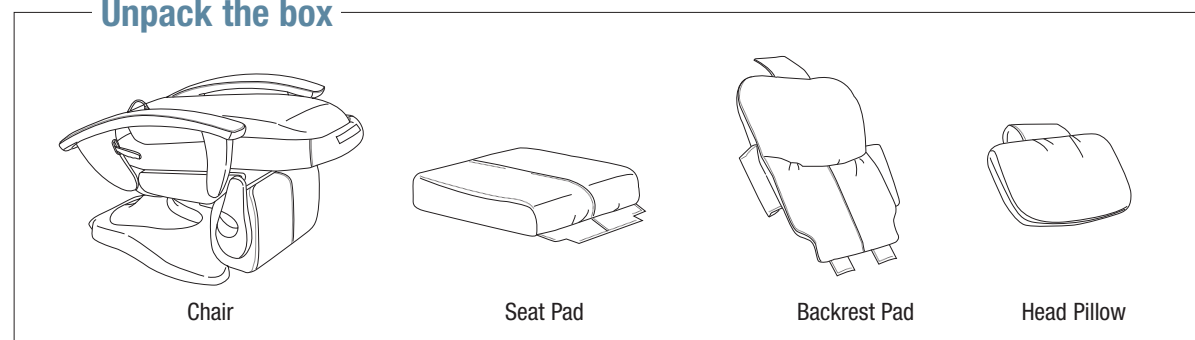
**WARNING:** Improper connection of the equipment-grounding conductor can result in a risk of electronic shock. Check with a qualified electrician or serviceman if you are in doubt as to whether this product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a normal 120-volt circuit and has a grounding plug that looks like the plug illustrated in sketch (A). A temporary adapter that looks like the adapter used in sketches (B) and (C) may be used to connect this plug to a 2-pole receptacle as shown in sketch (B), if a properly grounded plug is not available. The temporary adapter should be used only until a properly grounded outlet (sketch A) can be installed by a qualified electrician. The green colored, rigid ear tab or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

**WARNING:** This product is equipped with a thermal resetting protection device. This is an added safety feature to protect you and this product from overheating. If the product should suddenly stop and will not start, turn the main power switch, located on the back of the product, off and do not operate the product for at least 30 minutes. Failure to turn the product off may result in the product starting unexpectedly when the device cools.

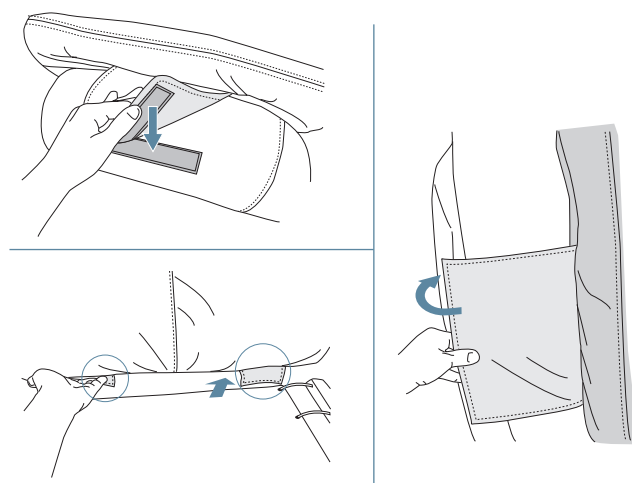
# GET READY

## Unpack the box



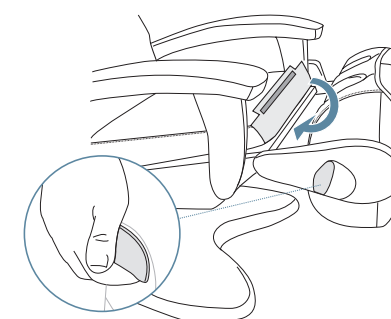
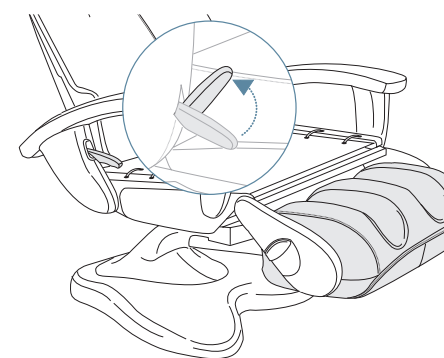
### 1. Unfold the chair

Remove all packaging materials from the chair. Pull up on the backrest to unfold the chair to an upright position. The backrest locks into place automatically.



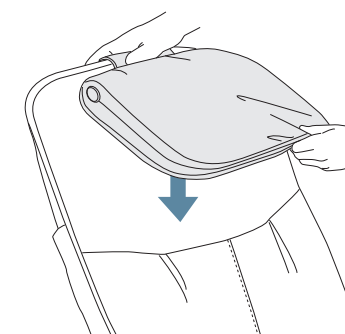
### 2. Install the backrest pad

Attach the backrest pad to the backrest using the hook and loop fasteners on the top of the backrest and backrest pad. Smooth the two flaps on the bottom of the backrest pad under the bottom of the backrest. The flaps attach to the backrest using the hook and loop fasteners. Attach the flaps on each side of the backrest pad to the backrest, using the hook and loop fasteners.



### 3. Install the seat cushion

Stand at the right-hand side of the chair. Pull up on the footrest lever to extend the footrest to a horizontal position. Pull up on the footrest release handle, located on the right-hand side of the footrest, then rotate the footrest away from the chair until it is in a vertical position. Attach the seat cushion to the back of the seat, using the hook and loop fasteners. Wrap the flap on the front of the seat cushion around the chair frame and attach it to the top of the chair frame using the hook and loop fasteners.



### 4. Install the head pillow

Attach the head pillow to the flap on the top of the backrest pad using the hook and loop fasteners. Adjust the head pillow height for maximum comfort.

**YOUR HT™-103**  
requires some simple assembly  
(no tools required). Just install  
the backrest pad, the seat pad  
and the head pillow, and you're  
set to go!





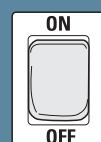


# TAKE A SEAT



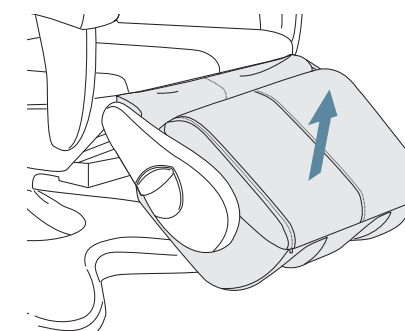
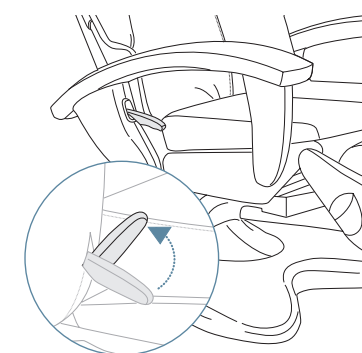
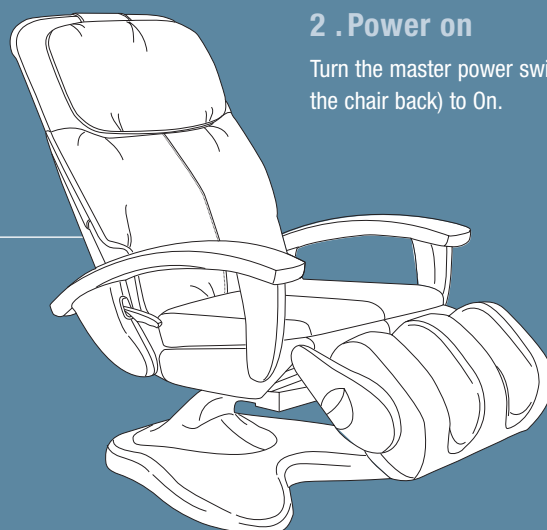
## 1. Plug it in

Plug the power cord into a grounded 110 VAC power source.



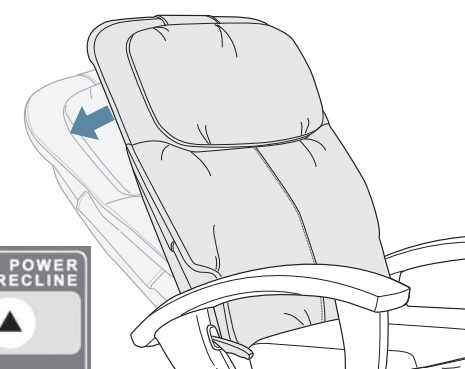
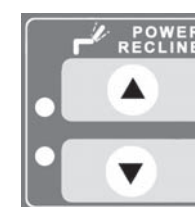
## 2. Power on

Turn the master power switch (on the bottom center of the chair back) to On.



## 3. Adjust the footrest height

While sitting in the chair, pull up on the footrest lever (located on the right-hand side of the chair) to raise the footrest to a comfortable height. Release the handle.



## 4. Adjust the backrest

Use the remote control Power Recline buttons to adjust the backrest angle for maximum comfort.

⦿ When changing direction (from Recline to Incline and from Leg Up to Leg Down), there is a slight pause while the chair gears shift. This is perfectly normal.

## USING YOUR HT™-103 CHAIR

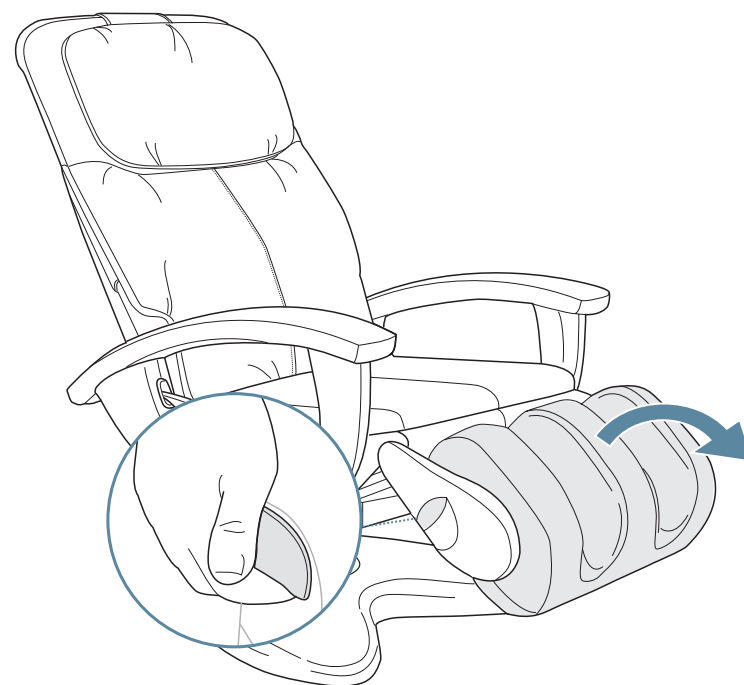
is easy. Just take a seat, adjust the backrest and calf+foot massager to the desired position, and you're ready to go. Your HT™-103 massage chair expertly soothes tired muscles from head to toe, using a wide variety of massage techniques that you control. It's a luxury you will treasure for years to come.

# TAKE A SEAT

## FOR A CALF MASSAGE:

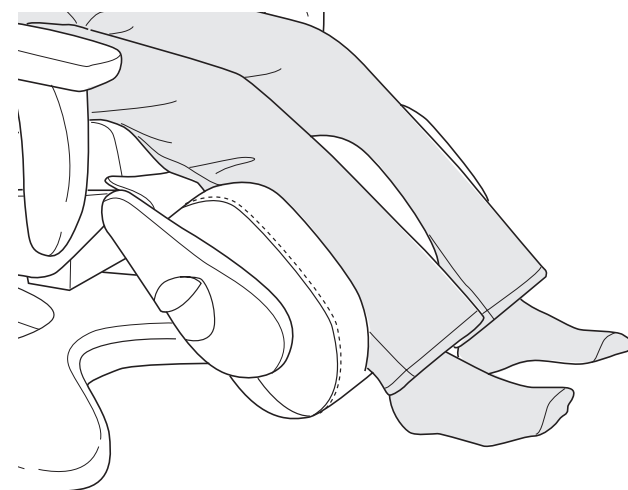
### 1. Adjust the footrest angle

While sitting in the chair, pull up on the footrest release handle (located on the right side of the footrest). Rotate the footrest away from the chair until it clicks into position, with the calf+footrest on top. **Do not rotate the footrest past the point at which it clicks into position-it will break.**



### 2. Insert your legs into the calf+foot massager

If your legs feel uncomfortable, remove them from the massager.



 Do not stand or sit on the footrest

## FOR A FOOT MASSAGE:

### 1. Release the footrest

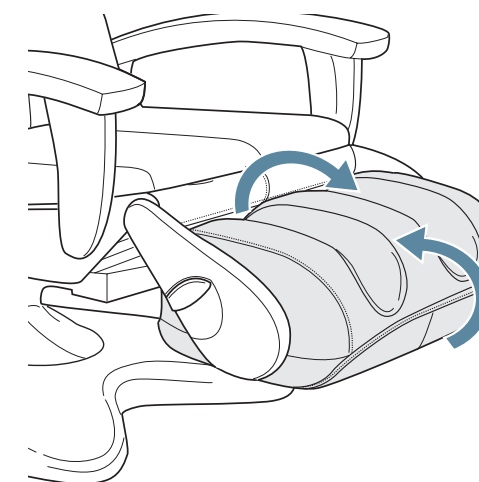
While sitting in the chair, pull up on the footrest release handle (located on the right side of the footrest).

#### **If the calf+footrest is not already on top:**

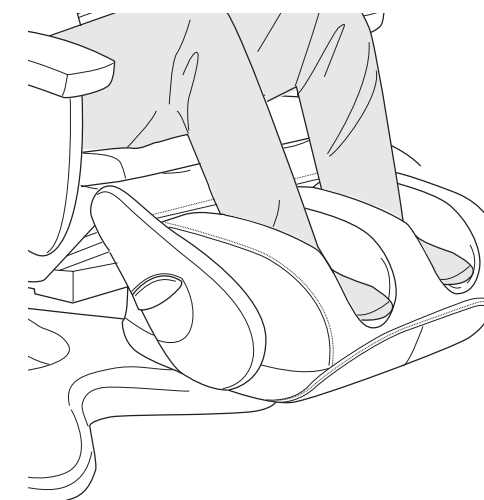
Rotate the footrest away from the chair just until the calf+footrest is on top. Do not rotate it so far that it clicks into position; the footrest should be moving freely for a foot massage.

#### **If the calf+footrest is already on top and locked into position for a calf massage:**

Rotate the footrest toward the chair until it is moving freely.



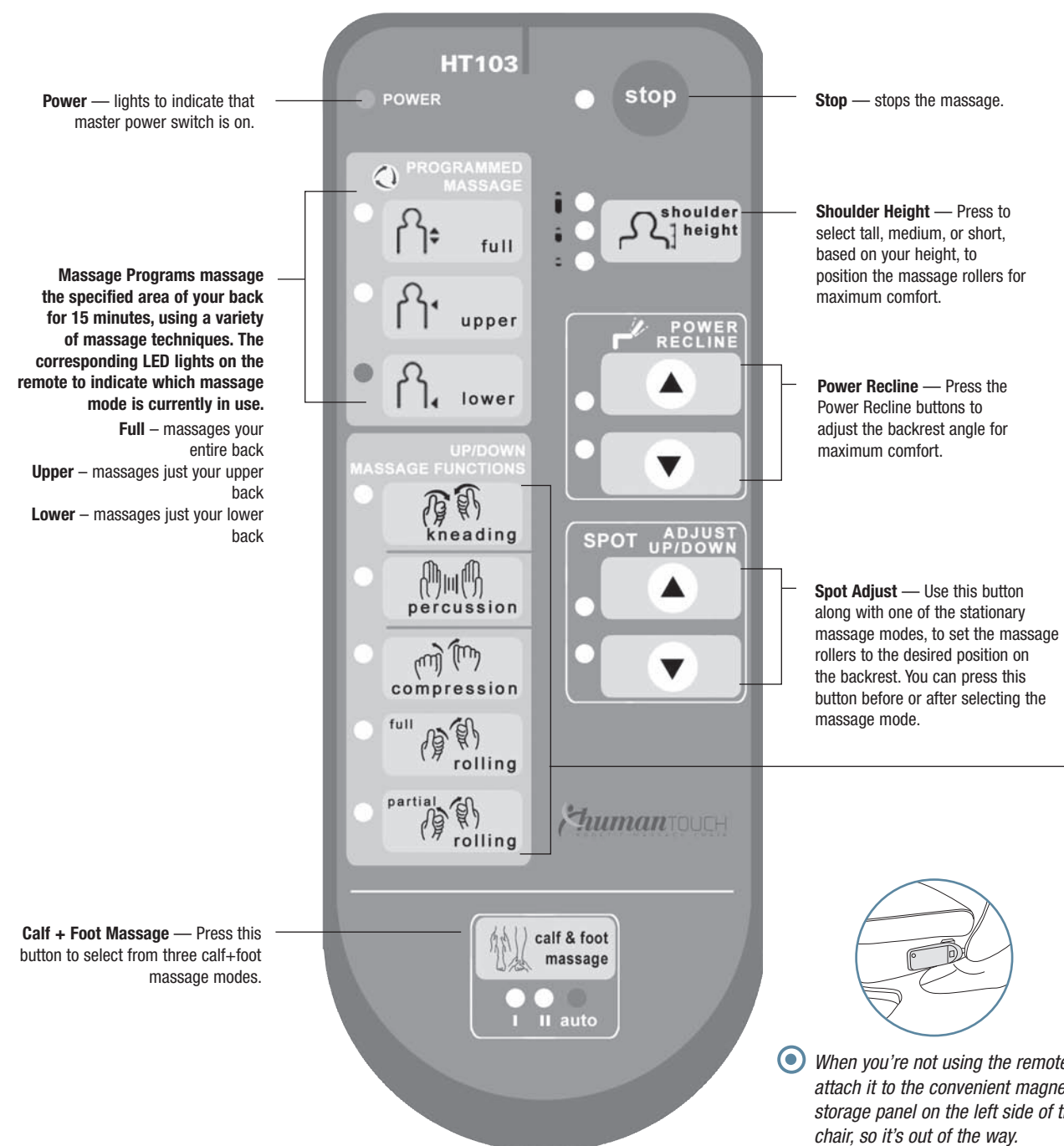
### 2. Insert your feet



### Before getting out of the chair, always lower the footrest.

While sitting in the chair, pull up on the footrest release handle (located on the right-hand side of the footrest). Rotate the footrest toward the chair, until the smooth side is on top. Pull up on the footrest release lever (located on the right-hand side of the chair), then use your calves to push down on the footrest, folding it into a vertical position.

# TAKE CONTROL



## MESSAGE MODES



**Kneading** — kneads your back in small, circular motion on both sides of your spine simultaneously, relieving tension and soreness by lifting and stretching muscles. Kneading improves circulation and helps bring vital nutrients to the spinal area.



**Percussion** — alternating rapid-tapping strokes along the spine stimulate both spinal muscles and spinal joint areas, emulating the percussive massage technique used in sports medicine for deep muscle therapy. Percussion massage flexes spinal joints and relieves pressure on the spinal column, invigorating the entire back area.



**Compression** — presses on spinal muscles and spinal joint areas using alternating strokes and a gentle rocking motion, emulating a technique used in sports medicine and in spinal therapy by chiropractors. Compression spreads and puts pressure on deep muscle tissue, forcing it to relax, while the rocking motion loosens spinal joints. This technique aids in muscle and joint repair due to strain from exercise, long hours bent over a desk, or just day-to-day stress, and can improve mobility and overall posture.



Can be used with Percussion, Kneading and Compression massage modes.

**Rolling Full** — rolls gently up and down your back near your spine, gently alternating side-to-side, to warm up and loosen your muscles and prepare your back for deeper massage. Rolling massage relieves muscle tension, improves circulation and relaxes the back.

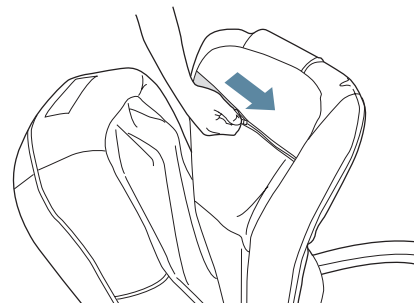
**Rolling Partial** — applies the massage to a 3-inch-high portion of your back. Use the Spot Adjust buttons to position the massage rollers to the desired area.

NOW CHOOSE  
A MESSAGE  
MODE TO SUIT  
YOUR MOOD.

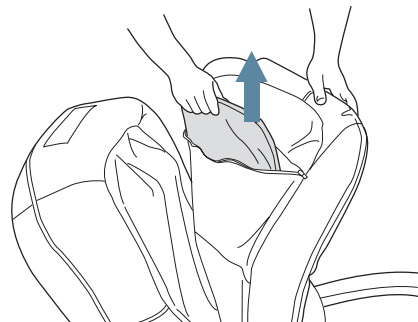
Your HT™-103 massage chair lets you customize your massage using a wide variety of massage modes. Choose from three stationary massage modes and two rolling massages, or combine them. Too tired to make a decision? Just select one of the three auto programs, which alternate between massage modes and target different areas of your back. For specific sore spots, position the massage rollers to target that spot. Your HT™-103 offers maximum flexibility, to meet all of your back massage needs.

# FOR A STRONGER MASSAGE

1. Detach the top of the backrest pad hook and loop strip from the chair.



2. Open the horizontal zipper on the back of the backrest pad.



3. Remove the massage-softening pad from the pocket.
4. Close the zipper.
5. Attach the top of the backrest pad to the chair using the hook and loop strip.

You can re-insert the massage-softening pad in the future, following these same steps.

*Additional massage-softening pads are available from Interactive Health®, for an additional charge.*

## WANT A STRONGER MASSAGE?

You can easily remove the massage-softening pad that comes preinstalled in your HT™-103 chair. But keep it handy, in case you want to replace it in the future.

# CARE AND MAINTENANCE

**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 armrests become soiled, wipe with a damp cloth, then a dry cloth.
5. Common upholstery cleaners may be used for tough stains.
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 are 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.



# Limited One (1) Year Warranty

Please read the following warranty information for important disclosures before using your new Human Touch Technology® massage chair.

It is Interactive Health®'s mission to design, develop, manufacture and sell innovative, high quality massage products that create a better and healthier way of life. We appreciate your commitment to our mission and our products and are pleased to let you know that the Interactive Health®, HTT® massage chair that you purchased comes with a limited one-year warranty. The warranty provides peace of mind that you are covered for mechanical or structural defects in workmanship within the coverage guidelines and limitations outlined below.

### Coverage Guidelines:

The warranty begins on the original purchase date and consists of:

- Factory Service (Labor): Interactive Health® will supply packing materials, cover return shipping to Interactive Health®, repair parts covered by this warranty and labor for repair work and return shipping to purchaser when repairs are completed.
- Parts Only (Parts): Interactive Health® will supply repair parts that are covered by this warranty and return shipping to purchaser for repairs performed at the factory.
- Structural (Metal Frame): Interactive Health® will supply packing materials and repair parts covered by this warranty and return shipping to purchaser for repairs performed at the factory.

HTT® Chair (HT™ Models)	Factory Service	Parts	Structural
New Products (Original Packaging Only)	90 days	1 year	1 year
Refurbished Products	60 days	6 months	6 months
Floor Demos (including "out of box")	NONE	6 months	6 months

In the unlikely event that your chair malfunctions or requires repair, please contact your retailer. For USA customers only, please contact Interactive Health® Customer Service at (800) 355-2762 between the hours of 8:30AM and 5:00PM PST or cs@interhealth.com for assistance. You can also send a fax to customer service at (800) 840-2940.

All warranty service requires approval and authorization by Interactive Health®. Products require a Return Merchandise Authorization Number (RMA) for any returns to the factory. For returns, the consumer is responsible for packing the product in the original box or in approved packaging that is available for sale from Interactive Health®. Shipping and freight coverage under this warranty requires scheduling by Interactive Health® and only includes "curb-side" pickup/delivery. Products received without a valid RMA number or one clearly marked on the box will be refused.

### General Limitations:

- The warranty is only valid within the United States and Canada provided the product has been operated according to the instructions accompanying it and has not been misused or damaged in any way that is beyond the control of Interactive Health®.
- All service covered by this warranty must be approved by Interactive Health® and repairs performed by authorized technicians.
- The warranty applies only to the massage chair; accessories or enhancements are not covered.
- Important exclusions apply to cosmetic items such as fabrics, woods, foams, padding, plastics covers, etc.
- Interactive Health® is not responsible in any way for losses, damages, or inconvenience caused by equipment failure.
- For a complete listing of warranty coverage, exclusions, and limitations, visit [www.interhealth.com](http://www.interhealth.com).
- Warranties do not apply to rental, business, commercial, institutional, or other non-residential users.
- Separate warranty terms apply to used/refurbished products including those received out-of-box. Proof of purchase (original receipt) is required for all warranty repairs.

### EXTENDED WARRANTIES:

Interactive Health® offers extended warranty programs to enhance ownership of the Interactive Health® chair! Extended warranty purchases are available within 90 days of purchase of HT™ Chairs from either the retailer or direct from Interactive Health®'s Customer Service Department.

Please visit [www.interhealth.com](http://www.interhealth.com) for the latest terms and pricing for extended warranties.

SPECIFICATIONS\*

Operating Voltage:	110 -120 VAC
Power Consumption:	90 Watts
Size:	Chair (reclined) 68" L x 28" W x 28" H
Weight:	Chair 141 Lbs
Recline Angle:	120 - 170 Degrees
Rotation (Swivel) Angle:	Swivel 60 Degrees (left to right)
Number of Massage Functions:	Four (4)
Massage Head Storage:	Auto at Top
Automatic Timer Shut-Off:	15 minutes
Total Massage Stroke Length:	25.5 Inches
Rolling:	1 Speed
Kneading:	1 Speed
Compression:	1 Speed
Percussion:	1 Speed
Maximum weight:	285 Lbs.
Cover Fabric Material:	Leather match
Accessories:	Handheld Remote Control Massage Softening Pad

*\*Specifications are subject to change without prior notice.*



WWW.INTERHEALTH.COM