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Chirp R-RTB-1-BK-B

Chirp Contour Smart Decompression Table User Manual

Model: R-RTB-1-BK-B

1. Introduction

Thank you for choosing the Chirp Contour Smart Decompression Table. This device is designed to provide at-home back decompression, massage, and heat therapy to help alleviate back and neck discomfort. Please read this manual thoroughly before initial use to ensure proper operation and safety.



Image 1.1: User experiencing relief with the Chirp Contour table. This image illustrates the product in use, highlighting its ergonomic design for back and neck support.

2. Important Safety Information

WARNING: To reduce the risk of electric shock, burns, fire, or injury, always follow these precautions:

- Read all instructions before using this appliance.
- Do not use this product near water or in damp environments.
- Always unplug the appliance from the electrical outlet immediately after using and before cleaning.
- Never leave the appliance unattended when plugged in.
- 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. Contact customer support for examination and repair.
- Keep the cord away from heated surfaces.
- 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.
- Do not use on sensitive skin areas or in the presence of poor circulation.
- Consult your physician before using this product if you have any pre-existing medical conditions, are pregnant, or have a pacemaker.

3. Product Overview

The Chirp Contour combines decompression, massage, and heat therapy in one device. It features a durable construction with a soft-lux cover and a remote for easy control.



Image 3.1: Internal components of the Chirp Contour table. This diagram shows the fully adjustable neck and shoulder massagers, dynamic decompression roller, and interchangeable rollers, along with the access latch.

Key Components:

- **Head Rest:** Provides support for the head and neck.
- **Cloud-soft Fabric with Heating Technology:** Enhances comfort and provides heat therapy.
- **Soft-lux Cover:** Durable and comfortable exterior.

- **Remote Pocket:** Convenient storage for the remote control.
- **Seat:** Main body of the table where the user lies.
- **Access Latch:** Used to open the device for roller changes.
- **Fully Adjustable Neck & Shoulder Massagers:** Target specific areas for neck and shoulder relief.
- **Dynamic Decompression Roller:** Provides spinal decompression.
- **Interchangeable Rollers:** Allows customization of massage intensity.

4. Setup

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the Chirp Contour on a flat, stable surface, such as the floor or a firm bed.
3. **Power Connection:** Plug the power adapter into the designated port on the device, then plug the adapter into a standard electrical outlet.
4. **Roller Installation (if not pre-installed):**
    - Locate the Access Latch on the device.
    - Open the device to reveal the roller mechanism.
    - Select your desired roller (Soft, Contour, or Deep Tissue).
    - Align the roller with the slots and gently push until it clicks into place.
    - Close the device securely.

5. Operating Instructions

The Chirp Contour is controlled via the included remote. Ensure the device is plugged in and powered on before use.



Image 5.1: Remote control layout and functions. This image details the various buttons for controlling massage types, intensity, heat, and preset programs.

Remote Control Functions:

- **Power Button:** Turns the device on/off.
- **Preset Profiles:** Activates pre-programmed massage routines.
- **Neck Massage:** Controls the neck and shoulder massagers.
- **Up/Down Arrows:** Adjusts the position of the rollers or neck massagers.
- **Rotation:** Changes the direction of roller rotation.
- **Back Massage:** Activates the back massage function.
- **Roll:** Engages the rolling massage action.
- **Decompress:** Initiates the spinal decompression function.
- **Target:** Focuses massage on a specific area.

- **Heat:** Turns heat therapy on/off.
- **3 Preset Programs:**
  - **Warm Up:** Gentle preparation for muscles.
  - **Recovery:** Aids in post-activity muscle recovery.
  - **Relax:** Soothing program for general relaxation.
- **Change Rollers:** Indicates when rollers can be safely changed (refer to Setup section).

Using the Device:

1. Lie down comfortably on the Chirp Contour, ensuring your back and neck are aligned with the device's contours.
2. Use the remote control to power on the device.
3. Select your desired massage type (Roll, Decompress, Target), activate Neck Massage, or choose a Preset Program.
4. Adjust roller position, rotation, and heat as needed for your comfort.
5. Begin with shorter sessions (5-10 minutes) and gradually increase duration as your body adapts.
6. After your session, power off the device and unplug it from the outlet.



Image 5.2: Illustrates the three core therapies: massage, heat, and decompression. This image shows a user benefiting from the combined features of the Chirp Contour.

6. Interchangeable Rollers

The Chirp Contour comes with three interchangeable rollers, allowing you to customize your experience based on your comfort and needs.



Image 6.1: The three interchangeable rollers. From left to right: Soft Roller, Contour Roller, and Deep Tissue Roller, each designed for different pressure levels.

- **Soft Roller:** Provides gentle pressure, ideal for sensitive backs or initial use.
- **Contour Roller:** Features four pressure points for a balanced and targeted massage.
- **Deep Tissue Roller:** Delivers firm pressure and an outward stretch for deeper muscle relief.

To change rollers, refer to the "Roller Installation" step in the Setup section (Section 4).

7. Maintenance

Cleaning:

- Always unplug the device before cleaning.

- Wipe the exterior of the Chirp Contour with a soft, damp cloth. Do not use abrasive cleaners or harsh chemicals.
- Ensure no liquid enters the internal components.
- Allow the device to dry completely before plugging it back in.

Storage:

- Store the device in a cool, dry place, away from direct sunlight and extreme temperatures.
- Avoid placing heavy objects on the device during storage.
- Keep the power cord neatly coiled to prevent damage.

8. Troubleshooting

Problem	Possible Cause	Solution
Device does not power on.	Not plugged in; Power outlet issue; Damaged cord/adapter.	Ensure power cord is securely plugged into both the device and a working electrical outlet. Try a different outlet. If issues persist, contact customer support.
Rollers are not moving.	Device not powered on; Roller not properly installed; Motor malfunction.	Check power. Ensure rollers are securely clicked into place. If the problem continues, contact customer support.
Heat function is not working.	Heat function not activated; Internal heating element issue.	Press the 'Heat' button on the remote. Allow a few minutes for the heat to build. If no heat is felt, contact customer support.
Remote control is unresponsive.	Low battery; Obstruction; Remote malfunction.	Ensure there are no obstructions between the remote and the device. Replace remote batteries if applicable (check remote specifications for battery type). If still unresponsive, contact customer support.

9. Specifications

Feature	Detail
Model Number	R-RTB-1-BK-B
Brand	Chirp
Color	Black
Dimensions (L x W x H)	60 x 10 x 3 inches

Feature	Detail
Material Type	Faux Leather
Additional Features	Heat, Height Adjustable, Portable, Speed Control
UPC	810091141304

10. Warranty and Support

Warranty Information:

Chirp products are designed for quality and durability. For specific warranty details regarding your Chirp Contour Smart Decompression Table, please refer to the warranty card included with your purchase or visit the official Chirp website.

Customer Support:

If you have any questions, require assistance with setup, operation, or troubleshooting, or need to report a defect, please contact Chirp customer support:

- **Website:** Visit the Chirp Store on Amazon (for general product information)
- Refer to your product packaging or the official Chirp website for direct contact information (phone, email).

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