

HOMEDICS™

#1 BRAND IN MASSAGE®



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MOMENT NOW

REGISTER YOUR PRODUCT AT:

www.homedics.com/register

Your valuable input regarding this
product will help us create the
products you will want in the future.

AIR COMPRESSION BACK STRETCHING MAT

INSTRUCTION MANUAL AND WARRANTY INFORMATION

2-YEAR LIMITED WARRANTY

BM-AC105

IMPORTANT SAFETY INSTRUCTIONS

WHEN USING ELECTRICAL PRODUCTS, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING:
READ ALL INSTRUCTIONS BEFORE USE.

DANGER – TO REDUCE THE RISK OF ELECTRIC SHOCK:

- Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
- Never use pins or other metallic fasteners with this appliance.

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 or attachments.
- NOT for use by children.
- Close supervision is necessary when this appliance is used on or near children or by, on, or near disabled persons.
- Use this appliance only for its intended purpose as described in this manual. DO NOT use attachments not recommended by HoMedics; specifically, any attachments not provided with the unit.
- NEVER operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been dropped or damaged, or dropped into water. Return the appliance to a HoMedics Service Center for examination and repair.
- Keep the cord away from heated surfaces.
- NEVER drop or insert any object into any opening.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- DO NOT operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- DO NOT carry this appliance by supply cord or use cord as a handle.
- To disconnect, turn all controls to the "Off" position, then remove plug from outlet.
- DO NOT use outdoors.
- NEVER operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.

SAVE THESE INSTRUCTIONS

CAUTION – PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE OPERATING.

- This product is not intended for medical use.
- Consult your doctor prior to using this product, if
 - You are pregnant
 - You have a pacemaker
 - You have any concerns regarding your health
- NOT recommended for use by diabetics.
- NEVER leave the appliance unattended, especially if children are present.
- DO NOT use this product for more than 15 minutes at a time.
- Extensive use could lead to the product's excessive heating and shorter life. Should this occur, discontinue use and allow the unit to cool before operating.
- NEVER use this product directly on swollen or inflamed areas or skin eruptions.
- DO NOT use this product as a substitute for medical attention.
- NEVER use this product while in bed.
- This product should NEVER be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the controls or who has sensory deficiencies in the lower half of their body.
- NEVER use this product in automobiles.
- This appliance is intended for household use only.

INSTRUCTIONS FOR USE

To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not change the plug in any way.

1. Locate the included adapter and insert the adapter jack into the plug on the mat.
2. Lay the stretch mat on the floor, and lie flat on your back on top of the mat. See pages 6-7 for instructions on how to use the hand control.

MAINTENANCE

TO STORE

Place stretch mat in its box or in a safe, dry, cool place. Avoid contact with sharp edges or pointed objects that might cut or puncture the fabric surface. To avoid breakage, do not wrap the power cord around the unit. Do not hang the unit by the hand control cord.

TO CLEAN

Unplug the unit and allow it to cool before cleaning. Clean only with a soft, slightly damp sponge. Never allow water or any other liquids to come into contact with the unit.

- DO NOT immerse in any liquid to clean.
- NEVER use abrasive cleaners, brushes, gasoline, kerosene, glass/furniture polish, or paint thinner to clean.
- DO NOT attempt to repair the stretch mat. There are no user-serviceable parts. For service, call the Consumer Relations telephone number listed in the Warranty section.

CAUTION: All servicing of this product must be performed by authorized HoMedics service personnel only.

FCC STATEMENT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: HoMedics is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

SUSPEND BUTTON

When enjoying 1 of the 4 programs, you may choose to pause the program and take a break. Pressing the “suspend” button will cause all airbags to deflate. When you are ready to resume the program, pressing the suspend button again will restart the program from where you left off.

PROGRAMS

Select a program button to enjoy 1 of 4 custom stretching programs that inflate the airbags in a pre-programmed sequence.



POWER BUTTON

To turn on the stretch mat, press the Power button. The blue LED will illuminate. Next, select a program.

INTENSITY

Once your program is selected, you may choose from 3 intensities. Press the up arrow to increase intensity, and the down arrow to decrease intensity. The higher the intensity, the more the airbags will inflate, and the more intense your stretch will become. It is recommended you begin on intensity level 1, and increase if needed. The white LEDs will illuminate to indicate what level of intensity has been selected.

2-YEAR LIMITED WARRANTY

HoMedics sells its products with the intent that they are free of defects in manufacture and workmanship for a period of 2 years from the date of original purchase, except as noted below. HoMedics warrants that its products will be free of defects in material and workmanship under normal use and service. This warranty extends only to consumers and does not extend to retailers.

To obtain warranty service on your HoMedics product, contact a Consumer Relations representative for assistance. Please make sure to have the model number of the product available.

HoMedics does not authorize anyone, including but not limited to retailers, the subsequent consumer purchaser of the product from a retailer or remote purchasers, to obligate HoMedics in any way beyond the terms set forth herein. This warranty does not cover damage caused by misuse or abuse, accident, the attachment of any unauthorized accessory; alteration to the product; improper installation; unauthorized repairs or modifications; improper use of electrical/power supply; loss of power; dropped product; malfunction or damage of an operating part from failure to provide manufacturer's recommended maintenance; transportation damage; theft; neglect; vandalism; or environmental conditions; loss of use during the period the product is at a repair facility or otherwise awaiting parts or repair; or any other conditions whatsoever that are beyond the control of HoMedics.

This warranty is effective only if the product is purchased and operated in the country in which the product is purchased. A product that requires modifications or adoption to enable it to operate in any other country than the country for which it was designed, manufactured, approved and/or authorized, or repair of products damaged by these modifications is not covered under this warranty.

THE WARRANTY PROVIDED HEREIN SHALL BE THE SOLE AND EXCLUSIVE WARRANTY. THERE SHALL BE NO OTHER WARRANTIES EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS OR ANY OTHER OBLIGATION ON THE PART OF THE COMPANY WITH RESPECT TO PRODUCTS COVERED BY THIS WARRANTY. HOMEDICS SHALL HAVE NO LIABILITY FOR ANY INCIDENTAL, CONSEQUENTIAL, OR SPECIAL DAMAGES. IN NO EVENT SHALL THIS WARRANTY REQUIRE MORE THAN THE REPAIR OR REPLACEMENT OF ANY PART OR PARTS THAT ARE FOUND TO BE DEFECTIVE WITHIN THE EFFECTIVE PERIOD OF THE WARRANTY. NO REFUNDS WILL BE GIVEN. IF REPLACEMENT PARTS FOR DEFECTIVE MATERIALS ARE NOT AVAILABLE, HOMEDICS RESERVES THE RIGHT TO MAKE PRODUCT SUBSTITUTIONS IN LIEU OF REPAIR OR REPLACEMENT.

This warranty does not extend to the purchase of opened, used, repaired, repackaged, and/or resealed products, including but not limited to sale of such products on internet auction sites and/or sales of such products by surplus or bulk resellers. Any and all warranties or guarantees shall immediately cease and terminate as to any products or parts thereof that are repaired, replaced, altered, or modified, without the prior express and written consent of HoMedics.

This warranty provides you with specific legal rights. You may have additional rights that may vary from state to state and country to country. Because of individual state and country regulations, some of the above limitations and exclusions may not apply to you.

For more information regarding our product line in the USA, please visit www.homedics.com.
For Canada, please visit www.homedics.ca.

FOR SERVICE IN THE USA:

Email: cservice@homedics.com

Monday–Friday 8:30am–7:00pm EST

1.800.466.3342

FOR SERVICE IN CANADA:

Email: cservice@homedicsgroup.ca

Monday–Friday 8:30am–5:00pm EST

1.888.225.7378

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IB-BMAC105

HOMEDICS™
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Congratulations on the purchase of your new massager. After you remove the clear poly-bag, you may notice a slight odor. This odor can be common and is completely harmless. Allow the product to “air-out” and the odor will dissipate after approximately 24 hours.