

Reorder Number
BDSM200



Instruction Manual

Variable Speed Massager



Thank you for purchasing the Body Sport® Variable Speed Massager. Please read this manual carefully before use.

The Body Sport® Variable Speed Massager is a powerful massage therapy unit. In addition to relieving tension, the massager can help reduce body and muscle aches. Massage therapy helps to increase blood circulation to the affected area, which can help reduce pain.

The Body Sport® Variable Speed Massager is ideal for home or clinical use.

Instructions for Use

To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). The plug will fit into outlets only one way. If the plug does not fit properly, reverse the plug and try again. If it still does not fit, you may not have a polarized outlet. Check another outlet nearby or contact a qualified electrician to install the proper outlet. DO NOT change or modify the plug in any way.

1. To turn the unit on, simply turn the dial to the desired intensity. The dial is located near the top of the unit on the side of the housing. Start with a low setting first for several minutes before increasing intensity.
2. Apply massager head lightly to the area you wish to treat.
3. Move the unit slowly around the desired area. Treat the area for a short period of time and move to another area. Never treat the same area for longer than 3 minutes at one time.
4. When treatment is completed, turn unit off, allow it to cool and unplug the unit.

Important Safety Instructions

This is a therapeutic device and should be used only for symptomatic pain relief. If you have the following conditions, please consult your physician or health care professional prior to use.

- If you have diabetes or any illness
- If you have inflammation of the skin
- If you are or suspect you may be pregnant
- If you have any condition that may cause bleeding
- If you have a pacemaker

Precautions:

- Do not use massager for extended periods of time on one concentrated area of the body.
- Keep the massager out of the reach of children.
- Do not use the massager on broken or damaged skin or swollen or inflamed areas of the body.

- Do not use the massager while operating machinery or driving.
- Do not use the massager while sleeping.
- Do not use the massager on or near the eyes or other sensitive areas.

To reduce the risk of electrical shock:

- Always unplug the massager from the outlet after use and before cleaning.
- Do not use while bathing or showering.
- Do not place or store massager where it can fall or be pulled into a tub or sink.
- Do not reach for the massager if it has fallen into water. Unplug it immediately.

Maintenance:

Be sure to unplug the unit first and allow it to cool. Use a damp cloth to wipe the massager. Do not use harsh cleaning agents or solvents.



Warning

- The massager should never be left unattended while plugged in. Unplug from outlet when not in use.
- Do not operate under a blanket or pillow. Excessive heat may occur and may increase the risk of fire, electrical shock or personal injury.
- Do not operate if the cord or plug is damaged, if the unit is not working properly or if the unit has been dropped in water.
- Keep the cord away from direct heat or heated surfaces.
- Never operate the massager while the air opening is blocked. Keep the openings free of hair, lint, etc.
- Do not use outdoors.
- Do not operate where aerosol sprays are being used or where oxygen is being administered.

BODY SPORT SELLS THIS PRODUCT AS-IS AND MAKES NO WARRANTY, EXPRESS OR IMPLIED, INCLUDING, WITHOUT LIMITATION, ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, ALL SUCH WARRANTIES BEING HEREBY EXPRESSLY EXCLUDED.

Limited Product Warranty

This warranty does not extend to the normal wear of the product and is void if the product housing has been removed or if the product fails to function properly as a result of an accident, misuse, abuse, neglect, mishandling, misapplication, defective batteries, faulty installation, set-up, adjustments, improper maintenance, alteration, maladjustment of controls, modification, power surges, commercial use of product, use of product which differs from the suggested use set forth in the product instructions, service by anyone other than an authorized service center or acts beyond the control of the manufacturer.

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