

LET'S GET RECOVERY STARTED!

1. Unpack your Power Roller and it's charging cord.
2. Using a wall outlet, charge your Power Roller till 100% is illuminated on the charging display. Note: Battery comes only partially charged
3. Remove from the charger and **switch power from "off" to "on"**. The display will illuminate
4. While holding the Power Roller securely, press the center "power" button one time to activate the level 1 vibration setting. **Each press of the "power" button will advance to the next power level. On level 5 press the "power" button again to return to level 1.**
5. **Press and hold the "power" button for three seconds to terminate vibration** or switch the "on/off" selector to off.
6. On level 1, apply to the desired muscle. **Methodically massage 3-inch sections of a muscle group traveling at about 1 inch per second.** Gradually move across, until the entire muscle has been massaged. **Two or three passes along a muscle is typically enough to get full benefits from your Power Roller.** As you feel comfortable, increase the speed to your desired intensity.
7. Let pain be your guide. You should not feel sore as a result of use. Gradually increase pressure as you feel comfortable. **Try to relax and let your muscles become flaccid while rolling.** More pressure and higher vibration levels can be applied to larger muscle groups such as the quads and glutes.
8. **Ten minutes is sufficient to massage the entire body.** Spot treatment can be done quickly and problem areas can be revisited throughout the day.

*Battery will hold a charge for greater than two hours of run time. The Power Roller will automatically shut off every twenty minutes. Press "power" again to start a new cycle.

QUICKSTART GUIDE



IT-Band: Resolve leg pain and knee and hip alignments issues.
Suggested speed level: 2-4



Quad and Adductor: Increase hip flexibility and athletic performance.
Suggested speed level: 2-5



Hamstring: Release "ratcheting strap" like tension from the legs that can lead to back pain.
Suggested speed level: 3-5



Upper back and shoulder: Release back pain and stress by positioning roller both vertically and horizontally along the upper back.
Suggested speed level: 1-3



Calves aka the second heart: Increase circulation and whole body performance.
Suggested speed level: 2-4



Glutes and Piriformis: A key position to release tension that leads to back pain and sciatica.
Suggested speed level: 3-5



Hip Flexor: Increase range of motion for performance and healthy pelvis alignment.
Suggested speed level: 2-4



Foot arch health: Posture correction and plantar fasciitis.
Suggested speed level: 1-3



As a natural pain reliever and muscle relaxer, vibration allows you to get deeper while staying comfortable. Whether you are looking for relief from chronic aches and pains, performance gains for your next event or just looking to maintain a healthy lifestyle, the Power Roller is for you.

THE POWER OF ROLLING WITH VIBRATION

- Increase circulation for faster healing and tissue recovery
- Warm up and recover for injury prevention, performance and longevity
- Loosen and lengthen muscles for increased flexibility and range of motion (i.e. improves posture)
- Correct muscle imbalances that can lead to pain and skeletal alignment problems
- Improve neuromuscular efficiency
- Reduce muscle spasm and cramping
- Relieve everyday soreness and stiffness
- Alleviate trigger points, knots and tight muscles

ADDITIONAL USES & BENEFITS

- Vibration is a natural pain reliever and muscle relaxer
- Vibration aids in constipation relief

GENERAL MESSAGE DEVICE SAFETY WARNINGS AND INSTRUCTIONS

IT IS IMPORTANT THAT YOU READ AND UNDERSTAND THESE INSTRUCTIONS BEFORE USING THE BACKMATE POWER ROLLER OR CHARGING THE LITHIUM-ION BATTERY. READ ALL INSTRUCTIONS AND CAUTIONARY MARKINGS IN THIS MANUAL, ON THE CHARGER AND ON THE BATTERY. NEW BATTERIES MUST BE CHARGED BEFORE FIRST USE. SAVE THESE INSTRUCTIONS AND PROVIDE THEM TO ANY SUBSEQUENT USER.

The Backmate Power Roller is a powerful tool. Please give it the respect and maintenance you would of a power tool or any other piece of mechanical equipment. Failure to do so could result in injury or electrical shock.

SAFETY MANUAL

GENERAL WARNINGS

Do not use a power supply cord or charging device other than the one provided with the Backmate Power Massager. Failure to comply could destroy the battery and possibly cause a fire.

Do not allow loose hair to get caught under the Power Roller. Bundle hair and keep loose jewelry and clothing away from the Power Roller.

Do not use the Power Roller on your head.

Do not use the Power Roller against bone such as your spine or other areas bones are close to the skin.

Do not use water or chemicals to clean the Power Massager. Cleaning with a lightly damp towel or wet wipe is acceptable.

Do not block the vents of the motor and battery.

IMPORTANT SAFETY INSTRUCTIONS

a. **USE ONLY AS INSTRUCTED.** Use only as described in this Instruction Manual. Use only Backmate attachments and replacement parts. Other than cleaning as recommended, all repairs should be performed by a Backmate certified professional which can be done by returning to the manufacturer. Never disassemble the Power Roller as this will void the warranty and possibly cause personal harm. **THE WARRANTY WILL BE VOID IF THE BACKMATE POWER ROLLER, BATTERY OR CHARGER ARE DISSEMBLED OR IF ANY PARTS HAVE BEEN REMOVED OR SHOW EVIDENCE OF BEING REMOVED.**

b. **MESSAGE AREA SAFETY.** Keep message area clean and well lit. Make sure the area doesn't have moisture or standing water present. Do not use the Power Roller near explosives such as gases, dusts and fuels. Electronic massage devices cause sparks which can ignite dust or fumes. Create a safe space for massage away from bystanders. Distractions could lead to a loss of control of your Power Roller resulting in injury or damage of the device.

c. **NOT FOR CHILDREN. STORE OUT OF REACH OF CHILDREN.** The Power Roller and charger are not intended for use by young children. Minors must be supervised by an adult while handling power equipment such as the Backmate Power Roller.

d. **DO NOT BLOCK THE MOTOR VENTS.** Do not use with any vent blocked; keep free of dust, lint, hair, and anything that may reduce airflow. Do not put any obstructions into vents.

e. **DO NOT OVERCHARGE.** Do not leave the battery in the charger for more than an hour after the battery has been fully charged. Overcharging the battery will reduce its useful life and could damage the battery.

f. **DO NOT USE OTHER POWER SUPPLY CORDS, CHARGERS OR BATTERIES:** Use only the power supply cord provided with your Backmate Power Roller. Failure to comply could destroy the device, battery and possibly cause a fire. Do not wire the battery to a power supply plug or car cigarette lighter. Batteries will be permanently disabled or damaged.

g. **UNPLUG CHARGER WHEN NOT IN USE.** Unplug the charger from the outlet when not in use for extended periods. Make sure the charger cord is not damaged before plugging in. Unplug and store the charger so that it will not be stepped on, tripped over, or otherwise subjected to damage. Replace damaged charger immediately.

h. **CHARGING LOCATIONS.** The Backmate Power Roller should be charged indoors in a well-ventilated, dry location. Do not charge outdoors, in a bathroom or within 10 feet of water such as a sink, bathtub or pool. Do not use or charge the Power Roller on wet surfaces and do not expose the charger to moisture, rain, or snow. Do not use or charge the Power Roller near explosives such as gases and fuels. Do not use or charge with a damaged cord or battery. Keep cord away from heated surfaces. Do not handle the Power Roller or power supply with wet hands or near water.

i. **DISPOSE OF BATTERIES PROPERLY:** Always dispose of your battery according to federal, state, and local regulations. 1. **DO NOT BURN OR INCINERATE THE BATTERY.** The battery may explode causing personal injury or damage. Toxic fumes and materials are created when the battery is burned. 2. **DO NOT CRUSH, DROP, OR DAMAGE THE BATTERY.** Do not use a battery or charger that has received a sharp blow, been dropped, run over, or damaged in any way.

j. **STORE YOUR PPOWER ROLLER** in a cool, dry place. Do not store battery where temperatures may exceed 104°F (40°C) such as in direct sunlight or in a vehicle.

k. **NEVER ATTEMPT TO DISASSEMBLE THE BATTERY. BATTERY CHEMICALS CAUSE SERIOUS BURNS.** Never allow contact with skin, eyes, or mouth. If a damaged battery leaks chemicals, use rubber or neoprene gloves to dispose of it. If skin is exposed to battery fluids, wash with soap and water and rinse with vinegar. If eyes are exposed to battery chemicals, immediately flush with water and seek medical attention. Remove and dispose of contaminated clothing.

DISCLAIMER

It is always recommended to consult with your physician or other healthcare professional before starting any diet or exercise program or before adopting any treatment for a health problem or suspected health problem of any kind. Do not use the Backmate Power Roller if any of the following apply: recent surgery, pregnancy, use of pace-makers, diabetes with complications such as neuropathy or retinal damage, herniated discs, epilepsy, migraines, spondylolisthesis, spondylolysis, spondylosis, recent joint replacements or IUD's, metal pins or plates or any concerns about your physical health.

The Backmate Power Roller and charger have a one-year warranty. For help with warranty or any other issues, please email info@mybackmate.com