

# **backmate**

POWER MASSAGER

## QUICKSTART GUIDE

[WWW.MYBACKMATE.COM](http://WWW.MYBACKMATE.COM)



**Let's get recovery started!**

1. Unpack your Power Massager.
2. Place the battery on the charger until the red charging light goes off.  
**(Note: Battery comes only partially charged).**



3. With battery removed, install your desired massage head by pressing it into the receptacle shaft until it stops. **Be sure the massage head is fully seated.** The medium head is for general use; the large is for large muscle groups and sensitive areas; the cone can be ideal for trigger points and small muscle group use. **NOTE: ALWAYS REMOVE BATTERY WHEN CHANGING OUT MASSAGE HEAD ATTACHMENTS TO AVOID INJURY.**



4. Insert fully charged battery.

5. Press and hold the power button to activate level 1. Tap the power button to advance to level 2 and again to level 3. **Press and hold the power button at any time to stop power.**

**TIP: The Power Massager has 3 levels of intensity. Always begin on level 1, then increase the speed to your desired level.**



**Use:** Apply to desired muscle. Methodically massage 3 inch sections of a muscle group with 3 passes, traveling at about 1 inch per second. Gradually shift across, until the entire muscle has been massaged.

As you feel comfortable, increase the speed to your desired intensity.

For warm up and recovery, use before and/or after workout. Use anytime to alleviate tension.

## TIPS

- Let the weight of the power massager do most of the work. Pressure can be applied to larger muscle groups.
- Let pain be your guide. You should not feel sore as a result of use. Apply light pressure as you feel comfortable.
- 10 minutes is sufficient to massage the entire body. Spot treatment can be done quickly and problem areas can be revisited throughout the day.
- Use the buddy system on your back and shoulders. Start with lower speeds and avoid the vertebra.
- Battery will hold a charge for 30-45 minutes depending on the speed level and amount of pressure applied.
- Do not exceed 3 sessions a day.

**WARNING: Keep away from children. If you experience pain during use, consult your health care physician.**

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