



QUICKSTART GUIDE

WWW.MYBACKMATE.COM

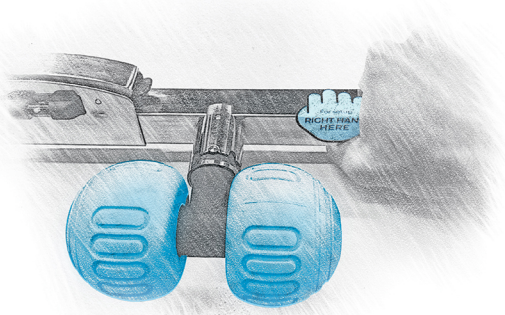
Welcome to Backmate!

Are you ready to feel great? Let's go!

1. Pick up the Backmate by gripping the "RIGHT HAND HERE" sticker. This is how you will hold it to easily maneuver and adjust it in your doorway.

2. Find a suitable doorway:

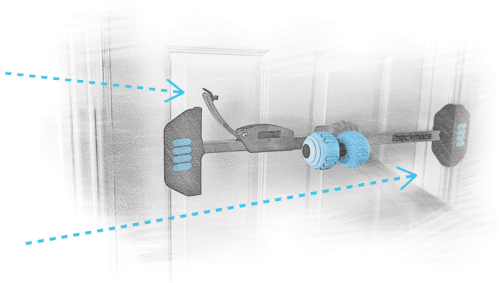
- The doorway opening must measure 24-36 inches (61-92cm) wide.
- Do not use in doorways with large molding or casing. 60% of the Backmate's end cap foam surface must contact the doorframe for secure fitment. Almost all homes will have at least one doorway that works great with the Backmate, don't get discouraged if the first doorway you pick isn't a perfect fit.



Remember to pull the door closed as a safety backup when using the Backmate.

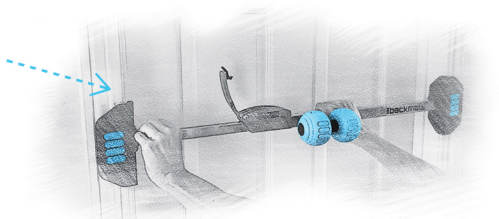


3. Release the locking lever by lifting up on the black tab.



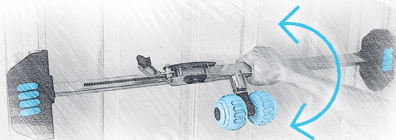
4. Holding the Backmate with your right hand, raise the Backmate to chest level and place the right side end cap against the right edge of the doorway with the disc logos facing towards you.

5. With your left hand on the inner bar, extend until the left end cap makes complete contact with the left side of the doorframe. Make sure both end caps are contacting the doorframe on both surfaces of each end cap.



**Pro-tip: Lightly push the Backmate towards the doorframe. The friction against the wall will make set-up easy and help with secure placement.*

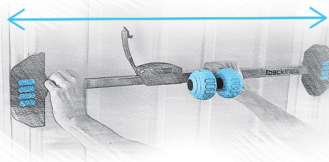
6. Using your right hand, rotate massage head up or down to your desired position.



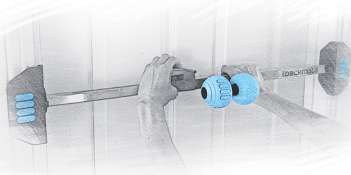
7. Check to see if the Backmate is level. If not, slide the left side up or down to level it out.



8. Apply gentle outward force with both hands while pushing the Backmate into the doorframe to be sure both end caps are contacting the doorway.



9. With your left hand, latch the locking lever into place. You will hear a click when it locks.



9a. If the handle is hard to push down, apply a light twist with your right hand so the end cap teeth slip into place.

! **Never force the lever down. Too much pressure could damage the doorframe. If the locking lever is stiff and the teeth are properly aligned, start the setup process over from the beginning.*

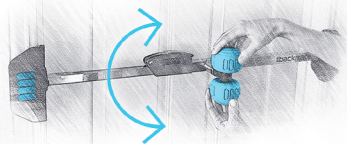


10. Test for secure fitment: With both hands, give the Backmate a firm shake to make sure it's securely placed in the doorway. If it's loose or pulls towards you, repeat step 4-9 again until it is secure in your doorway.



*Never sit on, hang from, pull or apply outward force to the Backmate from the doorframe. Serious injury could occur.

11. Massage head rotation: With both hands, gently pull out on the massage rollers and rotate the head to any of the four fixed positions.



12. Roller adjustment and removal: To adjust the roller width or change out the massage attachments, PRESS the black button and pull. To insert, PRESS the button and release on your desired width position. The two grooves on each side of the axle are the roller width slots. Choose wide, narrow or one of each to customize your desired roller width.



13. Now enjoy the perfect massage!



TIPS

- Your versatile Backmate adjusts to any height within your doorframe. Refer to the User Guide or mybackmate.com for relief and recovery exercises.
- Methodically massage three inch sections of a muscle group with slow, controlled movements. Exhale the tension. As you feel comfortable, increase the pressure to your desired intensity.
- For trigger point therapy, hold your position on the muscle group and breathe through the tension. Holding pressure for 90 seconds is recommended. You can add micro-movements to make the therapy more dynamic.
- Remember, the massage should feel good. Let pain be your guide. Be sure to keep the muscle group you are massaging relaxed to maximize your massage.
- Recommended use: 2-3 minutes per day. Use anytime to relieve tension from your body.

Warning: Keep away from children. Always consult your health care physician if you have concerns or questions about using massage products or if you experience pain during use.

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