This is not a vibrating massager, it's much more. The Backmate Power Massager delivers intense, long strokes for deep muscle therapy. Whether you are looking for relief from chronic aches and pains, training for your next event or just looking to maintain a healthy lifestyle, the Power Massager is for you.

The Power of Percussive 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
LETS GET STARTED

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

- Let pain be your guide. You should not feel sore as a result of use. Gradually increase pressure as you feel comfortable. Remember, the weight of the Power Massager should do most of the work. More pressure and higher speeds can be applied to larger muscle groups such as the quads and glutes.

- 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 about 30 minutes depending on the speed level and amount of pressure applied.
AREAS TO AVOID

Do not use the Backmate Power Massager on your head, near your genitals, against bone such as your spine or other areas bone is close to the skin.
Do not use the Power Massage on or near internal organs such as the heart, liver, kidneys, intestines or other sensitive areas.
Do not use the Power Massager above your Adam's Apple or C4 spine.

AVOID USING THE POWER MASSAGER ON THE HIGHLIGHTED AREAS

FRONT

BACK
GENERAL MASSAGE DEVICE SAFETY WARNINGS AND INSTRUCTIONS

IT IS IMPORTANT THAT YOU READ AND UNDERSTAND THESE INSTRUCTIONS BEFORE USING THE BACKMATE POWER MASSAGER 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 Massager 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.

GENERAL WARNINGS
Do not use any other massage heads that are not provided and therefore not compatible with the Backmate Power Massager.
Do not use batteries other than the ones provided with the Backmate Power Massager. Failure to comply could destroy the device and possibly cause a fire.
Do not use a power supply cord and 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 place your finger or any objects near the metal shaft while the Power Massager is in use.
Do not allow loose hair, jewelry or clothing to get caught in the Power Massager. Bundle hair and keep loose jewelry and clothing away from the Power Massager and it's reciprocating metal shaft while the Power Massager is in use.
Do not use the Power Massager on your head or near your genitals.
Do not use the Power Massage on or near internal organs such as the heart, liver, kidneys, intestines or other sensitive areas.
Do not use the Power Massager against bone such as your spine or other areas bones are close to the skin.
Do not use the Power Massager above your Adam's apple or C4 spine.
Do not use water or chemicals to clean the Power Massager. Cleaning with a lightly damp towel or wet wipe is acceptable with the battery removed.
Do not block the vents of the motor.
Remove the battery when changing out the Power Massager head attachments.

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

Technical Information
Voltage: 12V
No load speed: 2500rpm
IMPORTANT SAFETY INSTRUCTIONS

PLEASE READ BEFORE USING THE BACKMATE POWER MASSAGER 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.

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 Massager as this will void the warranty and possibly cause personal harm. THE WARRANTY WILL BE VOID IF THE BACKMATE POWER MASSAGER, BATTERY OR CHARGER ARE DISASSEMBLED OR IF ANY PARTS HAVE BEEN REMOVED OR SHOW EVIDENCE OF BEING REMOVED.

b. MASSAGE AREA SAFETY. Keep massage area clean and well lit. Make sure the area doesn’t have moisture or standing water present. Do not use the Power Massager near explosives such as gases, dusts and fuels. 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 massager resulting in injury or damage of the device.

c. NOT FOR CHILDREN. STORE OUT OF REACH OF CHILDREN. The Power Massager 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 Massager.

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. Keep hair, loose clothing, and fingers from vents and moving parts, especially the massage head shaft.

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, charging dock, and batteries provided with your Backmate Power Massager. 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 AND REMOVE BATTERY FROM CHARGER. 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 Massager 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 Massager on wet surfaces and do not expose the charger to moisture, rain, or snow. Do not use or charge the Power Massager 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 Massager 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 BATTERY AND CHARGER 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. If the appliance is to be stored unused for a long period, the battery should be removed.

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.

l. DO NOT SHORT CIRCUIT. A battery will short circuit if a metal object makes a connection between the positive and negative contacts on the battery. Do not place a battery near anything that may cause a short circuit, such as coins, keys or nails in your pocket. A short-circuited battery may cause product damage and personal injury.

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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 Massager 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.

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