

# Homedics®

## homeSTRETCH motion mat



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moment now**  
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[www.Homedics.com/register](http://www.Homedics.com/register)

Your valuable input regarding this  
product will help us create  
the products you will want  
in the future.

**INSTRUCTION MANUAL AND WARRANTY INFORMATION**

**2-year limited warranty**

BM-AC109J | L-04171

# IMPORTANT SAFETY INSTRUCTIONS

WHEN USING ELECTRICAL PRODUCTS, ESPECIALLY WHEN CHILDREN ARE PRESENT, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING:

READ ALL INSTRUCTIONS BEFORE USING.

## **DANGER** – TO REDUCE THE RISK OF ELECTRIC SHOCK:

- Always unplug the appliance from the electrical outlet immediately after using and before cleaning.
- DO NOT reach for an appliance that has fallen into water. Unplug it immediately.
- DO NOT use while bathing or in a shower.
- DO NOT place or store appliance where it can fall or be pulled into a tub or sink.
- DO NOT place in or drop into water or other liquid.
- NEVER use pins or other metallic fasteners with this appliance.

## **WARNING** – TO REDUCE THE RISK OF BURNS, FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts or attachments.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by Homedics; specifically, any attachments not provided with the unit.
- NEVER operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a Homedics Service Center for examination and repair.
- Keep the cord away from heated surfaces.
- NEVER drop or insert any object into any opening.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- DO NOT operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- DO NOT carry this appliance by the supply cord or use cord as a handle.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- DO NOT use outdoors.
- NEVER operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Use heated surfaces carefully. May cause serious burns. Do not use over

insensitive skin areas or in the presence of poor circulation. The unattended use of heat by children or incapacitated persons may be dangerous.

- DO NOT use this massager in close proximity to loose clothing or jewelry.
- Keep long hair away from massager while in use.
- This appliance is designed for personal, nonprofessional use.
- DO NOT attempt to repair the massager. There are no user-serviceable parts. For service, contact Consumer Relations at the number listed in the Warranty section.

**CAUTION: All servicing of this massager must be performed by authorized Homedics service personnel only.**

## **SAVE THESE INSTRUCTIONS**

**CAUTION** – PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE OPERATING.


- Consult your doctor prior to using this product if:
  - You are pregnant
  - You are diabetic
  - You have a pacemaker
  - You have any concerns regarding your health
- Not recommended for use by diabetics.
- NEVER leave the appliance unattended, especially if children are present.
- DO NOT use this product for more than 15 minutes at a time.
- Extensive use could lead to the product's excessive heating and shorter life. Should this occur, discontinue use and allow the unit to cool before operating.
- NEVER use this product directly on swollen or inflamed areas or skin eruptions.
- DO NOT use this product as a substitute for medical attention.
- This product is equipped with an overheating protection circuit; if the power is cut off, please wait until the product is cooled down.
- This product should never be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the controls or who has sensory deficiencies.
- This product is not for use in automobiles.
- This product is intended for household use only.

## INSTRUCTIONS FOR USE

Insert the power adapter jack into the plug on the massager's power cord, then plug the unit into a 120-volt electrical outlet. Always make sure the unit is set to the off position before inserting the plug into a 120-volt electrical outlet.

1. Unfold the homeSTRETCH Motion Mat and place on the floor. Alternatively, the mat can be placed on a firm flat mattress, providing any soft bedding is removed first.
2. Remove shoes, scarves, ties, belts, and jewelry. Wear soft, comfortable clothing.
3. Lie down on the mat on your back with your bottom nearest the bolster end and the pillow underneath your head.

4. Position your legs and arms according to the directions in chart at right. Please choose appropriately as your leg and arm positions can affect the intensity of the stretch considerably.

5. Press the power  button on the remote control.
6. As an option press the vibration button and allow the light vibration waves to begin loosening your muscles before activating a stretch program.

7. Choose your intensity level:

LOW = 1 LED lit

MED = 2 LEDs lit

HIGH = 3 LEDs lit

We recommend starting on LOW as you can always increase the intensity during the program if you prefer a deeper stretch.

YOUR FLEXIBILITY	LEG POSITION	ARM POSITION	INTENSITY
INFLEXIBLE, EG. TIGHT BACK/TIGHT HAMSTRINGS	KNEES BENT UP, FEET FLAT ON FLOOR BEYOND THE MAT	BY SIDES, OR WITH HANDS RESTING ON BELLY	MILD
SOME FLEXIBILITY, BUT STILL A WAYS TO GO	STRAIGHT LEGS, PLACE A SMALL PILLOW UNDER KNEES	BY SIDES, OR WITH HANDS RESTING ON BELLY	MODERATE
GOOD FLEXIBILITY, CAN EASILY TOUCH TOES	STRAIGHT LEGS (NO PILLOW)	BY SIDES, OR WITH HANDS RESTING ON BELLY	ENHANCED
VERY FLEXIBLE & LOOKING FOR A DEEPER TREATMENT	STRAIGHT LEGS (NO PILLOW)	ARMS EXTENDED OR FOLDED OVER HEAD	FULL INTENSITY

8. Select a program.

**NOTE:** Program time is approximately 15 minutes on high intensity and less on medium or low intensity. For a longer session, programs can be run one after another.

9. Relax, as the stretch program starts. Close your eyes. Relax all your muscles and focus on your breathing. Allow the weight of the body to sink deeply into the mat. Stretches can be repeated as often as you like, but as with anything new, always start gently and build up your regimen as your body becomes accustomed. We recommend starting with stretching on level 1 and slowly build up the intensity and frequency of your routine.

PROGRAM	DESCRIPTION AND BENEFITS
TWIST	A DYNAMIC PROGRAM INCORPORATING TWISTS TO DECREASE TENSION IN SHOULDERS AND HIPS. ALSO GREAT FOR RELASING TENSION IN THE LOWER BACK.
FLOW	A PROGRESSIVE FLOW OF STRETCHES TO GENTLY MOBILIZE THE LENGTH OF THE SPINE LEAVING YOU FEELING REFRESHED AND MORE SUPPLE.
ENERGIZE	AN UPLIFTING PROGRAM TO HELP BOOST ENERGY.
STRETCH	AN ALL-AROUND STRETCH PROVIDING A GREAT ANTIDOTE AFTER LONG PERIODS OF SITTING.
UNWIND	A COMBINATION OF TWISTS AND STRETCHES TO HELP YOU DESTRESS AND RELEASE TENSION.
RECOVER	A VARIED TEMPO PROGRAM FOCUSED ON REPLENISHING ENERGY.
SIDE STRETCH	THIS PROGRAM CAN BE USED WHILE LYING ON YOUR SIDE TO HELP LENGTHEN AND STRENGTHEN CORE MUSCLES BUT IT CAN ALSO BE ENJOYED WHILE LYING ON YOUR BACK
LOWER BACK	FOCUSES ON STRETCHING GLUTES, HIPS, AND LUMBAR MUSCLES TO HELP ALLEVIATE LOWER BACK PAIN



Fig. 1



Fig. 2



Fig. 3



Fig. 4

# MAINTENANCE

## TO STORE

Place stretch mat in its box or in a cool, dry place. Avoid contact with sharp edges or pointed objects that might cut or puncture the fabric surface. To avoid breakage, do not wrap the power cord around the unit. Do not hang the unit by the hand control cord.

## TO CLEAN

Unplug the unit and allow it to cool before cleaning. Clean only with a soft, slightly damp sponge. Never allow water or any other liquids to come into contact with the unit.

- DO NOT immerse in any liquid to clean.
- NEVER use abrasive cleaners, brushes, gasoline, kerosene, glass/furniture polish, or paint thinner to clean.
- DO NOT attempt to repair the stretch mat. There are no user-serviceable parts. For service, call the Consumer Relations telephone number listed in the Warranty section.

# SUPPLIER'S DECLARATION OF CONFORMITY

**Product Description:** homeSTRETCH MOTION MAT

**Model Number:** BM-AC109HJ

**Trade Name:** Homedics

## FCC Compliance Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

## U.S. Contact Information

**Company:** Homedics, LLC.

**Address:** 3000 N Pontiac Trail, Commerce Township, MI 48390

**8:30am-7:00pm EST Monday-Friday 1-800-466-3342**

Homedics is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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## POWER

To turn on the stretch mat, press the power button. The LED will illuminate. Next, select a vibration to loosen muscles or select a stretch program.

## INTENSITY

Once your program is selected, you may choose from 3 intensities. Press the up arrow to increase intensity, and the down arrow to decrease intensity. The higher the intensity, the more the airbags will inflate, and the more intense your stretch will become. It is recommended you begin on intensity level 1 and increase if needed. The white LEDs will illuminate to indicate the selected intensity level.







## **PAUSE**

When enjoying 1 of the 8 programs, you may choose to pause the program to hold your stretch. When you are ready to resume the program, pressing the pause button again will restart the program from where you left off.

## **PROGRAMS**

Select a program button to enjoy 1 of 8 custom stretching programs that inflate the airbags in a preprogrammed sequence.

## **VIBRATION**

Enjoy about 5 minutes of vibration to loosen muscles before starting your stretch routine.



## 2-YEAR LIMITED WARRANTY

Homedics sells its products with the intent that they are free of defects in manufacture and workmanship for a period of 2 years from the date of original purchase, except as noted below. Homedics warrants that its products will be free of defects in material and workmanship under normal use and service. This warranty extends only to consumers and does not extend to retailers.

To obtain warranty service on your Homedics product, contact a Consumer Relations representative for assistance. Please make sure to have the model number of the product available.

Homedics does not authorize anyone, including but not limited to retailers, the subsequent consumer purchaser of the product from a retailer or remote purchasers, to obligate Homedics in any way beyond the terms set forth herein. This warranty does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorized accessory; alteration to the product; improper installation; unauthorized repairs or modifications; improper use of electrical/power supply; loss of power; dropped product; malfunction or damage of an operating part from failure to provide manufacturer's recommended maintenance; transportation damage; theft; neglect; vandalism; or environmental conditions; loss of use during the period the product is at a repair facility or otherwise awaiting parts or repair; or any other conditions whatsoever that are beyond the control of Homedics.

This warranty is effective only if the product is purchased and operated in the country in which the product is purchased. A product that requires modifications or adoption to enable it to operate in any other country than the country for which it was designed, manufactured, approved and/or authorized, or repair of products damaged by these modifications is not covered under this warranty.

THE WARRANTY PROVIDED HEREIN SHALL BE THE SOLE AND EXCLUSIVE WARRANTY. THERE SHALL BE NO OTHER WARRANTIES EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS OR ANY OTHER OBLIGATION ON THE PART OF THE COMPANY WITH RESPECT TO PRODUCTS COVERED BY THIS WARRANTY. HOMEDICS SHALL HAVE NO LIABILITY FOR ANY INCIDENTAL, CONSEQUENTIAL, OR SPECIAL DAMAGES. IN NO EVENT SHALL THIS WARRANTY REQUIRE MORE THAN THE REPAIR OR REPLACEMENT OF ANY PART OR PARTS THAT ARE FOUND TO BE DEFECTIVE WITHIN THE EFFECTIVE PERIOD OF THE WARRANTY. NO REFUNDS WILL BE GIVEN. IF REPLACEMENT PARTS FOR DEFECTIVE MATERIALS ARE NOT AVAILABLE, HOMEDICS RESERVES THE RIGHT TO MAKE PRODUCT SUBSTITUTIONS IN LIEU OF REPAIR OR REPLACEMENT.

This warranty does not extend to the purchase of opened, used, repaired, repackaged, and/or resealed products, including but not limited to sale of such products on internet auction sites and/or sales of such products by surplus or bulk resellers. Any and all warranties or guarantees shall immediately cease and terminate as to any products or parts thereof that are repaired, replaced, altered, or modified, without the prior express and written consent of Homedics.

This warranty provides you with specific legal rights. You may have additional rights that may vary from state to state and country to country. Because of individual state and country regulations, some of the above limitations and exclusions may not apply to you.

For more information regarding our product line in the USA, please visit [www.homedics.com](http://www.homedics.com). For Canada, please visit [www.homedics.ca](http://www.homedics.ca).

### FOR SERVICE IN THE USA

[cservice@homedics.com](mailto:cservice@homedics.com)

**8:30am-7:00pm EST Monday-Friday**

**1-800-466-3342**

### FOR SERVICE IN CANADA

[cservice@homedicsgroup.ca](mailto:cservice@homedicsgroup.ca)

**8:30am-5:00pm EST Monday-Friday**

**1-888-225-7378**