

Homedics®

stretch+
the back stretching
mat inspired by yoga



INSTRUCTION MANUAL AND WARRANTY INFORMATION

1-year limited warranty

YMM-2000-AU

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.

- **ALWAYS** unplug the appliance from the electrical outlet immediately after using and before cleaning. To disconnect, turn all controls to the 'OFF' position, then remove plug from outlet.
- **NEVER** leave an appliance unattended when plugged in. Unplug from the mains outlet when not in use and before putting on or taking off parts or attachments.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- **DO NOT** reach for an appliance that has fallen in water or other liquids. Switch off at the mains and unplug it immediately. Keep dry – **DO NOT** operate in wet or moist conditions.
- **NEVER** insert pins or other metallic fasteners into the appliance.
- Use this appliance for the intended use as described in this booklet. **DO NOT** use attachments not recommended by Homedics.
- **NEVER** operate the 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 it to the Homedics Service Centre for examination and repair.
- Keep cord away from heated surfaces.
- Excessive 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** 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, electrocution or injury to persons.
- **DO NOT** carry this appliance by the cord or use cord as a handle.
- **DO NOT** use outdoors.
- **DO NOT** crush. Avoid sharp folds.
- This product requires a 220-240V AC power outlet.
- **DO NOT** attempt to repair the appliance. There are no user serviceable parts. For service, send to a Homedics Service Centre. All servicing of this appliance must be performed by authorised Homedics service personnel only.
- Failure to follow the above may result in the risk of fire or injury.
- Burns can result from improper use.
- When the unit is working, do not touch the moving massage mechanism with any body part except your back.

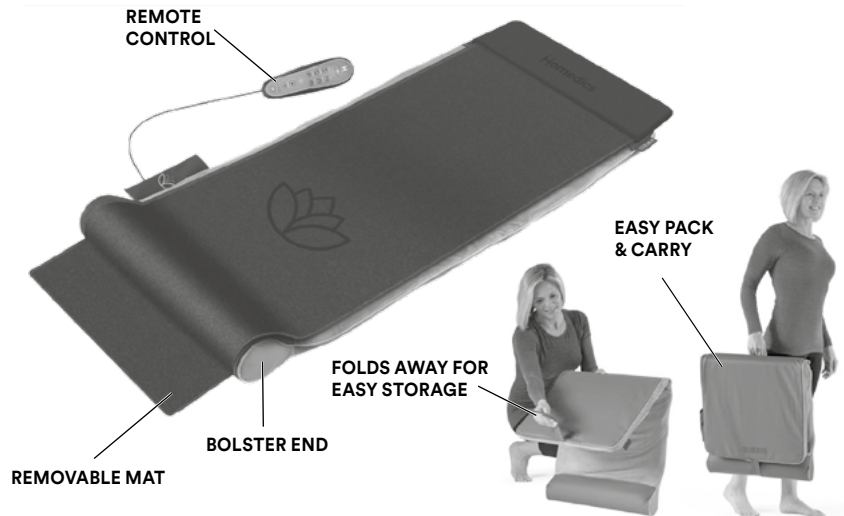
SAFETY CAUTIONS

PLEASE READ THIS SECTION CAREFULLY BEFORE USING THIS APPLIANCE IF YOU HAVE ANY CONCERNS REGARDING YOUR HEALTH, CONSULT A DOCTOR BEFORE USING THIS APPLIANCE.

- Individuals with pacemakers and pregnant women should consult a doctor before using this appliance. Not recommended for use by Diabetics
- **DO NOT** use on an infant, invalid or on a sleeping or unconscious person. **DO NOT** use on insensitive skin or on a person with poor blood circulation.
- This appliance 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 in the lower half of their body.
- **NEVER** use directly on swollen or inflamed areas or skin eruptions.
- If you feel any discomfort whilst using this appliance, discontinue use and consult your doctor.
- This is a non-professional appliance, designed for personal use and intended to provide a soothing massage to worn muscles. **DO NOT** use as a substitute for medical attention.
- **DO NOT** use before going to bed. The massage has a stimulating effect and can delay sleep.
- **DO NOT** use for longer than the recommended time.
- Not recommended for use on wooden surfaces as the zipper may damage the wood. Caution is also recommended when using on upholstered furniture.
- Care should be taken when using heated surfaces. If the product feels excessively hot, switch off at mains and contact the Homedics Service Centre.
- Only gentle force should be exerted against the mat in order to eliminate risk of injury.
- You may soften massage force by placing a towel between yourself and the unit.
- Not recommended for use on leather furniture.
- Please ensure that all hair, clothing and jewellery are kept clear of the massage mechanism or any other moving parts of the product at all times.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- This product has been tested to a maximum weight of 120kg, any additional weight may cause damage to the product.

INSTRUCTIONS FOR USE





PRODUCT FEATURES



PREPARATION


1. Unfold **STRETCH+** and place on floor. Alternatively **STRETCH+** can be placed on a firm flat mattress, providing any soft bedding is removed first.
2. Lay the mat over **STRETCH+** with the pillow part at the opposite end of the bolster.
3. Plug into nearby power socket, ensuring the cable is not going to cause a trip hazard and keep the area free from other objects so that you have enough space to lie down comfortably.
4. Remove shoes, scarves, ties, belts & jewellery. Wear soft, comfortable clothing that will keep you warm.

INSTRUCTIONS FOR USE







	YOUR FLEXIBILITY	LEG POSITION	ARM POSITION	INTENSITY
	Inflexible, eg. tight back/ tight hamstrings	Knees bent up, feet flat on floor beyond the mat	By side, or with hands resting on belly	Mild
	Some flexibility, but still a way to go	Straight legs, cushion under knees	By sides, or with hands resting on belly	Moderate
	Good flexibility - can easily touch toes	Straight legs (no cushion)	By sides, or with hands resting on belly	Enhanced
	Very flexible & looking for a greater intensity	Straight legs (no cushion)	Arms extended or folded over head	Full Intensity

NOTE: The above positions are a suggestion only, for further advice you may like to consult a sports medicine practitioner.

HOW TO USE

1. Lie down on **STRETCH+** on your back with bottom nearest the 'bolster' end and the pillow underneath your head.
2. Position your legs and arms according to the table above.
Please choose appropriately as your leg and arm positions can affect the intensity of the experience considerably.
3. Press the  button on the remote control.
4. 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.

INSTRUCTIONS FOR USE

PROGRAM	AUTO SHUT-OFF TIMES	DESCRIPTIONS & BENEFITS
Twist 	13 mins	A dynamic program incorporating twists that decrease tension in shoulders, hips and lower back.
Flow 	14 mins	A progressive flow of stretches to gently target the whole length of the spine.
Energise 	12.5 mins	An uplifting program to try to help you boost energy.
Stretch 	15 mins	An 'all-round' stretching experience after long periods of sitting.
Unwind 	14.5 mins	A combination of twists and stretches that may help you destress and release tension.
Recover 	13 mins	A varied tempo program focused on trying to replenish energy.

5. SELECT A PROGRAM.

Note: Select your preferred program. The approximate auto shut-off times listed in the table above relate to using **STRETCH+** on medium intensity. All timing has a variation tolerance of approx +/- 1.5mins.

6. RELAX.

As the program starts, close your eyes, relax all your muscles and focus on your breath. Allow the weight of the body to sink deeply into the mat and enjoy.

TIPS TO GET THE BEST FROM STRETCH+

1. RELAX AND LET THE MAT DO THE WORK

Try to mindfully scan each part of your body during the experience, and wherever you sense tension, consciously release that tension by allowing your body to become heavier and softer. The motion created by **STRETCH+** will move your body without you needing to exert any effort.

2. ENHANCING THE TWIST ACTION

For programs that include a twisting movement, the benefits may be further enhanced by adding a gentle turn of the head as described below:

INSTRUCTIONS FOR USE

- **During a shoulder twist**, try turning your head slowly in the direction of the twist. Allow the head to be heavy and the ear to sink down towards the mat. Move the head gently back to centre as the shoulder comes back down, before repeating on the other side.
- **During a hip twist**, keep the upper body relaxed and both shoulders heavy. Allow the hip to be lifted without resistance. As the right hip lifts, try turning the head to the left side and vice versa. Always move gently and return to a neutral position in between movements. If there is any discomfort in the neck, make the movements smaller or try using a pillow either side to rest the head on as you turn.

3. USING YOUR BREATH

If you feel tension or slight discomfort during the program, try to visualise directing your breath to the area of tension. Breathe slowly and deeply, in and out through the nose. If it feels okay, you can also try extending the out breath making it up to 50% longer than the in-breath. To get into this rhythm try counting to 4 on the in-breath and 6 on the out-breath. Sink deeper into the mat as you exhale. If any discomfort continues discontinue use of the **STRETCH+** and consult your physician.

4. TRY VARYING YOUR POSITION ON THE MAT

STRETCH+ has been cleverly designed to work for people of all different shapes and sizes. You can subtly change the feel of your experience by moving slightly closer to either the top or bottom of the mat as you lie down. The effect will be different for everyone, dependent on your height and proportions, so give it a try and find your favourite position.

5. GET IN THE HABIT OF REGULAR RELAXATION

The **STRETCH+** can be used as often as feels good for you, but with anything new, always start gently and build up your regime as your body becomes accustomed. We recommend starting with a gentle 'stretch' treatment on level 1 and waiting at least 48 hours before you next use the **STRETCH+**. Then slowly build up as desired.



SHOULDER TWIST



HIP TWIST

CLEANING

If required the mat will need to be hand washed. To hand wash, remove the foam from the pillow section of the mat. Hand wash and dry flat. When completely dry, replace the foam in the pillow section.

- **DO NOT** saturate or immerse the mat in any liquid to clean.
- **NEVER** use abrasive cleaners, harsh chemicals, brushes, gasoline, kerosene, glass / furniture polish or paint thinner to clean.
- **DO NOT** machine wash or tumble dry.
- **DO NOT** attempt to repair the mat. There are no user serviceable parts. For service, contact Customer Service listed in the warranty section.

STORAGE

Place the STRETCH+ in its box or in a safe, dry, cool place. Avoid contact with sharp edges or pointed objects which might cut or puncture the fabric surface. To avoid breakage, **DO NOT** wrap the power cord around the appliance. **DO NOT** hang the unit by the cord.

NOTES

[illegible]

We or us means Homedics Australia Pty Ltd ACN 31103 985 717 and our contact details are set out at the end of this warranty;

You means the purchaser or the original end-user of the Goods. You may be a domestic user or a professional user;

Supplier means the authorised distributor or retailer of the Goods that sold you the Goods in Australia and New Zealand; and

Goods means the product or equipment which was accompanied by this warranty and purchased in Australia and New Zealand.

For Australia:

Our Goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled, subject to the provisions of the Australian Consumer Law, to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled, subject to the provisions of the Australian Consumer Law, to have the Goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. This is not a complete statement of your legal rights as a consumer.

For New Zealand:

Our Goods come with guarantees that cannot be excluded under the Consumer Guarantees Act 1993. This guarantee applies in addition to the conditions and guarantees implied by that legislation.

The Warranty

Homedics sells its products with the intent that they are free of defects in manufacture and workmanship under normal use and service. In the unlikely event that your Homedics product proves to be faulty within 1 year from the date of purchase due to workmanship or materials only, we will replace it at our own expense, subject to the terms and conditions of this guarantee. The warranty period is limited to 3 months from the date of purchase for products used commercially/professionally.

Terms and Conditions:

In addition to the rights and remedies that you have under the Australian Consumer Law, Consumer Guarantees Act of New Zealand or any other applicable law and without excluding such rights and remedies warranty against defects: The Goods are designed to withstand the rigors of normal household use and are manufactured to the highest standards using the highest quality components. Whilst unlikely, if, during the first 12 months (3 months commercial use) from their date of purchase from the Supplier (Warranty Period), the Goods prove defective by reason of improper workmanship or materials and none of your statutory rights or remedies apply, we will replace the Goods, subject to the terms and conditions of this warranty. We do not have to replace the Goods under this Additional Warranty if the Goods have been damaged due to misuse or abuse, accident, the

attachment of any unauthorised accessory, alteration to the product, improper installation, unauthorised repairs or modifications, improper use of electrical/power supply, loss of power, malfunction or damage of an operating part from failure to provide manufacturer's recommended maintenance, transportation damage, theft, neglect, vandalism, environmental conditions or any other conditions whatsoever that are beyond the control of Homedics.

This Warranty does not extend to the purchase of used, repaired or second-hand products or to products not imported or supplied by Homedics Australia Pty Ltd, including but not limited to those sold on offshore internet auction sites. This Warranty extends only to consumers and does not extend to Suppliers.

Even when we do not have to replace the Goods, we may decide to do so anyway. In some cases, we may decide to substitute the Goods with a similar alternative product of our choosing. All such decisions are at our absolute discretion. All such replaced or substituted Goods continue to receive the benefit of this Additional Warranty for the time remaining on the original Warranty Period (or three months, whichever is the longest).

This Additional Warranty does not cover items damaged by normal wear and tear including but not limited to chips, scratches, abrasions,

discolouration and other minor defects, where the damage has negligible effect on the operation or performance of the Goods. This Additional Warranty is limited to replacement or substitution only. As far as the law permits, we will not be liable for any loss or damage caused to property or persons arising from any cause whatsoever and shall have no liability for any incidental, consequential, or special damages.

This warranty is only valid and enforceable in Australia and New Zealand.

Making a Claim:

In order to claim under this Warranty, you must return the Goods to the Supplier (place of purchase) for replacement. If this is not possible, please contact our Customer Service department by email: cservice@homedics.com.au or at the address below.

All returned Goods must be accompanied by satisfactory proof of purchase which clearly indicates the name and address of the Supplier, the date and place of purchase and identifies product. It is best to provide an original, legible, and unmodified receipt or sales invoice. You must bear any expense for return of the Goods or otherwise associated with making your claim under this Additional Warranty.

DISTRIBUTED BY

AUSTRALIA: Homedics Australia Pty Ltd,
14 Kingsley Close, Rowville, VIC 3178

NEW ZEALAND: CDB Media Ltd, 4 Lovell Court, Albany,
Auckland, New Zealand 0800 232 633

Homedics Customer Service:
Email: cservice@homedics.com.au



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