

HOMEDICS[®]

LEADERS IN HEALTH & WELLBEING



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STRETCH

THE BACK STRETCHING MAT INSPIRED BY YOGA

instruction manual

TYM-1000-GB

3 YEAR guarantee

READ ALL INSTRUCTIONS BEFORE USE.
SAVE THESE INSTRUCTIONS FOR FUTURE
REFERENCE.

IMPORTANT SAFEGUARDS:

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

- 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 13 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.
- This product requires a 220-240 V AC power.
- 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.
- DO NOT stand on the appliance. The unit should only be used when on the floor or bed etc.
- Never block the air openings of the appliance. Keep air openings free of lint, hair etc.
- Do not place or store appliance where it can fall or be pulled into a bath or sink. Do not place in or drop into water or other liquid.
- Failure to follow the above may result in the risk of fire or injury.

PRODUCT FEATURES:

Fig. 1



Fig.3



Fig. 4



Fig. 5



Fig. 6

INSTRUCTIONS FOR USE:

Preparation

1. Unfold STRETCH and place on the floor.

Alternatively **STRETCH** can be placed on a firm flat mattress, providing any soft bedding is removed first.

2. Plug into a nearby socket

Ensure 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.

3. Remove shoes, scarves, ties, belts & jewellery.

Wear soft, comfortable clothing that will keep you warm.

Treatment

1. Lie down on STRETCH on your back with your bottom nearest the 'bosster' end and the pillow underneath your head.

2. Position your legs and arms according to the advice given in table opposite.

Please chose appropriately as your leg and arm positions can affect the intensity of the treatment quite considerably.

	Your Flexibility	Leg Position	Arm position	Intensity
Fig. 3	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
Fig. 4	Some flexibility, but still a way to go	Straight legs, cushion under knees	By sides, or with hands resting on belly	Moderate
Fig. 5	Good flexibility - can easily touch toes	Straight Legs (no cushion)	By sides, or with hands resting on belly	Enhanced
Fig. 6	Very flexible & looking for a deeper treatment	Straight Legs (no cushion)	Arms extended or folded over head	Full Intensity

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 if you want a deeper treatment.

5. Select a program.

Program	Duration*	Description & Benefits
 Twist	6 to 9 mins	A shorter program incorporating twists to decrease tension in shoulders and hips. Also great for releasing tension in the lower back.
 Flow	9 to 15 mins	A progressive flow of stretches to gently mobilise the whole length of the spine leaving you feeling refreshed and more supple
 Energize	9 to 12 mins	An uplifting program to help boost energy
 Stretch	10 to 15 mins	An 'all-round' treatment providing a great antidote after long periods of sitting

*Note: duration varies according to the chosen intensity setting

6. Relax

As the treatment 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 treatment, 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. In fact, the more you relax, the greater the benefits will be.

2. Enhancing the twist action

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

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.



Shoulder twist



Hip twist

3. Using your breath

If you feel tension or slight discomfort during the treatment 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 outbreath 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.

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 treatments by moving slightly closer to either the top or bottom of the mat as you lie down. The effect will be different for everyone, dependant on your height and proportions, so give it a try and find your favourite position.

5. Get in the habit of regular treatments

Treatments can be repeated as often as feels good for you, but as 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 the next treatment. Then slowly build up to daily or twice daily treatments, as desired.







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THREE YEAR GUARANTEE

HoMedics Inc. guarantees this product from defect in material and workmanship for a period of 3 years from the date of purchase, except as noted below. This HoMedics product guarantee does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorised accessory; alteration to the product; or any other conditions whatsoever that are beyond the control of HoMedics. This guarantee is effective only if the product is purchased and operated in the UK / EU. A product that requires modification or adaptation to enable it to operate in any country other than the country for which it was designed, manufactured, approved and / or authorised, or repair of products damaged by these modifications is not covered under this guarantee. HoMedics shall not be responsible for any type of incidental, consequential or special damages.

To obtain guarantee service on your product, return the product post-paid to your local service centre along with your dated sales receipt (as proof of purchase). Please refer to 'HoMedics Service Centre' information leaflet for details of your local service centre. Upon receipt, HoMedics will repair or replace, as appropriate, your product and return it to you, post-paid. Guarantee is solely through HoMedics Service Centre. Service of this product by anyone other than the HoMedics Service Centre voids the guarantee.

This guarantee does not affect your statutory rights.

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