# Instructions for BestMassage® BMC-100, 200 and 400 Portable Massage Table



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Congratulations on your purchase of your new portable massage table. Best Massage ®massage tables are crafted to specific standards, utilizing high quality components and materials. With proper use and care, your table will provide long-lasting reliable performance. To ensure the safety and correct use of your massage table, please take a moment to read the entire guide prior to using your table.

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## TABLE SET UP

Place the table on its side, release the buckles, partially open the table, remove the accessories. (Figure 1).



Figure 1

Standing behind the table, grasp both table handles and gently swing in an outward motion to fully open the table. The legs will open automatically. (Figure 2).
Turn the table upright by lifting the middle of the table. Press down in the middle of the table to make sure the table lies flat. If needed, lift the table peaks in the middle, please check and straighten out the cable.



Figure 2

## HEADREST AND ARM ASSEMBLY



1). Place headrest tubes through the loops of the two arm shelf straps.



2). Insert the headrest tubes into the table and lock the position using the locking lever located on the headrest.



3). Place the remaining single arm shelf strap over the middle part of headrest.



4). Thread the remaining single strap through the buckle.



5). Adjust the arm shelf to the desired horizontal position and tighten all the straps accordingly.



6). Attach the headrest pillow to the headrest with the provided Velcro fastener.

## Using your 6-way adjustable headrest

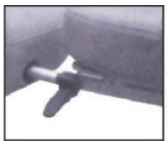

FIGURE1


FIGURE2

1. Position the lock lever so it extends out horizontally with the ridges on top. (Figure l)

2. Adjust the headrest as desired, then move the lever downwards to lock into place. (Figure 2)

## TABLE AND ASSESORIES

Please read the instructions carefully before use.

**Headrest:**
The Headrest consists of a crescent headrest base and face pad. This will give your client additional comfort along with head and face support. Change the angle and height of the base by
adjusting the base handle. (Figure 3).


Figure 3

**Adjustable Armrest Shelf:**
The adjustable armrest shelf is excellent for supporting your client's arms at the front of the table. Hang the armrest shelf on the two bars of the head rest, then slide the belt up or down for the optimum position. (Figure 4)


Figure 4

**Arm Sling:**
The arm sling is a great alternative to provide additional comfort for your client. Please refer to the arm rest assembly instructions above for proper use. (Figure 5).


Figure 5

## 3-Section Massage Table

**Back Plank Height Adjustment:**

After removing the buckle at the end, you can raise the back plank. Adjust to your desired position. (Figure 7).

Please do not insert any body parts into the raised back plank to assure no injuries.



Figure 7

Once the back plank has been adjusted to a maximum height, put the buckles back on. (Figure 8)



Figure 8

### Side Arm Extension:

The removable padded side armrests add table width also, this will provide additional comfortable arm support.

### Height Adjustment:

Proper table height is determined by the therapist height, modality, and technique. The height can be adjusted by removing the grip knob from each leg. Please replace the knobs after adjusting each leg to the desired position.

### Table Weight Limits:

Positioning the client in the center of the table will distribute the weight evenly and insure stability. Gently sit near (not on) the center of the table at first, then sit as close to the center (from the edge) as possible. The working weight is the therapist applying the combined weight of the client and the maximum amount of downward pressure. If the maximum working weight is 450 lbs, and the client's weight is 300lbs, the maximum weight you can apply cannot exceed more than 150 lbs.

EMPORTANT, DO NOT EXCEED THE PREFERRED MAXIMUM WORKING WEIGHT LIMIT.

**Storage:**

Attach headrest base and face pad onto the elastic under the table as shown. Place each accessory in its original position. (Figure 6).



Figure 6

The carry case should be used when transporting or storing the table to help protect the table from damage. When not in use, store the table in a cool, dry place and away from direct sunlight. Do not expose the table to hot or cold temperatures, along with any moisture.

## Table Care

### Daily Cleaning:
Remove daily dirt and grime from the table with a mild soap and warm water. Dry with a soft lint-free cloth.

### Disinfecting:
Disinfect the table as required, with an isopropanol-based hospital grade disinfectant cleaner.

### Stain Removal:
Minor stains can be removed with a mild, non-abrasive cleaner. Spray a damp cloth with cleaner then gently wipe to remove stain. Rinse thoroughly with warm water, and dry with a soft lint-free cloth.

### Wood Care:
Your massage table is made of premium hardwood and is finished with lacquer that requires no special care. Polish occasionally with a quality wood care product.

## Precautionary Instructions

- Make sure all screws are secure and that the cable has not deteriorated or frayed. Also, make sure there are no cracks in the wood structure.
- **Do not overload the table beyond the recommended weight limit of 450 lbs.**
- The combined weight of the client and the maximum amount of downward pressure being applied by the therapist. Doing so may result in severe injury.
- Do not use alcohol-based cleaners when cleaning the vinyl. This will cause serious damage to vinyl materials. Use only warm soapy water, then wipe dry.
- When using the table, make sure all four legs are on a solid surface and properly secure.

## Disclaimer

This product is intended for adult use only. Factory Direct Wholesale, LLC will not be held liable under any circumstances for incidental or consequential loss or damage or injury due to the use of this product, including any malfunction from negligence or defect.
The end user fully accepts responsibility and releases Factory Direct Wholesale, LLC for any personal injuries, fatal injuries, death of the user and others. By purchasing this massage table, you have acknowledged, you have read, understood and agree, to the terms and conditions of this Agreement.

## Warranty

Factory Direct Wholesale, LLC fully warranties the massage table to be free of any factory defects. Our warranty covers the table legs, arm extenders, arm sling, head cradle assembly and hardware. This limited warranty is valid for 120 days from the purchase date.