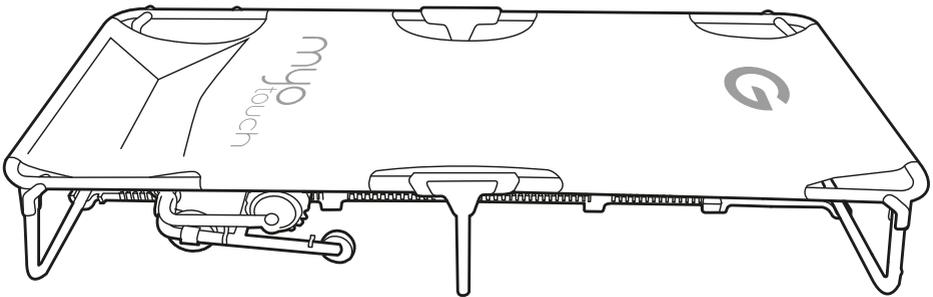


# Gtech

# myo touch



Model number:

**MB001**

**Original instructions  
OPERATING MANUAL**

# IMPORTANT SAFEGUARDS:



**IMPORTANT: READ ALL INSTRUCTIONS BEFORE USE.  
RETAIN INSTRUCTIONS FOR FUTURE REFERENCE.**



Do not use in rain or leave outdoors whilst raining.



**WARNING:** basic safety precautions should always be observed when using an electrical appliance, including the following, to reduce the risk of fire, electrical shock or injury:

## Personal safety:

- This product is not intended for use by anyone under the age of 16.
- Do not use this product if you are pregnant.
- Do not use this product if you have diabetes or have a history of blood clots.
- If you have any existing back pain or discomfort, please seek medical advice before using the Myo Touch.
- If you currently suffer from Deep Vein Thrombosis or have a pacemaker, please seek medical advice before using the Myo Touch.
- If you have any existing injuries and conditions, please seek medical advice before using the Myo Touch.
- If you experience any pain or discomfort while using this appliance, discontinue use immediately and consult your doctor.
- The Myo Touch is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities or lack of experience or knowledge.
- This product can operate safely with a maximum, evenly-distributed weight of 125kg.
- Only operate the Myo Touch when all parts are correctly - and fully - assembled as described in this manual.
- The Myo Touch should never be left unattended when plugged in.
- Only use the Myo Touch on a level surface.
- Do not use this product under the influence of medication, alcohol or drugs.
- The Myo Touch is not to be used as a toy. Do not allow anyone to stand or bounce on the bed or attempt to ride on the massage unit.
- Check that the area where the massage unit will run is clear and ensure nothing will prevent its movement or cause a jam, such as rugs.
- If the product jams, switch the massage unit off and unplug it from the mains. Visually check the track for signs of damage, being careful with your fingers, hair and loose clothing. If you have any concerns or questions, contact Gtech on 01905 345 891.
- Never operate the Myo Touch with a damaged gear or track. If you believe it may be damaged, switch the massage unit off, unplug it from the mains and contact Gtech on 01905 345 891.
- To prevent further problems, any worn or damaged parts should be replaced in sets.
- Never modify the Myo Touch in any way.
- Do not operate the Myo Touch if modified in any way.
- Ensure you are wearing appropriate clothing before using the bed. Do not wear loose clothing as it may get caught in the gear or track.
- Keep all body parts, hair and blankets away from the gear and track when the power is connected. Tie long hair up and ensure it is not trailing off the edge of the bed.
- Never touch the tension spring - only use the adjustment handle to change the tension.
- Keep animals and children away from the massage unit and track when in use.
- Never touch the rotating gear.
- Caution - the massage unit will begin moving as soon as the power supply is turned on and will work for 15 minutes unless the power supply is turned off. Do not use this product for longer than the recommended usage time of 15 minutes per day.
- Ensure that the massage unit has stopped and the power is switched off at the mains before:
  - Leaving unattended.
  - Clearing any jams.
  - Adjusting the tension.
  - Lifting the massage unit.
  - Checking or cleaning the product (see p14).
  - Carrying out any maintenance (see p14).

- Get off the bed to adjust the tension: do NOT reach underneath the bed, even if the massage unit has stopped moving.
- If the massage unit vibrates or makes excessive noise, switch it off, unplug it from the mains and contact Gtech on 01905 345 891.
- The owner of this bed is responsible for accidents or hazards occurring to other people as a result of using this product.

### **Electrical safety:**

- Do not use this appliance if there are any signs of damage to the bed, massage unit or track.
- If any part of the power supply is damaged, contact Gtech on 01905 345 891.
- Do not operate the Myo Touch in explosive atmospheres such as in the presence of flammable liquids, gases or dusts.
- Do not expose the Myo Touch or power supply to rain and wet or damp conditions. This product is not intended for use outside and is strictly intended for use indoors.
- Do not handle the power supply or massage unit with wet hands.
- Do not attempt to use the power supply with any other product, or power the Myo Touch with anything other than a genuine Gtech power supply.
- Before using the power supply, check the plug, cable and power block for any signs of damage. If you believe anything may be damaged, contact Gtech on 01905 345 891.
- If any part of the power supply is damaged, it must be replaced with a genuine Gtech power supply. Stop using the product immediately and contact Gtech on 01905 345 891.
- Ensure the power supply is attached as per the instructions in this manual.
- Check that the power supply cables will not get caught or run over by the massage unit when in use.
- Disconnect the power supply from the mains and the massage unit by grasping the plug, not the cable.
- Never open the power supply or the massage unit.
- When powering the product through an extension cord, use only CE-approved 13amp extension cords, as non-approved extension cords may overheat. Care should be taken to arrange the extension cord as it can be a trip hazard.

### **Service**

- If the massage unit does not turn on as soon as you have pressed the switch, do not use it. Switch it off, unplug it from the mains and contact Gtech on 01905 345 891.
- Before carrying out any general maintenance, switch the massage unit off and unplug it from the mains.
- Do not store the Myo Touch in a damp area.
- Before using the Myo Touch, and after any jamming incident, visually check for signs of wear and damage. If you believe anything may be damaged, switch the massage unit off, unplug it from the mains and contact Gtech on 01905 345 891.
- Do not attempt to service or repair the massage unit, track or bed unless you are qualified to do so.
- Only use genuine Gtech replacement parts to service the Myo Touch.
- Always replace the fuse in the plug with a BS 3amp fuse. Always protect the power cable from heated surfaces and open flames.

### **Intended use**

- **The Myo Touch is intended for DOMESTIC USE ONLY.**

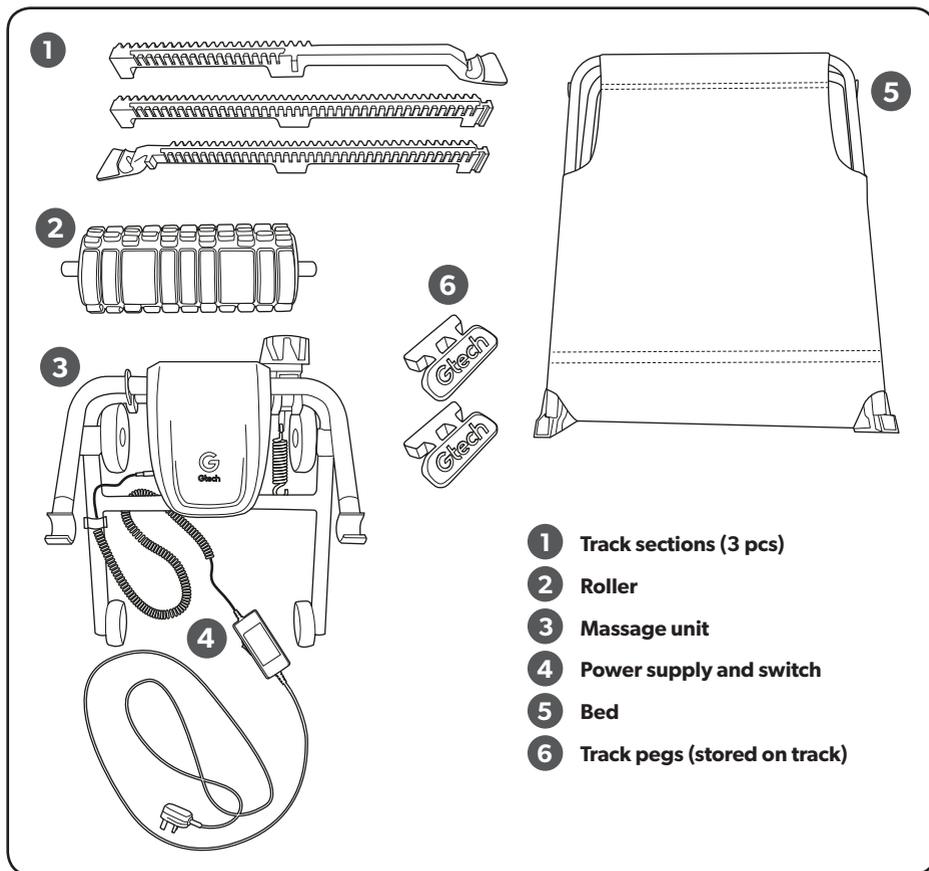
## Thank you for choosing a Gtech Myo Touch

"I started Gtech to create sensible, easy-to-use products which do a great job. Your opinion is important to us and we will use your feedback to improve our products and services and let other people know what it's like to be part of the Gtech family."

Nick Grey – Inventor, Owner of Gtech

Please take the time to write a review of the Myo Touch by visiting [www.gtech.co.uk/product-reviews](http://www.gtech.co.uk/product-reviews) or, if you didn't purchase directly from Gtech, please leave a review with the retailer.

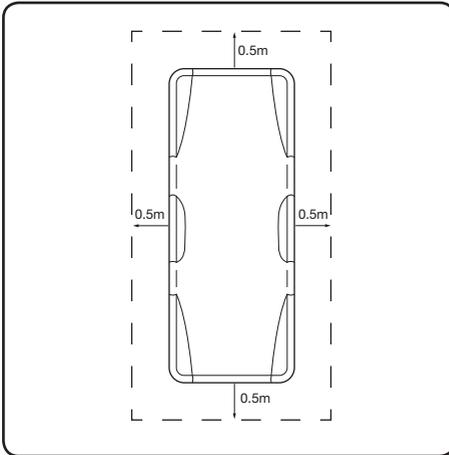
### What's in the box



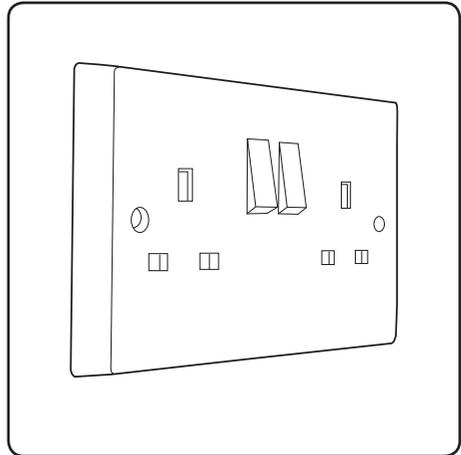
### PRODUCT SERIAL NUMBER:

You can find this on the underside of your product

## Before you assemble

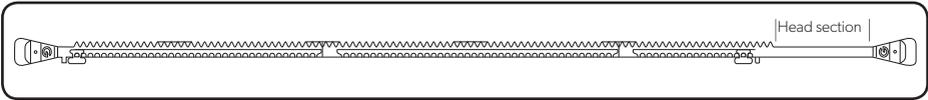


Before assembling the track, ensure the bed will be at least 0.5m away from any walls or obstructions. This allows the massage unit to move freely, having access from all sides.

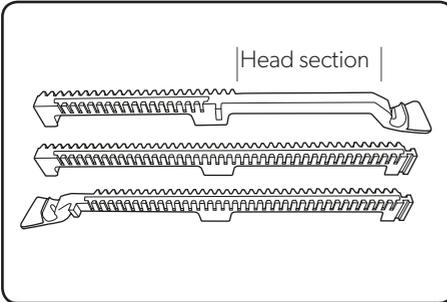


The bed will need to be positioned near a mains plug socket.

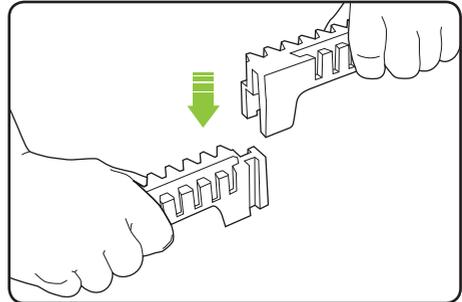
## Assembly: track



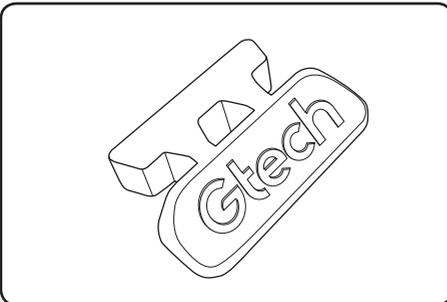
Once you have slotted the three sections into place, you'll have one long track.



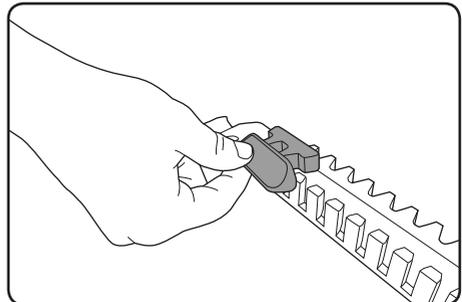
The track comes in three sections that slot into each other easily.



Line up the joins and press into place. The two end sections are distinguishable by their dipped edges. The middle section will only fit in one way - **do not force it** if it doesn't slot in straight away.

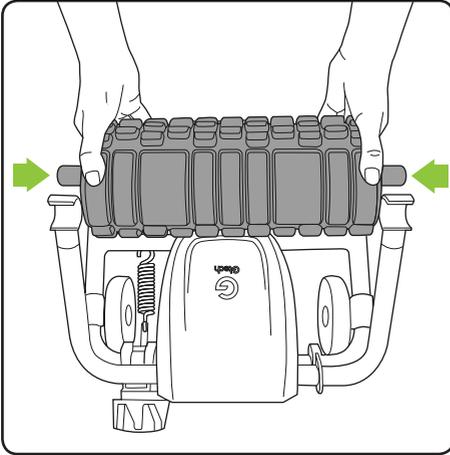


Two green track pegs will be stored on the track.

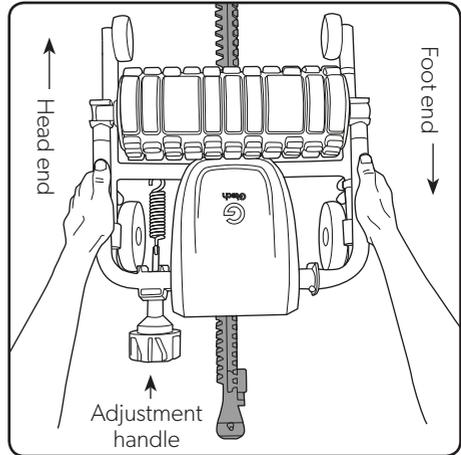


To focus your massage, remove the track pegs and slot them into the grooves of the track. The massage unit will move between the two pegs, allowing you to choose the required area.

## Assembly: massage unit

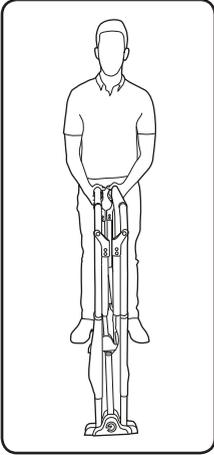


Place the roller onto the massage unit arms, ensuring the ends drop into the holders at the ends of the massage unit's arms.

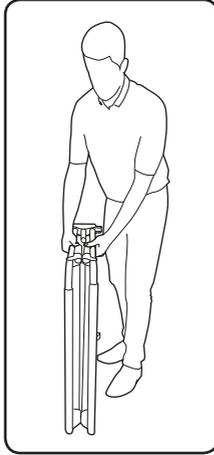


Place the massage unit on the foot end section of the track. It will only fit one way, so do not force it into place. The adjustment handle should point towards the foot end. **All four wheels will be touching the floor when the massage unit is properly assembled.**

## Assembly: bed



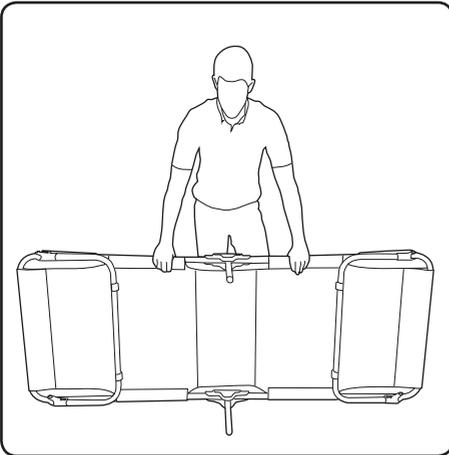
Stand the bed on its feet.



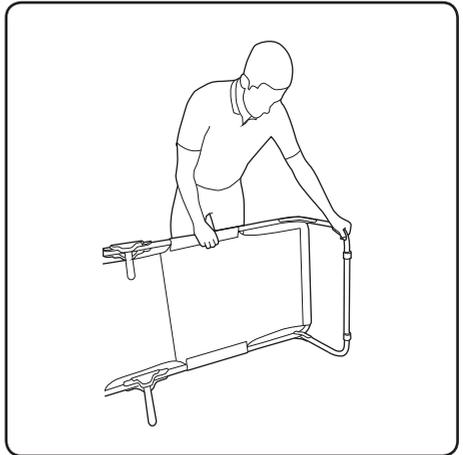
Turn the bed onto its side.



Open the frame.

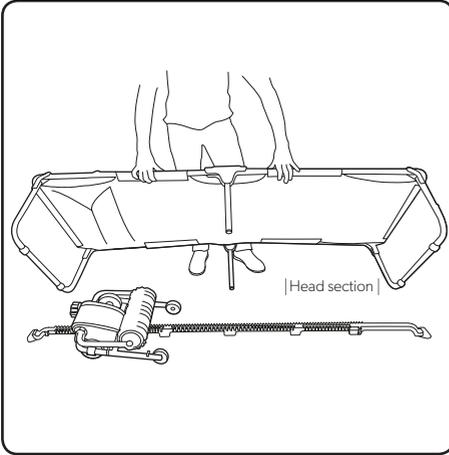


Ensure both sides are fully open and straight.

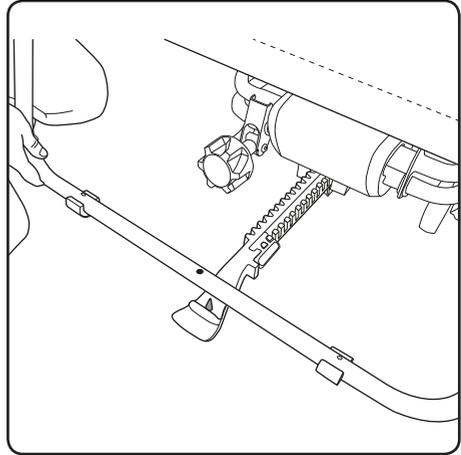


Unfold each leg, one at a time, until the bed is fully extended on its side and the legs are locked into place.

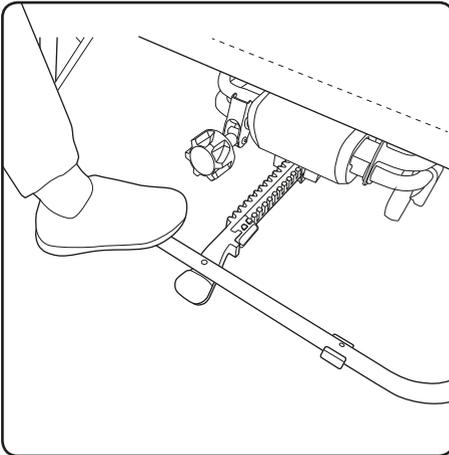
## Assembly: bed onto track



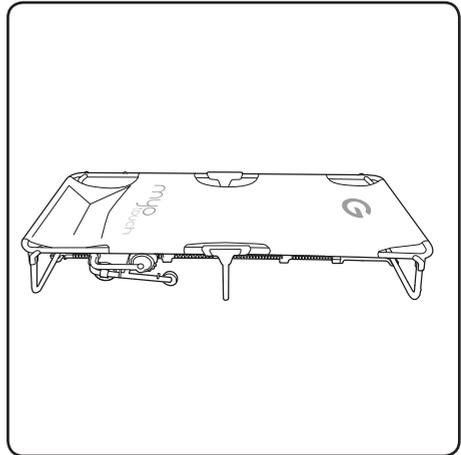
Position the bed over the massage unit and the track.



There are small rubber pins in the curved sections of the track. Line these up with the holes in the frame to centre it to the track. The bed frame will clip into place once positioned correctly.

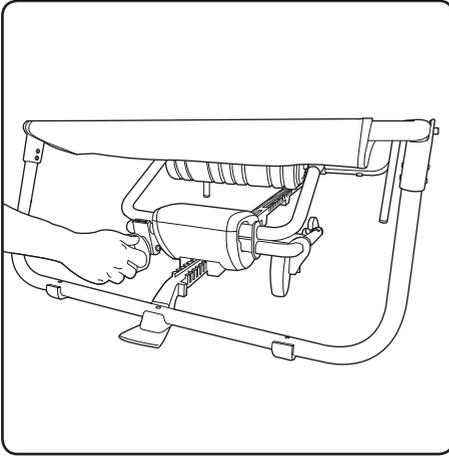


The frame should sit securely in the curved sections of the track.

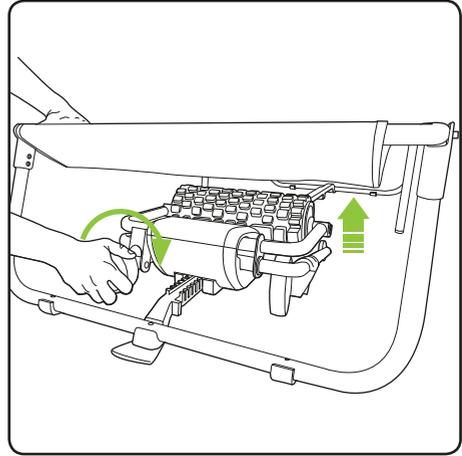


Repeat this step at the other end of the bed so that the entire bed is securely positioned on the track.

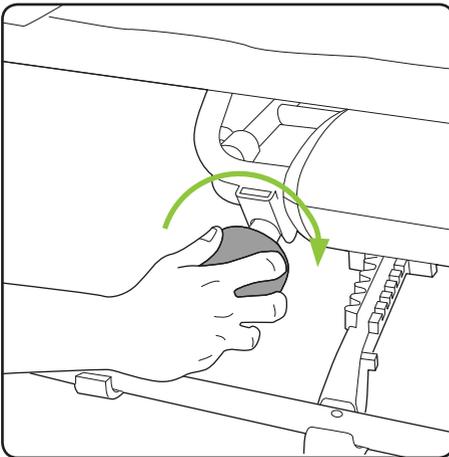
## Tension adjustment



We recommend starting off at a low tension so that you can get used to the bed. You can adjust this later to find the right level of pressure for you.

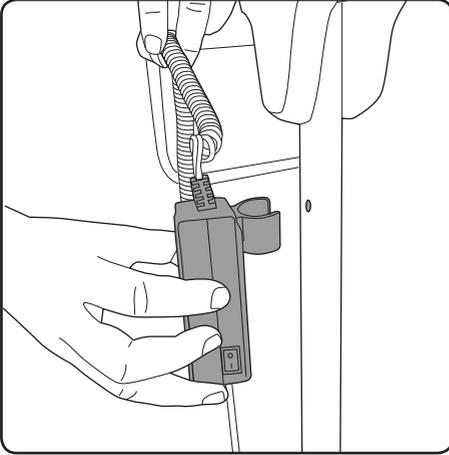


To tension the roller, rotate the massage unit's adjustment handle clockwise.

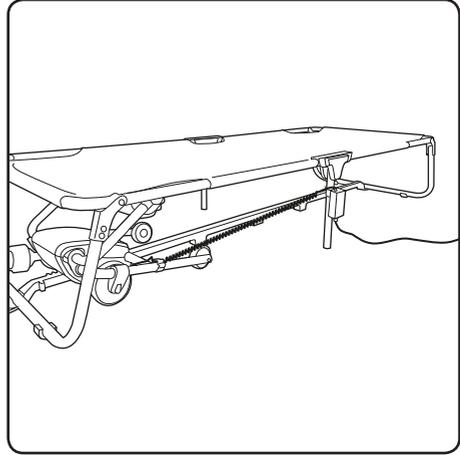


Continue rotating the adjustment handle until the foam roller is visibly pressing against the canvas of the bed.

## Plugging in the massage unit

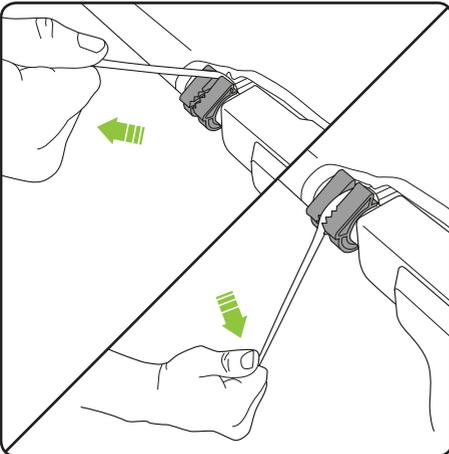


One of the middle legs has a small hole in it - this is where the power pack should be fitted.

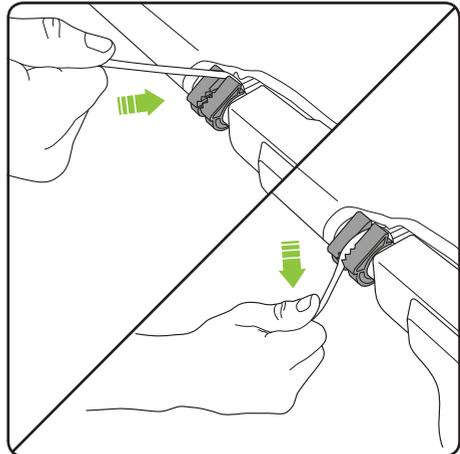


To attach the power pack to the bed, the curled wire should be reaching alongside the track, with the plug positioned above the head of the bed.

## Canvas tension adjustment

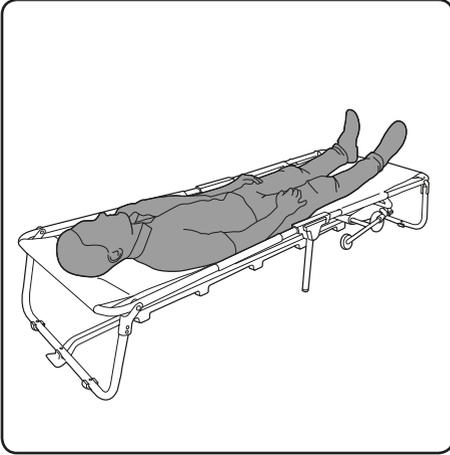


To increase the tension of the canvas, pull the string towards you to make the canvas tighter - it should be pulled taut for heavier people to allow the roller to move freely. Tug it firmly and ensure it sits securely in the locking notch.

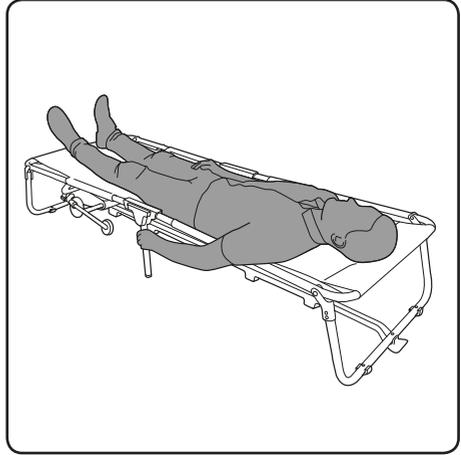


To reduce the tension of the canvas, pull the string upwards from the locking notch and release it to the desired tightness. Ensure it sits securely in the locking notch.

## Use



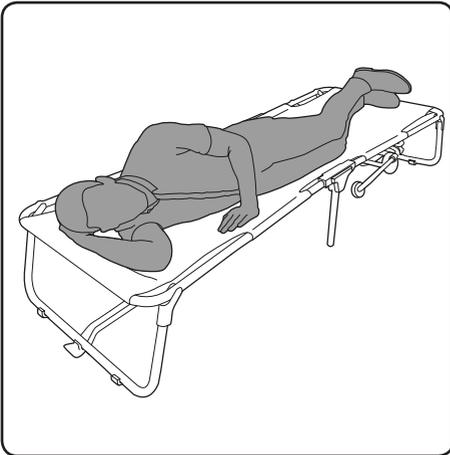
Lie on your back to start with. This will help you gauge the pressure of your massage. The canvas may move slightly when you lie down - this is normal.



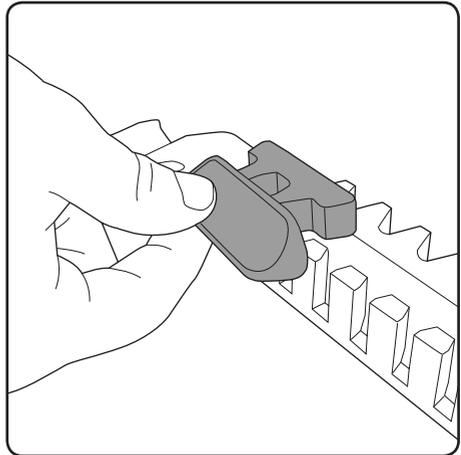
Use the switch to turn the massage unit on and off. This switch will be within arm's reach while you are laid on the bed.



**WARNING:** for your safety, the Myo Touch will automatically stop after 15 minutes of use.

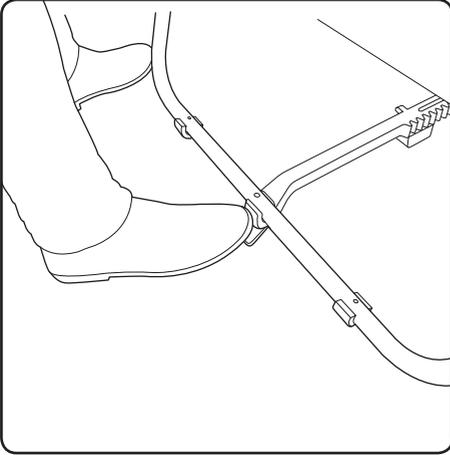


Lie on your side if you wish to massage the sides of your body.

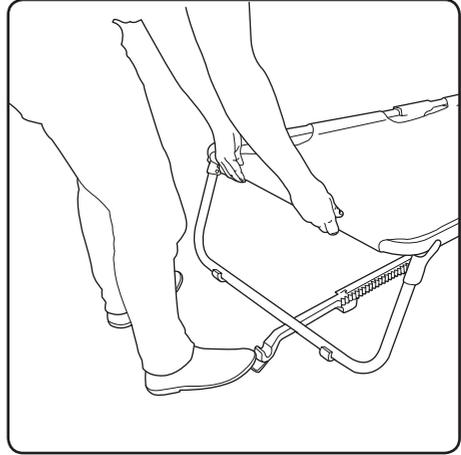


You can localise the path of the massage unit by adjusting the track pegs.

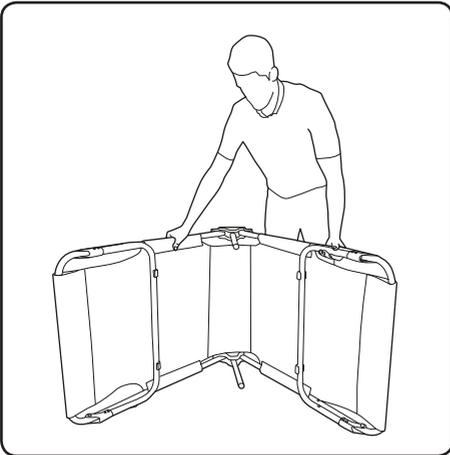
## Dismantling



Remove the plug from the mains and remove the power pack from the middle leg before you dismantle the frame and track. Press your foot onto the footstamp at one end of the bed.



Holding the metal frame, lift the bed up. The frame will easily lift from the track. Repeat this step at the other end of the bed.



Fold in the legs, fold up the frame and store away.

## Product care and storage

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To ensure your product gives you long and reliable service, carry out the following maintenance regularly:

- When the Myo Touch is packed away, store it in a clean, dry area.
- Cleaning: wipe any marks and spills away with a damp cloth and leave to dry naturally.  
**Do not use** abrasives, caustic cleaners, bleach or solvent-based detergents. If in doubt, test the solution on an inconspicuous area.
- Always use this product safely: keep it clean and do not use it whilst wearing any sharp objects such as belts or jewellery.

**PLEASE NOTE:** if the product needs to be repaired or replaced, only use replacement parts supplied by the manufacturer.

Spare parts can be purchased from Grey Technology Ltd:

Tel: **01905 345 891**

Website: **[www.gtech.co.uk/support](http://www.gtech.co.uk/support)**

 **WARNING:** to reduce the risk of injury, keep children and pets away from the Myo Touch while in use. Once finished, ensure the massage unit is turned off and unplugged and **do not let** children or pets near it without supervision.

 **WARNING:** take care when using the bed to avoid getting fingers, loose hair or jewellery caught in any part of the Myo Touch. Tie up long hair and **do not reach** underneath the bed while the massage unit is in motion.

 **WARNING:** the Myo Touch has an automatic cut-off time of 15 minutes. We recommend this as a maximum usage time per day - **do not exceed** 15 minutes of usage in one day.

Make a note of your product serial number for future reference. You can find this on the underside of the massage unit.

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## Technical Specification

|                                      |                        |
|--------------------------------------|------------------------|
| Power supply                         | 100 - 240V; 50 - 60 Hz |
| Power consumption                    | 36W                    |
| Bed width                            | 750mm                  |
| Bed length                           | 1,970mm                |
| Product weight (including packaging) | 18.62kg                |
| Bed weight                           | 8.42kg                 |
| Massage unit weight                  | 4.5kg                  |
| Rack and clips weight                | 0.9kg                  |
| Power pack weight                    | 0.3kg                  |

## Troubleshooting

|   |   |
|---|---|
| Product fails to operate                              | <ol style="list-style-type: none"><li>1. Check that the plug and the power supply wires are correctly connecting to the massage unit.</li><li>2. Make sure the massage unit is engaged with the track, all four wheels are touching the floor and the massage unit is stable.</li><li>3. Ensure the switch is in the 'On' position.</li></ol> |
| Roller too firm                                       | Turn the adjustment handle anti-clockwise until the desired tension/pressure is achieved.   |
| Roller too soft (not engaging)                        | Turn the adjustment handle clockwise until the desired tension/pressure is achieved.  |
| Massage unit has stopped                              | The product is designed to stop after 15 minutes and will need switching off before its next use.   |
| Replacing the fuse/no red light showing on power pack | If no red light is showing on the power pack when plugged in and switched on, the fuse in the mains requires changing, a BS 3 amp fuse must be fitted.  |

## Environmental and product recycling

The  symbol indicates that this product is covered by legislation for waste electrical and electronic products (EN2002/96/EC).

When the product has reached the end of its life, please do not dispose of it with general household waste. Consider the environment and take it to a recognised recycling facility.

Call your local council, civic amenity site or recycling centre for information on the disposal and recycling of electrical products.



## Product support

If these initial tips don't solve your problem, we have various other ways to help.

**Visit: [www.gtech.co.uk/support](http://www.gtech.co.uk/support)**



Online



Live chat support



[support@gtech.co.uk](mailto:support@gtech.co.uk)



How-to videos

## WARRANTY – REGISTRATION

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Visit [www.gtech.co.uk/warrantyregistration](http://www.gtech.co.uk/warrantyregistration) to register your product and ensure that we have all the information required to provide you with quick and efficient support. You will need your product serial number. You can find this on the underside of your product.



If you purchased directly from Gtech, your details are already registered and your 2-year warranty will start automatically.

If you purchased from an authorised Gtech retailer, please register your warranty within 3 months. You will need to provide proof of purchase to support any claim(s) against your warranty.

## WARRANTY – TERMS AND CONDITIONS

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Your Gtech Myo Touch is guaranteed against material or manufacturing faults for 2 years from the date of purchase, subject to the following terms and conditions:

### WHAT ISN'T COVERED

Gtech does not guarantee the repair or replacement of the product as a result of:

- Normal wear and tear.
- Accidental damage, faults caused by negligent use or care, misuse, neglect, careless operation or handling of the Myo Touch which is not in accordance with the Myo Touch operating manual.
- Use of the Myo Touch for anything other than normal domestic purpose.
- Use of parts and accessories which are not genuine Gtech components.
- Faulty installation (except where installed by Gtech).
- Modifications of any sort.
- Repairs or alterations carried out by parties other than Gtech or its authorised agents.
- If you are in doubt as to what is covered by your warranty, please call the Gtech Customer Care Helpline on 01905 345 891.

### SUMMARY

- The guarantee becomes effective at the date of purchase (or the date of delivery if this is later).
- You must provide proof of delivery/purchase before any work can be carried out on the Myo Touch. Without this proof, any work carried out will be chargeable. Please keep your receipt or delivery note.
- All work will be carried out by Gtech or its authorised agents.
- Any parts that are replaced will become the property of Gtech.
- The repair or replacement of your Myo Touch is under guarantee and will not extend the warranty period.
- The guarantee provides benefits which are additional to, and do not affect, your statutory rights as a consumer.

# EC Declaration of Conformity

We herewith declare,

Grey Technology Ltd  
Brindley Road  
Warndon  
Worcester  
WR4 9FB

That the following machine complies with the appropriate basic safety and health requirements of the EC Directive based on its design and type, as brought into circulation by us.

In case of alteration of the machine, not agreed upon by us, this declaration will lose its validity

Product's name/function:

## **MYO Touch (Massage Bed)**

Machine Type: MB001

Rated voltage: Power Supply Input: 100V-240V,50-60Hz,1.5A

Output: 24Vdc, 1.5A

Applicable EC Directives:

2014/35/EU            Low Voltage Directive

2014/30/EU            EMC Directive

2011/65/EU            ROHS Directive

Applicable Harmonized Standards:

EN 60335-2-32:2003 +A1:2008 + A2:2015

EN 60335-1:2012+ AC: 2014 + A11:2014 + A13: 2017

EN 62233: 2008

EN 55014-1:2017

EN 55014-2: 2015

EN 61000-3-2:2014

EN61000-3-3: 2013

Authorized Signature/Date/Place:

 . 4.4.19 Worcester, UK

Title of Signatory:    C Vagg, Head of NPD, Gtech

Name and address of the person authorized to compile the technical file, who must be established in the community:

Chris Vagg  
Grey Technology Ltd  
Brindley Road  
Warndon  
Worcester  
WR49FB

# Gtech

## **Grey Technology Limited**

Brindley Road, Warndon, Worcester WR4 9FB

email: [support@gtech.co.uk](mailto:support@gtech.co.uk)

telephone: 01905 345891

[www.gtech.co.uk](http://www.gtech.co.uk)