

Thank you for deciding to purchase a Swisswing BMR 2100XL® (Biomechanical Stimulation Device) will be referred to in these operating instructions as the BMR). These Operating Instructions contain important information on the operation of the BMR. Please read and carefully follow all safety and operating instructions detailed in this manual. Follow all health warnings given in the operating instructions. Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise plan. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

Table of Contents:

Important Health and Safety Information:.....2 & 3

Description:.....4

Technical specifications:.....5

Transportation:.....6 & 7

    Conditions for storage and transport:.....6

    Operating conditions:.....6

    Transportation of the device:.....7

Set Up:.....8 & 9

Operating instructions:.....10

    Starting up the device:.....10

    Stopping the device:.....10

Changing factory defaults and/or other parameters:.....11

Adjusting the application height of the stimulation drum:.....11

Assecories:.....12

Servicing:.....14

**IMPORTANT SAFETY INSTRUCTIONS**  
**FOR THE BMR 2100XL®**

BEFORE USING THE BMR 2100XL® (Biomechanical Stimulation Device) it is vital that you read the Operations Manual in its ENTIRETY. The Operations Manual has explicit health and safety warnings that you must read and understand before operating the BMR. Instructions in the Operations Manual must be understood and followed by all owners/users of the BMR 2100XL®. Keep this Operations Manual for future reference.

**HEALTH WARNINGS**

**! WARNING: CONSULT A PHYSICIAN, FOR A COMPLETE PHYSICAL EXAM AND AUTHORIZATION, BEFORE BEGINNING ANY FITNESS PROGRAM; OR, PERSONAL INJURY COULD RESULT.**

**IF YOU ARE AWARE OF OR SUSPECT ANY MEDICAL CONDITION OR ANY PHYSICAL RESTRICTION THAT LIMITS YOUR EXERCISE, SWISS TTP STRONGLY RECOMMENDS THAT YOU SEEK THE ADVICE OF A PHYSICIAN BEFORE USING THE BMR 2100XL®.**

**IF, AT ANY TIME YOU HAVE DIFFICULTY BREATHING, EXPERIENCE ANY DIZZINESS, FAINTNESS OR PAIN, YOU MUST DISCONTINUE USE OF THE BMR 2100XL® IMMEDIATELY AND SEEK MEDICAL ATTENTION. FAILURE TO SEEK MEDICAL ATTENTION COULD RESULT IN INJURY.**

**PROPER LIMITATIONS ON EXERCISE**

**! WARNING: IT IS ESSENTIAL THAT THE USER PAY CLOSE ATTENTION TO HIS/HER BODY'S REACTION TO EXERCISE WHILE USING THE BMR XL2100® AND THAT THE USER NOT OVER-EXERT HIMSELF/HERSELF OR WORK TO EXHAUSTION, OR PERSONAL INJURY COULD RESULT.**

**GENERAL HEALTH WARNINGS FOR USE**

- Always follow the operating instructions in the Operation Manual for proper use of the BMR.
- We strongly advise against the use of the BMR 2100XL® by and or around children.
- When disabled persons use the BMR a physical therapist should be present to supervise and assist in use of the machine.
- Never remove the side drum covers, or tip the machine on its side, while the BMR is in operation. This could cause injury or damage.
- Use the BMR only for the purposes described in the Operating Manual and only with attachments and accessories that come with the machine or which Swiss TTP has specifically approved for use with the machine.

- The user should stay well hydrated by drinking water before, during and after each exercise session.

The remainder of this “Important Safety Instruction” section includes directions for the correct set-up and use of the BMR. Please follow all directions and warnings carefully to ensure person safety for yourself and others.

#### SET-UP AND HANDLING

**! DANGER: TO MINIMIZE RISK OF ELECTRIC SHOCK, ALWAYS UNPLUG THE BMR 2100XL® BEFORE CLEANING OR MAINTENANCE.**

**! WARNING: TO MINIMIZE RISK OF ELECTRIC SHOCK, FIRE, BURNS, OR OTHER INJURIES, ALWAYS PLUG THE BMR 2100XL® INTO A PROPERLY GROUNDED ELECTRIC OUTLET.**

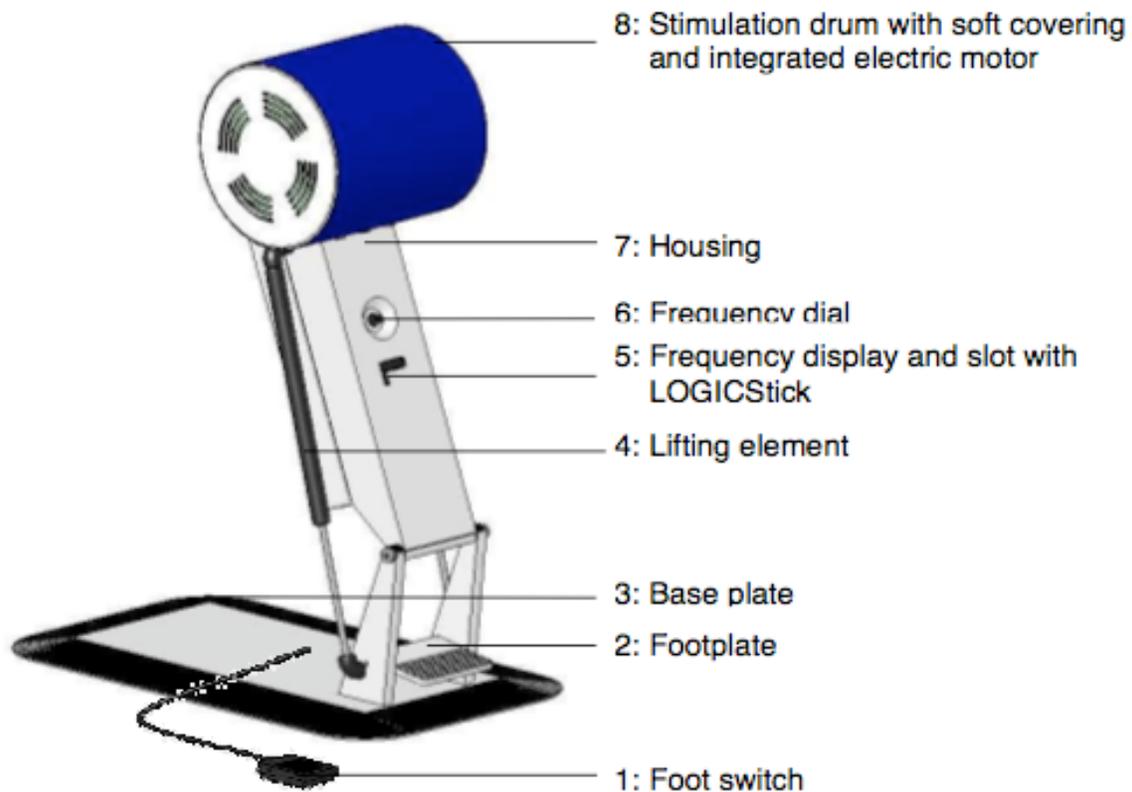
**! WARNING: TO MAKE SURE THE BMR2100XL® IS OPERATED SAFELY, IT MUST BE EXAMINED FOR DAMAGE AND WEAR ON A REGULAR BASIS. THE BMR HAS NO USER-SERVICEABLE PARTS. THEREFORE, WITH THE EXCEPTION OF THE MAINTENANCE DESCRIBED LATER IN THE MANUAL, IT IS ADVISED THAT THE OWNER/USER OF THE BMR ALWAYS HAS THE BMR SERVICED BY a QUALIFIED TECHNICIAN THAT IS TRAINED IN THE PROPER SERVICING AND MAINTANANCE OF FITNESS MACHINES.**

#### USE OF THE BMR 2100XL®

- The BMR should be set-up on a hard, level surface in an area that is free of obstructions within a three-foot radius of the vibration swing arm.
- The BMR should not be used outdoors, near a pool, or near any source of water or extreme humidity. Contact with water could cause a short-circuit, which may cause personal injury, property damage or damage to the BMR. The BMR should always be unplugged when it is not in use.
- Never attempt to move or lift the BMR without assistance. This could cause personal injury or damage to the machine.
- Never operate the BMR if it has been dropped, tipped over, damaged or immersed in water. If this is the case call a qualified service technician immediately to examine the BMR for repair. The technician needs to clear the BMR for use before operation begins again.
- Never insert objects into any openings on the BMR. If an object falls into the machine, shut it off and remove the power plug before attempting to retrieve the object. If the object cannot be reached, contact a qualified service technician for retrieval and repair.

- **Description:**

The BMR 2100XL ® consist of a base plate (1), two lockable lifting elements (2), a housing (3) and stimulation drum (4), and optional foot control (5). A unique feature of the BMR 2100XL® is the precisely driven and completely circular movement of the stimulation drum (4) which results in the application of a defined amplitude to each individual point on the curved surface of the non-rotating stimulation drum with gentle acceleration. The height of the stimulation drum can be modified smoothly over a wide range using the two lifting elements (4) and locking them in position. The curved surface of the vibration drum permits treatment to all areas of the body. The movement frequency of the stimulation drum can be adjusted as required within a pre-defined range by using the hand controller. (still to be added to the picture)



## Technical Specifications:

Weight: 65.8 kg

Frequency range 4 to 35 Hz

Acoustic pressure level LpA <70dB (A)

Nominal power rating: 1.5kW / 1.875kVA

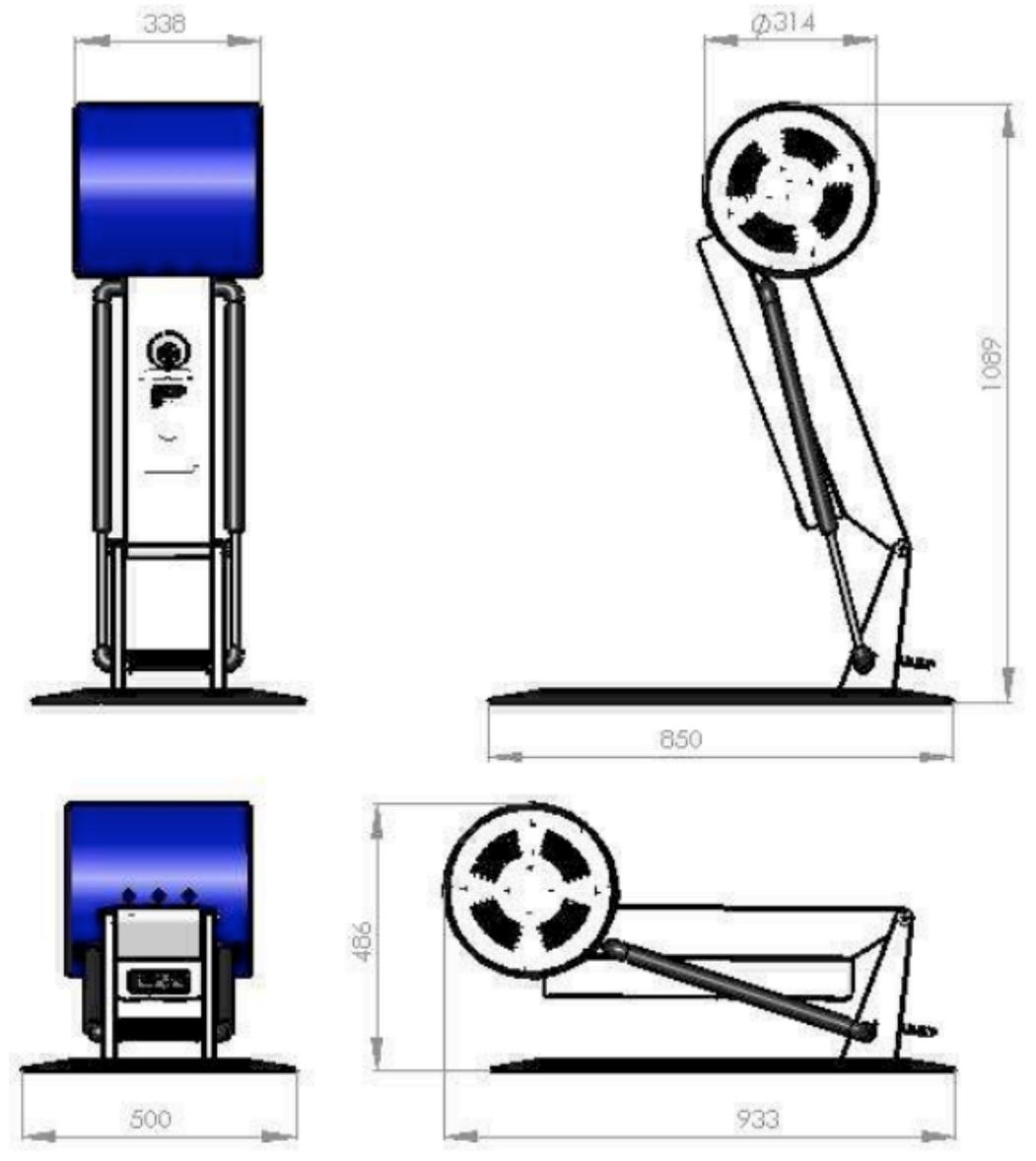
Electrical connections: see identification plate

Fuse type: IP20

Year of construction: see identification plate

Dimensions: see below (diameters and lengths in mm)

Maximum load: 50kg



## Moving the BMR 2100XL®:

### General considerations

Appropriate care must be taken when moving the BMR. The BMR must always be lifted and carried by two people. Please be sure to secure the cables prior to moving. The BMR must be secured against slipping, tilting, or falling as these may cause of injury or damage.

### Conditions for storage and transport

-20° to 50° degrees Celsius / 20% to 80% rel. humidity (non condensing)

### Operating conditions

10° to 35° degrees Celsius / 20% to 80% rel. humidity (non condensing)

### Transportation of the device

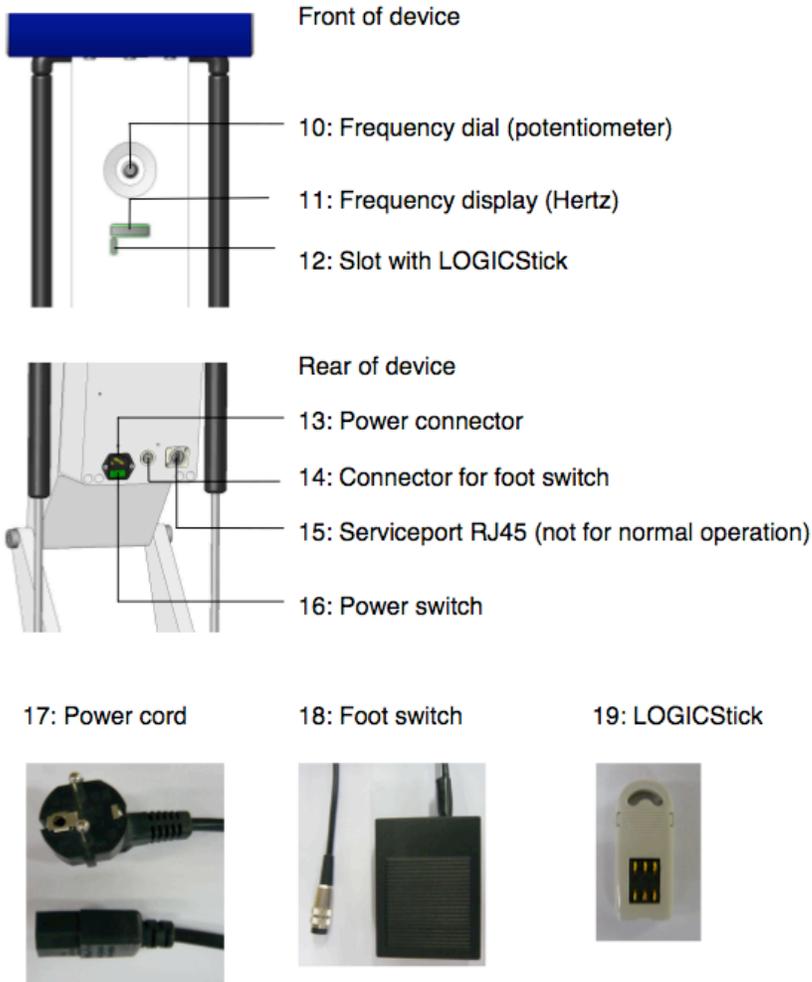
- Collapse the device as described in „Adjusting the application height of the stimulation drum“. The BMR 2100XL® must only be carried in collapsed state (see fig. 1).
- The owner/user has to take care that the cables are always secured during transport and moving the BMR. (see fig. 1) Make sure that the BMR is unplugged from all power sources prior to relocation (see fig.1). As unsecured cables may cause personal injury or damage to the BMR and other property.





- Lift the device only at the defined wearing points (see fig. 2).

## Set Up:



1. Position the BMR in an appropriate location. Foundations with a solid base, i.e. concrete, wood, or tile is recommended. Always place the BMR on the anti-slip pad provided by the manufacturer. The device should not be run in the center of a room, but rather in corners, near walls or columns. Vibration transfer caused by unsuitable foundations can cause or enhance damage to buildings and surroundings.

2. Connect the BMR to a power supply (16A or higher) fitted with a fuse and a ground connection. Electrical power supply: see identification plate. Connect the 3-pin Foot switch (18) to the corresponding connector on the rear of the BMR® (14) and screw it together. Turn on the Power switch (16). Align the contacts to the left. F

3. The cables must not be stretched. If cables are stretched and are forcibly disconnected from the BMR damage may be sustained to the connectors or the cord itself. Use an appropriately rated extension cable if necessary.

\*\*\*4. Apply the rubber strip on the footplate for your convenience. You will need this only if footplate will be operated shoeless. Are we putting this in the manual or are we telling everyone to wear shoes at all times for safety????

5. OMMITTED FROM ORIG. OPERATING INSTRUCTIONS-DOES NOT APPLY.

6. Verifying frequency range:

\*\*\*a) Have a stopwatch or a clock with a second hand available (for what?????).

b) Now turn the frequency dial (10) clockwise as far as it will go. The frequency now reads 35 Hz and can vary up to +/- 2Hz (depending on the model)

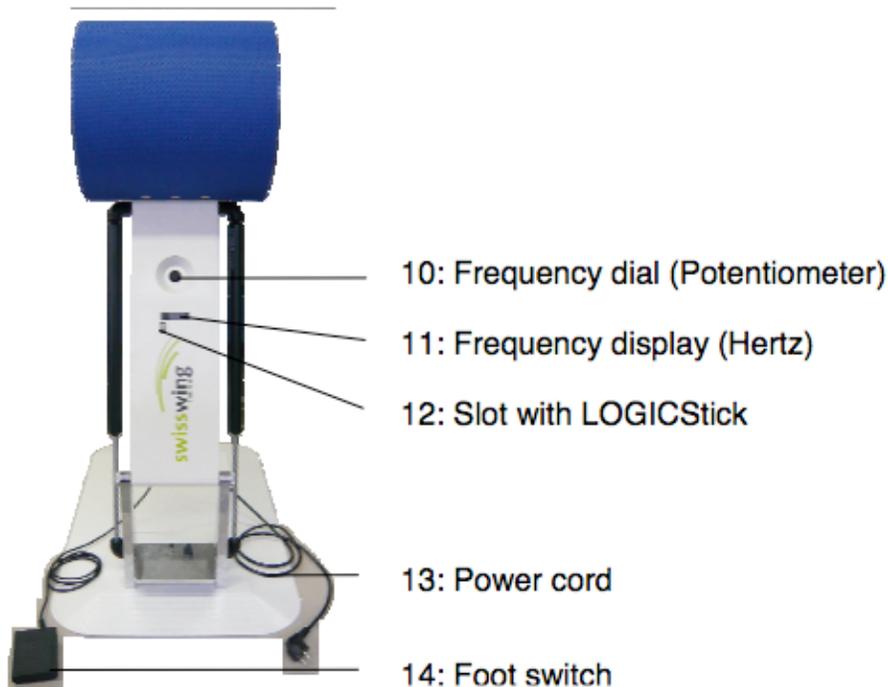
7. Check the default running time of 120s:

a) Have available a stop-watch or a clock with a second hand

b) Start up the equipment without load and measure the run time: Now press the foot switch (18). The equipment switches off automatically after expiration of the set default run time.

The device is ready for operation if the frequency range is correct and the default run time is within a deviation range of +/- 5%.

## Operating instructions



### Starting up the device:

The device must not be operated without the non-skid floor mat.

1. Set the required frequency with the hand held control.
2. Press the ON switch at the top of the Hand Control to start the BMR. The device runs from the default frequency up to the required frequency within approx. 3s. With a new and/or cold device the start-up time may vary.
3. Only the exercises which are described in the “User Manual BMR 2100XL®” may be carried out. It is strongly recommended that you only apply weight to the front or rear of the stimulation drum. Do sit on the stimulation drum. Do not apply pressure from the sides of the stimulation drum; this may cause tipping that could cause injury or damage.

### Stopping the device:

1. Press the On/Off switch at the top of the hand controller or unplug the BMR from the electrical outlet. The frequency falls and the stimulation drum comes to a halt after approx. 10s.

### **EMERGENCY STOP: Pull the plug out of the power supply socket**

Distribution: Swiss TTP, 1943 Midway Drive, Twinsburg, OH 44087-1932, USA (330) 486-0915  
Copyright© Swiss TTP. All rights reserved.

## Changing factory defaults and/or other parameters:

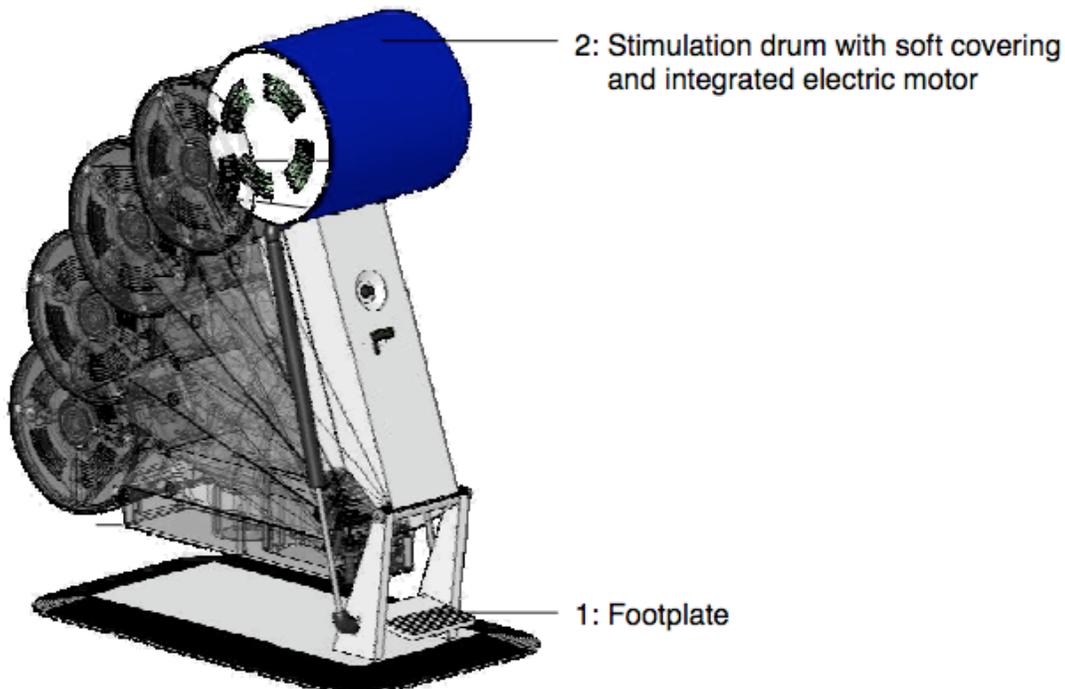
Changes to the factory defaults are to only be made by the supplier. The basic setting is locked in the software application. The warranty is null and void if the software is unlocked.

*Caution when changing the frequency range:*  
minimum frequency must not go below 4Hz  
maximum frequency must not exceed 35Hz

Other frequencies result in unpredictable impacts and may cause higher mechanical wear.

## Adjusting the application height of the stimulation drum:

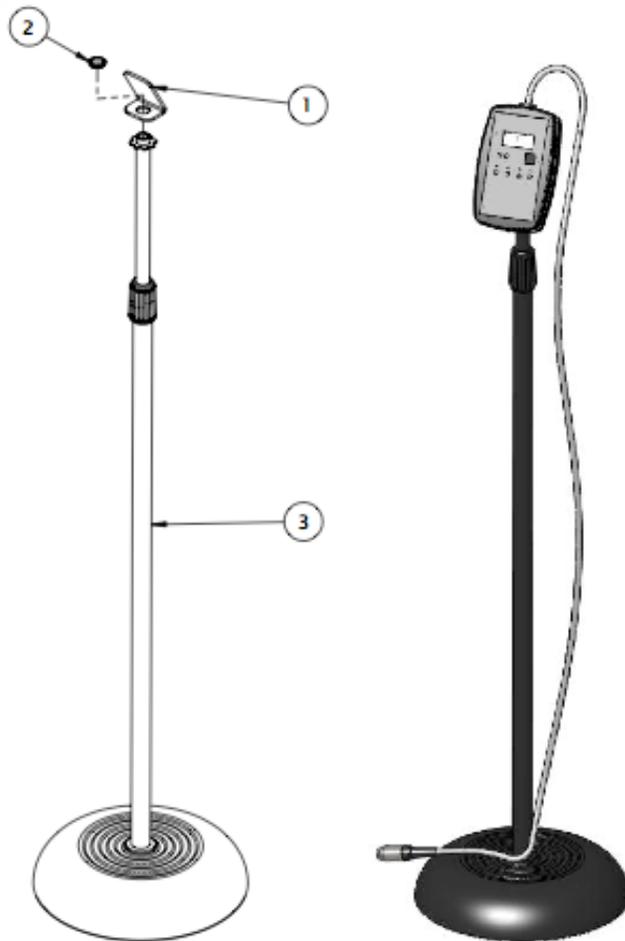
1. Before you adjust the height of the stimulation drum make sure the BMR is unplugged. With firm pressure place one hand on top of the stimulation drum.
2. With the other hand gently pull out the height adjust pin, until it does not come out any further, and adjust the height to the desired level.
3. When the desired level is reached gently let go of the height adjust pin and the stimulation drum is locked in place.



## BMR 2100XL ASSECORIES:

1. Controller Stand Bracket
2. Locking Ring 5/8"
3. Adjustable Pole
4. Base
5. Adjusting Clamp

Assembly Instructions: The bracket (1) and locking ring (2) should be preassembled to the pole. Place the base of the stand (4) on a level hard surface. Place the threaded end of the pole (3) into the base and tighten them. To adjust the height of the stand- while holding onto the top of the stand, loosen the adjusting clamp (5) slightly and raise the stand to the desired height. When the stand is adjusted retighten the adjusting clamp.



## **Servicing**

**During service work the device must be unplugged from the power supply.**

For hygienic reasons the device must always be kept clean. After each sitting the soft covering of the vibration drum must be wiped over with a damp cloth. Every week the entire device must be wiped over with a damp cloth. The device must then be allowed to dry out thoroughly.

Every 12 months all bolts, particularly those used for attaching the electrical cables, must be checked for proper fit/contact by a technician trained in fitness equipment repair.

Every 12 months all electrical cables must be checked for fray marks and/or damage and be replaced with original replacement parts as required by the supplier.